



B.R.I.D.G.E.S.

**Building Relationships Intentionally to Develop
Growth and Exemplary Services**

{July 2019}



FORECAST

Happy July!

How the Month of July Got Its Name

The month of July, unlike June, is named for a mortal, albeit one who devised and ruled an empire. Julius Caesar was a Roman general, statesman, and historian who conquered Gaul (what is now part of Italy, France, Belgium, and the Netherlands), changed the structure of the Roman government into a dictatorship, was assassinated in legendary fashion, and most importantly for our purposes, helped make the calendar what it is today.

FYI: Ohio's Path to Employment First

"Ohio's Path to Employment First", summarizes the activities that have been implemented since Governor Kasich signed the Employment First Executive Order in March 2012. Long-range planning has taken place with broad stakeholder input, and future activities have been planned to support the ongoing paradigm shift in our culture to one that truly recognizes and embraces the contributions and capabilities of people with developmental disabilities.

RULE UPDATE: Required Reading

Health and Welfare Alert Good preparation is key to summer safety for people with

developmental disabilities, so they can avoid health risks, such as dehydration, sunburn, and water-related accidents. Ohio Administrative Code 5123:2-17-02 requires all developmental disabilities employees to review Health and Welfare Alerts released by the department as part of annual training. All previous alerts are listed on the department's website.

DID YOU KNOW?

According to the National Autism Association, drowning is among the leading causes of death for people with autism. In 2009, 2010, and 2011, accidental drowning accounted for 91 percent of total U.S. deaths reported in children with autism spectrum disorder (ASD) ages 14 and younger, after they wandered away or eloped. More than one third of children with ASD who wander or elope are rarely or not able to communicate their name, address, or phone number, making it especially important to address potential risks.



GUIDES

This month we are highlighting Provider Support Specialist **TRISHA HARKEY**.

Trisha has worked for the Board for 13 years. During this time, she has held several positions, such as a Transportation Clerk and a Secretary at the Telegraph ASC. After obtaining her Bachelor's degree, she worked as a Habilitation Technician at the same site until she bid on and was awarded a Habilitation Specialist position at the Hill ASC. Trisha also has experience working as an SSA for a couple of years. Trisha joined this department as a Provider Support Specialist in early 2018 and brings her experience and dedication to benefit providers!

When she is not working, Trisha prefers the summer months and outdoor activities such as enjoying various beaches and pools, vegetable and flower gardening, camping, and travelling.



LAMPPOST



We thank **PATRICK HENRY HUGHES** and his father, **PATRICK JOHN HUGHES** for a great presentation at the 2ND ANNUAL PROVIDER LUNCHEON which was held on Friday, June 14, 2019. Patrick Henry Hughes was born without eyes and utilizes a wheelchair for mobility. Patrick has overcome many difficulties in his life. He has been a gifted musician from an early age and was recruited to be a member of the University of Louisville Marching Band for college. He also graduated from the University of Louisville magna cum laude. His story is inspiring and a great reminder of possibility. You can read more about Patrick, find out about his music and the book he wrote by visiting his website: <http://patrickhenryhughes.com/>



KUDOS

Again this year, providers were nominated for outstanding service in four categories. The

awards were announced at the Provider Luncheon and those providers were recognized for their hard work.

Kudos go out to this year's Provider Luncheon award recipients:

Assured Health - Award for **Community Involvement**

Friendship New Vision - Award for **Leadership**

Jan Hicks, Independent Provider - Award for **Mission of L.I.F.E.**

Lott Industries - Award for **Innovation**



Finally, Kudos to **All Providers** - **We Appreciate You!**



TRAINING

Attached is the July training calendar. We hope to see you at some of our presentations this month!

Tuesday July 9 “**Looking at the My Plan Assessment & ISP**” from 1:00-3:00. This training is designed for NEW PROVIDERS to assist them with understanding the layout of the ISP and My Plan Assessment. Attendees will learn to document as providers by learning the ins and outs of the ISP including all portions of the Person Centered Plan.

Monday July 15 “**Trauma Informed Care: The Next Level**” from 10:00-12:00. So you’ve been trained on Trauma-Informed Care. **Now what?** This presentation will go beyond the basics to include more indepth explanation of the roots of certain behaviors such as attention-seeking, power struggles, and oppositional defiance. Attendees will learn verbal, behavioral, and sensory/environmental techniques to help individuals feel safe, calm, and connected so healing can take place. (LSW/LPC CEUs available)

Wednesday July 17 “**Good Life Session: Floodlight Vision & Beginner’s Mind**” from 10:00-11:30. As Providers, you help individuals to live a Good Life. In the Good Life arena, we use “Floodlight Vision” to help us see the big picture. We use “Beginner’s Mind” to look for all of the possible options in a situation. Come to an interactive and entertaining presentation to help you develop these skills!

Friday July 19 “**Traumatic Brain Injuries & the TBI Resource Center**” from 10:00-

11:30. Participants will learn what a traumatic brain injury is, how it happens, and the different types of TBI.

Participants will learn deficits that may occur when someone experiences a traumatic brain injury, as well as strategies to use to assist someone with a TBI with overcoming deficits. (LSW/LPC CEUs available)

Wednesday July 31 “BCII Checks: All You Ever Wanted to Know and More” from 10:00-11:30. During this session, you will learn the basics about what checks are required and how to interpret BCII results that do not come back clean. The training will last for about an hour with time left over for consultation on specific BCIIs/issues brought by providers.

The full calendar can be accessed at the following

link: https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/1ec8baed-c398-470a-9207-f17dad150d4d/JULY_2019_Training_Calendar.pdf



FIRST AID STATION

Choking is the third leading cause of death in American homes. It occurs when an object—usually food—becomes stuck in the trachea (the airway). This prevents the air from flowing normally into or out of the lungs, so the person can't breathe properly. Most of the time, the food or object only partially blocks the trachea, is coughed up, and breathing returns to normal quickly. People who seem to be choking and coughing but still can breathe and talk usually recover without help. It can be uncomfortable and upsetting for them, but they're generally fine after a few seconds. Sometimes, the object can get into the trachea and completely block the airway. If airflow into and out of the lungs is blocked and the brain is deprived of oxygen, choking can become a life-threatening emergency. Back blows and abdominal thrusts should be administered to help dislodge the object. After any major choking episode, a person needs to go to the Emergency Room if during the episode they turned blue, became limp, or was unconscious, even if they seemed to recover. Emergency medical care is also needed if the person has a lasting cough, is drooling, gagging, wheezing, has trouble swallowing, or has trouble breathing after the choking episode. Actions that can increase your risk of choking include talking while eating, not chewing your food thoroughly, and not having fluid on hand to help you to swallow and move the food along. The amount of food put into your mouth at once, the size of the food, and the texture of the food can also increase your chances of choking. Foods that commonly cause choking include steak, hot dogs, grapes, carrots, bagels, lettuce, popcorn, and peanut butter.



PATH TO SUCCESS

Living *in Awareness* or *out of Habit*

In our everyday lives, because we do many of the same things every single day as part of our daily routine (i.e. brush our teeth, shower, take vitamins, etc.), these routine activities become habitual and so, as we add more and more routine activities to our daily lives, we begin to live a large part of our lives on autopilot. If you ask any airplane pilot, I'm sure they will tell you that, while autopilot can be very helpful and even necessary at some points in time, it is also necessary to manually fly the plane.

So, while routines and habits can be helpful, if not monitored, our awareness of what's going on around us can become out of focus, making it so that we cannot see the forest for the trees.



Living on autopilot for too long a time can make it difficult to see the various options that may be available for us to discover solutions to some of the challenges we face. Even if the answers are right in front of us, we may not see them because we're not even looking for them; instead, we just keep doing the same things to fix our problems, expecting to get different results.



Can you see both the old and young lady in this picture? Once you can see both ladies, you have looked at this picture with awareness. Once you've seen them both, with practice, it can get easier to find them again. You simply have to learn to change your focus and you cannot do this on autopilot.

So how can we switch ourselves from autopilot to manual?

www.mindbodygreen.com gives **20 ways to get moving out of autopilot and living more aware (consider this list a place to begin, you can always add your own activities that work for you to promote living a more aware life):**

1. Move your body by walking, dancing, doing yoga or anything that brings you joy and gets the blood and oxygen moving in your body.
2. Take a different route to work each day.
3. [Clear clutter](#) and move 20 things in your home to spark new ideas, behaviors and actions.
4. Challenge yourself to go outside your comfort zone - at work and personally.
5. Take a class to learn something new which stimulates your mental muscle and simultaneously connects you to people with similar interests.
6. Breathe deeply in nature to circulate oxygen and nature's healing energy.
7. [Forgive someone](#) you love to open your heart.
8. Share your dreams with a like-minded friend and meet regularly to discuss action steps

towards realizing your [goals](#).

9. Read an inspiring autobiography of someone you admire.
10. Make a [manifestation \(vision\) board](#) by placing pictures and inspirational words on a corkboard that represent your dreams and hang it where you can see it every day.
11. [Dedicate a special area in your home](#) to meditate by sitting quietly, turning your attention inward, asking for guidance and listening.
12. Take a risk – emotionally.
13. Eat more local foods from the earth to stimulate your body's energy and vitality.
14. Watch at least 50% less television per week to get up off the couch and actively participate in a new activity.
15. Take yourself on a date or invite someone to join you to visit a new part of the city, park, museum or art gallery.
16. Take breaks from the computer and social media to connect face to face with friends and family.
17. Hug a tree to receive its healing energy.
18. Give back by volunteering on a weekend.
19. Light a candle and say a prayer. Know you are being heard.
20. Travel to a foreign country to stimulate your senses on every level.



SHOOTING STAR

"When people cared about each other, they always found a way to make it work."

Nicholas Sparks

"People who care about each other enjoy doing things for one another.

They don't consider it servitude." *Ann Landers*



RESOURCES

Helpful provider information is always available at the following websites:

DODD: <http://www.dodd.ohio.gov/Pages/default.aspx#>

Lucas CBDD: <https://lucasdd.info/> (Click on "Provider Supports")