

When the Bus Stops Coming!



Services Provided by MHSADS

Developmental Services

- Support Coordination
- Consumer Directed Services
- Day Support Services
- Employment Services
- Family Support Program
- Early Intervention Services
- In-Home Support Services
- Residential Services

Mental Health Services

- Mental Health Centers
- Community Support
- Emergency Services
- Employment Services
- Friendship House
- Outpatient Services
- Prevention & Intervention
- Mental Health Support Services
- Substance Abuse Services

Turning 22 ...

Keep in mind that students will be moving from
“ENTITLED” programs to “ELIGIBILITY”
programs

The Need for 1:1 Support

- Adult services may not always be able to duplicate 1:1 support
- May create limited options for providers of services
- Suggestion: work with the IEP team to reduce the need for 1:1 support when feasible



The Importance of Keeping Records

- before leaving school, gather a record of all relevant reports (transcripts, evaluations)
- keep records of work experience and request letters of recommendations from prior employers
- keep accurate notes of all telephone conversations with agency staff
- record each conversation and keep conversations with one agency together in a file
- have file folders handy to keep brochures or handouts you are given
- always keep a copy of any letters you write to an agency
- periodically go through your records to refresh your memory and address pending issues

Transition Planning Questions

- Who is the student? interests, preferences, aptitudes and abilities
- Where does the student want to go? More education and training, employment, community living
- What will the student learn and be able to do? Multi-year plan working with the IEP Team to decide what specific transition services will make the student successful
- How will the student be supported to achieve his or her goals? Should be based upon the individual and diverse needs of each student

Vocational Skills



Can he/she:

- Get to/from work on time
- Punch in/out properly
- Work cooperatively with others
- Take lunch/breaks appropriately
- Wear suitable clothing
- Use appropriate safety procedures
- Follow directions
- Accept supervision

The Social Network

- Having something to do and someone to do it with
- Loss of school activities can be hard to replicate
- TV can become a time consuming friend
- You will need to seek out community and specialty social activities



Social/Personal Skill

Can he/she:

- Supply appropriate personal identification
- Greet people appropriately
- Contemporary style of dress, hair
- Good grooming, hygiene skills
- “Talk” with friends/co-workers
- Be courteous
- Be responsible
- Be happy



Community Skills

Can he/she:

- Use public transportation
- Shop for groceries/clothing
- Make necessary appointments
- Use the phone
- Use bank accounts
- Be safe in traffic, among strangers
- Know how to seek help
- Handle their money



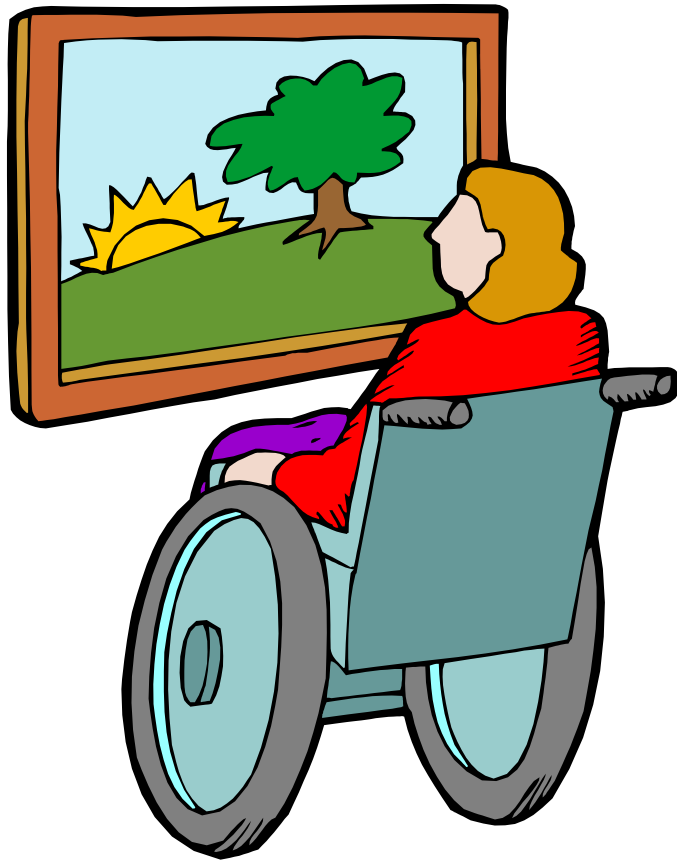
Recreation and Leisure



Can he/she:

- Use free time for pleasure by choosing reasonable activities
- Pick a hobby
- Perform required activities
- Use community resources

Community Living



- Personally owned home or living with family
- Vendor owned home or apartment
- Group home/waiting list
- Section 8/waiting list apartment/home
- Adult Care Residences
- Homelessness

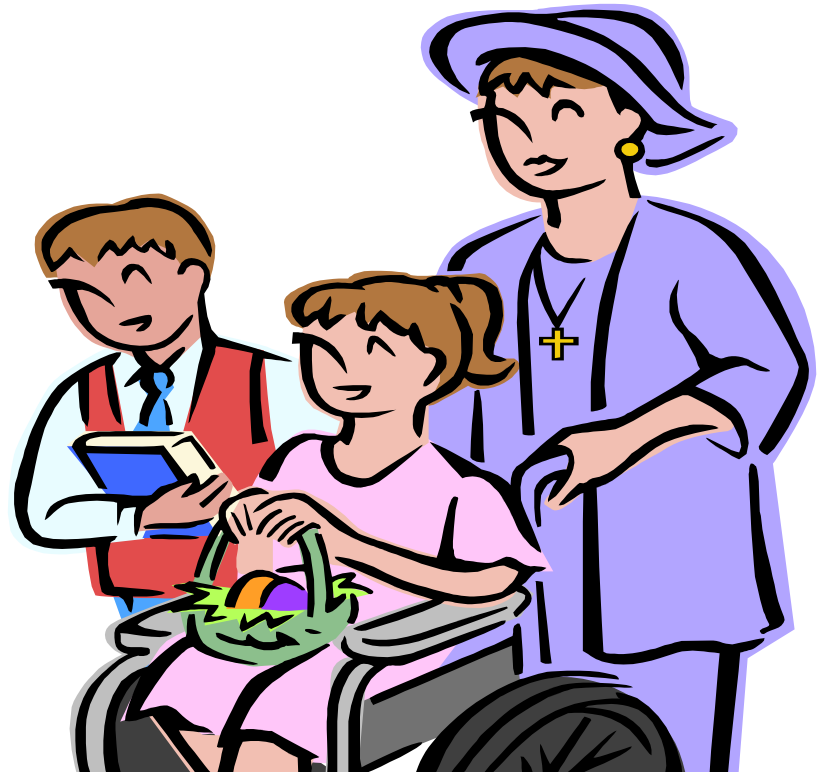
Sources of income/funding

- Wages
- SSI/SSDI
- State/local funding
- Family contributions
- Housing Choice Voucher (CLOSED WAITING LIST)
- Food Stamps
- Medicaid/Medicaid Waiver (some waiting lists)
- Personal Care Attendant Programs
- Wills/Trusts/Estate Planning
- Consider saving money for future services, like vocational/employment training



Family

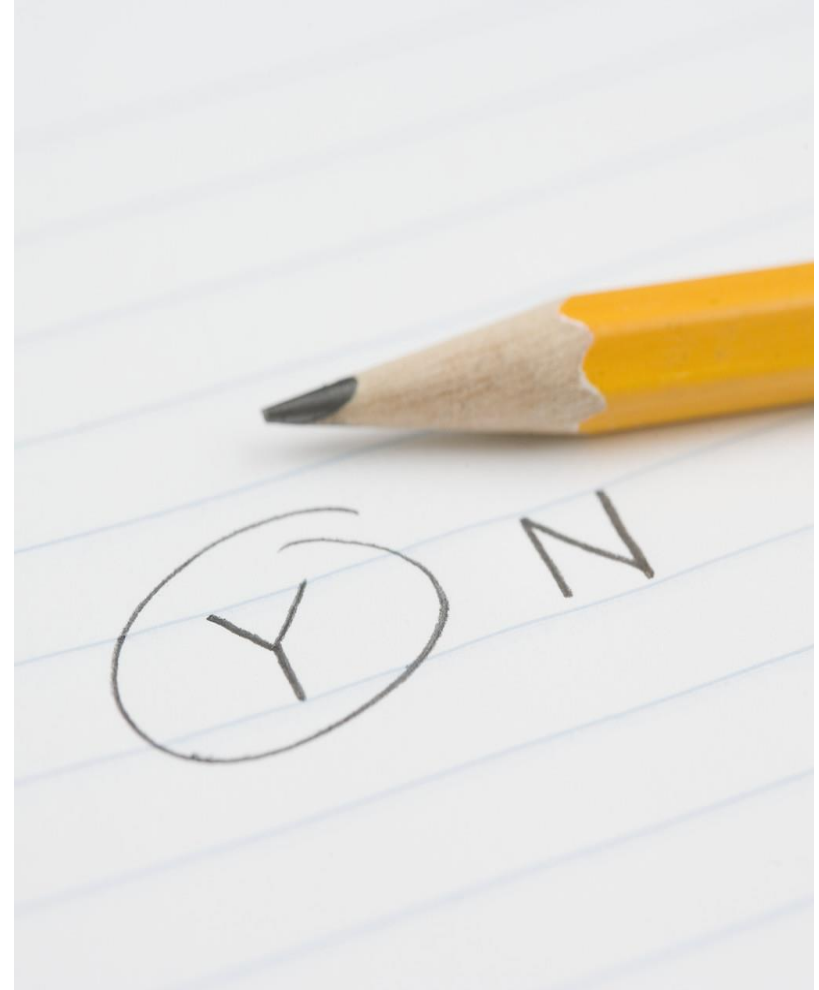
- Don't expect siblings to be the parents
- Brothers and sisters want information – lots of it
- That's not the same thing as wanting responsibility



What About Making Decisions?

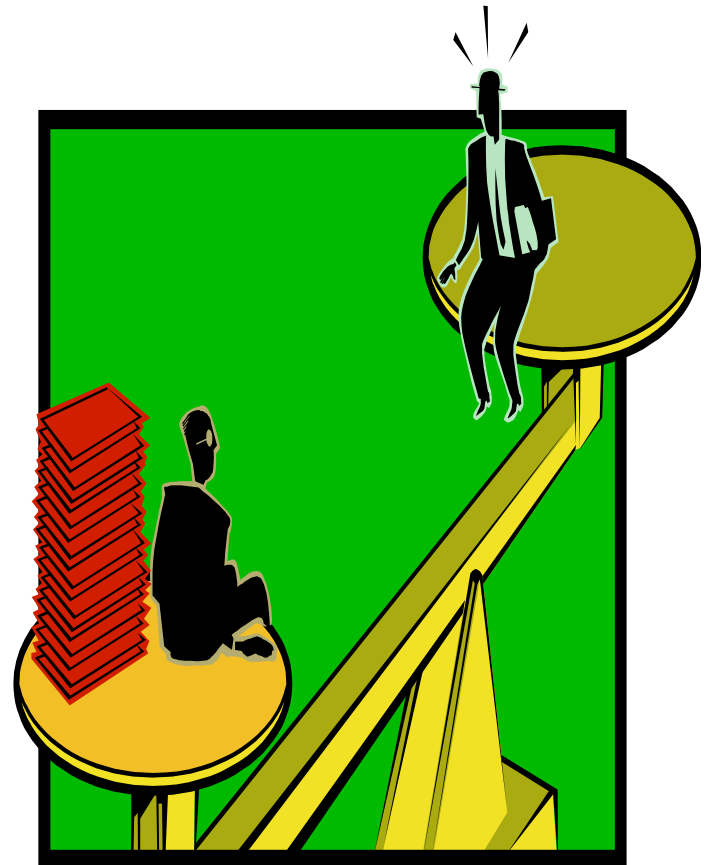
What is guardianship?

- Legal power to care for another person and manage their affairs
- Legal determination not medical
- At age 18, people have all the legal rights & responsibilities of any adult
- Court makes decisions based on the person's ABILITY to handle personal decisions not on having a disability such as an intellectual disability



What About Power of Attorney?

- Written document signed by a person giving another individual the power to act in conducting the person's business, including signing papers, checks, title documents, contracts, handling bank accounts and other activities in the name of the person granting the power



Medical Insurance

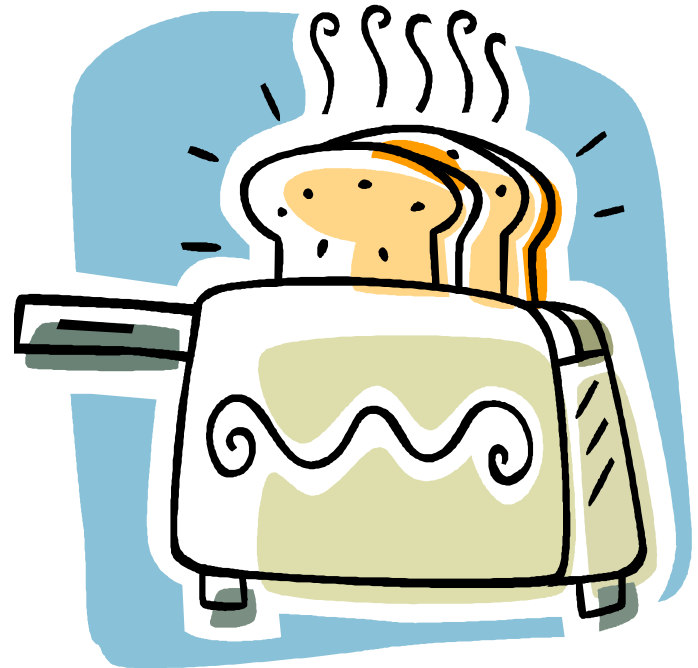


- family policy until a certain age
- employer health benefits
- Medicaid
- secondary insurance carrier

Domestic Skills

Can he/she:

- Prepare a breakfast, lunch, supper, snack or pack a lunch
- Clean their own room
- Do laundry, use the washer/dryer or iron
- Budget their time



Personal Care

- Wearing clean clothes is essential
- Changing them every day is important
- Teach them how to do laundry
- Show them stains on their clothes and not to wear clothes with stains



The Best and Worst

The Best Performing States

1. Arizona
2. Maryland
3. Missouri
4. New York
5. Hawaii
6. Colorado
7. Minnesota
8. Dist. of Columbia
9. South Carolina
10. Ohio

The Worst Performing States

39. Virginia up from 41
40. New Mexico
41. Nebraska
42. Idaho
43. Oklahoma
44. Iowa
45. North Dakota
46. Illinois
47. Montana

Outcomes Leading to a Better Transition



Received work experiences

- As evidenced by percent of school day in work experiences
- Only 57% reported having work experiences

Received youth involvement

- As evidenced by their involvement in transition planning
- Only 58% reported involving youth

Had family involvement

- As evidenced by family involvement in transition planning
- 68% of families reported being involved

Had life skills instruction

- As evidenced by student receiving life skills or social skills instruction
- 72% reported receiving this

Enjoyed interagency involvement

- As evidenced by an adult service agency representative at the transition planning
- Only 43% reported having this Involvement

Medicaid Waivers

- Enables states to waive the usual requirements that individuals must reside in an institution in order to receive Medicaid funding for services. In this way, Medicaid funds certain community-based alternatives to institutional care.
- If your son/daughter has a developmental disability and requires on going support, they need to be screened for DD wavier

Available Waivers in Virginia:

- DD Waiver
 - Community Living Waiver
 - Family/Individual Supports Waiver
 - Building Independence Waiver
- Alzheimer's Waiver
- CCC Plus
- Aids Waiver

Who	CCC+ provides services to elders and individuals with physical disabilities in the community (as opposed to in a nursing home) to prevent the premature institutionalization of seniors and physically disabled individuals. Many services are available via this waiver, including assistance with the Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs), such as bathing, grooming, dressing, light housecleaning, preparation of meals, and monitoring of medications.
Screening	<p>Contact the Loudoun County Department of Family Services to request a screening.</p> <p>Screening Team consists of a Registered Nurse and Social Worker</p> <p>Must meet specific functional criteria and have a medical or nursing need described at: websrvr.dmas.virginia.gov/ProviderManuals/ManualChapters/PEAS/appendixB_nhpas.pdf</p>
Services	<p>Adult Day Health / Adult Day Care</p> <p>Personal Care Assistance (assistance with ADLs and IADLs - up to 56 hours / week)</p> <p>Respite Care (available both in-home and out-of-home - up to 480 hours / year.)</p> <p>Assistive Technology / Durable Medical Equipment (up to \$5,000 / year)</p> <p>Technology Assistive Services</p> <p>Home / Vehicle Modifications (up to \$5,000 / year)</p> <p>Personal Emergency Response Systems (PERS or commonly called Medical Alert services)</p> <p>Skilled Private Duty Nursing (up to 112 hours / week)</p> <p>Transition Services (assistance moving from an institution, such as a nursing home, back into the community – up to \$5,000 limit per person)</p>
Wait List	There is no waitlist at this time.

DD Waivers

(Building Independence, Family and Individual Support Wavier, Community :Living Wavier)

Who	People of any age with a developmental disability
Eligibility	<ul style="list-style-type: none">• Have a DD diagnosis• Must have deficits in 3 out of 8 categories in the VIDES Assessment (Health Status, Communication, Task Learning, Personal Self Care, Motor Skills, Behavior, Community Living, Self Direction)
Screening	Loudoun County Community Services Board Fred Firestone, Marcus Gill, Roger Younker and John Hudson 703 777 0377

Developing a Crisis Plan



Have a Crisis Plan

- Know what setting events may trigger a crisis
- Have tools or strategies for keeping everyone safe
- Intervention steps to de-escalate paired with each identified levels of agitation
- List of things to do and NOT DO – history/needs/fears of the individual
- Training for all involved
- Review data to see if the plan is working
- Knowledge of the best prepared hospital or facility to use in the event you need one



In the Midst of a Crisis.....

- Try to remain as calm as possible
- Assess how serious the situation is and how it may escalate
- Follow the Crisis Plan that you developed
- Who do I need to contact?
911 for emergency, life-threatening situation
- Contact Emergency Mental Health Services (703 777 0320)



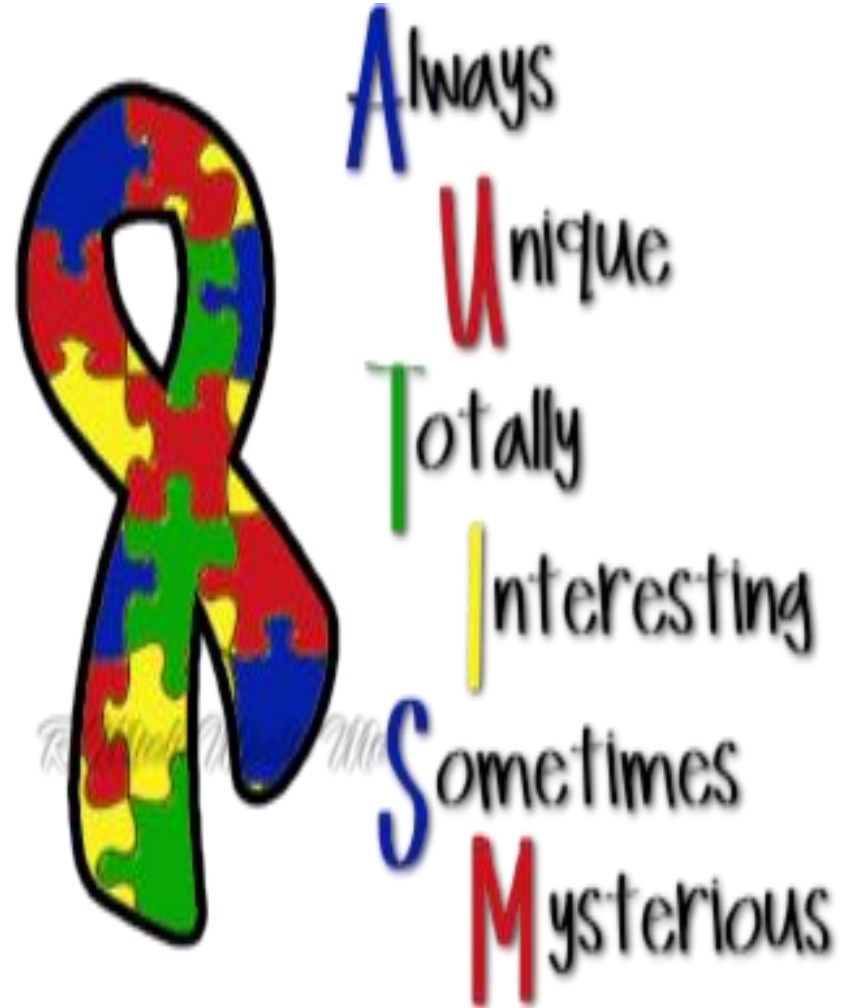
Disclosure to a Police Officer

“The decision to disclose your (or your child’s diagnosis) to a police officer will always be yours to make. If you have learned through experience that disclosure would be helpful in the particular situation, you may have to decide to disclose to a police officer. Law enforcement officers report that they make their best decisions when they have the best information. A good, strong autism or Asperger Syndrome diagnosis disclosure that includes the use of an information card, contact information for an objective professional and proof of diagnosis should be considered.”



How Do I know When It Is Time To Get Help?

- Aggression of self-injury becomes a significant risk to the individual, family or staff
- Elopement, wandering or other unsafe behavior is not contained



Crisis Resources



R.E.A.C.H.

Region II (Northern):

- **Crisis Line #(855) 897-8278**
- REACH Director: Liv Salvador
- Areas Served
 - **Alexandria CSB:** City of Alexandria
 - **Fairfax Falls Church CSB:** Annandale, Burke, Centreville, Clifton, Fairfax City, Fairfax, Fairfax Station, Falls Church, Great Falls, Herndon, Springfield, Vienna
 - **Loudon CSB:** Aldie, Ashburn, Bluemont, Chantilly, Dulles, Hamilton, Hillsboro, Lansdowne, Leesburg, Lincoln, Loudoun, Lovettsville, Middleburg, Neersville, Paeonian Springs, Philimott, Purcellville, Round Hill, South Riding, Sterling, Waterford, The Plains
 - **Arlington County CSB:** Arlington
 - **Prince William County CSB:** Manassas, Manassas Park, Bristow, Dale City, Dumfries, Gainesville, Haymarket, Montclair, Nokesville, Occoquan, Prince William, Quantico, Triangle, Woodbridge

**CRISIS
ALERT**

R.E.A.C.H

January 12, 2016

Dear Families,

As you continue your efforts toward securing the best possible services for your loved one, the Department of Behavioral Health and Developmental Services would like to introduce you to or remind you of the support that the REACH program in your area can provide. The REACH program provides crisis intervention and prevention services to individuals diagnosed with a developmental disability, including intellectual disabilities, who reside with family, a sponsored residential provider, or within a group home setting. The program offers both crisis response and prevention services through their mobile support teams and for adults through their Crisis Therapeutic Home (CTH). You can find brochures for the REACH teams in your areas at the following website:

<http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities/crisis-services>

Please note that the REACH programs do not require that an individual be receiving waiver services nor on waiver wait lists. The program is open to all eligible individuals, regardless of ability to pay. Additionally, REACH programs operate throughout the state, ensuring continuity of care for this service should your loved one move to another area of the state. If or when an individual with a developmental disability is hospitalized, they also work in concert with our mental health hospital system to ensure that hospitalizations may be as short in duration as possible and that they conclude with an effective transition plan back to the community.

While it is our hope that your loved one will never need crisis services, we are committed to ensuring quality supports in the event that a behavioral or mental health crisis occurs. Should you have general questions about the REACH program, please do not hesitate to contact me. Questions related to the operation of your regional REACH program are best directed to the REACH Director in your area.

Heather Norton, MSW
Director, Community Support Services
Division of Developmental Services
804-786-5850

Project Lifesaver

What We Can Do for You...

- ▶ Identify individuals who are at risk of wandering-before they leave home.
- ▶ Deputies will meet with individuals and their caregivers to assist them in determining if they are a potential client.
- ▶ They will assist you in obtaining the equipment or services needed.
- ▶ Monthly follow-up by a team of deputies will ensure information is current and equipment is working.
- ▶ This will assist deputies in the search effort should the client become lost.
- ▶ All information regarding the client and family is confidential and is only used for emergency situations.
- ▶ Access is restricted to rescue, fire, and sheriff's office personnel.



Who to Contact:

Project Lifesaver Coordinator

Senior Deputy Matt Devaney

571-233-2487

Matthew.Devaney@loudoun.gov

Project Lifesaver Assistant Coordinator

Deputy First Class Daniel Martynowicz

571-420-9779

Daniel.Martynowicz@loudoun.gov

Contact Information - Loudoun MHSADS

703.777.0377

- John Hudson – Transition Support Coordinator
 - » John.hudson@loudoun.gov
- Marcus Gill – Support Coordination Program Manager
 - » Marcus.Gill@loudoun.gov