

Mentors for Self Determination

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PA TRAINING PARTNERSHIP FOR PEOPLE WITH DISABILITIES AND FAMILIES

September, 2006

MENTOR MEMO

Issue 3

“keeping individuals and families informed”

It is hard to believe we are starting to think about fall schedules! Mentors for Self Determination (M4SD) continued to assist self advocates and families during the summer. As a Partner of the PA Training Partnership for People with Disabilities and Families, we are providing opportunities for people to attend trainings in the Central Region and also offering a Family Connection presentation statewide. M4SD has conducted family trainings this summer in Altoona, Canton, Harrisburg, Lewisburg, Sunbury, Waynesboro, Williamsport and self advocate training in Meadville.

Mentors will have our 2nd Mentor Get-Together November 1, 2006 in the Central Region at the Lantern Lodge, Myerstown, Lebanon County. (See enclosed flyer, Mentor’s web site www.mentors4sd.org for regular updates or email dleaseure@mentors4sd.org).

Our focus for the Get-Together will be “Self Determination” and living an “Everyday Life”. The day begins with a Continental Breakfast and a choice of 3 Partnership Trainings; Person Centered Thinking, Understanding the Mental Retardation System: An Overview for families or Self Determination for Self Advocates. Ending the day with a favorite from the previous Mentor Get-Together, a question and answer discussion with Kevin Casey, Deputy Secretary, Office of Mental Retardation.

The afternoon will feature Self Advocate and Family stories on Self Determination. Several slide shows will feature Mentor Self Advocates living an Everyday Life.

The Mentor Get-Together will also include snacks, and a Myerstown Deli Buffet Luncheon.

Our first Mentor Get-Together was held on June 14, 2006 at the Penn Stater in State College. The day long Get-Together was attended by approximately 50 self advocates family members. Attendees had the opportunity to attend Partnership Trainings on Self Determination and PUNS.

The Self Determination session was especially exciting because the attendees were split into 2 groups; self advocates and family members. The family session was presented by family members and the self advocate session was presented by self advocates!!! When attendees in the self advocate session were asked how they were self determined they replied;

“I picked my own room mate.”

“I work.”

“I lift weights.”

“I don’t work at the workshop.”

“I volunteer.”

“I’m engaged.”

The day ended with Deputy Secretary Kevin Casey, giving a system update followed by a question and answer discussion with families and Self Advocates.

People ask “What is Self Determination?” Self Determination is based upon the core values of an Everyday Life: choice, control, quality, stability, safety, individual relationships, freedom, success, and opportunities to contribute to the community, accountability, communication, mentoring and collaboration in your life. Self determination is deciding how **you** want to live **your** life, deciding the supports **you** want and how **you** want to spend money through an individual budget.

The Pennsylvania Office of Mental Retardation connects people with disabilities, their families, friends, and the entire support system in stating that all people have the right to determine the course of their own lives. They need to be free to exercise this right and accept responsibility for their decisions. This is “*self determination*”.

The Office of Mental Retardation affirmed its commitment to self determination for self advocates and families in the publication of “*Everyday Lives*” (1991), “*Everyday Lives: Making It Happen*” (2001) and the OMR Bulletin 00-03-05, “*Principals of the Mental Retardation System*” (6/13/2003). These three publications are the roadmap to true self determination.

Participant Directed Services is in keeping with the Office of Mental Retardation’s philosophy of “*Everyday Lives*” and “*Self Determination*”. Supports and services are planned and effectively carried out according to each person’s needs. One practice of Participant Directed Services is “Person Centered Planning”.

“What is Person-Centered Planning?”

- Ongoing individual planning process
- Designed to capture your interests and desires and translated into a plan of action
- Way to listen and take direction from you and the people who know you best
- Focuses on your preferences, strengths and talents rather than your limitations
- Organizes and uses natural supports like family, friends and acquaintances, along with formal supports and services provided by the community and government approved agencies
- Planning works for people of all ages and all abilities
- Provides a single place to record all information.
- Is about making choices regarding things that really matter to you
- Focuses on good things about you
- Helpful when you are about to make a major life transition, such as graduating from school, moving to a new home or finding a new job
- Planning for when your family cannot support you, giving support people important information
- Help you find the right people to support you.
- Support your Individual Education Plan (IEP)
- Can organize your medical history for all doctors
- Evaluate supports and services for quality, “*what needs to change and what needs to stay the same*”
- Is concise language organized in logical groups

“Who will help me plan?”

- A **circle of support**, which is a group of people you invite to guide and support you to plan for our future. The members can include family, friends, community and support staff.

“A Person Centered Plan is an on-going document, not merely a one day planning exercise.”

This fall the Partnership will introduce 2 new trainings: Person Centered Thinking and the Individual Support Plan. The Partnership has a statewide training calendar: www.thetrainingpartnership.org that lists Partnership trainings in your area. Both new trainings will focus on the individual living a self determined, everyday life.

Please check our web site: www.mentors4sd.org/calendar.html frequently for scheduled trainings in the Central region. To schedule trainings in the Central Region, contact dleasure@mentors4sd.org. We update information and add links regularly to the web site.

Mentors' Self Advocate Trainers, have expanded their training locations to the Western Region, collaborating with the Partner, Speaking for Ourselves (SFO). Our Self Advocate Trainers are trained to present *Understanding the MR System Background*, *Sexual Abuse Awareness Training for Self Advocates* and *Self Determination: Class 1 & 2*. Don't forget that Mentor Self Advocates are available to present the same trainings in the Central Region.

CMS UPDATE

The Office of Mental Retardation continues to move forward with the Centers for Medicare and Medicaid Services (CMS) recommendations. The CMS changes are to provide statewide consistency of administering waiver services while allowing the individuals receiving mental retardation services more choice and control.

As of April 2006 every county in Pennsylvania signed the same contract with the Office of Mental Retardation for waiver fund administration. As of June 2006, providers also signed a Provider agreement with the Office of Mental Retardation.

Statewide qualification for providers will be mandatory July 2007. During the pilot year, July 2006 through June 2007, counties are expected to contract with any provider that has signed the Medicaid Agreement with the State of Pennsylvania.

The Centers for Medicare and Medicaid Services (CMS) requires that:

- Waiver service providers are qualified using consistent statewide standards
- People who receive Waiver services have the opportunity to obtain services from any willing and qualified provider
- Qualified providers have the opportunity to enroll as Waiver service providers

Individuals and families will have the ability to make informed decisions in selecting willing and qualified providers.

VOTERS' CORNER

On November 7, 2006, voters in Pennsylvania will elect a Governor and Lt. Governor, plus several State Senators and State Representatives. Are you registered to vote? The deadline to register to vote in the November election is October 10th. Registering to vote is the first step in educating your elected officials about how legislation affects you. For more information on your voting rights, contact your Supports Coordinator or go to www.votespa.com.

Our mission is to provide people with current accurate information on the Mental Retardation System. Mentor's vision is making "self determination" a reality for everyone.

Mentor Trainings in the Central Region

<p>SEPTEMBER 19 Overview of the Mental Retardation System 6:30-8:30 pm Sunbury, MH/MR Human Service Building, Sunbury, CONTACT 814-547-1577 EMAIL DLeasure@mentors4sd.org</p>	<p>OCTOBER 18 Self Advocate- Sexual Abuse Awareness 9:00am -11:00 am Everett High School, Bedford County, Esther Kuhn & Ramona Klink CONTACT Susan McCloskey 724-813-5702 EMAIL wideopen@zoominternet.net</p>
<p>SEPTEMBER 21 Overview of the Mental Retardation System 10:00 am -12 noon Union County Public Library, Union County, Leasu CONTACT 814-547-1577 EMAIL DLeasure@mentors4sd.org</p>	<p>OCTOBER 18 Self Advocate- Self Determination Class 1 1 pm – 3 pm Everett High School, Bedford Co. Esther Kuhn & Ramona Klink CONTACT Susan McCloskey 724-813-5702 EMAIL wideopen@zoominternet.net</p>
<p>SEPTEMBER 21 Understanding the MR Waivers in PA 1:00 - 3:00pm Keystone-Sunbury, Northumberland Co.,</p>	<p>OCTOBER 18 Overview of the Mental Retardation System 6 pm – 8 pm Location to be determined CONTACT Susan McCloskey 724-813-5702 EMAIL wideopen@zoominternet.net</p>
<p>SEPTEMBER 28 Family Connection Group Session 6:30pm - 8:30pm (closed) Washington County, CONTACT 814-547-1577 EMAIL DLeasure@mentors4sd.org</p>	<p>OCTOBER 24 Overview of the Mental Retardation System 6:00pm – 8:00pm Columbia County, Berwick High School CONTACT 814-547-1577 EMAIL DLeasure@mentors4sd.org</p>
<p>SEPTEMBER 29 Sexual Abuse Awareness Self Advocate Training 10 am-12 noon Community Health Connections, Butler, Lawrence County, CONTACT Susan McCloskey 724-813-5702 EMAIL wideopen@zoominternet.net</p>	<p>OCTOBER 26 Understanding the Mental Retardation System: Waivers 9:30am - 12:30pm UCP of Central PA, Shiremanstown CONTACT 814-547-1577 EMAIL DLeasure@mentors4sd.org</p>

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