



DD News and Updates

Newsletter

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Division Updates

DD Community Forum

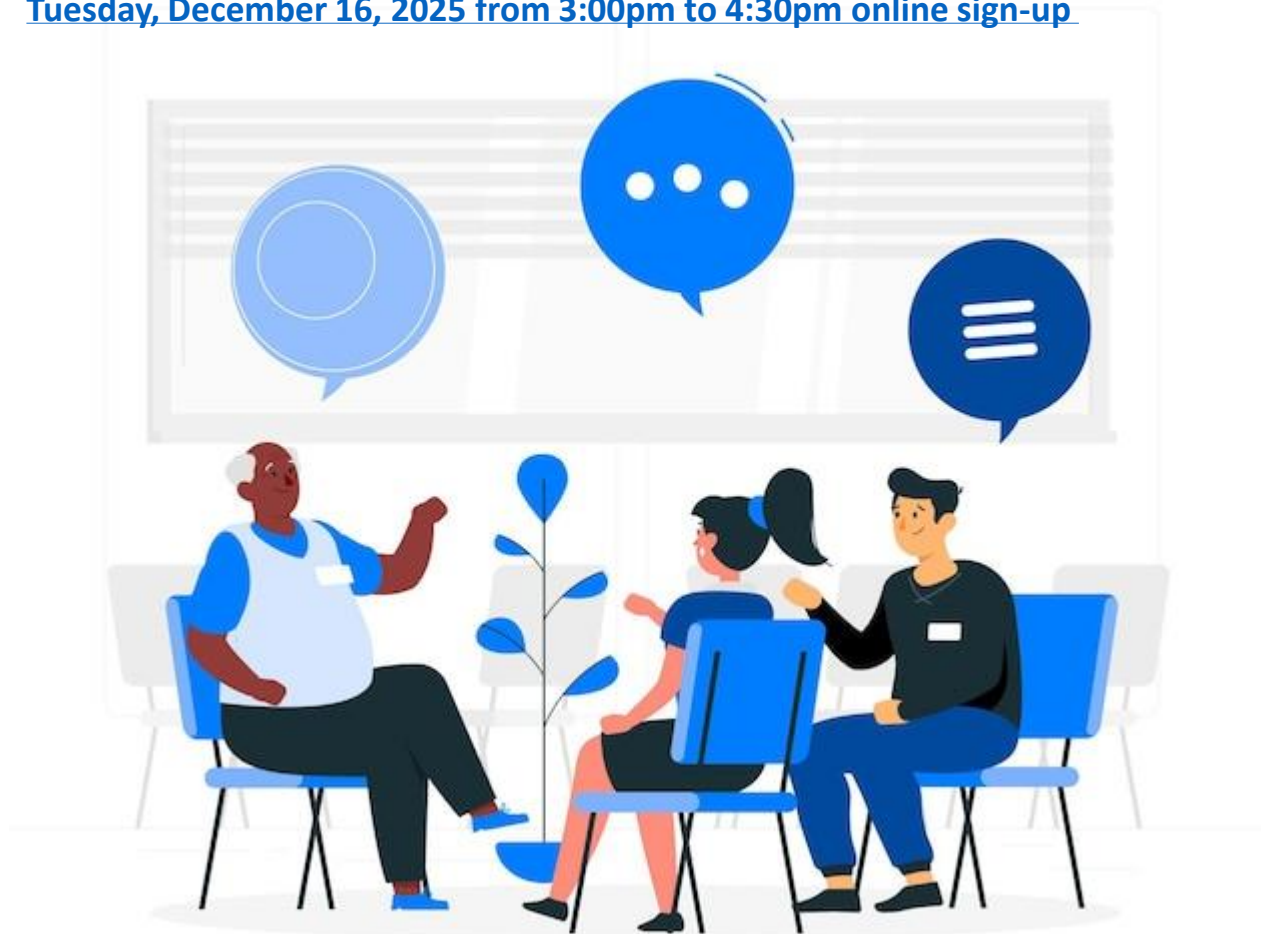
The 2025 DD Community Forum schedule is out!

The forums are free and open to anyone interested in joining. The forums take place online using Zoom and are hosted by [Advocates in Action](#).

At the community forums, you will learn Division news and updates. This is also a great time for the Division to learn more from you and others in the community.

You must sign-up online to go to any of the forums. The forum dates and sign-up links are:

- [Tuesday, March 18, 2025 from 3:00pm to 4:30pm online sign-up](#)
- [Tuesday June 17, 2025 from 3:00pm to 4:30pm online sign-up](#)
- [Tuesday, September 16, 2025 from 3:00pm to 4:30pm online sign-up](#)
- [Tuesday, December 16, 2025 from 3:00pm to 4:30pm online sign-up](#)



Community News

Self-Care Tools



Self-care is important. It means you are paying attention to what you need. Here are some self-care tools that may be helpful:

- [Taking Charge of My Health Care Toolkit](#) by Oregon Office on Disability and Health
- [Healthy Mind](#) by Black Dog Institute
- [This Way Up](#) by St. Vincent's Hospital and the University of New South Wales

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

Accessibility Tip

What we eat impacts how we feel. When we start to eat more fresh foods, our mood and body often starts to feel better. This doesn't mean we can't have our favorite snacks, but instead we can make the choice to eat less of them.

Eating a healthier diet starts with small changes. Luckily, there are great tips and tools to help make these changes easier:

- [MyPlate from the U.S. Department of Agriculture](#)
This is an online resource that shares info about food and healthy eating.
- [Nutrition labels facts from the U.S. Food & Drug Administration \(FDA\)](#)
Most of our foods have a nutrition label on them. Nutrition labels let us know what is in the food item(s), like the amount of sugar and salt. Visit the FDA website to learn how to read nutrition labels.
- Accessible recipes
Visit [Accessible Chef](#) or the [United Response CookAbility playlist](#) for a list of recipes with step-by-step instructions.
- [List of other resources from Nutrition.gov](#)

Community Events

Calendar of Events

Event	Date	Time	Location	Sign-up
“Family Leadership Project 2.0” by Best Life RI and Starfire	Monday, February 3, 2025, with monthly sessions to Sept.	6-7pm	Online	Visit the Best Life RI website to sign-up
Sherlock Center “SSI Overview”	Wednesday, February 5, 2025	12pm	Online using Zoom	SSI Overview online sign-up webpage
“Shared Living Arrangements in Rhode Island Series” by Living Innovations	Tuesday, February 11, 2025, more dates through March	1-2 pm	In person	Visit the Shared Living Arrangements event webpage to sign up
“What, Wait! You Want Me to Talk About Sexuality?” by Elevatus Training	Wednesday, February 12, 2025 4 other dates from March to June	3-4pm	Online	Elevatus Training free online workshop sign-up webpage
“SSDI Overview” by Sherlock Center	Wednesday, February 26, 2025	12pm	Online using Zoom	SSDI Overview online sign-up webpage
"Supporting Meaningful Employment Training“ by Sherlock Center	Thursday, March 6 - Thursday, May 15, 2025	Various times	Online	Visit the Sherlock training event webpage to sign-up
“Work Pays! An Introduction to Youth SSI Work Incentives” by Sherlock Center	Wednesday, March 19, 2025	12pm	Online using Zoom	Work Pays online sign-up webpage
“Annual Breakfast” by RIPIN	Thursday, May 22, 2025	8-10am	Crowne Plaza, Warwick	Annual Breakfast online sign-up webpage

Community Resources

Community Resources

We are officially one month into the new year. If one of your goals is to improve your health, then this section is for you. You will find a list of local community centers that offer a few ways you can get more active. This is not a list of every resource in the community, but a starting place.

Visual Art

- [The Outsider Collective](#) is a community art center. Members can gather to grow their skills, show their work, and meet other artists.

Dance

- [APAC Dance RI](#) offers dance, yoga, and other movement classes for people with all abilities.
- [Dancing the Dream Productions](#) offers a weekly all abilities ballroom dance class.
- [Fred Astaire Dance Studios of Narragansett](#) offers wheelchair dancing.

Music

- [The Rhody Center](#) offers dance and music class. They tailor classes for each person.
- [Rhode Island Philharmonic Orchestra & Music School](#) offers music therapy.

Exercise

- [Accessible RI](#) offers a list of fitness centers that offer classes to people with all abilities. They also have many other lists about local resources.
- [CareLink](#) offers many health programs, like boxing, yoga, and Tai Chi.



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 about the Division

Want to find out more about the Division? Visit the [Division's webpage](#). You will find information on services, resources, and more.

To contact Division staff, review the Contact List attached to this newsletter. You can also find a full list of staff on the [Division's Contact Us webpage](#).

You are always welcome to send general questions to BHDDH.AskDD@bhddh.ri.gov. Please do not email critical issues.

The Division is open Monday to Friday from 8:30 AM - 4:00 PM.

Website: www.bhddh.ri.gov

Email: BHDDH.AskDD@bhddh.ri.gov

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ESPAÑOL: 401.462.3014



Division of Developmental Disabilities Staff Contacts

Main Phone: (401) 462-3421	Website: https://bhddh.ri.gov/
Fax Phone: (401) 462-2775	Behavioral Health Link (BH Link): (401) 414-5465
Spanish Phone: (401) 462-3014	Report Abuse: (401) 462-2629
TDD: (401) 462-3226	

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Join us this Spring for the:

Your Life, Your Rights Program

This year, the Division will host weekly one-hour webinars about your rights. The program will run in the Spring and Fall.

The program will be split into two five-week sessions. The first session starts in April, and the second starts in September. Each session will cover different parts of your rights.

The program will be fully online. You can join the Your Life, Your Rights Program for **free**. You can sign-up for the program online soon.

Follow us on social media for updates on the Your Life, Your Rights Program.



Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals

Website: www.bhddh.ri.gov

This flyer has been designed using images from Stock.Adobe.com



A Shared Living Story

Brittney



Brittney has an invincible spirit! She brings her positive energy to all that she does, and she always strives to better herself. Since moving into a Shared Living Arrangements (SLA) in 2019, after the unexpected passing of her mother, Brittney has championed SLA and to be her best. She graduated High School, met her boyfriend and found a wonderful home in a Living Innovations SLA. Brittney has learned to budget and is her own Representative Payee. She is teaching her boyfriend, Nick, how to budget so they have money for their dates together. She has learned to cook and often proudly helps make meals with her SLA home provider.

Recently she appeared on Channel 12 The Rhode Show. [Learn about Shared Living Arrangements with Living Innovations.](#)

Brittney helped host a recent SLA informational Webinar and told those in attendance about how great her life is in an SLA. Brittney will help host upcoming webinars so others can learn about SLA's. These sessions are free but please register with the link below. These webinars were made possible by the John E. Fogarty Grant Foundation.

Virtual Webinar Event Dates:

Wednesday, February 19, 2025, 12-1 p.m.

Thursday, February 27, 2025, 6-7 p.m.

Tuesday, March 4, 2025, 12-1 p.m.

In-Person Coffee Event Date:

Tuesday, February 11, 2025, 1-2 p.m.

[Register Now](#)

This story was shared by Living Innovations. For more information about shared living, and more stories of success please visit the [Living Innovations website.](#)



OCEAN STATE CENTER
FOR INDEPENDENT LIVING

Catherine T. Murray Memorial Scholarship

RECEIVE \$1,000+ OR MORE!

Do You Have A Disability? Planning to attend college, vocational, or technical school next year? If so, the Catherine T. Murray Memorial Scholarship is here to help you achieve your educational dreams!

Who Can Apply?

- Rhode Island residents with a significant disability
- Students attending or planning to attend college, vocational, or technical school

Use the Scholarship For:

- Assistive/adaptive equipment or devices to meet educational needs
- Usual expenses associated with postsecondary education (textbooks, tuition, etc.)

Questions?

☎ 401-738-1013 📠 401-244-7792 oscil.org



To Apply:

Visit oscil.org/scholarship

SCAN ME



Four easy ways to apply:

Submit your application online.

Email your application to:
scholarship@oscil.org.

Fax your application:
(401) 738-1083.

Mail your application to:
Murray Memorial Scholarship
C/O OSCIL
1944 Warwick Avenue,
Warwick, RI 02889
Attention: Allyson DuPont

Important Dates:

- **Deadline: March 20, 2025**
- Recipients will be notified of scholarship decisions by no later than April 23. *Preference is based on merit, economic need, and career goals.*
- Scholarship funds disbursed in mid-August.

The Catherine T. Murray Memorial Scholarship is proudly administered by the Ocean State Center for Independent Living, in partnership with the Rhode Island Foundation and the Murray Family Charitable Foundation.