



NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES

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Director's Message: NDCPD's Role in Minot Flooding

By: Dr. Brent Askvig, Executive Director, NDCPD

The North Dakota Center for Persons with Disabilities, Minot State University, and the citizens of Minot and the surrounding areas have lived through a horrendous last two months. On May 31, 2011 the City of Minot called for a mandatory evacuation of nearly 10,000 citizens due to rising flood waters of the Mouse River. Later that day, the University announced a closure for two days. One dozen NDCPD employees had to evacuate. Many were assisted in their frantic moves by NDCPD staff, other MSU staff, and their families. Our staff also stepped up to house our employees, make meals, and offer other assistance. We worked at Red Cross centers, filled sandbags, and watched the river dike system. We made deliveries, ran errands and provided meals. Many of us opened our homes to family, friends, and colleagues. After a week of worry and concern, it appeared that the danger had passed, and people were allowed to return home. Some normalcy returned to our work and our lives.

Then came the bad news. Huge rainstorms in Canada and north western North Dakota swelled the rivers and filled the lakes behind our flood control dams. The Corps of Engineers was going to release waters in ND, and along with the released waters in Canada, Minot was going to become inundated. Once again an evacuation order was placed, but this time it was much more widespread, affecting nearly 12,000 citizens and nearly one quarter of all Minot homes.

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Directors Message: Continued

The predictions were for historic levels of flooding. And the predictions came true. At the end of June, the crest of the river reached nearly 7 feet higher than the previous record from 1881. About 4,100 homes were flooded in the city and surrounding communities. There were 16 NDCPD staff who had to evacuate, and it appears that 14 had some type of flood water or sewer backup that affected their homes. As we write this in early July, there are still about 10 NDCPD staff who have not even seen their homes in nearly 3 weeks.

This event has been devastating to our NDCPD families and those we serve. For a time, accessible transportation was suspended. Some families in our early intervention program have decided to move to other areas in the state, and even move out of state. Staff are working to keep our projects going, and simultaneously working on plans to put their homes and lives back together.

While the river is receding, we are all anxious to get back to our "normal lives". Those of us not directly affected by the flood waters will still need to offer assistance as colleagues put their homes and lives back together. Based on this experience I can say that we are all ready to help one another, and knowing that we live in such a great community makes our future look so much brighter.



Speakers Bureau

By: Steve Peterson

In an on-going effort to improve public awareness and perceptions of developmental disabilities, NDCPD's Mythbuster project has teamed up with North Dakota FamNet in the development of a Speaker's Bureau. Various individuals, agencies and organizations are currently represented; offering widespread options on topics and content. Created within the FamNet project, the Bureau has steadily grown over the years in an effort to serve and educate as many individuals and organizations as possible. Mythbuster and FamNet staff continues recruitment for the Speakers Bureau. We invite any and all individuals and encourage primary and secondary consumers. The Speaker's Bureau is a great site to visit when looking for speakers and an ideal place for speakers to advertise.

For additional information contact Steve Peterson, Director of the Mythbuster project steve.peterson@minotstateu.edu 701-858-3505 or leave a message with FamNet at ndfamnet@gmail.com.

The Speakers Bureau is available to the public through the FamNet website: <http://www.ndcpd.org/ndfamnet/speakers.shtml>



Healthy Lifestyles for People with Disabilities Workshops Have Positive Impact

By: Kari Schmidt, Program Director, ND Disability Health Project

The ND Center for Persons with Disabilities (NDCPD) at Minot State University received funding in April to implement the ND Disability Health Project for the 5th 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.

As part of the project's wellness activities, project staff Kari Schmidt and Brenda Munson have facilitated two *Healthy Lifestyles for People with Disabilities* workshops. The workshops were held in Minot and Mandan. The workshop curriculum takes a holistic approach to wellness for adults with disabilities. Five areas of a healthy lifestyle are addressed: emotional health, social health, physical health, spiritual health, and health through meaningful activities. The 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. The groups met once per month for six months following the 3-day workshop, which is important to the overall success of each participant. Each person has an opportunity to report successes and to ask for support with challenges. The groups do a great job of brainstorming to help each other overcome the barriers they face to meeting their goals.

Some of the changes in lifestyle that participants have made include joining Sporting Chance to hone hunting skills, studying to obtain a drivers license, getting a new job, switching from white breads and pastas to whole grains, trying new fruits and vegetables, choosing healthier snacks, walking more and snacking less. One man lost an estimated 20 pounds and has noted his clothes fit better and he has more energy; he has also recruited others to use the treadmill in their home and has been asked to help pick out a new one that will be purchased for all to use. A woman who uses a wheelchair set a goal to walk 3 times each day and she has met that goal; she even walked into one of the support group meetings!

The Healthy Lifestyles curricula can be adapted to accommodate any type of disability that participants may have, that includes intellectual as well as physical disabilities. The workshop is fun and hands-on, participants get to know each other and the opportunity is there to form ongoing friendships. An additional workshop is being planned this Fall in a third ND community. For more information about the *Healthy Lifestyles* Workshop, or the ND Disability Health project, contact Kari Schmidt at 1-800-233-1737 or 701-858-3048, or kari.schmidt@minotstateu.edu.



Mandan group

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.



Money Follows the Person Housing Program

By: Vicki Troftgruben

“In 2007 the Centers for Medicare and Medicaid Services awarded North Dakota (ND) a grant through the Money Follows the Person (MFP) Re-balancing Demonstration Program established by the Deficit Reduction Act of 2005” (ND DHS, 2010). The purpose of the program is to assist the elderly and individuals with disabilities in transitioning from Intermediate Care Facilities for the Mentally Retarded (ICFMRs) and Nursing Facilities into their own homes or into a more integrated setting within their community. In 2010, as part of the Patient Protection and Affordable Care Act, Congress authorized an additional \$4 billion in funding through 2020 to states participating in the MFP programs. The MFP programs serve two purposes: the first is to transition individuals living in institutional settings back into their homes, apartments, or group homes of four or fewer residents; the second is to change state policies in order to allow individuals to use their Medicaid funds for the same support services within their own homes or apartments as they were receiving in the institutional setting allowing the “money to follow the person”.



In the spring of 2011, the North Dakota Center for Persons with Disabilities (NDCPD) was awarded the Money Follows the Person Housing Program contract from the North Dakota Department of Human Services, Medical Services Division. The NDCPD staff for the MFP Housing project will include a Principal Investigator, a State Housing Facilitator/Project Director, four Consumer Housing Resource Specialists, a Database Specialist and a Project Secretary. The NDCPD staff, specifically, the four Consumer Housing Resource Specialists are tasked with finding decent, safe, affordable and accessible places to live for those individuals that wish to transition out of an institution or those at risk of being placed into an institution. The four Resource Specialists will be located within the four quadrants of the state and will work closely with the MFP Transition Coordinators located within the four Centers for Independent Living.

The MFP Transition Coordinators from the Centers for Independent Living will identify the individuals wishing to transition out of institutional settings and identify the specific housing and community supports needed for these individuals. The Consumer Housing Resource Specialists will work closely with the MFP Transition Coordinators to locate safe, decent, affordable and accessible housing to meet the specific housing needs for the individuals transitioning from an institution to a more integrated setting within their community.

The MFP Housing project staff will work to address housing challenges in ND. The challenges include the housing shortage and a lack of necessary Home and Community Based Services (HCBS), especially within many rural communities. In addition, the western part of the state is experiencing a severe housing shortage. One reason for the strain on available housing in western ND is due to the population growth in the expanding oil industry. Another reason for the housing shortage in western ND is that ND has the lowest unemployment rate in the nation at 3.2% versus 10.2% nationally (Bureau of Labor Statistics, 2011), resulting in an influx of workers into the state.

In the Minot area, the housing shortage is also affected by the increased number of Air Force personnel and their families stationed at the Minot Air Force Base. Most recently, the catastrophic flooding of 4,100 homes in the Minot community has increased the housing shortfall. It is believed that 800 of those 4,100 homes have at least ten feet of water in them and may need to be demolished (Zash, 2011). This historic flood event has affected one quarter of the residents within the city of Minot and many more in the smaller communities and rural areas along the Mouse River. The rental vacancy rate in 2010 nationally was 10.2%, in North Dakota it was 7.4%, but in Minot it was less than 1% (Census, 2010 & Bonestroo, 2010, p. 28). With the housing vacancy rate so low, finding safe, decent, affordable and accessible housing for the individuals wishing to transition out of an institution and back into an integrated community setting will be difficult.

Money Follows the Person Housing Program: Continued

In recent years, North Dakota's economy has remained strong compared to many states and regions around the country. Even with a stronger than average economy, low unemployment, increasing home values and increasing wages; North Dakota's home value increases are outpacing wage increases. Median home prices in the six of the eight largest population centers show double digit increases over the three year period from 2007 thru 2009 (Agency, 2010). In the Eastern half of the state the median home prices increased from 4.4% in Fargo to 15.7% in Jamestown. In the Western half of the state the median home prices increased from 18.8% in Bismarck to 50% in Williston. This puts a strain on every ND household, especially those families or individuals on fixed budgets and limited incomes.

The MFP Housing Project will use its trained and qualified Consumer Housing Resource Specialists to work closely with the MFP Transition Coordinators as well as the community and regional resources to address the housing challenges. The MFP Housing Project will use the resources and knowledge from other states' MFP projects to assist with expanding opportunities for individuals transitioning into the community. Please feel free to contact Vicki Troftgruben at 1-800-233-1737 or via email: vicki.troftgruben@minotstateu.edu if you have any questions regarding the project or for information regarding available housing options within the state.

North Dakota Autism State Conference

By: Angela Richter

The Great Plains Autism Spectrum Disorders Treatment Program and NDCPD would like to invite you to attend the North Dakota Autism State Conference on August 2, 3, 4 in Minot, ND. The conference is free of charge and all meals are included.

Speakers include Carol Gray and Dennis Debbaudt. Carol Gray developed Social Stories™, a strategy used worldwide with children with Autism spectrum disorders. She has published several articles, chapters, and books on topics related to the education and welfare of people with ASD, addressing challenging issues ranging from how to teach social understanding and social skills; bullying; death and dying; loss and learning; and categorization and generalization.

Dennis Debbaudt has presented his course throughout North America and internationally since 1995. His topics will include "ASD: Before the Explosion"; "Proactive Strategies to Address Bullying"; "Creating Collaborative Home, School, First Responder Communication Programs"; "Autism and Law Enforcement: Briefing Basics for Autism Awareness"; and "Autism and the Decision to Drive".

The registration information, brochure and conference agenda can be viewed at www.ndcpd.org/alinks

Please direct questions to Angie Richter at 701-858-3506 or toll free at 1-800-233-1737 extension 3506 or email Angie Richter at angela.richter@minotstateu.edu



For additional copies of the Collaborator contact Linda Madsen at 1-800-233-1737. Please feel free to copy and distribute articles or excerpts from The Collaborator, provided the following acknowledgement is used: Used with permission from the North Dakota Center for Persons with Disabilities, a center of excellence at Minot State University, Minot, North Dakota, USA.

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Area Woman Avoids Scam

By Linda Madsen:

Early this spring, a Garrison resident received a telephone call during which the caller identified himself as being with the National Medical Office. The caller indicated extra discounts on eye glasses and dental care are available to Medicare beneficiaries who have their Social Security checks deposited directly into their checking accounts. He went on to say that because of these extra discounts new Medicare cards are being mailed to Medicare recipients. He indicated beneficiaries who have direct deposit will not receive a letter specifying the change, as they are all being called directly.

The caller already had the beneficiary's name, address, phone number and the nine-digit routing number of her checking account. The caller told the beneficiary her new card would be mailed in four to five business days; he just needed her to verify her checking account number.

"I think you have enough of my numbers," said this savvy beneficiary, as she realized this was a scam and hung up on him.

This story has a happy ending. Our Medicare beneficiary did not give out her checking account number to the scammer. She knew to call her bank and have her account flagged to watch for unusual activity. She also called the Attorney General's office, which suggested she contact the North Dakota Senior Medicare Patrol, a project of the North Dakota Center for Persons with Disabilities on Minot State University's campus, to alert them of this scam. ND SMP provides education to Medicare beneficiaries on Medicare scams and how to protect themselves against Medicare fraud.

"Medicare beneficiaries should never disclose personal financial or medical information over the phone. Remember, these scammers are masters at getting people to reveal personal information. Just as in this case, a scammer poses as a Medicare specialist and then asks for a bank account or credit card number," said Linda Madsen, ND SMP project director. "Once the scammer has these numbers, they can wipe out victims' savings accounts or run up large amounts of credit card bills."

According to Madsen, the number of cases in which scammers target Medicare recipients is increasing. The result is potentially large financial losses for the elderly, who may be ill-equipped to investigate fraud, be embarrassed at having been fooled or may not know where to turn for help to recover their money. "To report a potential Medicare scam, or if you feel you have been the victim of a scam, contact the ND SMP for assistance," Madsen said.

For more information on the ND SMP, visit the project website at www.ndcpd.org/smp or contact Linda Madsen at 701-858-3580 or linda.madsen@minotstateu.edu.



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 on September 16th, 2011. 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 assess 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, Family Support Specialist, at 858-3286 or 1-800-233-1737 ext.3286.

New Staff

Stacey Johnston is the Early Reading First Coordinator within NDCPD. Stacey earned her Master's Degree in Education from the University of California, Santa Barbara. She has a Bachelor's degree in Political Science also from the University of California, Santa Barbara. Stacey taught K-3 in Santa Barbara and worked with children on the autism spectrum as a Child Care Professional at Devereux California. She most recently was substitute teaching in Minot for students Kindergarten through 8th grade.

Stacey Johnston



Sarah Jacob is a Registered Nurse, functioning as an Early Childhood Interventionist in the Infant Development department. She completed her Bachelor's degree in Nursing at Southern Illinois University Edwardsville in 2007. Sarah has previously worked in Pediatric Intensive Care, and in Pediatric Home Health. She just moved to Minot in April of 2011. Her fiancé, Shawn Forbes, is a United States Air Force Security Officer.

Sarah Jacob



Upcoming Training

Doing Our Best Work - 10 Ingredients of Quality Support

Presented by: Peter Leidy

Time: 9:00am-12:00pm and 1:00pm-3:30pm

August 22: Development Homes, Grand Forks.

August 23rd: Doublewood Inn, Fargo

August 24th: Comfort Inn, Bismarck.

August 25th: Minot State University Student Center.

Registration Fee: \$75.00

North Dakota Autism State Conference

August 2nd 8am-5pm

August 3rd 8am-8:30pm

August 4th 8am-5pm

Location: The Grand International

Ramada Plaza Suites, Minot, ND

Registration Fee: Free

US - Nordic International Conference on Intellectual Disabilities

Date: October 2nd, 3rd, 4th

Location: Minot State University

Registration Fee: \$200.00

Register at:

<http://www.ndcpd.org/proj/ICID/registration.shtml>

or call: 1-800-233-1737

Jumping Off the Not-So-Merry-GO-Round:

Staff and Clinicians Building Therapeutic Challenging

Behaviors by Dr. Eric Frank

November 3, 2011 Bismarck Comfort Inn

November 4, 2011 Development Homes, Inc. Grand Forks

Time: 9:00am—3:30pm

Fee \$85.00

Recently Funded Projects

Books for Kids

Principal Investigator: Wendy Thomas

Funding Agency: Souris Valley United Way

Total Funding Per Year: \$1,000.00

This project will provide area children enrolled in NDCPD's Minot Infant Development Program with durable, educational books to help increase literacy and develop good reading habits.

North Dakota Senior Medicare Patrol FY12

Principal Investigator: Linda Madsen

Funding Agency: US Dept. of HHS, AOA

Total Funding Per Year: \$240,000.00

This project assists all ND seniors, including those in our most rural counties and those with disabilities review their Medicare bills to assure that no errors, fraudulent charges or abuses have occurred by using local volunteers, regional volunteer coordinators, and disability adapted curricula to educate beneficiaries.

Beneficiaries Access MyMedicine.gov

Principal Investigator: Linda Madsen

Funding Agency: MSU CETL Mini Grant

Total Funding Per Year: \$4,716.00

This mini-grant funding from MSU's Center for Engaged Teaching & Learning will be utilized to purchase equipment to train Medicare beneficiaries on how to create and manage their mymedicare.gov account through the use of tablet computers.

Money Follows the Person Housing

Principal Investigator: Amy Armstrong

Funding Agency: ND Dept. of HS, Medical Service Division

Total Funding Per Year: \$770,844.00

This project assists the State in identifying and researching creative solutions to alleviate the housing shortage to make transitions possible in support of the Money Follows the Person grant.



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:

April 2011 Sue Routledge, Data Coordinator, ND EHDI Program

May 2011 Thomas Orluck, Database Specialist



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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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