



Newsletter

Volume 8
May 24, 2024



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Mental Health Test

May is Mental Health Awareness Month. Start the month off by learning about your mental health. Visit the [Mental Health America \(MHA\) website to take the mental health test](#). This test can give you an idea about your mental health and resources to improve it.



We want to learn from you!

We want to continue to learn from the community. Share your feedback about our newsletter by completing our [online newsletter survey](#). We will keep the survey open to make sure we keep getting your feedback.

DDD Updates

Friendly Reminder About the Next Newsletter

In our last newsletter we mentioned we are changing how often we share a newsletter. Starting in June we have a regular newsletter and a resource newsletter.

The regular newsletter will be shared on the first Friday of every month. This newsletter will be just like the newsletter you are reading now.

The resource newsletter will be shared on the third Friday of every month. This will be a short newsletter. This newsletter will have information about community events and resources.



BHHDDH Your Life, Your Rights Program

The focus of the Your Life, Your Rights Program this month is healthcare. Everyone has the right to healthcare. This includes being treated and making choices about your how you are treated.

On the next page of this newsletter you will find a copy of the Your Life, Your Rights Healthcare Flyer. This flyer is a cheat sheet to your healthcare rights. With this newsletter you will also get a copy of the Healthcare guidebook. This guidebook shares more details about your rights.

If you would like to share your feedback on the Your Life, Your Rights Program, fill out our online [Rights Program Online Survey](#).





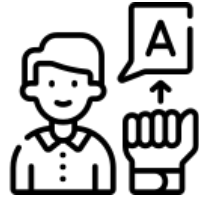
Your Life, Your Rights Healthcare

Rights to Healthcare

Everyone has the right to healthcare. This includes physical health and mental health services. Here are your rights to healthcare:



Be treated with dignity and respect



Have free access to an interpreter



Have the same treatment options as everyone else



Have the same access to healthcare as everyone else



Make an appointment with your doctor when you need to



Talk to your doctor about starting or stopping treatment



Make decisions about your health



Get health education to help you make choices



Get emergency care when you need it even if you can't pay



To have your personal health records kept private



You decide who can have access to your health information



You can get your medical records at anytime

Contact the Rhode Island Attorney General's Office to file a healthcare complaint by phone at (401) 274-4400 x1896 or online at www.riag.ri.gov/

Community News

Outsider Collective and the Seasons of Hope



Art is a powerful tool. It gives you the chance to create and express yourself. The [Outsider Collective \(OC: website\)](#) is an art studio and gallery in Pawtucket, Rhode Island created by Carrier Hyde-Riely. The goal of the OC is to build a community through art for people of all abilities.

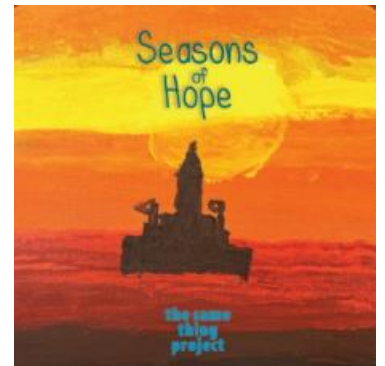
The OC offers people a safe space to create art and meet others. It also helps people explore new things and grow as artists. The OC offers person-centered art classes that focus on the individual person's goals. This means people who go to the OC can get support creating the art they want to create while having fun. They even have the chance to sell their art at OC art shows.

The OC also partners with other community art projects, like [The Same Thing Project \(website\)](#). The Same Thing Project is a community songwriting project for people of all abilities. One awesome project artists from the OC and The Same Thing Project created together is a music album and art book. The album is called ["Seasons of Hope" \(YouTube\)](#).

If you are interested in learning more about the OC, schedule your first visit and ask about starting a membership. Explore the flyer at the end of this newsletter for an art show at OC on Friday, May 31.

If you are interested in learning more about The Same Thing Project, drop by the OC on Tuesdays at 10am for a free workshop.

The address to the OC is 1005 Main Street, Pawtucket, RI 02860.



Words Matter Act

The way we talk about other people matters. We should never use words that hurt other people. This is true even when we are talking about someone's health or ways they think.

The Words Matter Act is a new bill that focuses on how laws talk about people. **A bill** is a request to make a new law or to change an old law. The Words Matter Act will change the words used to talk about people with disabilities. The words will become less negative and more positive.

Visit the [Congress.Gov Words Matter Act webpage](#) to learn more.

Community News

Direct Support Professional (DSP) Training



The National Association of State Directors of Developmental Disabilities (NASDDDS) has a great tool for DSPs. This tool is called a Supporter's Toolbox Podcast. The podcast shares information with DSPs to help them do their job better.

You can catch up on [past episodes on the NADDDDS website](#).

Inspiration: We See You!

Finding ways to connect with people can be hard. It can be harder for people with different abilities or who speak a different language. Even though it is hard we can still connect with each other. Building relationships with people who are different from us is important. When we do this we give ourselves the chance to learn, grow, and create great things together.

Check out the movie [“Feeling Through” \(website\)](#) to learn about the power of friendship. This movie tells a story about a young man and a DeafBlind man. The two people become friends even though they are different.



Community News

Disability News You Can Use Podcast on Self-Directed Supports



The Disability News You Can Use podcast has a new episode out. This episode features an interview with Jackie Camilloni. Jackie is the Coordinator of Self-Direction at DDD.

In this episode, you will learn about goods and services. Goods and services are services, equipment, and supplies that will support you as you reach your goals.

[The podcast episode is available online.](#)



You can learn more about goods and services by visiting the [DDD website](#).

Accessibility Tip

The technology company Apple has new accessibility tools coming soon. **Accessibility tools** are tools people with any ability can use to do things. Some of the new tools are:

- Eye tracking to help people control their phone or tablet with their eyes. People will be able to move through apps, click buttons, and swipe all using their eyes.
- Music haptics to help people experience music in a new way. Different taps and vibrations will play with the music so people can feel the sounds even if they can't hear them.
- Voice shortcuts to help people open apps on their phone or tablet using their voice. The tool will be able to track different types of speech. It will learn the person's voice and how they talk.
- Vehicle motion cues to help people use their phone or tablet while they are in a moving car. This tool will decrease the person's feeling of motion sickness.

To learn more about these and other accessibility tools, visit the [Apple Newsroom website](#).

Community News

Cancer Awareness Day at the State House

On Tuesday, May 7, 2024, the first-ever Cancer Awareness Day at the State House was held in Rhode Island. Twenty-four organizations took part in attending the event providing our community with resources and helping spread awareness about cancer. There is so much work being done around bridging the gap in cancer care disparities. Cancer does not discriminate, and as we know, everyone should have the same opportunity to access the care that they need. We understand how important healthcare is to everyone and that health equity means that everyone has a fair and just opportunity to prevent, find, treat, and survive cancer..

Some Key Statistics around cancer disparities:

- According to the latest research [cts.businesswire.com] from ACS, about 299,000 men will be diagnosed with prostate cancer in 2024, with more than 35,000 deaths.
- The incidence of prostate cancer is about 70% higher in Black men than in White men. Black men are over two times more likely to die from the disease than White, Hispanic, or Asian American/Pacific Islander men.
- Nearly 311,000 women will be diagnosed with breast cancer this year, with more than 42,000 deaths
- Despite having a 4 percent lower incidence of breast cancer, Black women with breast cancer are 40% more likely to die than White women and twice as likely to die if they are younger than the age of 50. Hispanic women are more likely to be diagnosed with later-staged breast cancer in comparison to White women.

Written by Courtenay Needham, M.A.,
Director of Development at the American
Cancer Society.



Report Suspected Abuse

QA Hotline 401-462-2629

Mandated Reporting

Reporting suspected occurrences of abuse, neglect, and mistreatment of individuals with developmental disabilities

To report abuse and serious incidents call the BHDDH Quality Assurance (QA) Unit hotline at (401) 462-2629. The hotline is open 24-hour hotline, seven days per week, 365 days per year. Staff respond to reported incidents of abuse, neglect, mistreatment, and financial exploitation.

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. Visit the BH Link website at www.bhlink.org.

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

VISIT the 24-HOUR/7-DAY Triage Center at:

975 Waterman Avenue, East Providence, RI

Call 911 if there is a risk of immediate danger.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



For More Information on DD Initiatives

Newsletters: sign up and view old newsletters on our [News and Updates webpage](#)

Consent Decree: <https://bhddh.ri.gov/developmental-disabilities/consent-decree>

Conflict Free Case Management (CFCM): [EOHHS CFCM website](#) or [DD Initiatives-CFCM](#)

RI DSP State Workforce Initiative: <https://riswi.org/> or [DD Initiatives-SWI](#)

Hours of Operation

Monday – Friday

8:30 AM - 4:00 PM

Contacting DDD Staff

See the full Division Contact List attached to this newsletter.
Send general questions to BHDDH.AskDD@bhddh.ri.gov.

Please do not email critical issues.

Website: www.bhddh.ri.gov

Email: BHDDH.AskDD@bhddh.ri.gov

Phone: 401.462.3421

ESPAÑOL: 401.462.3014

Division of Developmental Disabilities - All Staff Contacts 2/16/2024

Main Phone #: (401) 462-3421 **TDD:** (401) 462-3226 **Website:** <https://bhddh.ri.gov/>
Fax: (401) 462-2775 **Spanish Line:** (401) 462-3014 **BH Link:** (401) 414-5465
To report abuse/neglect: (401) 462-2629

Name	Title	Phone	Email
Kevin Savage	Director	462-0581	Kevin.Savage@bhddh.ri.gov
Heather Mincey	Assistant Director	462-1218	Heather.Mincey@bhddh.ri.gov
Christine Botts	Deputy Administrator	462-2766	Christine.Botts@bhddh.ri.gov
Jackie Camilloni	Coordinator, Self Direction	462-6608	Jackie.Camilloni@bhddh.ri.gov
Brenda DuHamel	Associate Director, Admin Services	462-3010	Brenda.DuHamel@bhddh.ri.gov
Cindy Fusco	Interdepartmental Project Manager	462-6689	Cynthia.Fusco@bhddh.ri.gov
Robin Gannon	Clinical Training Specialist	462-6691	Robin.Gannon@bhddh.ri.gov
Melissa Greenlief	Administrator, Community Services	462-2459	Melissa.Greenlief@bhddh.ri.gov
Susan Hayward	Administrator, Youth in Transition	462-2519	Susan.Hayward@bhddh.ri.gov
Peter Joly	Principal Training Specialist	462-6638	Peter.Joly@bhddh.ri.gov
Anne LeClerc	Associate Director, Prog Performance	462-0192	Anne.LeClerc@bhddh.ri.gov
Tracy Levesque	Associate Director, Clinical	462-0209	Tracy.Levesque@bhddh.ri.gov
Gerard (Jay) MacKay	Associate Administrator, Employment	462-5279	Gerard.Mackay@bhddh.ri.gov
Johanna Mercado	Coordinator, Communications	462-6646	Johanna.Mercado@bhddh.ri.gov
Natalie Munoz	Chief Implementation Aide	462-3016	Natalie.Munoz@bhddh.ri.gov
Amethys Nieves	Associate Admin, Communications	462-6629	Amethys.Nieves@bhddh.ri.gov
Kelly Petersen	Chief of Training & Staff Development	462-6592	Kelly.Petersen@bhddh.ri.gov
Jacqueline Reilly	Programming Services Officer	462-0126	Jacqueline.Reilly@bhddh.ri.gov
Elvys Ruiz	Administrator III, Employment	462-3857	Elvys.Ruiz@bhddh.ri.gov
Steven Seay	Coordinator, Integrated Comm Svcs	462-6609	Steven.Seay@bhddh.ri.gov

CASE MANAGEMENT UNITS

Marguerite Belisle	Casework Supervisor II	462-0714	Marguerite.Belisle@bhddh.ri.gov
Amie Adams	Social Caseworker II	462-2480	Amie.Adams@bhddh.ri.gov
GinaMarie Debartolo	Social Caseworker II	462-3402	GinaMarie.Debartolo@bhddh.ri.gov
Amber Matson	Social Caseworker II	462-1555	Amber.Matson@bhddh.ri.gov
Suzanne Porter	Social Caseworker II	462-1972	Suzanne.Porter@bhddh.ri.gov
Kaitlin Sarkees	Social Caseworker II	462-4075	Kaitlin.Sarkees@bhddh.ri.gov
Heather Soares	Social Caseworker II	462-6097	Heather.Soares@bhddh.ri.gov
Souphalek Muriel	Casework Supervisor II	462-2512	Souphalak.Muriel@bhddh.ri.gov
Mary Cameron	Social Caseworker II	462-1307	Mary.Cameron@bhddh.ri.gov
Lauree Champagne	Social Caseworker II	462-2728	Lauree.Champagne@bhddh.ri.gov
Megan Gilbert	Social Caseworker II	462-2524	Megan.Gilbert@bhddh.ri.gov
Dayna Hansen	Social Caseworker II	462-2505	Dayna.Hansen@bhddh.ri.gov
Judy Smith	Social Caseworker II	462-1327	Judith.Smith@bhddh.ri.gov
Vacant			

Mary Beth	Stevens	Casework Supervisor II	462-2438	Marybeth.Stevens@bhddh.ri.gov
Marisa	Abbruzzi	Social Caseworker II (RICLAS)	462-6099	Marisa.Abbuzzi@bhddh.ri.gov
Timothy	Cronin	Social Caseworker II	462-1721	Timothy.Cronin@bhddh.ri.gov
Jennifer	Gouveia	Social Caseworker II	462-0098	Jennifer.Gouveia@bhddh.ri.gov
Celestina	Okai	Social Caseworker II (RICLAS)	462-3896	Celestina.Okai@bhddh.ri.gov
Erin	Simonelli	Social Caseworker II	462-2502	Erin.Simonelli@bhddh.ri.gov
Lena	Sousa	Social Caseworker II	462-1834	Lena.Sousa@bhddh.ri.gov
Joseph	Tevyaw	Social Caseworker II	462-2474	Joseph.Tevyaw@bhddh.ri.gov
Stacey	Perry	Casework Supervisor II	462-3402	Stacey.Perry@bhddh.ri.gov
JoAnn	DiMuccio	Social Caseworker II	462-2523	JoAnn.DiMuccio@bhddh.ri.gov
Katrina	Ferry	Social Caseworker II	462-2529	Katrina.Ferry@bhddh.ri.gov
Heidy	Henriquez	Social Caseworker II	462-3022	Heidy.Henriquez@bhddh.ri.gov
Crystal	Morel	Social Caseworker II	462-1329	Crystal.Morel@bhddh.ri.gov
Vacant				
Yolande	Ramos	Social Caseworker II	462-1059	Yolande.Ramos@bhddh.ri.gov

ELIGIBILITY UNIT

Karen	Lowell	Casework Supervisor II	462-2209	Karen.Lowell@bhddh.ri.gov
Lori	Lombardi-Burns	PASRR	462-0089	Lori.Lombardiburns@bhddh.ri.gov
Jill	Murphy	Social Caseworker II	462-2409	Jill.Murphy@bhddh.ri.gov
Kim	Wright	Information Aide	462-2584	Kimberly.Wright@bhddh.ri.gov

SIS UNIT

Donna	Standish	Casework Supervisor II	462-2628	Donna.Standish@bhddh.ri.gov
Stephanie	Andreozzi	Implementation Aide	462-1859	Stephanie.Andreozzi@bhddh.ri.gov
Wendy	Cormier	Social Caseworker II	462-1302	Wendy.Cormier@bhddh.ri.gov
Jamie	Fitzgibbons	Social Caseworker II	462-2510	Jamie.Fitzgibbons@bhddh.ri.gov
Meaghan	Jencks	Social Caseworker II	462-2113	Meaghan.Jencks@bhddh.ri.gov
Vacant				

TRANSITION UNIT

Susan	Hayward	Administrator, YIT	462-2519	Susan.Hayward@bhddh.ri.gov
Carolee	Leach	Professional Svics Coordinator	462-1723	Carolee.Leach@bhddh.ri.gov
Laurie	Rossi	Implementation Aide	462-2563	Laurie.Rossi@bhddh.ri.gov

Self-Directed Supports Network

A network of individuals and family members using self-directed supports in Rhode Island

May Meetup: Connect at our in-person meeting

**Wednesday,
May 29, 2024
3 to 5 p.m.**

**at the Paul V. Sherlock
Center on Disabilities
Rhode Island College**

Meet and network with others accessing self-directed supports while enjoying light refreshments.



Family Support Specialist Crystal Cerullo and Ken Renaud, founder of IN2U Relationships, will co-facilitate this meeting.

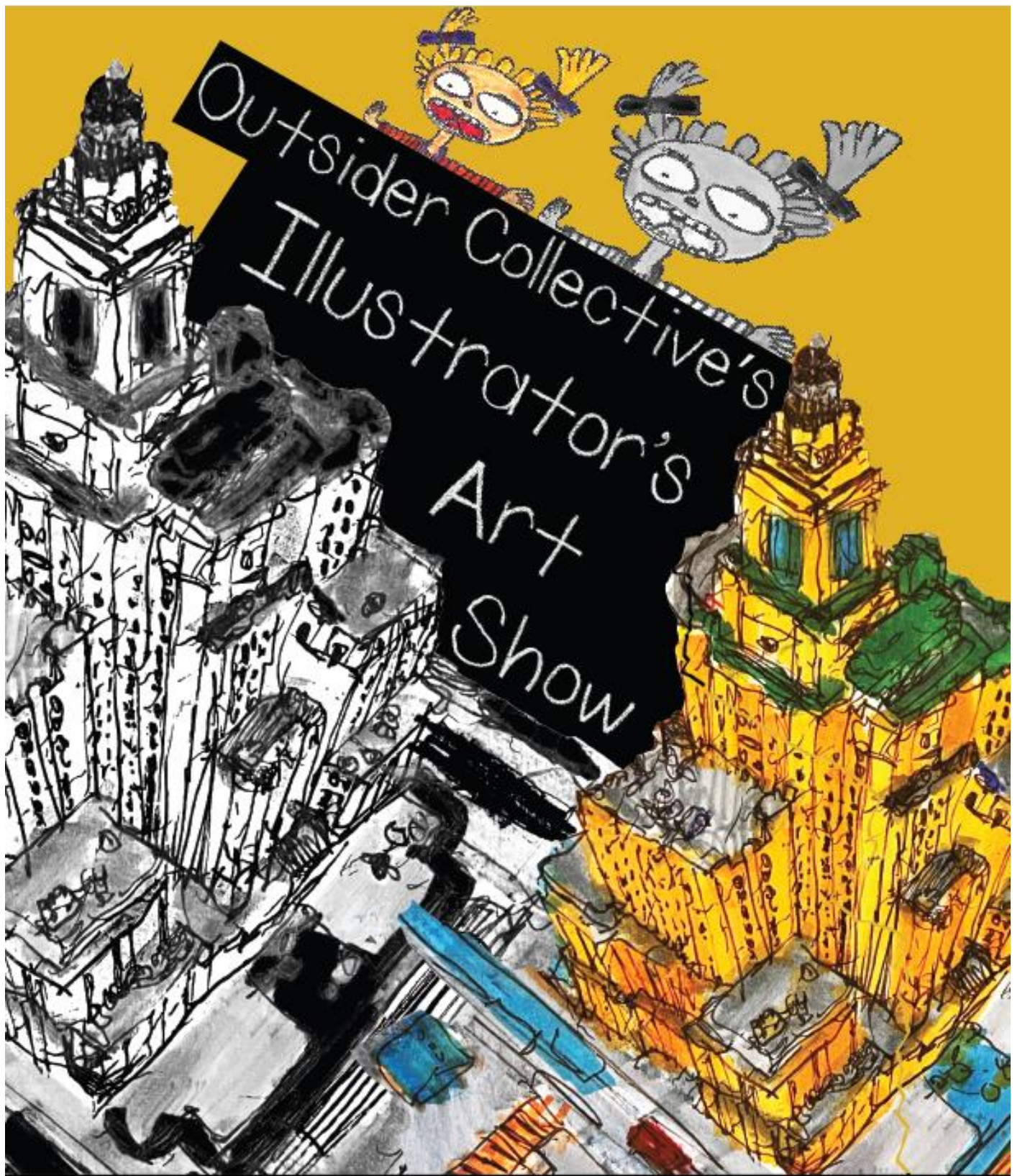
The Self-Directed Supports Network is a resource for individuals and families using self-directed supports through the Division of Developmental Disabilities. Meetings provide an opportunity to share experiences and learn from others.

*Invite your
Direct Support
Professionals
to join!*

RSVP link: <https://bit.ly/4bHkead>

If you need a reasonable accommodation (e.g., ASL interpreter, large print) or information in a language other than English, please make your needs known when you RSVP.

For questions: Email Crystal Cerullo at ccerullo@ric.edu or call 401-456-8915; TTY or Spanish via RI Relay: 711.



Outsider Collective's
Illustrator's
Art
Show

1005 Main Street Suite 2233 Pawtucket
Friday, May 31st
6pm-8pm



SELF-DIRECTED SUPPORT PROGRAM



EVENTS

SUMMER 2024

**MAY
21**

Health Insurance for Duals
Learn about health insurance options for individuals eligible for both Medicaid and Medicare

**JUNE
18**

Self-Direction Connection In-Person: Conversation & Connection
Meet with other parents and caregivers who support individuals who self-direct with food & games that foster connection

**JUNE
25**

Self-Direction Connection In-Person: Mocktail Premiere Party
Mingle, make fun drinks, and snack on appetizers with your peers who self-direct as we share our new activity guide!

JULY
Ongoing

RIPIN Self-Directed Support Team brings you: "The Best of"
Take the time to view our on-demand webinars from 2023/2024 by clicking [here](#).

**AUG
13**

Employment Services for Individuals Who Self-Direct (2024)
Updates and information on available resources for individuals interested in pursuing meaningful employment



selfdirectedsupport@ripin.org



ripin.org/selfdirectedsupport