

NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES

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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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Collaborator



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Director's Message "Collaboration in a Time of Change"

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

If there is one thing we know about working in University Centers of Excellence, it is change. Our very nature and purpose make us responsible for, agents of, and recipients of change. We have changing staff, changing projects, and changing constituents. These can all serve to push us forward and move ahead in our field. But sometimes that change makes us uneasy, uncomfortable, and sometimes stalls our work. A wonderful statement goes as follows:

"If you want something different, DO something different. Without change, progress is impossible." (from MotivateUs.com).

One lesson we have learned is that while change is inevitable, we can be leaders by pushing the change rather than just riding the tide of someone else's change. As the above saying goes, if we DO something different, if we push the envelope and move forward, then the results, the progress, and the accomplishments will come.

Recent national events, particularly those in healthcare, will change how we do business. This legislation will make us DO things differently. But perhaps the most exciting part of this is that we will need to make new partners. Moving partnerships to full collaborations is a stimulating process. It is also a necessary process. Another saying goes:

"If we are together, there can be wonders. If we are alone, there can be blunders." (again, from MotivateUs.com).

Collaborative relationships make us think differently, approach problems and solutions from different angles, and make us appreciate the greater totality of the situation, more than we could as an individual. But collaboration is hard work. We must hone our communication skills. We must share information, thoughts, ideas, and most importantly our time.

At the initial stages, collaboration is about relationship building. Once this occurs, we can then become truly focused on the work. The collaboration then allows us to share the work load, and enjoy the successes across the partners.

We are in a time of change, and we need to collaborate. At NDCPD we have had the privilege of working with so many partners in collaborative relationships. And as things change again in the coming years, we look forward to working with our current partners and developing new partners in new ventures.

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Karen Leifson

New NDCPD Staff

Leifson, an alumna, received a bachelor's degree in addiction studies from MSU. She completed a master's degree in health services administration at Central Michigan University, Mount Pleasant. Leifson is an administrative assistant for the North Dakota Center for Persons with Disabilities. Previously, she worked for Alamo/National Car Rental in Minot. She and her husband, Lynn, enjoy camping, fishing and home remodeling.



Tracey Abbott

Abbott, received a bachelor's degree in psychology and criminal justice with a pre-law emphasis from the University of Texas, San Antonio. She is a research associate for the NDCPD. In San Antonio, she worked for Harcourt Assessment, Inc. She and her husband, Todd, have a daughter, Melia, and a son, Cayden.



Jessica Love

Love, who received a bachelor's degree in psychology from Dickinson State University, is an administrative assistant. In Dickinson, she was a human resource manager for the Sears Corporation. She and her husband, Ryan, have three daughters, McKenna, Remmi and Piper.



Vicki Troftgruben

Troftgruben, who received her bachelor's degree in business administration from California State University, San Bernardino, is a business operations specialist. Before joining MSU, she was employed by ING and Scheels of Minot. Troftgruben enjoys sports and motorcycling and participating in church and community activities. She and her spouse, Toni, have a daughter, Erin.



Christy Helwig

Helwig comes to MSU from The Village Family Service Center of Minot, and she is the NDCPDs' GFAST Clinic coordinator. She received her bachelor's degree in youth social sciences from Crown College, Minneapolis. She went on to complete an education specialist in school psychology degree from Minot State. She and Charles, her husband, have one son, Peyton.



Emily Rodacker

Rodacker, an alumna, is a project coordinator with the NDCPD. She received her bachelor's degree in management from Minot State and her master's degree in business administration from the University of Mary. Previously, she worked for the Minot Daily News. She has a son, Jace, who is in kindergarten.

Not Pictured-
Jo Ann Jackson

Jackson is a model coordinator for NDCPD. She received her bachelor's degree in social work from Weber State University in Ogden, Utah, and her master's degree in education from the University of Texas in San Antonio. Previously, she worked for Omaha Public Schools, Neb. For a hobby, she reads. Her husband, Michael, is a member of the United States Air Force, and they have three children, Brittanie, Michael and Henry.



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.

Think College for Persons with Intellectual Disabilities

Submitted by Mary Mercer, Community Trainer Core Coordinator



NDCPD received notice from the Institute for Community Inclusion (ICI) at the University of Massachusetts Boston that it was successful in its application for a Think College planning mini-grant for ND. The purpose of this project is to engage key stakeholders in ND in collaborative development of a strategic plan for implementing an inclusive postsecondary initiative for individuals with intellectual and other developmental disabilities statewide. The grant period is from January 1-September 30, 2010. This article will help explain the status of Think College nationwide and share why NDCPD is supportive of these efforts.

Across the country doors to colleges are opening for people with intellectual and other developmental disabilities. In fact, 41 states offer a range of post-secondary experiences (PSE) at over 250 tech/trade schools and two and four year colleges. While some programs have been in existence for up to 35 years, the majority originated in the last decade. Factors influencing the recent growth in these programs include:

- In many states, schools struggle for appropriate educational placement in the least restrictive environment after high school for students with intellectual disabilities (ID). PSE can fill that gap when included as an option during transition.
- Parent advocacy fuels enthusiasm for PSE. They see college as a right of passage for their son or daughter with ID, just as it is for other students. Today's youth are the ADA generation and families see PSE as the critical next step in improving personal outcomes for family members with ID. In addition to preparation for occupations, PSE creates a bridge to adult life, improved self-esteem, and enhanced quality of life
- There is a clear link between education and employment. A study of a matched-cohort follow-up of 20 students with ID who participated in PSE (non-credit audit, certificate course, courses for credit, and fully matriculating) revealed that students with ID who had some type of PSE were more likely to obtain competitive employment, required fewer supports, and earned higher wages (Hart, Grigal, Sax, Martinez, & Will, 2006). People with disabilities with PSE are employed at double the rate of those with only a high school diploma (Getzel, Stodden and Briel, 1999). Employment rates for people with disabilities demonstrate a stronger positive correlation between level of education and rate of employment than appears in statistical trends for the general population (Stodden, 1998). Youth who participated in PSE were 26% more likely to leave VR with paid employment and earned a 73% higher weekly income (Migliore, Butterworth, & Hart, 2009).
- The 2009 reauthorization of the Higher Education Opportunity Act (the country's primary financial aid funding from government sources) includes provisions that allow non-degree-seeking students to qualify for Pell Grants, federal student loans, and work study. Specific language in the act identifies students with ID as eligible recipients. The expansion of PSE programs was authorized to meet the rising interest and demand from students with ID and their families.

States are funding these programs using a combination of the following: Medicaid waiver dollars as alternative day supports, Social Security Work Incentives (PASS Plans & IRWEs), National Service Inclusion education awards, scholarships, vocational rehabilitation, IDEA funding for students with dual enrollment, and private pay.

If you would like to be involved in developing the strategic plan, contact Mary Mercer, Think College Project Coordinator at NDCPD.

Source: Think College for Persons with Intellectual Disabilities www.thinkcollege.net





Medicare Fraud

Last month I visited a clinic giving free checkups to people who have Medicare. When I looked at my Medicare Summary Notice today, I saw charges I didn't recognize. Did they charge me after all?

Medicare fraud happens when someone intentionally uses your Medicare number to bill Medicare for services or equipment you didn't get or didn't need. The culprit could be a care provider, a scam artist who got your patient identification number through a sham clinic or an employee with access to your records. And it costs the government billions of dollars each year.

What can you do? Check your Medicare statements. Look to see if the dates of medical visits match up with your calendar, look at the description of the medical service to see if that's what you had done, and look at the amount to see if it's about what you expected. If you aren't sure about a charge, first call the person or company who provided the service. Most errors are honest mistakes. If you still aren't sure about a charge, call the Customer Service number on your statement; or, the State Health Insurance Counseling (SHIC) office at the ND Insurance Department. If you believe the charge may be fraudulent, contact the ND Senior Medicare Patrol at 1-800-233-1737 or report it to the Department of Health and Human Services' Office of Inspector General. There are 43 million Americans on Medicare; if every person found just one \$10 mistake, we could save \$430 million!

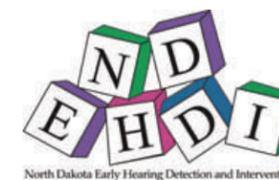
Protect your Medicare number by carrying it and giving it out only when you must. For a majority of the people, their Medicare number is their Social Security Number (SSN) followed by a letter or a letter and a number. This number has to be presented to every doctor and hospital the beneficiary goes to. Identity thieves seek out Social Security Numbers so they can use these numbers to assume the identity of another person and commit fraud. It's relatively easy for someone to fraudulently use your SSN to assume your identity and gain access to your bank account, credit accounts, utilities records, and other sources of personal information. Identity thieves also can establish new credit and bank accounts in your name, or use your SSN for employment purposes or to obtain medical care.

Be skeptical of clinics or providers who advertise free services specifically for Medicare patients. If you need to find a federally-funded health center that is free or low-cost, visit the Health Resources and Services Administration (www.findahealthcenter.hrsa.gov) or use the Partnership for Prescription Assistance's Free Clinic Finder. If you don't have a computer at home, visit your local library.

By reducing fraud, waste and abuse, we can keep Medicare premiums from increasing beyond the ability of many older adults to pay for them. If you suspect Medicare fraud, contact the ND SMP at 701-858-3580 or 1-800-233-1737.



“Protect your Medicare number”



The Gift of Song

It was a crisp February day and the new parents were excitedly awaiting their child's first. It wasn't her first word, step or tooth, but her first day with her hearing aids. Her father thought back on the days that led to this moment. She was born in June, no longer than a ruler and weighing just over a pound. He and his wife spent months at the hospital caring for their daughter. Between the feedings and baths, he would rock with his daughter and sing to her until they both fell asleep. He knew before they took her home in October that her hearing was bad, but that didn't stop him from sharing his gift of song.

Every night when he would come home from work and, when his wife would go to bed, he would stay up with his daughter and rock in the chair. As they would rock, he would sing, he sang every song that would come to mind. Sometimes, when she was fussy, he would get up and walk around. As he did, she would rest herself under his chin so she could feel the vibrations from his throat. They would do this every night until she went to sleep.

Now, sitting in the doctor's office, they waited. Eagerly anticipating the reaction their daughter would have when the hearing aids were put in and turned on. Not to anyone's surprise, she began to cry from all the new noises in the room. Her father took her in his arms and began to do what he had been doing every night—he began to sing. But this time was different for his daughter. Instead of resting under his chin, she placed her ear next to his mouth. And for the first time in nine months, she truly heard her father's gift of song.

Kaylyn was born prematurely in June, 2004 . She was diagnosed with moderate hearing loss and received early intervention services before six months of age. While working with Kaylyn and her family, NDCPD staff wrote and named a grant after her. This grant continued efforts to ensure all babies born in ND had a hearing screening before leaving the hospital and worked with agencies to see that infants needing services were enrolled in early intervention as soon as possible. Kaylyn's parents, Cory and Kara continue to be strong supporters of hearing screening efforts and serve on a state-level advisory committee for the ND Early Hearing Detection and Intervention (EHDI) program.

“for the first time in nine months, she truly heard her father's gift of song”





Great Plains Autism Project Research

By Amy Lopez, Autism Research Professional & Sherry Oldenburg, Behavior Analyst

TeachTown study:

In 2008, NDCPD conducted an autism needs assessment in North Dakota (ND). Findings suggest ND has multiple systems issues that must address the increased prevalence of autism; including high service costs and limited access to services. The use of software technologies has yielded promising results in addressing these issues and is therefore the focus of the study.

A proposed activity through the Great Plains Autism Spectrum Disorders Treatment Program (GPAST) is to conduct a research study with children with ASD, enrolled in preschool or elementary schools in ND. GPAST will study the effectiveness of computer-assisted instruction on a variety of skills including, but not limited to language skills, academic skills and social skills.

Video Modeling study:

Video modeling (VM) and video self modeling (VSM) have been highly effective in teaching social skills to children and adolescents with ASD. Video Modeling involves the recording of appropriate behaviors, edited to remove all prompt levels, and then played back showing successful implementation of the behavior. Further research is necessary since generalization of learned skills to naturally occurring settings is still lacking.

A proposed activity through the Great Plains Autism Spectrum Disorders Treatment Program (GPAST) is to study effects of VM and VSM across different social communication skills on youth, ages 14-21, with ASD. By organizing an additional social outing with a social mentor the youth participant will have various opportunities to rehearse the newly acquired skills.

Applied Behavior Analysis (ABA) study:

This research project will investigate the ability of parents to use applied behavior analysis (ABA) through the assistance of distance technology. The project is looking for four families who are highly motivated to teach their children skills within their home and are willing to use applied behavior analysis to do so. For the length of their participation in the study, parents will be given access to a new web platform called Rethinkautism, a laptop computer, and video recorder to record treatment sessions. Parents will collaborate with a behavior analyst via video conferencing regularly.

It's really a great opportunity for parents to get training and support in ABA while teaching their children skills in areas they may be struggling, such as academics, self help, play, language, and fine/gross motor.

Please contact Sherry Oldenburg at sherry.oldenburg@minotstateu.edu if you are interested in participating in this study.

Changes in Membership for NDCPD's CAC

The Consumer Advisory Council (CAC) said good-bye to Mary Stipp at the October CAC meeting as her term as a member came to an end. Mary worked tirelessly raising funds for NDCPD. We would like to express gratitude to Mary for her years of service and her dedication to the center.

Sherris Richards attended the CAC meeting in October as the newest member. We welcome her and look forward to her enthusiasm and input as a member of the CAC.

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:

November 2009
December 2009

Dr. Christy Jackson Carroll, Associate Director
Chad Fenner, Computer Support Specialist



Ram Good Job Award

Upcoming Conferences & Training Events

Webinars:

Bipolar Disorders in Persons with Cognitive Disabilities

By: Nanette Wroble, BS, R. Ph.
Date: February 1, 2010
Time: 1:30 PM -3:00 PM
Fee: \$30.00 per site

Age Related Physical & Cognitive Changes

By: Alan Factor, Ph.D., Director of Training and Dissemination, RRTC on Aging with Developmental Disabilities, University of Illinois at Chicago
Date: March 9, 2010
Time: 1:30 P.M.-3:30 P.M.
Fee: \$30.00 per site

For more information or registration contact Jana Kremer at jana.kremer@minotstateu.edu

Workshops:

Managing Threatening Confrontations

Presenter: Paul White
Dates & Sites: February 16-19, 2010
February 16, Comfort Inn, Bismarck 701 223-1911
February 17, NDSU Alumni Center, Reimers Conference Rm
February 18, Development Homes, Grand Forks
February 19, MSU Student Union Conference Center, Minot

Time: 9AM-4:30 PM
Registration Fee: \$75.00

Train the Trainer to Train the Staff in Therapeutic Intervention

Presenter: Ron Odden
Site: Comfort Inn, Bismarck
Dates: April 7, 2010
Times: 9:00 AM – 4:00 PM
AND
Comfort Inn, Bismarck July 8 (follow-up) 9:00 AM – Noon
Registration Fee: \$75.00

For more information or registration contact Vicki Brabandt at Vicki.brabandt@minotstateu.edu

We Care Winners

September, Brenda Munson
October, Mike Wilz
November, Janice Fuchs



Prizes included certificates to Grizzly's, KFC, and China Star. 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. Continue to bring your receipts to NDCPD and be sure to include your name and phone number on the back of the receipt to be eligible for the drawing.

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

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