



DD Community Forum



The next DD Community Forum will be held
via Zoom on
Monday, November 16th
3:00 PM - 4:30 PM

Go to this link to register:
<http://www.tinyurl.com/NovDDCommunityForum>

If you need help to register call 877-532-5543.

You can also watch the forum at
[Facebook.com/AdvocatesinActionRI](https://www.facebook.com/AdvocatesinActionRI)

Virtual Open House Recordings Available Person-Centered Supported Employment Program (PCSEP)

Four projects will use a customized employment approach to help individuals who have never been employed before find a job. The four projects all presented at two virtual open houses on September 21 and October 6 hosted by Advocates in Action. If you weren't able to attend the presentations live, they were recorded and are now available on the Advocates in Action website: <https://www.advocatesinaction.org/2020Webinars>.

Please note: The webinars are in English, but viewers can use the YouTube CC tools to translate the subtitles into other languages.

- Click on CC then on the settings icon.
- Select Subtitles, then Auto-Translate, then select your preferred language from the list.

For more information on the projects and about PCSEP, visit the BHDDH website at https://bhddh.ri.gov/developmentaldisabilities/employmentfirst_index.php

What is Customized Employment?

“Customized employment” is a different approach to looking for a job. It focuses on identifying a person’s strengths and creating a profile that is used to target businesses where the job seeker’s unique characteristics and skills will be seen as assets. The question is not if the person can work, but where will the individual’s unique characteristics be valued?

Virtual Town Hall: The Criminalization of Mental Illness

Wednesday, October 28

5:00 PM – 6:30 PM

[Register Here](#)

Please join us for the second of this three-part webinar series, covering the intersection of disability and the criminal justice system. The ACI is now Rhode Island’s largest “psychiatric institution,” and we all pay the price. Join this Town Hall to discuss how an Olmstead Plan would plan for and provide supportive housing and community services to break this cycle and improve the lives of these vulnerable Rhode Islanders.

Once you register, you will receive an email confirmation with instructions on how to join the meeting. If you have any questions in advance, please contact jennifer.raxter@mhari.org.

Some research suggests at least 9% of offenders currently in prison have an intellectual or developmental disability. Other research indicates that as much as 30 to 40% of the inmate population has an intellectual or developmental disability, despite the fact that there is no evidence to suggest that there is any causal link between having an I/DD and committing crimes.
-The Criminal Justice Advocacy Program at the Arc of New Jersey



The first virtual town hall, [Integration for All](#), can be viewed [here](#). Visit the Mental Health Association of RI for more information at <https://mhari.org/>.

In Olmstead v. L.C., the U.S. Supreme Court ruled that states have a legal obligation to ensure that people with disabilities can live, work, and receive support services in the most integrated setting possible. An Olmstead Plan provides the framework through which a state intends to comply with this legal obligation.

Real Talk About Work – Family Panel

RIPIN and BHDDH are sponsoring a family-to-family panel to on employment.

Have concerns about a loved one entering the workforce?

Thursday, October 29

4:00 PM

[Register Here \[r20.rs6.net\]](https://r20.rs6.net)

In this panel, hear from parents and siblings of adults with differing abilities who are working.

What were the challenges?

What fears did they have?

What did valuable lessons did they learn?





Recording of the October 22 Panel Discussion Real Talk About Work Peer-to Peer Panel



The first Real Talk About Work panel took place on October 22.

A panel of adult workers of all abilities talked about their employment experiences.

How did they get their job?

What do they like about working?

What tips do they have for others looking for employment?

Watch the webinar to find out!

[Watch the panel webinar on YouTube here.](#)

Free Decision-Making Resources – Download Now!

People with intellectual and developmental disabilities (IDD) must make many daily and major life decisions, just like people without disabilities. This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

There are many ways people with IDD make decisions, both on their own and with support. But a person’s ability to make decisions can change throughout their life. It is important to have a plan for how decisions are made and to update this plan regularly. This way, everyone can make the decisions they want. The Arc's Center for Future Planning has created free resources to help. Download the free documents below to:

- [Learn about decision-making options](#) for people with IDD
- Understand the [myths and limits of guardianship](#)
- Learn how to [make, review, and adjust a decision-making plan](#) throughout a person's life to maximize their ability to make their own decisions

Questions? Email The Arc at futureplanning@thearc.org.



The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

COVID Burnout: Seven Ways To Reset When You've Hit The Wall

Excerpted from: <https://www.forbes.com/sites/margiewarrell/2020/09/30/covid-burnout-seven-ways-to-reset-when-youve-hit-the-wall/#3549086a377f> by Margie Warrell

In recent weeks, I've heard more and more stories of people hitting burn out. As this crisis has gone on, and on, with no clear end in sight, many feel like the 'surge capacity' they dipped into back in March... and April... and May... has, well, blown a fuse.

"I feel like I'm keeping my head above water," Simon told me, sharing how keeping his virtual team on task and feeling connected through this crisis has been unrelenting.

Speaking of keeping above water... as a kid my dad would take me fishing in his old rusty tin boat. Sometimes, in the middle of the lake, he'd duck-tape over a leak to keep the water at bay until we returned to shore. He used to say:

Boats don't sink from the water around them. They sink from the water that gets in them.

If you feel like you've been stretched too thin, for too long, here's a few suggestions for rising above the waves of this stormy time, weathering the pressures better so you can emerge better off.

1 - Change up your scenery

When you shift your physical space, it can shift your emotional space. If you can't afford a couple nights in a hotel suite, you can still take yourself somewhere for a change of scenery. Ideally among mother nature. There's nothing like a dose of nature to refuel a weary spirit and put life back into perspective.

2 - Strategically disengage with 'sacred rituals'

Resilience isn't what you have, it's what you *do*. Identify the activities that help you recenter and recharge – physically, mentally, emotionally and spiritually – and then schedule them into your calendar and treat them as 'sacred rituals'. Those small daily practices that expand your bandwidth—moving your body, calming your mind, recharging your spirit, 'controlling the controllables', and re-prioritizing your schedule - are 'mission critical' in testing times.

3 - Stand guard against energy drainers

Emotions are contagious. For better or worse. Given the levels of anxiety and negativity many feel right now, be extra diligent in setting firm boundaries on whatever can pull you down. There may be some people – or news channels – that you need to limit exposure to right now.

4 - Make plans for your future, but write them in pencil

"Blessed are the flexible for they shall not get bent out of shape." 2020 has been ripe with opportunities to practice flexibility as we've been forced to pivot plans on a dime. Some people have reacted to the uncertainty by shelving all plans until the fog clears. Research shows that people are happier when they have something, *anything*, to look forward to - from a fun night out to accomplishing a meaningful goal. Likewise, being decisive amid the uncertainty is empowering as it moves you forward and asserts that you're at the helm in your life. So, don't let all the uncertainty keep you from making plans - just don't get too attached to how things should unfold.

5- Give yourself permission to not feel fabulous

It's okay not to be okay. So give yourself permission to feel whatever you're feeling so that, like dark clouds in a stormy sky, they can pass on over.

6- Speak powerfully by being intentional with your language

If you're constantly talking about how stressful your life is, you'll just make yourself more stressed. Your words create your reality. Describe a situation as a 'nightmare' or yourself as a 'disaster' and that will be your experience. Describe the same situation as challenging or interesting and yourself as stretched but learning, and you'll have a very different experience. So use language that fuels as a sense of personal agency and leaves you feeling more purposeful, positive and powerful.

7 - Keep reminding yourself that 'you've got this!'

Dr Wayne Dyer wrote that there is no such thing as stress; just people having stressful thoughts. The more uncertainty ahead, the more stress-filled thoughts people tend to have and the less rational they act. But it doesn't have to be this way. Remember my dad's boat maxim? It's not the water around the boat that sinks it! Likewise, in your life.



It's not the outer conditions of your life that determine your state of mind or your future ahead. It's the internal conditions.

It all comes down to where you're placing your attention and the story you're spinning in your head about your ability to deal with what might (or might not) lay ahead. It's why operating from self-trust, not self-doubt is absolutely crucial during times when pressures mount.

When you act from the belief that whatever happens, you've got this, it engages the full cognitive and creative horsepower in your brain to address your problems more constructively. On the flip side, when fear is calling the shots, it disengages those parts of the brain and ultimately puts us at more risk of the very things we're afraid of!

While having optimism and faith that everything will ultimately work out doesn't remove your problems, it expands your capacity to handle them better and emerge better off.

Fall 2020 Issue of Impact

Feature Issue on Self-Advocacy for People with Intellectual, Developmental, and Other Disabilities

The year 2020 has been a lightning rod for people with disabilities who advocate for themselves and others to design and live their own lives. Early in the COVID-19 pandemic, many protested healthcare rationing decisions that threatened to put them at the back of the line. Others spoke out when they lost critical services from direct support professionals or feared for their lives in congregate care settings. When George Floyd's killing in Minneapolis sparked global calls for fundamentally reexamining systemic racism, people who live with disabilities renewed the conversation about the intersectionality of racism and ableism.

Against that backdrop, the latest issue of *Impact* examines the Self-Advocacy Movement, its history, and the role it plays today. Articles explore the current issues self-advocates are fighting for, the debate over the term 'self-advocacy' itself, ways to get started as a self-advocate, and the personal stories and programs shaping the Movement today. [Read the issue online here](#) or contact the ICI Publications Office to request a free print copy at icipub@umn.edu or 612-624-4512.

Impact Subscription

The newsletter *Impact* is published three times yearly by the [Institute on Community Integration, University of Minnesota](#) and the [Research and Training Center on Community Living](#). Each issue features strategies, research, and personal stories in topic areas related to persons with intellectual, developmental, and other disabilities and their families. It provides practical information useful to all who are committed to improving quality of life, community inclusion, and services and supports for people with disabilities and their families. Subscriptions are free, and available in print and electronic formats. To subscribe, go to <https://ici.umn.edu/products/impact/subscribe>.

Past issues are also available. Here is a sample of past issues:

- [Impact: Feature Issue on Siblings of People with Intellectual, Developmental, and Other Disabilities](#)
- [Impact: Feature Issue on Self-Determination and Supported Decision-Making with Intellectual, Developmental, and Other Disabilities](#)
- [Impact: Feature Issue on the Direct Support Workforce and People with Intellectual, Developmental, and Other Disabilities](#)
- [Impact: Feature Issue on the Justice System and People with Intellectual, Developmental, and Other Disabilities](#)
- [Impact: Feature Issue on Person-Centered Positive Supports and People with Intellectual and Developmental Disabilities](#)
- [Impact: Feature Issue on Supporting Wellness for Adults with Intellectual and Developmental Disabilities](#)
- [Impact: Feature Issue on the ADA and People with Intellectual, Developmental, and Other Disabilities](#)
- [Impact: Feature Issue on Supporting New Career Paths for People with Intellectual and Developmental Disabilities](#)



Funtastic Cos-Zoom Dance Party!

Hosted by Advocates in Action

Friday, October 30th

7:00 PM

Have fun with AinA for the 1st ever Zoom Costume Party!

Register at: <https://tinyurl.com/AinACostumeParty>

See the attached flyer for more information or go to <https://www.advocatesinaction.org/>

Silver Linings

Smithfield photographer doesn't let his disability define his business

From www.wpri.com by Sarah Doiron, Rob Nesbitt

<https://www.wpri.com/news/local-news/northwest/smithfield-photographer-doesnt-let-his-disability-define-his-business/>

Bryan Baron sees the world through his camera lens.

With a developmental disability and movement disorder called Dystonia, Bryan is a man of few words, but the 25-year-old photographer is always upbeat and enthusiastic while on the job.

Sue Baron, Bryan's mother, tells 12 News her son was able to find jobs after high school, but they just weren't enough for him.

"There's no social part of it and he's a very social guy, so it just didn't work for him," she said of the jobs he held prior to opening his business last year.

With the help of [The Arc of Bristol County](#), Bryan took part in a self-employment class and started his own photography business, called [Double B Photography](#), last year.

Director Melissa Melvin said Bryan embodies the theme for this year's National Disabilities Employment Awareness Month, which is "Increasing Access and Opportunity."

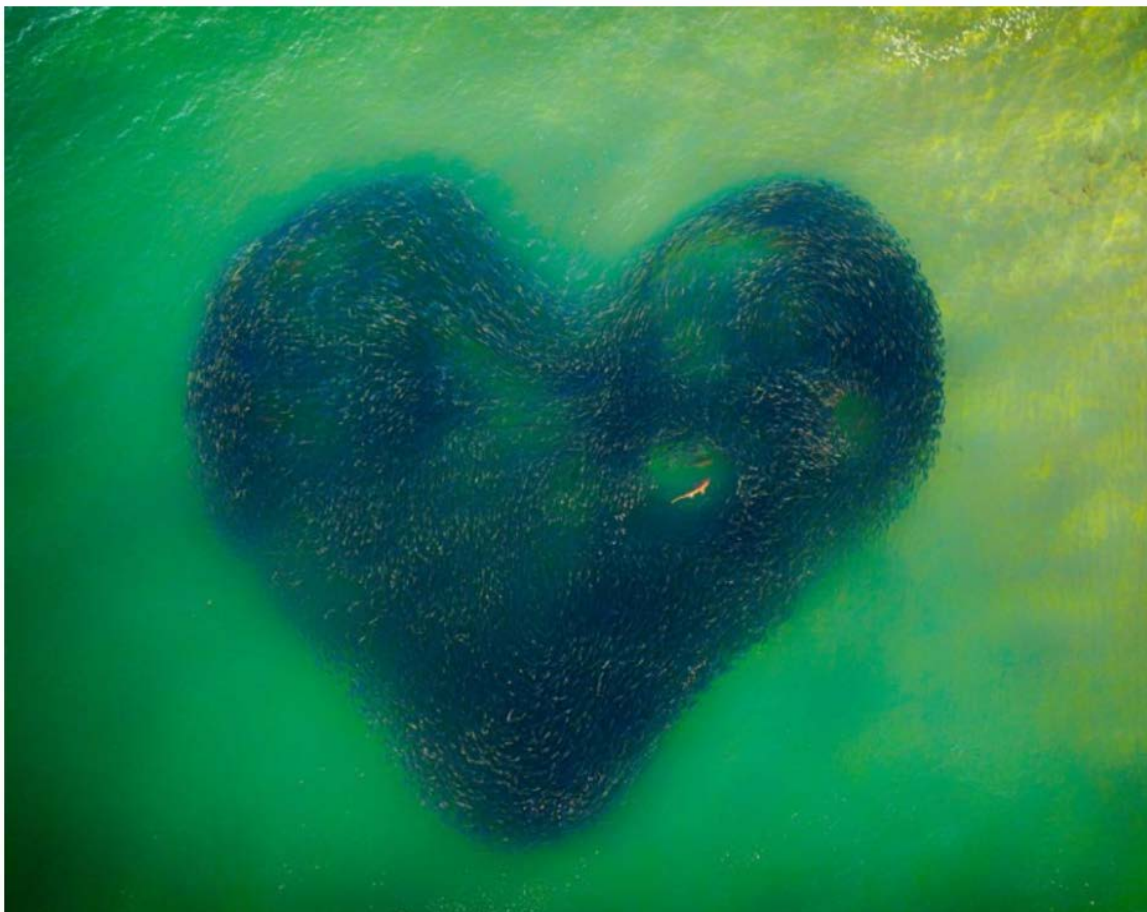


"[Bryan's story can] help motivate some of our other folks who right now might not be as encouraged," Melvin said. Melvin said the coronavirus pandemic has created a series of employment challenges for her 145 clients. But even throughout the pandemic, Bryan's business has been successful.

He sells his printed photos, which are mostly of nature, landscapes and wildlife, on Saturdays at the Scituate Farmers Market and [through social media](#).

Love Heart of Nature

'Love Heart of Nature' by the Australian photographer Jim Picôt is the overall winner of the 2020 edition of the [Drone Photo Awards](#), the main international competition of aerial photography. In winter, a shark is inside a salmon school when, chasing the baitfish, the shape became a heart shape.

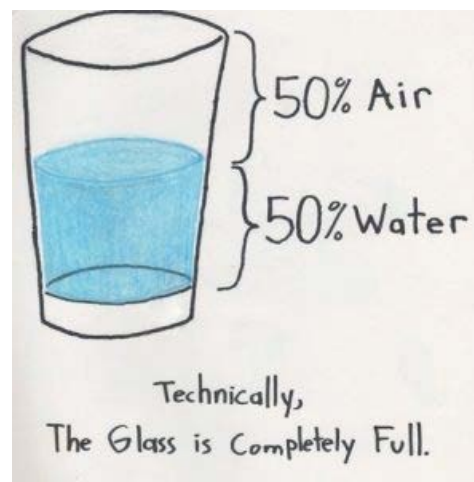


Love Heart of Nature, PHOTO: JIM PICÔT - SIENA DRONE PHOTO AWARDS 2020

KeepInspiring.Me – Optimistic Quotes

Are you struggling to keep your spirits up during a difficult time? [KeepInspiring.me](#) has compiled a list of [optimistic quotes](#) from writers, philosophers, and many others who have struggled with a variety of challenges and difficulties. What do they have in common? Their belief that optimism helped them to change their outlook of life and achieve their goals. Here are two:

- “It’s not that optimism solves all of life’s problems; it is just that it can sometimes make the difference between coping and collapsing.” – *Lucy MacDonal*d, *Learn to Be an Optimist*
- “Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.” – *Noam Chomsky*



If you are experiencing a mental health crisis, BH Link is here for you

BH Link's mission is to ensure all Rhode Islanders experiencing mental health and substance use crises receive the appropriate services they need as quickly as possible in an environment that supports their recovery. Call 911 if there is risk of immediate danger. Visit the BH Link website at www.bhlink.org or for confidential support and to get connected to care:

CALL (401) 414-LINK (5465)

If under 18 CALL: (855) KID(543)-LINK(5465)

Visit the 24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI

Stay Informed with Information on COVID-19

Rhode Island Department of Health COVID-19 Resources

Hotline (401) 222-8022 or 211 after hours;

Email RIDOH.COVID19Questions@health.ri.gov

Website <https://health.ri.gov/covid/>

Center for Disease Control COVID-19 Information

Website cdc.gov/coronavirus

Videos <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

Includes a link to ASL videos

BHDDH Information on COVID-19's Impact on DD Services and the DD Community

Website bhddh.ri.gov/COVID

RI Parent Information Network (RIPIN)

Website <https://ripin.org/covid-19-resources/>

Call Center (401) 270-0101 or email callcenter@ripin.org

Advocates in Action – for videos and easy to read materials

Website <https://www.advocatesinaction.org/>

Website offers BrowseAloud, which will read the website to you

Sign Up for Our Email List

If you aren't receiving email updates and newsletters from BHDDH, you can sign up on our website. From the main BHDDH page at bhddh.ri.gov, select **What's New**, then go to bottom and click on **DD Community Newsletter**. The link to sign up for the BHDDH Newsletter is directly below the title, as shown in the picture at right.

DD Community Newsletter

[SIGN UP FOR THE BHDDH NEWSLETTER](#)

Contacting DD Staff

DDD has put extended hour phone coverage in place with a central business hour phone number and an on-call number for nights and weekends.

If you have a vital need, please call the numbers on the next page. If you have any general questions or concerns, please email them if you can, in order to try to leave the phone lines free for those who need to call. We will do our best to address your questions directly or through future newsletters.

AM **M T W Th F** PM
401-462-3421

8:30 AM → → → → → ← ← ← ← ← 4:00 PM

WEEKDAYS DURING BUSINESS HOURS FOR:

- **VITAL, NON-MEDICAL SUPPORT NEEDS**
- **QUESTIONS ABOUT YOUR DD SERVICES**

During business hours
 (Monday-Friday 8:30-4:00),
 for questions or support
(401) 462-3421
 Para español, llame
(401) 462-3014

PM **M T W Th F** PM
401-265-7461

4:00 PM → → → → → ← ← ← ← ← 10:00 PM

AFTER HOURS ON WEEKDAYS FOR:

- **VITAL, NON-MEDICAL SUPPORT NEEDS**

For emerging or imminent care
 related questions,
 Mon - Fri 4pm-10pm and
 weekends 8:30am-10pm
(401) 265-7461

AM **SAT SUN** PM
401-265-7461

8:30 AM → → → → → ← ← ← ← ← 10:00 PM

ON WEEKENDS FOR:

- **VITAL, NON-MEDICAL SUPPORT NEEDS**

Send general questions to the
 AskDD email address. Please
 do not email critical issues.
BHDDH.AskDD@bhddh.ri.gov

E-MAIL THE DIVISION

BHDDH.AskDD
@BHDDH.RI.GOV

HELP US KEEP THE PHONE LINES OPEN FOR
 THOSE WHO ARE CALLING WITH A VITAL NEED!

WHEN POSSIBLE, PLEASE SEND AN E-MAIL FOR:

- **NON-CRITICAL CONCERNS** about Your Services and Supports
- **GENERAL QUESTIONS** about Your Services or the RI DD System

911

FOR MEDICAL EMERGENCIES
CALL 911
RIGHT AWAY. DON'T WAIT!

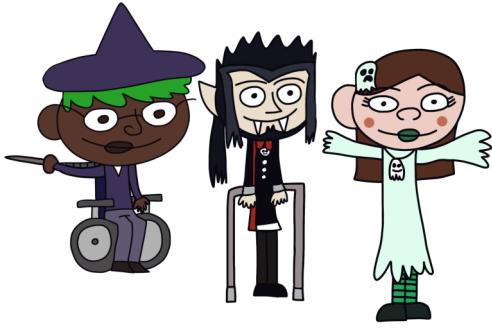
For medical or
 healthcare related
 emergencies, call
 your Primary Care
 Physician or 911

CONTACT YOUR DOCTOR

CALL FOR:

- **ROUTINE Healthcare Questions**
- **NON-EMERGENCY Medical Care**

FOLLOW YOUR DOCTOR'S ADVICE
DON'T go to their office
unless they tell you to!



Come have fun with
Advocates in Action
at our

Funtastic Cos-Zoom Dance Party!

Day: Friday, October 30, 2020

Time: 7:00 pm - 8:30 pm

Register For **FREE**: www.tinyurl.com/AinACostumeParty

Fun Stuff We'll Be Doing:

- * **A Costume Parade Starring YOU!** (Costume is optional but there will be a raffle drawing for those who show up in costume!)
- * **Raffles**
- * **Games**
- * **Goodie Bags** (Candy, Raffle Ticket, Bingo Card for use at the party— Register by Sunday, October 25 to receive your goodie bag in time!)
- * **Dancing with DJ Katie Lowe!**





InfoBrief: New Employment Program

We are pleased to announce the Person-Centered Supported Employment Performance Program (PCSEPP 3) is well underway! The programs are focusing on those who have never been employed and are identified by the DOJ Consent Decree as part of the protected class (youth exit, sheltered workshop, day).

National experts have come to Rhode Island to help get the projects started and trained in the evidence best practice of Customized Employment. "Customized employment" is a very successful option for job seekers who have not been successful with traditional employment. Through an individualized discovery process job seekers strengths, talents and interests are identified and are matched to businesses unmet needs. By building and negotiating job duties and schedules along with the right supervision, job seekers can be successful in the workplace.

The four projects all presented at two virtual open houses on September 21 and October 6 hosted by Advocates in Action. If you were not able to attend the presentations live, they were recorded and are now available on the Advocates in Action website:

<https://www.advocatesinaction.org/2020Webinars>.

For additional information go to BHDDH Developmental Disabilities Employment page:

https://bhddh.ri.gov/developmentaldisabilities/employmentfirst_index.php

Below is the list of the project teams with contacts – please reach out to them for more information about these unique projects.

Looking Upwards, L.I.F.E. Inc., and West Bay
CONTACT: Jodi Merryman
JMerryman@lookingupwards.org
(401) 293-5790 x375

Seven Hills and Trudeau Center
CONTACT: Melissa Charpentier
mcharpentier@sevenhills.org
(401) 597-6700

Perspectives, AccessPoint RI, and Trudeau
CONTACT: Adrienne Tipple
ATipple@perspectivescorporation.com
(401) 374-7321

Work Inc. and Kaleidoscope
CONTACT: Kristen Piccolo
Kpiccolo@workinc.org
(617) 691-1707

