



**NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES**

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April 2010

## Director's Message "NDCPD Receives Favorable MTARS Review"

**By Brent A. Askvig, Ph.D., Executive Director**

In May, 2009 NDCPD participated in a review of all North Dakota programs funded by the Administration on Developmental Disabilities (ADD). The review, called the Monitoring and Technical Assistance Review System (MTARS), examined the NDCPD, the ND Protection and Advocacy System, and the ND State Council on Developmental Disabilities. These programs make up a triad of statewide entities funded by the Developmental Disabilities Assistance and Bill of Rights Act (PL 106-402). Three teams of advocates, professionals and federal project staff reviewed the programs, each one focusing on a particular program component.

After the four day on-site review, the MTARS teams examined their data and began the process of evaluating each program's compliance with federal standards. In addition, the teams examined areas of potential technical assistance for the three programs. At the end of January 2010, NDCPD received the final MTARS report. NDCPD was found to be in complete compliance with all federal standards.

Further, NDCPD was recognized for several outstanding components. For example, NDCPD's grants opportunity review process was highlighted as an excellent method to assure possible funding sources meet our mission, values, and expertise. NDCPD's use of shadowing work days for its Consumer Advisory Council members was recognized as an innovate practice. The Disabilities Studies course, and its incorporation into MSU's academic arena was highlighted as a best practice for NDCPD. Several projects were noted for their exemplary work, including the Medicaid Infrastructure Grant, the Online Disabilities Services program, the Great Plains Autism Spectrum Disorders Treatment Program, and the Region II Right Track project.

The technical assistance portion of the review process noted areas for possible future recommendations. This list included continued staff training and development, continued integration of NDCPD's work within the broader MSU context and mission, a greater linkages to Native American peoples and ND tribal entities.

Our staff are to be commended for their work in making NDCPD so successful. Receiving acknowledgement for our good work is important, and valued. It is always heartening to hear that our mission and values are well received and validated. Similarly, the recommendations give us areas for growth. I am confident that with our staff, we will continue to do well in our work for persons with disabilities in North Dakota.

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Holly Johnson

### New Staff

Johnson is an autism research professional/research associate. Before joining MSU, she worked at Edison Elementary School in Minot. Johnson holds a bachelor's degree in rehabilitation and human services from the University of North Dakota. Currently, she is working toward a bachelor's degree in general studies and an associate degree in developmental disabilities from Minot State. After completing her degrees at MSU in May, Johnson plans to obtain an autism spectrum disorders graduate certificate from UND in Dec. 2010.

### Great Plains Interdisciplinary Autism Diagnostic Clinic

The Great Plains Interdisciplinary Autism Diagnostic Clinic (GPIC) is funded through North Dakota Department of Health Children's Special Health Services Division. We will be holding our next GPIC clinic in Jamestown in May of 2010. We welcome professional, educational or parent referrals to be a part of this clinic. GPIC clinics use an interdisciplinary, arena style approach for the assessment. We are able to see two children per clinic. The grant supports four clinics per year, two will be held at the Anne Carlsen Center in Jamestown and two at NDCPD in Minot. For more information please contact Connie Irey at 858-3286 or 1-800-233-1737 ext.3286.

### ND Disability Health Project Staff Receive Certification to Teach Healthy Lifestyles Curriculum



The ND Center for Persons with Disabilities (NDCPD) at Minot State University has recently received funding to implement the ND Disability Health Project for the 4<sup>th</sup> consecutive year. The project, funded by the Centers for Disease Control and Prevention (CDC), promotes the health and wellness of ND citizens with disabilities, and works to prevent or lessen the effects of secondary conditions associated with disabilities.

Two project staff recently received certification from the Oregon Institute on Disability & Development – Center on Community Accessibility, to implement the *Healthy Lifestyles for People with Disabilities* curriculum. The curriculum is a holistic wellness workshop which defines the five areas of a healthy lifestyle as emotional health, social health, physical health, spiritual health, and health through meaningful activities. The workshop embodies the self-determination model, and its ultimate goal is to give participants the tools they need to evaluate their current life situations, identify areas in their lives they would like to improve, and make positive changes in those areas. Project staff plan to offer the curriculum in ND, initially in the Minot and surrounding area, with the potential to branch out to other areas in the state.

For more information about the ND Disability Health project contact Kari Arrayan, Program Director at 1-800-233-1737 or 701-858-3048, or [kari.arrayan@minotstateu.edu](mailto:kari.arrayan@minotstateu.edu).



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES  
RESEARCH, EDUCATION, SERVICE

The North Dakota Center for Persons with Disabilities is a member of the Association of University Centers on Disabilities (AUCD). AUCD is a national network of interdisciplinary centers advancing policy and practice through research, education and services for and with individuals with developmental and other disabilities, their families, and communities.

## North Dakota Integrated Services : Medical Home

The North Dakota Integrated Services Project (NDIS) is in year two of a three year grant. Funding for this project was provided by the U.S. Department of Health and Human Services Maternal and Child Health Division. The project was initiated with a stakeholder meeting titled, "Uniting for a Healthy Future: Integrating Systems for North Dakota's Children, Youth, and Young Adults." In addition, the project has sponsored several Learning Collaboratives across the state engaging state agencies, providers and families. NDIS project staff work with multiple agencies and organizations focusing in the following areas: Medical Home, Healthy Transition, Family Involvement and Cultural Competent Care for Children and Youth with Special Health Care Needs (CYSHCN). A Medical Home is defined by the American Academy of Pediatrics as "a model of delivering primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective care."

The NDIS project currently has five established Medical Home pilot sites, with three others in the development phase. The established sites are:

- Innovis Health, Jamestown – Dr. Myra Quanrud
- MeritCare, Fargo – Dr. Christopher Tiongson
- MeritCare, Fargo – Dr. Stephanie Hanson
- Devils Lake Community Clinic, Devils Lake – Dr. Russell Petty
- Trinity Health, Minot – Dr. Thomas Carver

The purpose of the pilot sites is for the primary care providers, CYSHCN and families to experience the benefits of the Medical Home which include: better coordination between a primary care provider and the community (school), better communication between the care provider and families, coordination between primary care providers and specialists of the patient, improved preventive care and more.

Each pilot site is made up of a team that works together to implement Medical Home. There is a primary care provider, a care coordinator and two parent partners. The teams identify areas for improvement and develop goals, small tests of change and action plans to enhance the quality of care provided. Each team meets at least monthly to improve care to CYSHCN.

The project staff from NDIS provides technical assistance (TA) to the sites. The purpose for TA is to address concerns, areas for improvement, needs for support and successes of each team. The project staff does this by visiting the sites and participating in their team meetings, leading monthly TA teleconferences, and communicating via phone or email.

The sites collect relevant data to determine the effectiveness of and satisfaction of care provided as a Medical Home. The NDIS project uses several data collection forms for the Medical Home pilot sites:

- 1) Monthly reporting – collects numerical data in regards to number of CYSHCN identified, tests of change and needed areas of assistance.
- 2) Parent Perception Survey – parent survey as to how they perceive the practice.
- 3) Medical Home Index – national tool used by the practice for self-evaluation.
- 4) Family Medical Home Index – national tool used to collect family perspective.

The results of each tool are essential in supporting the sites for illustrating the benefits of the Medical Home and for establishing a need for future funding.

In order to provide support and continue to expand Medical Home practices in North Dakota, NDIS staff work with ND Blue Cross Blue Shield, Medicaid and multiple partner agencies and organizations in order to develop a ND state plan to address sustainability. There is a national movement for Medical Home practices to improve health care and decrease medical costs. The goal is to continue establishing Medical Home practices in ND and provide the families and children with special health care needs "...accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective care."

For more information on NDIS go to [www.ndcpd.org/ndis](http://www.ndcpd.org/ndis) or contact Project Director Kora Dockter RN BNSc at 1-800-233-1737 or [kora.dockter@minotstateu.edu](mailto:kora.dockter@minotstateu.edu)



*“Medical Home  
is a better way  
to take care of  
complex  
situations, build  
trust, keep  
things going.”*

*“Our practice is  
now providing  
continuity in  
care.”*

## TeleAudiology: Taking Diagnostics to the Infant

Steve Peterson, Tom Froelich and Neil Scharpe provided participants of the national Early Hearing Detection and Intervention conference in Chicago with a live demonstration of distance audiology diagnostics.

The concept behind the tele audiology concept is that the pediatric audiologist remains in their office and the parent and infant are in a distant location closer to their home. In this scenario it was the professional hub site that was moved.



The demonstration involved an MSU student being connected to a diagnostic instrument in Minot while Tom Froelich performed the testing from Chicago. The trio followed the live demonstration with a more detail presentation describing the TeleAudiology concept. NDCPD is under contract to HRSA to complete a Management Protocol, a Technical Protocol and a Tool Kit that can be used to replicate the demonstration across the country bringing audiology diagnostic to infants 0-6 months old. Currently it is necessary for the parent and infant to travel to the office of a pediatric audiologist to have this testing done. This can involve hundreds of miles of travel and time away from work and other family responsibilities.

TeleAudiology can be used to bridge not only distance but cultural barriers in that the parent and child go to a location where a paraprofessional that they are familiar with is the person with who they have direct contact. It is anticipated that with the dissemination of the protocols in the fall of 2010 many more audiologists will consider using the internet to perform diagnostics.

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## April is Autism Awareness Month

Did you know:

- April is Autism Awareness Month.
- Autism is generally used to describe a group of complex developmental brain disorders.
- Autism is more common than pediatric cancer, diabetes, and AIDS combined.
- Autism occurs in all racial, ethnic, and social groups.
- New studies show the prevalence rate now at 1 in every 110 children is diagnosed with autism, and 1 in every 70 boys are diagnosed with autism. Autism is four times more likely in boys than girls.
- Autism is a life-long disorder, currently there is no "cure." Early intervention increases the likelihood of success throughout the lifespan.



Please visit the Great Plains Autism Spectrum Disorders Treatment Programs (GPAST) website at <http://ndcpd.org/proj/autism/information.shtml> to see informational brochures, referral sheets, and all of the NDCPD Fact Sheets for Autism, including 'Red Flags' and myths about autism.

## Ram Good Job Award

The Ram Good Job Award is given to a staff member each month to recognize them for doing such a "ram good job." This award is given by the preceding month's award recipient, and honors the staff member's work to enhance the lives of people with disabilities and further the center mission. Winners over the past months include:



Ram Good Job Award

**January 2010**  
**February 2010**  
**March 2010**

Chad Fenner, Computer Support Specialist  
Jana Kremer, Administrative Secretary  
Vickie Brabandt, Office Clerk

## Upcoming Conference

### 24<sup>th</sup> Annual ND Association of Community Providers Annual Conference

*Creating Inclusive Communities*

**May 5-7, 2010**

Ramkota Hotel, Bismarck, ND

**Call (800) 233-1737 for more information and to register**

#### KEYNOTE AND FEATURED SPEAKERS INCLUDE:

*Finding Your Theme Song* by David Parker, Pittsburgh, PA

*Self Determination* by Michael Wehmeyer, Lawrence, KS

*The Rhythmic Arts Project* by Eddie Tudori, Carpinteria, CA

*Providers as the Cornerstone for Community Inclusion* by Keith Jones, Boston, MA

*Living without Limits: 10 Keys to Unlocking the Champion in You* by Judy Siegle, Fargo, ND

*Power and Control: Learning How to Use It Respectfully* by Christine White, Madison, WI

*Ethics and Supports* by Andrea Boyer, Moorhead, MN

## We Care Winners

**January, Mary Stip**  
**February, Eleanor Lee**  
**March, Vickie Brabandt**

Prizes included certificates to Dominos, Paradiso, and Gate City Bank bag. Thanks to all who contribute to NDCPD fundraising efforts by bringing in **Marketplace receipts**. For every receipt turned in with the "WE CARE" stamp, MarketPlace Foods will give 1% of the total back to NDCPD for the NDCPD Endowment/Access Scholarship fund.

### MarketPlace Foods discontinues WeCare Program

MarketPlace Foods (Johannesson's of North Dakota, Inc.) discontinued their WeCare Program. The NDCPD thanks everyone for their participation in the WeCare Program. Final WeCare receipts were submitted March 31.



For additional copies of the Collaborator contact Linda Madsen at 1-800-233-1737.

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***“You can  
volunteer for  
the ND SMP”***

## Medicare Fraud

### **Volunteers educate friends and neighbors on how to prevent Medicare fraud**

Insurance Commissioner Adam Hamm recently issued a press release warning North Dakota citizens of a Medicare scam asking beneficiaries to pay for not having Part D coverage. This is just one example of the many Medicare scams that are occurring locally and nationally.

What can you do so that you or your neighbors don't become a victim of these scams? You can volunteer for the ND Senior Medicare Patrol (SMP). Recent national articles have described how more than 4,700 SMP volunteers across the country help fight Medicare fraud. Here in ND our volunteers assisted us in conducting almost 100 events, where we educated 6,895 Medicare beneficiaries last year about how to avoid becoming victims of health care fraud. We also intervened on behalf of many Medicare beneficiaries with complicated problems, including fraud and identity theft, related to their Medicare benefits.

SMP projects recruit and train retired professionals and other senior citizens. These volunteers work in their communities, senior centers and elsewhere to educate Medicare and Medicaid beneficiaries, family members and caregivers to actively protect themselves against fraudulent, wasteful and abusive health care practices.

Volunteers use their time and experience to help peers protect their identity, read their Medicare Summary Notices and avoid getting taken by scammers. They work one-on-one with beneficiaries, give presentations to groups and represent the SMP at events.

They don't do it alone. SMPs prepare volunteers for this important work with seminars, personalized help and information they can take home to study.

The future integrity of the health care system depends upon you. Join the effort to help save our precious health care dollars for the care that you may someday need. If you'd like to become a volunteer, contact us at 701-858-3580 or 1-800-233-1737. Contact us also if you are interested in attending one of our educational events or if you would like more information about how to avoid becoming a victim of health care fraud or identity theft.



## Think Beyond The Label

Making history by making the business case for hiring people with disabilities.

We *Think Beyond the Label (TBTL)* is a partnership of state health and human service agencies with federal Medicaid Infrastructure Grants that have undertaken state and federally-funded projects to help people with disabilities enter the workforce and corporations committed to raising awareness that hiring people with disabilities makes good business sense. North Dakota Medicaid Infrastructure Grant was a vital partner in the *TBTL* development, along with five other states that served on the *TBTL* campaign planning committee.

This campaign is the first national marketing campaign targeting employers since the old “Hire the Disabled” campaign of the 1970’s. *TBTL* is a campaign that emphasizes the smart business strategy of hiring people with disabilities. This is not a “feel good” campaign on hiring people with disabilities; this is a campaign focused on driving employer innovation to get at the last untapped workforce in difficult economic times.

The mission of the campaign is to state resoundingly the business case for employers to hire people with disabilities. We know that it's good for all of us when *everyone* is part of the workforce and we want employers to hear that message loud and clear. *TBTL* aims to bust the overarching misconceptions about people with disabilities in the workplace by arming employers with the tangible benefits and abilities that people with disabilities bring to their jobs.

*TBTL* accomplished this by reaching out to a target audience—employers—that haven’t heard this message often enough or loudly enough. Currently, the *TBTL* campaign is running nationwide ads on television and radio, print ads in national magazines and newspapers. These ads direct businesses to one website or digital hub, [www.thinkbeyondthelabel.com](http://www.thinkbeyondthelabel.com). The resources given at [www.thinkbeyondthelabel.com](http://www.thinkbeyondthelabel.com) provide businesses the information they need to hire people with disabilities and the tools necessary to integrate them into their workforce. *TBTL* connects employers with resources in their states to tap into this talented segment of the labor pool.





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**Available in alternative  
format upon request.**

## The Collaborator

The Collaborator is the quarterly newsletter for the North Dakota Center for Persons with Disabilities (NDCPD). NDCPD is a University of Excellence on Developmental Disabilities in Education, Research, and Services at Minot State University. It is part of a network of similar programs at universities throughout the United States.

### Our mission...

To provide leadership and innovation that advances the state-of-the-art and empower people with disabilities to challenge expectations, achieve personal goals and be included in all aspects of community life.

### Vision Statement...

We believe that people with disabilities have the same rights as all citizens. We believe that people with disabilities who receive publicly funded services have the right to expect that those services appropriately promote their independence, productivity, integration and inclusion. Furthermore, we believe that the public expects that these services will be provided in an effective manner.

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