

# **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: <a href="http://www.tinyurl.com/NovDDCommunityForum">http://www.tinyurl.com/NovDDCommunityForum</a>

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

You can also watch the forum at <u>Facebook.com/AdvocatesinActionRI</u>

#### **DD Services Updates**

#### **SIS Interviews**

SIS interviews were placed on hold when the shelter in place order was implemented in March 2020. BHDDH has now secured HIPAA-compliant Zoom accounts to conduct SIS interviews virtually and the SIS staff are going through the annual recertification and during the recertification they will learn how to conduct interviews virtually. The virtual SIS interviews are expected to be scheduled beginning in November. If you are due for a SIS, a staff person will reach out to schedule these interviews soon. Thank you for your patience while we work through this process.

#### **Benefits Planning**

Rhode Island's minimum wage increased to \$11.50 on October 1, 2020. If you would like to request benefits counseling to look at the potential impact of this change on your benefits, please submit a request for benefits planning. This is done with the <u>Integrated Community Employment Form</u>, which can be found on the BHDDH website under <u>Forms and Policies</u>, or contact your social caseworker if you need help submitting a request. You can also request benefits counseling if you have or are looking for a job if you are concerned about the impact on your benefits.

As of October 1, 2020, the Rhode Island minimum wage was raised to \$11.50/hour.

# HCBS Access Program for Individuals with I/DD Launched

The Home and Community-Based Services Access Program for Individuals Living with I/DD (Program) is established to support existing direct support professionals and increase the number of direct support professionals (DSPs and non-DSPs) employed by BHDDH-licensed Developmental Disability Organizations (DDOs) that deliver supports in residential, community-based or home-based services during the COVID-19 public health emergency.

These funds are an additional measure to be used as secondary funding source to other federal COVID-19 relief funding received by providers, and other similar funding resources made available by the State during the COVID-19 response.

This Program will distribute up to \$3.0 million in funding to community-based providers and programs licensed by BHDDH as DDOs to retain existing staff and recruit new staff during the COVID-19 public health emergency.

These DDO Programs provide an array of services, including home-based support services to eligible Medicaid beneficiaries as an alternative to the use of higher risk congregate care settings, and as a result serve to mitigate potential exposure to COVID-19 during the pandemic.

The main objective of this Program is to increase the capacity and immediate availability of home and community-based services as a timely, infection safe, community-based alternative to congregate care facilities.

The methodology for funding allocation is outlined in detail in the program guidance and application documents.

Here is the link [r20.rs6.net] to the program guidance and application for the Home and Community-Based Services Access Program for Individuals with I/DD (Program).

Please review and if you have any questions, please send them to OHHS.IDDAccessProgram@ohhs.ri.gov

Applications are due by Friday, October 30th at 5:00 p.m.



# Virtual Town Hall The Criminalization of Mental Illness

Wedneday, October 28 5:00 PM - 6:30 PM

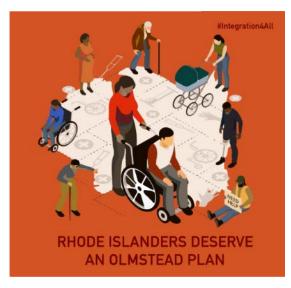
**Register Here** 

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 <a href="mailto:jennifer.raxter@mhari.org">jennifer.raxter@mhari.org</a>.

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, <u>Integration for All</u>, can be viewed <u>here</u>. Visit the Mental Health Association of RI for more information at <a href="https://mhari.org/">https://mhari.org/</a>.

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.

# A Concerning Rise in COVID Case Numbers

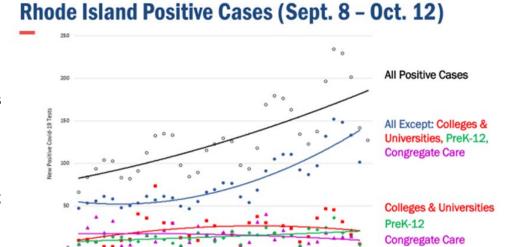
from the Governor's 10/14 COVID Update

We're seeing a concerning trend in our data. Our cases, hospitalizations, and deaths have all been slowly ticking up for the last couple weeks, and it's becoming clear that we're trending in the wrong direction. Our percent positive last week was 1.6%, the highest we'd seen it in seven weeks. Now it's even higher--well above 2%. New hospitalizations last week also saw a big jump, up to 106 from the previous week's total of 67. We're still well below our maximum hospital capacity, but we know that once these numbers start to tick up, it doesn't take long before the increase becomes exponential. This same worrisome trend is reflected in the 'new cases' metric, which last week passed more than 100 per 100k.

#### Why are we seeing these numbers, what does it mean, and what can we do about it?

It's important to note that we're not seeing the same types of outbreaks we saw early in this crisis. Below is a slide showing all positive cases in Rhode Island since September 8. The top line in black is all cases, and you can see it has an upward slope.

The bottom three lines in red, green, and magenta show cases among colleges and universities, PreK-12 students and staff, and congregate care residents. As you can see, all three of these lines are relatively flat, and in some cases even decreasing. The data is clear that this increase is not being driven by the cases in schools and congregate care settings. Controlled settings are not causing these cases.



In the middle of the graph you can see the blue line, which shows all cases minus controlled settings. That's the line that's most interesting. As you can see, that blue line has the steepest upward slope, comprising the bulk of our new cases.

#### So where are these cases coming from? Again, the data is incredibly clear.

We're seeing an overwhelming pattern of cases coming from small gatherings of family and friends – people who are complying with our gathering limit, but are not wearing masks or socially distancing with those outside their immediate bubble.

This is how community transmission happens. We start to feel safe around a small group of people and we take off our mask, share food, or sit close to one another. But then the people in that group go off to their families and to their workplaces, and a few cases quickly becomes many. That's what we're seeing in Rhode Island. The good news is that it's not too late to stop this trend. If we all buckle down now and recommit to being serious about following the rules, we can turn our situation around before it gets out of control.

#### Any time you are outside your household, wear your mask and keep your distance.

It doesn't matter if you're at your best friend's house with only a handful of people or at coffee with two friends after church. Even if you're only with family--if they're not the people you live with, wear a mask and keep your distance. That's especially true when you're with older friends and relatives. When you're with loved ones in a small, intimate setting, it's easy to feel safe and let your guard down. But we all need to resist that temptation. Please, recommit to putting on your mask and keeping your distance everywhere you go. Together, we can turn the trend around and get ahead of the virus.

# <u>Facilitation for Choice and Control:</u> <u>Person-Centered Planning's Best Kept Secret</u> Thursday, October 29, 2:30-4:00pm

Person-centered planning facilitation can help to create a robust person-centered whole-life plan incorporating all resources that can be mobilized to support a person—not just paid services and supports. In this webinar, people with disabilities and their facilitators will share experiences with person-centered planning facilitation services. They will be joined by a national expert in disability services who will describe how person-centered planning facilitation services can be incorporated to enhance person-centered systems. This webinar complements a new report from NCAPPS that provides an overview of person-centered plan facilitation services in five states. See below to register and to read the report.

Register for this Webinar [hsri.us2.list-manage.com]

Read the Report
[hsri.us2.list-manage.com]

The National Center on Advancing Person-Centered Practices and Systems (NCAPPS) is an initiative from the Administration for Community Living and the Centers for Medicare & Medicaid Services that helps States, Tribes, and Territories implement person-centered thinking, planning, and practice in line with U.S. Department of Health and Human Services policy.

#### **Real Talk About Work**

RIPIN and BHDDH are sponsoring two peer-to-peer panels to on work. Also see the attached flyer.

You can find success in the workforce!
Thursday, October 22
4:00 PM

Register Here [r20.rs6.net]

In this panel, hear from adults with differing abilities who will share the stories of how they got hired and the supports they received along the way. How did they get their job? What concerns did they have about getting a job? What challenges did they overcome when looking for a job?

Have concerns about a loved one entering the workforce?

Thursday, October 29

4:00 PM

Register Here [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?

# **Silver Linings**



#### The Art of Conversation Lives On

https://www.readersdigest.ca/culture/good-news-stories-world/



In front of Barcelona's Arc de Triomf, 26-year-old Adrià Ballester sets up two foldaway chairs and a sign in large letters that reads: "Free conversations!"

Anyone is welcome to stop, sit and chat with him in Spanish, English or Catalan about anything they like. "The idea is just to talk freely for a while," the 26-year-old writer and storyteller explains. "We have lost the art of conversation," agrees a young Italian psychology student among the day's visitors.

"We live in a world where it's often easier to send a message to someone from another country than to say good morning to our neighbours," says Ballester, who uses Facebook (Free Conversations Movement) and Instagram (<a href="mailto:offenceconversations">offenceconversations</a>) to promote his project. He posts photos of himself and those who choose to chat along with their reflections and sometimes startling revelations.

At times he feels like a therapist. "You hear good, positive stories and really tough ones, too. A lot of people will tell you about a tricky episode in their life, maybe heartbreak or a job loss. There's a bit of everything," he says. A 70-year-old Lithuanian woman even talked about the years she spent in a Russian concentration camp.

During the coronavirus crisis, Ballester took the conversation online, setting up <u>randompenpals.com</u>, a site that invites users to "get a quarantine PenPal in 10 seconds". He plans to publish a manifesto and aims to spread his initiative to other major cities around the world. [Source: El Pais]

# HowToHappy.Com



How to Happy is designed to help all individuals increase their happiness through continual learning and experimentation. We all have room to improve, even if it's minor. You may not know exactly what you need right now, but there are definitely steps you can take to

be happier in some aspect of your life. How To Happy is a site where you can learn new strategies and techniques. They will continuously create resources to improve your life, regardless of where you are. They release a diverse range of content to accommodate different preferences and learning styles. They offer a <a href="Happiness Starter Kit">Happy Talks videos</a>, free courses, and more.



#### **Rhody Resilient**

In this uncharted territory, we've seen Rhode Islanders come together more than ever. The #RhodyResilient campaign aims to highlight stories of resilience from our state, from local businesses serving the community to neighbors lending a helping hand. Let's show locals and visitors alike that the Ocean State can not only come through tough situations together, but emerge stronger than before. See <a href="https://www.visitrhodeisland.com/press/rhody-resilient/">https://www.visitrhodeisland.com/press/rhody-resilient/</a> for more information.

#### **PAUSE Rhode Island**



#### Rhode Islanders are experiencing unprecedented times of hardship due to COVID.

We have lost jobs, homes, the ability to secure our next meal, and the hardest of all, our loved ones. We're dealing with uncertainty, juggling work from home and childcare priorities. Despite the ongoing chaos around us, we can and will get through this. Now is a good time to pause. To assess. To self-reflect, and ask for help if you can't do this alone.

#### Pause Rhode Island, together with mental health experts, is here to help you.

PAUSE Rhode Island, along with a unified partnership of Rhode Island mental health experts, is here so you can pause, simply breathe, pick up the pieces, heal and move forward. PAUSE Rhode Island is a program that provides free community outreach and support services for Rhode Islanders dealing with stress and anxiety due to COVID-19.

#### **Support Services**

If you're feeling anxious, stressed, or vulnerable due to COVID-19, we can help you understand your reactions to the pandemic and connect you with agencies that may assist you. We have trained crisis counselors that can provide emotional support to you and your loved ones, and refer you to resources for developing coping skills and stress management techniques.

For families and individuals: Family Services RI (FSRI) is providing biweekly public education sessions to help families and individuals address the mental health challenges posed by COVID-19. The sessions include topics such as self-care, what stress/anxiety look like under COVID-19, and how to speak with your children about COVID-19. Be Well Child Specialists are available. For BE WELL RI Live, access the live or recorded sessions through FSRI's <u>Facebook</u> or <u>YouTube</u> pages.

For more information, please call: (401) 331.1350

PM, Tuesday and Friday: 4-5 PM, Thursday: 2-3 PM

For healthcare workers and responders: The Care New England Employee Support Service (CNE-ESS) is a program designed to help healthcare workers and first responders address pandemic related stress. The CNE-ESS is staffed by mental health providers at Butler Hospital to help callers deploy positive coping strategies. It is not designed for urgent matters or for ongoing mental health care. The contact number to schedule an appointment for support is:

Call (401) CARE (227) -NOW (3669). CNE-ESS Hours for support are: Monday & Wednesday: 3-4

#### **Self-Care Resources**

Taking care of yourself during stressful times can help you feel more in control. If you're feeling anxious, stressed, or vulnerable due to COVID-19, we can provide you with self-care tips to help you cope during the pandemic. Check out some of our resources for stress management techniques.

2020 Family Pandemic Brochure and Tips for Managing Stress During COVID-19

Tips to reduce your stress and anxiety during COVID-19

Resources for frontline workers to help deal with stress and anxiety related to the pandemic: **2020 Self-Care Tips for Service Providers** and **Tips for Healthcare Professionals** 

<u>National Suicide Prevention Lifeline</u> is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

Call (800) 273-TALK (8255) or TTY: 1-800-799-4889

IF YOU OR SOMEONE YOU CARE ABOUT NEEDS ASSISTANCE OR INFORMATION ON HOW TO DEAL WITH COVID-19 RELATED STRESS AND ANXIETY, PLEASE CALL ONE OF OUR 24/7 HOTLINES:

FOR ANYONE 18 AND OVER

FOR ANYONE UNDER 18

Call (401) 414-LINK (5465)

Call 855-KID (543)-LINK (5465)

### 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 <u>www.bhlink.org</u> 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;

RIDOH.COVID19Questions@health.ri.gov Email

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

#### Center for Disease Control COVID-19 Information

Website cdc.gov/coronavirus

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

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)

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

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

DD Community Newsletter SIGN UP FOR THE BHDDH NEWSLETTER

Newsletter is directly below the title, as shown in the picture at right.

# **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.









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

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

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

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

Send general questions to the AskDD email address. Please do not email critical issues.

BHDDH.AskDD@bhddh.ri.gov



# **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!

FOR MEDICAL EMERGENCIES

CALL 911

RIGHT AWAY, DON'T WAIT!



# OCTOBER 22ND THURSDAY AT 4:00-5:00 PM

WEBINAR STYLE/PANEL

You can find success in the workforce! Hear from adults with differing abilities who will share the stories of how they got hired and the supports they received along the way.

How did they get their job? What concerns did they have about getting a job? What challenges did they overcome when looking for a job?

# OCTOBER 29TH THURSDAY AT 4:00-5:00 PM

WEBINAR STYLE/PANEL

Hear from parents and siblings of adults with differing abilities who are working.

What were the challenges? What fears did they have? What valuable lessons did they learn?





Register for October 22<sup>nd</sup>: conta.cc/3k8mZqJ Register for October 29<sup>th</sup>: conta.cc/34POPBC

# 8 weeks of training in an innovative setting!

# Prepare for your Retail Career!

**CVS Training Center** 

An AccessPoint RI & CVS Health Employment Training Initiative

Mock CVS Store – You'll learn and practice customer service and retail skills in a mock CVS store with the equipment and layout of a standard CVS Pharmacy.

**CVS Externships** - You'll then gain real world experience in a CVS store.

#### Learn on-the-job skills:

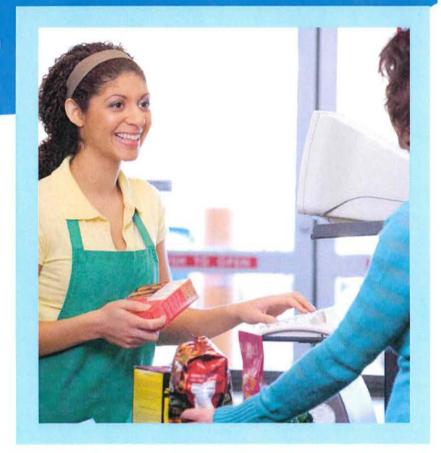
- » Operate a Register
- » Use a Scanner
- » Place Products
- » Provide Customer Service

# Develop soft skills:

- » Communicate
- » Problem Solve
- » Handle difficult customers

# Gain employment skills:

- » Learn to be Interviewed
- » Develop a Resume
- » Chart your Goals & Plan
- » Map Job Options in your Community



If you're serious about finding employment, this training might be just right for you!

To apply, contact:

Rory Carmody 401.941.1112 ext. 107 RCarmody@AccessPointRl.org



- Learn valuable, industry-standard job skills
- · Gain a competitive edge in your job search
- · Benefit from training adapted to your learning style













1967 Mineral Spring Ave, North Prov, RI 02904





# Drug-Take Back Day is Saturday, October 24th 10 a.m. - 2 p.m.

# **Rhode Island Permanent Prescription Drug Disposal Sites**

FREE. ANONYMOUS. NO QUESTIONS ASKED.

DEA will accept vape pens and e-cigarettes with no batteries; needles and/or liquids are not accepted

DEA will accept vape pens and e-cigarettes with no batteries, needles ana/or liquids are not accepted			
<b>Barrington Police Department</b>		North Smithfield Police Department	
110 Federal Rd, Barrington, RI 02806	(401) 437-3935	575 Smithfield Rd, N.Smithfield, RI 02896	(401) 762-1212
Bristol Police Department		Pascoag Fire Department	
395 Metacom Ave, Bristol, RI 02809	(401) 253-6900	105 Pascoag Main St, Pascoag 02858	(401) 568-4470
Burrillville Police Department		Pawtucket Police Department	
1477 Victory Highway, Oakland, RI 0285	8 (401) 568-6255	121 Roosevelt Ave, Pawtucket, RI 02860	(401) 727-9100
Central Falls Police Department		Portsmouth Police Department	
160 Illinois St, Central Falls 02863	(401) 727-7411	2270 E Main Rd, Portsmouth, RI 02871	(401) 683-0300
Charlestown Police Department		Providence Police Department	
4901 Old Post Rd, Charlestown, RI 02813 (401) 364-1212		325 Washington St, Providence, RI 02903	(401) 272-3121
Cranston Police Department		RI State Police	
5 Garfield Ave, Cranston, RI 02920	(401) 942-2211	311 Danielson Pike, N. Scituate, RI 02857	(401) 444-1000
Cumberland Police Department	(401) 333-2500	54 Nooseneck Rd, Richmond, RI 02898	(401) 444-1068
1380 Diamond Hill Rd, Cumberland, RI 02864		7875 Post Rd, North Kingstown, RI 02852	(401) 444-1064
CVS Pharmacy - available at 24-hour locations		1575 Louisquisset Pike, Lincoln, RI 02865	(401) 444-1100
•		Richmond Police Department	
East Greenwich Police Department	(404) 004 0044	1168 Main St, Richmond, RI 02852	(401) 539-8289
176 First Ave, East Greenwich, RI 02818	(401) 884-2244	Tiverton Police Department	
East Providence Police Department	(404) 405 5600	20 Industrial Way, Tiverton, RI 02878	(401) 625-6717
750 Waterman Ave, East Prov, RI 02914	(401) 435-7600	Smithfield Police Department	
Hopkinton Police Department		215 Pleasant View Ave, Smithfield, RI 02917 (401) 231-2500	
406 Woodville Rd, Hopkinton, RI 02833	(401) 377-7750	South Kingstown Police Department	
Jamestown Police Department	(401) 423-1212	1790 Kingstown Rd, Wakefield, RI 02879	(401) 783-3321
250 Conanicus Ave, Jamestown, RI 02835		Walgreens Pharmacy	
Johnston Police Department		533 Elmwood Ave, Providence, RI 02904	(401) 781-7930
1651 Atwood Ave, Johnston, RI 02919	(401) 231-4210	295 Academy Ave, Providence, RI 02908	(401) 273-7675
Lincoln Police Department		1140 N. Main St, Providence, RI 02904	(401) 278-4901
100 River Road, Lincoln, RI 02865	(401) 333-8281	Walmart	
Little Compton Police Department	(401) 635-2311	51 Silver Spring St, Prov., RI 02904	(401) 272-5047
60 Simmons Rd, Little Compton, RI 02837		Warren Police Department	
Middletown Public Safety Complex		1 Joyce St, Warren, RI 02885	(401) 245-1311
123 Valley Road, Middletown, RI 02882		•	
Narragansett Indian Tribal Police	(401) 364-1100	99 Veterans Memorial Dr, Warw, RI 02886	(401) 468-4200
4375-B South County Trail, Charlestown,		Conimicut Substation	
Narragansett Police Department	(401) 789-1091	759 West Shore Rd, Warw, RI 02889	(401) 921-8411
40 Caswell Street, Narragansett, RI 02882		Westerly Police Department	
New Shoreham Police Department	(401) 466-3220	60 Airport Rd, Westerly, RI 02895	(401) 596-2022
10 Beach Ave, New Shoreham, RI 02807		West Warwick Police Department	
North Kingstown Police Department		1162 Main St, W Warwick, RI 02893 (401) 821-4323	
8166 Post Rd, NK, RI 02852	(401) 294-3316	Woonsocket Police Department	
Prescription drugs only. Town residents only.	(404) 224 4522	242 Clinton St, Woonsocket, RI 02895	(401) 766-1212
North Providence Police Department (401) 231-4533			