



**COVID-19 Update      September 14, 2020**

**SLA Provider Day Supports Stipends**

SLA providers who have been supporting consumers in their homes during the pandemic may request additional funding through the S109 process. Each funding request will be assessed in accordance with the consumer’s tier and the unused allocation of day support funding. The funding will be added to the provider’s stipend amount. SLA agencies will provide support to SLA providers in their effort to provide day supports. We thank The Community Provider Network of RI (CPNRI) for working with BHDDH to develop the procedures for this stipend.

Agencies who oversee SLA programs will be sent the guidance or can contact Cynthia Fusco to obtain the guidance on the process to expedite payments to SLA providers at [Cynthia.Fusco@bhddh.ri.gov](mailto:Cynthia.Fusco@bhddh.ri.gov).

**Direct Support Professional Recognition Week**  
**September 13-19, 2020**

Dear Developmental Disability Direct Support Professionals,

As you may know, this week is DSP Recognition Week. This newsletter highlights the NADSP virtual event “From Praise to Promise” and I hope that many of you will be able to attend at least some portions of the event.

I also want to take a moment to thank you for the incredible work that you do throughout the year to provide professional support, compassionate care, and a listening ear to the people with disabilities whom you serve every day. Without your kindness and skill, the individuals you care for would not achieve the goals and successes that they do.

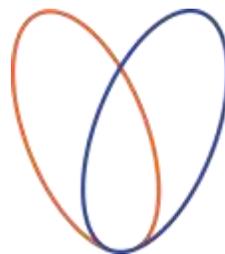
Thank you for your hard work and for the numerous times that you go the extra mile to meet the needs of others. We know that you spend many off-duty hours thinking about, and planning for, the people you serve. Going above and beyond what is required is deeply appreciated and demonstrates the constant desire you have to be a part of improving the quality of life for others.

While you are formally celebrated this week, please know that you are valued throughout the year for all you do. On behalf of everyone at BHDDH and the Division of Developmental Disabilities, I offer my heartfelt thanks and appreciation.

With sincere gratitude,

*Kevin*

Kevin Savage  
Acting Director, Division of Developmental  
Disabilities



Direct Support Professional  
**RECOGNITION WEEK**



## From Praise to Promise Free Virtual Event for DSP Recognition Week

During 2020 DSP Recognition Week, The **National Association of Direct Support Professionals (NADSP)** and the Research and Training Center on Community Living from the Institute on Community Integration at the University of Minnesota, will be holding its first ever virtual event 'From Praise to Promise.'

This virtual event is completely free.



The theme 'From Praise to Promise' offers a mix of recognition and gratitude for DSPs, along with concrete steps and proven best practices that can be implemented across the human services field to elevate the status of DSPs, involving how they're acknowledged, empowered, and supported.

You can also join the NADSP [Facebook Event Page](#) to stay updated on of the latest for the virtual event.

### Virtual Event Schedule

Attendees must register for each event they would like to attend. To register, click the 'Register' button for each session. Upon registering, attendees will receive a registration confirmation notice.

Please note that during each session, we will be raffling off cash and additional prizes to those who are registered. Gift Card Raffles are for Direct Support Professionals only. To find out if you have won a raffle, you must attend the session to learn the winner at the end of the session.

**9/14/20 1:00-2:00pm ET** [Register](#)  
**Opening Reflections: From Praise to Promise  
John F. Kennedy Jr. Award for Direct Support  
Workforce Advocacy and Leadership**

**9/15/20 1:00-2:00pm ET** [Register](#)  
**Coping with COVID**

**9/15/20 3:00-4:00pm ET** [Register](#)  
**Ongoing Staff Development in Disability  
Services**

**9/16/20 1:00-2:00pm ET** [Register](#)  
**Invaluable Film Discussion and Panel**

**9/16/20 3:00-4:00pm ET** [Register](#)  
**2020 Moving Mountains Award Presentation  
& Overview**

**9/17/20 1:00-2:00pm ET** [Register](#)  
**The DSP Living Through History: The DSP Being  
Part of History**

**9/18/20 1:00-2:00pm ET** [Register](#)  
**Words of Encouragement- Reflections from a  
Pandemic and Moving Forward to  
Professionalism and 2020 Gratitude Award  
Presentation**

See full descriptions for all sessions at

<https://nadsp.org/events/2020-virtual-event-from-praise-to-promise/>

## **What is contact tracing for COVID-19?**

Contact tracing actually covers two things: case investigation and contact tracing.

- **Case investigation** is when the Department of Health (RIDOH) works with someone who has tested positive to help them remember everyone they've been in close contact with while they may have been infectious.
- **Contact tracing** begins when RIDOH starts reaching out to those close contacts and getting them safely into quarantine. [www.ripta.com](http://www.ripta.com)

If you test positive for COVID, you're going to get a call from a Department of Health case investigator. They'll ask you a series of questions about where you've been and who you've been with in the last two weeks to find people who have been in close contact with you. Close contacts are the people who you were closer to than 6 feet for more than 15 minutes at a time. Close contacts will need to quarantine for 14 days. They'll be monitored for symptoms and get tested, but even if they don't develop symptoms and even if they have a negative test result, they will still need to quarantine for a full two weeks.

## **Advocates in Action New Video on COVID-19**

Advocates in Action has created an animated video, with contributing artwork from Kelly Donovan, that summarizes some of the safety tips for COVID. It serves as a good reminder for people to stay diligent, and communicates it in a fun and interesting way. The video is on AinA's Facebook page and can also be found through this link on YouTube:

[Simple COVID-19 Safety Tips from Advocates In Action](https://www.youtube.com/watch?v=ARptclmm83U&feature=youtu.be)  
<https://www.youtube.com/watch?v=ARptclmm83U&feature=youtu.be>

Also check out the [Zoom tutorial](https://www.youtube.com/watch?v=dEFG4jUtW0g) at <https://www.youtube.com/watch?v=dEFG4jUtW0g>, and other videos on their [YouTube channel](#).

## **COVID-19 Resources for People With Disabilities, Families, and Service Providers**

The Arc, a national advocacy organization for people with intellectual and developmental disabilities (I/DD) and their families, has put together a great resource page of information families need during the Pandemic. There is a lot of information on legislation, taxes, paid work leave, social security, and more. Visit <https://thearc.org/covid/>.

The Center for Disease Control and Prevention (CDC) also has information on COVID-19 for people with disabilities on their website: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>.

## Silver Linings

### Wintergatan - Marble Machine

Just for fun, check out the [Marble Machine](#), a musical instrument using 2,000 marbles. This is a description from a review on GearNews.com:

***Awe and wonder are among the many reactions and emotions generated in response to this***

***extraordinary machine... The Marble Machine is the brainchild of Martin Molin from Swedish band***

***Wintergatan. It took over a year to build from 3000 individually crafted parts and uses 2000 marbles to***

***form this hand-cranked music box... It is gloriously steampunk in every respect – the hand crank turns gears connected to larger gears rotating huge wheels***

***that both trigger the release of marbles and return them to the top. The marbles fall from a row of channels and drop onto a vibraphone, a classic Violin Bass, a cymbal and some drum trigger pads and are then gathered back up to the top to continue the music. The sequencing belt that triggers the marbles in order to play the tune looks like it's made from lego parts.***



### Action for Happiness Self-Care Calendar

## ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b> Remember that self-care is not selfish. It's essential</p>	<p><b>2</b> Be willing to share how you feel and ask for help when needed</p>	<p><b>3</b> Free up time in your diary by cancelling any unnecessary plans</p>	<p><b>4</b> Forgive yourself when things go wrong. We all make mistakes</p>	<p><b>5</b> Plan a fun or relaxing activity this weekend and make time for it</p>	<p><b>6</b> Focus on the basics: eat well, exercise and go to bed on time</p>	<p><b>7</b> Remember it's ok not to be ok. We all have difficult days</p>
<p><b>8</b> Notice the things you do well today, however small</p>	<p><b>9</b> Avoid saying 'I ought to' or 'I should' to yourself</p>	<p><b>10</b> Give yourself permission to say No to requests from others</p>	<p><b>11</b> Aim to be good enough, rather than perfect</p>	<p><b>12</b> Let go of being busy. Allow yourself to take some breaks today</p>	<p><b>13</b> Make time today to do something you really enjoy</p>	<p><b>14</b> Talk kindly to yourself like you would to someone you love</p>
<p><b>15</b> Find a caring, calming phrase to say to yourself when feeling low</p>	<p><b>16</b> Notice what you are feeling today, without any judgment</p>	<p><b>17</b> Leave positive messages for yourself to see regularly</p>	<p><b>18</b> Don't compare how you feel inside to how others appear outside</p>	<p><b>19</b> Get active outside and give your mind &amp; body a natural boost</p>	<p><b>20</b> No plans day - make time to slow down and be kind to yourself</p>	<p><b>21</b> Remind yourself that you are loved and worthy of love</p>
<p><b>22</b> Look at photos from a time with happy memories</p>	<p><b>23</b> Let go of other people's expectations of you today</p>	<p><b>24</b> Ask a trusted friend to tell you what they like about you</p>	<p><b>25</b> Release yourself from inner demands and self-criticism</p>	<p><b>26</b> Find a new way to use one of your strengths or talents today</p>	<p><b>27</b> Take your time. Make space to just breathe and be still</p>	<p><b>28</b> Accept your mistakes as a way of helping you make progress</p>
<p><b>29</b> Write down three things you appreciate about yourself today</p>	<p><b>30</b> You matter. Remember that you are enough, just as you are</p>	<p style="text-align: center;"><b>Self-care is not selfish. You can't pour from an empty cup</b></p>				

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

# TechACCESS News

## Fall Workshop Schedule

**TechAccess is pleased to release our Fall Workshop Schedule  
We hope you can join us - virtually - for one or all of them!**

- Google Sweet: Fun Activities for Learning (Distance Learning, too!)
- How to Plan Productive Teletherapy Sessions for AAC Users
- Tips & Tricks for Teaching, Treating and Presenting Online
- Using Digital Tools for Remote Speech & OT Sessions
- Sensory and Book Kits (Demonstration)



For workshop descriptions and to register visit our [website \[r20.rs6.net\]](https://www.rs6.net). We can also customize any of the workshops above or create new ones to meet your specific needs!

## On-The-Go Sensory Kits!

We have created portable sensory kits that can be customized for your specific needs!

A sensory diet is a specific treatment plan for individuals with sensory processing disorder designed by an Occupational Therapist after assessing an individual's abilities and needs. Establishing a sensory diet helps us to have functional, purposeful responses to sensory input.

Even though many of us may not have a specific sensory processing disorder or do not struggle with sensory regulation, we all rely on sensory input and strategies to help us maintain an optimal level of arousal, attention and regulation. Many times, a sensory diet consists of activities like wall push-ups, jumping on a trampoline, swinging, to name a few.

We have created On-The-Go Sensory Kits filled with many sensory tools that can be customized for each individual. Being able to carry your sensory tools in a small tote provides portability to use in any environment, while being compact enough to be discreet. The best thing about these travel sensory kits is that you can switch out activities, add new ones and keep your favorites.

This year, children may return to school with an even higher level of anxiety or worries. Some children may not be returning to school and may be completing their schoolwork remotely at home. A sensory kit can offer a routine for schooling at home and allow them to use strategies to help regulate their arousal and increase attention and focus.

Older children and adults can also use the sensory tools to gain calming input that allows them to focus, pay attention, help to organize themselves during community settings, job placement and/or during remote learning.

Looking to support sensory needs, but concerned about spreading germs? The clear, plastic bags can be wiped down and sanitized. Providing individual sensory kits for individuals helps to minimize the spreading of germs since each person will be using only their own tools.

Each bag is unique and can be customized based on the individual's sensory needs. [Contact us](#) today to learn more!



## 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](http://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](mailto:RIDOH.COVID19Questions@health.ri.gov)

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

### Center for Disease Control COVID-19 Information

Website [cdc.gov/coronavirus](https://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](http://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](mailto: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 the Division, you can sign up on our website. From the main BHDDH page at [bhddh.ri.gov](http://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 the Division

The department is working on a reduced workforce and therefore calls should not be placed directly to your social caseworker. DDD has put 24-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 below. 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.

**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**

**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**

**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](mailto:BHDDH.AskDD@bhddh.ri.gov)

**E-MAIL THE DIVISION**

**BHDDH AskDD @BHDDH.RI.GOV**

**SEND**

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!**

# SELF-DIRECTED SUPPORTS NETWORK

A NETWORK OF INDIVIDUALS AND FAMILY MEMBERS USING SELF-DIRECTED SUPPORTS IN RHODE ISLAND

ONLINE MEETING  
TUESDAY, SEPTEMBER 15, 2020  
7:30 – 8:30 PM

This meeting will take place online using Zoom. When you RSVP, you will receive an email with the directions and a password to join the meeting. You can connect by computer, mobile device or listen using your telephone. You may be prompted to download an app depending on the device you plan to use.

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.

#### PLAN TO ATTEND IF YOU ARE:

- A family member or person **considering** self-directed supports.
- A family member or person **new** to self-directed supports.
- A family member or person **experienced** at using self-directed supports.

#### JOIN THE DISCUSSION!

- Surviving the Corona crisis.
- Designing a new plan to support what you need.
- Recruiting and keeping good staff.

RSVP LINK: <https://bit.ly/2YUamqz>

Please RSVP using the link above. Click the link or cut and paste into your browser. Soon after you RSVP, you will receive an email confirmation with complete details and directions for using Zoom. 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, call or email Claire Rosenbaum, Sherlock Center on Disabilities:  
Email: [crosenbaum@ric.edu](mailto:crosenbaum@ric.edu) Voice: 401-456-4732 TTY: 711

# Community of Practice in Autism in RI

## September Meeting

Perceptions vs. Reality: What educational practices are really "evidence-based," "best practice," and "data-driven?"

### PRESENTERS

Amy Laurent, PhD, OTR/L  
Jacquelyn H. Fede, PhD

This session focuses on the **SCERTS Model**, which addresses the needs of autistic individuals in natural, functional and meaningful contexts throughout daily activities and with all social partners. Also, learn how to be a thoughtful consumer of research and know what constitutes evidence.

**SEPTEMBER 29, 2020**  
**4:00-6:00 PM**  
**ZOOM WEBINAR**

Advance registration is required using the link below:

<http://bit.ly/38DRVJN>

After registering, you will receive a confirmation email containing information about joining the webinar.

### Professional Development:

Continuing Education Credits (2.0 credit hours) from NASW-RI will be available pending approval.

To be eligible for CEUs you MUST:

- JOIN USING YOUR UNIQUE ZOOM LINK PROVIDED UPON REGISTERING,
- SIGN INTO WEBINAR USING BOTH FIRST & LAST NAMES, and
- PARTICIPATE THE DURATION OF THE WEBINAR.

Dialing in by telephone will not be accepted as proof of attendance.

### Questions & Requests:

If you need a reasonable accommodation (e.g., ASL/CART, subtitles, large print materials, or information in a language other than English), Please indicate your request on the registration form as soon as possible.

**For registration questions**, contact Elaine Sollecito at [esollecito@ric.edu](mailto:esollecito@ric.edu) or 401-456-2764.

**For questions about the Community of Practice or this meeting**, contact Paul LaCava at [placava@ric.edu](mailto:placava@ric.edu) or 401-456-4735.



Registration information is also available on the Sherlock Center website at [www.sherlockcenter.org](http://www.sherlockcenter.org).

# LUNCH AND LEARN: Working While Disabled—Work Incentives Overview

**NEW! MONTHLY Work Incentive sessions for SSI and SSDI**

**TIME: 12:00-1:00 PM**

**SSI: September 16, 2020**

**SSDI: September 30, 2020**

*Sessions will be offered on Zoom with subtitles in English.*



**REGISTER ONLINE at <https://bit.ly/2KkUCVQ>**

The Sherlock Center provides Work Incentive Information and Benefits Counseling services to SSI and SSDI beneficiaries and those that support them (family, guardian, rep payee, professionals). These sessions will be of value to anyone looking for a basic introduction to disability-related work incentives and/or has related questions. Along with providing an overview of basic SSI or SSDI and related information, these sessions provide an opportunity for you to ask questions about the following topics:

- Ticket to Work
- SSI or SSDI Work Incentives
- Resources about Work Incentive Information
- Access to Benefits Counseling
- Working and Impact on Health Insurance Medicaid/Medicare
- Other questions related to benefits and working

Upon registration please share your questions.

**NOTE: These sessions will not address how to apply for SSI or SSDI benefits.**

**TIP:** Unsure if you receive SSI or SSDI? You can confirm which benefit you have at <https://www.ssa.gov/myaccount/>

**Presented by Certified Work Incentive Counselors:**

SSI Session —Laura Elderkin

SSDI Session —Tristan Pennell

**REGISTRATION IS LIMITED!** Advance registration is required. After registering, you will receive a confirmation email containing information about joining the session. You can access the session by computer, mobile device or listen using a cell or landline phone.

**Accommodation requests or registration questions:** Contact Elaine Sollecito at [esollecito@ric.edu](mailto:esollecito@ric.edu).

**Session questions:** Contact Vicki Ferrara at [vferrara@ric.edu](mailto:vferrara@ric.edu).



# Join Us for a Customized Employment Learning Community

Work Inc, in collaboration with the Institute for Community Inclusion at the University of Massachusetts Boston, is hosting a learning community to support the implementation of customized employment through the Person-Centered Supported Employment Performance Program (PCSEPP 3.0).

The Customized Employment Learning Community will bring together providers who are using customized employment to support job seekers in the PCSEPP 3.0. The learning community will provide participants an opportunity to share strategies and approaches and learn from each other, with the goal of enhancing employment outcomes for job seekers. Other providers who are integrating customized employment approaches into their work are also welcome.

While not specifically focused on remote supports, the learning community will include strategies for supporting discovery and the job search process remotely as needed.

The learning community will include:

- » Monthly one-hour virtual meetings
- » Access to a virtual platform for resources and communication
- » Support from peers and subject matter experts



## KEY DATES

### Start Date

Thursday, September 24  
11:30am—1:00pm

### Subsequent Sessions

9:30-10:30am on the second  
Wednesday of each month  
through June 2021

*October 14, 2020*

*November 11, 2020*

*December 9, 2020*

*January 13, 2021*

*February 10, 2021*

*March 10, 2021*

*April 14, 2021*

*May 12, 2021*

*June 9, 2021*

## PRE-REGISTRATION

Pre-registration is required for each person who would like to participate.

### The registration deadline is

**September 11.** A limited number of slots are available so [register now!](#)

## QUESTIONS OR NEED ADDITIONAL INFORMATION?

Lara Enein

[Lara.EneinDonovan@umb.edu](mailto:Lara.EneinDonovan@umb.edu)

This learning community is offered by Work Inc. with funding from the RI Department of Behavioral Healthcare, Developmental Disabilities and Hospitals for the PCSEPP 3.0.





# PLAN AHEAD FOR YOUR FUTURE

Did you know? You can start a new customized employment experience right from home with Looking Upwards or Perspectives Corporation and their partners.

The Person Centered Supported Employment Performance Program is intended for Rhode Islanders with I/DD who have never had a job and who may have worked in a sheltered workshop, attended a facility-based day program, or entered the adult DD system since 2012. It helps you obtain a job through customized services and supports.

## HOSTED BY:



Learn more at our informational meeting

**MONDAY • Sept 14**  
**12PM ~ 1PM**

**TUESDAY • Sept 15**  
**6PM ~ 7PM**

Register for this Zoom event via **eventbrite!**

**REGISTER**



[employmentservices@perspectivescorporation.com](mailto:employmentservices@perspectivescorporation.com)

(401) 294-3990