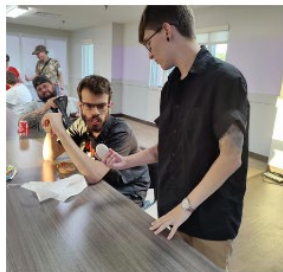
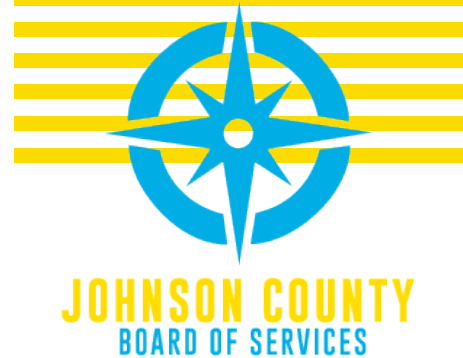


# BE THE SPARK

Supporting People with developmental disabilities through Advocacy, Resources, and Kindness

JCBS NEWSLETTER | OCTOBER 2022 EDITION



## Hello Fall

### Provider Meetings

We have officially started our Provider Relations meetings! Last month our Executive Director, Melissa Frey, and Director of TCM services, Cooleen Hall, met with several direct care providers to inquire if this committee would be something they were interested in.

We utilized the CtLC Trajectory to discuss what we wanted from the meetings and what we did not want. The purpose of these meetings is to work better together, receive support from each other, and discuss changes made by the Department of Mental Health. Our agency and the providers will meet on a quarterly basis.

One takeaway from this meeting was acknowledging the common ground. We are all here because we want our individuals to be able to live their good life.

Cooleen stated, "I'm excited to get this group of people together who serve our individuals and families. There is so much that we can learn from one another, and I truly believe that coming together is going to build a community for professionals dedicated to support those in Johnson County with developmental disabilities. I know it is corny, but Teamwork truly makes the dream work... and we are all on the same team."

## NATIONAL DISABILITY EMPLOYMENT MONTH

Page 2 – Learn more about NDEAM

## CTLC TOOLS

Page 3 – Check out the CTLC Quick Guides!

## SERVICE SPOTLIGHT

Page 3 – What is Targeted Case Management?

## Letter from the director



Recently, I stumbled upon a podcast series from the Arc of Minnesota called, "Focus on the Future." It's a podcast for families and caregivers supporting people with developmental disabilities. In each episode, the host, Allycia Wolff, has a conversation about discovering your best life, how to plan for it, and how to achieve it.

Allycia says future planning is thinking about next week, next month, next year, 20 years from now and everything in between. It's about making sure that your child or loved one is living a good life right now and has all the opportunities and resources to live a good life when you're no longer here to support them.

And that's the scary part! That's the part that gives us all the anxiety and worry. Who's going to love my loved one when I'm gone? In our dread, we tend to put off planning for the future, but the truth is: not creating a plan is doing more harm than the actual process of creating a plan.

Allycia says future planning is "like a three-legged stool, where each leg is a vital component to planning for and creating a good, happy future. And that's legal planning, financial planning, and quality of life planning."

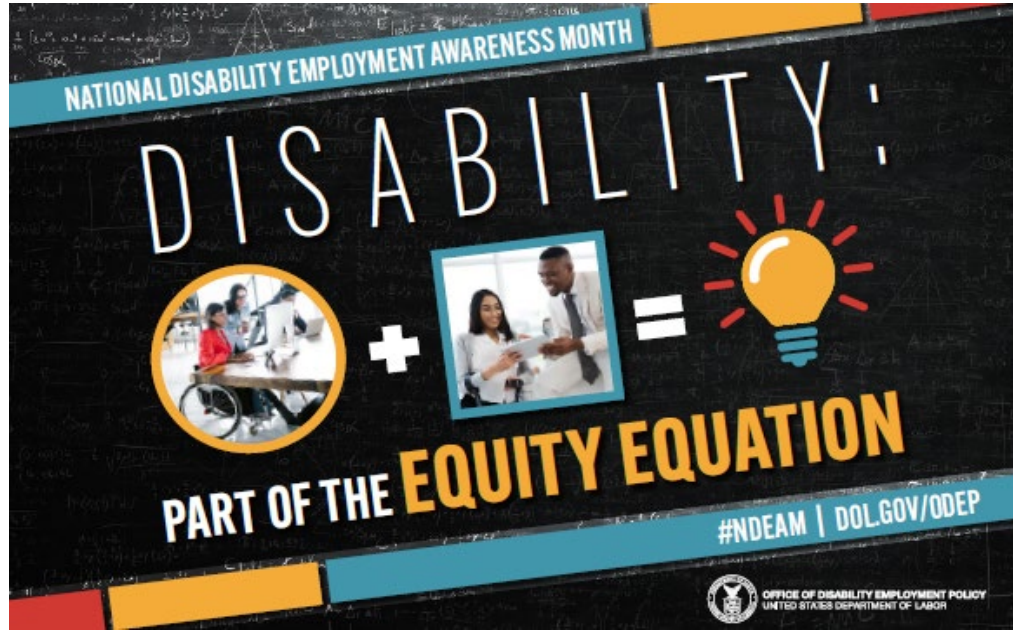
She hopes her podcast will give families and caregivers the information they need to take that step forward, meet with an attorney and a financial planner, and "create some meaningful plans for the future so that people aren't stuck in that space for quite as long."

Our case managers are not lawyers or financial planners, but they can help guide you along this journey, provide support, and hold your hand when you're scared.

In closing, I typically share our mission statement, which most definitely ties into future planning. Our mission is: SPARK, Supporting People with Developmental Disabilities through Advocacy, Resources, and Kindness.

# NATIONAL DISABILITY EMPLOYMENT MONTH

In recognition of the important role people with disabilities play in a diverse and inclusive American workforce, the theme for National Disability Employment Awareness Month (NDEAM) 2022 will be "Disability: Part of the Equity Equation." Observed annually in October, NDEAM celebrates the contributions of America's workers with disabilities past and present and showcases supportive, inclusive employment policies and practices. The annual theme is announced early to facilitate advance planning of events.



### Buckeye Acres – Warrensburg, MO

Admission: Free up to age 2  
 Ages 3-11: \$5  
 Ages 12 & Up: \$8  
 Weekend Only

### Fun Farm Pumpkin Patch – Kearney, MO

Weekday Admission: \$15.95 online and \$19.95 at the gate  
 Weekend Admission: \$20.95 and \$25.95 at the gate

### Big Bear Pumpkin Patch LLC – Sedalia, MO

Admission: Free up to age 2  
 Ages 3 & Up: \$8  
 Weekend Only

### Pixie Pumpkin Patch – Knob Noster, MO

Admission: Free up to age 2  
 Ages 3 & Up: \$5  
 Weekend Only

### Liberty Corn Maze

Admission: Free up to age 2  
 Ages 3 to 12: \$13.28  
 Ages 13 & Up: \$15.17



Falling into fun!



## Charting the LifeCourse: Quick Guides

"Throughout our lives, we face questions and search for answers that will help us on our journey to a full and meaningful life. This is true for everyone, especially when you or someone you care about experiences a disability or special health care need.

The LifeCourse Experiences and Questions booklet helps you realize that even when your child is very young, and wherever you are on the journey as he or she ages and grows into adulthood, their life experiences and environment can shape how they will live life in the future."

To obtain your FREE quick guide:

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-stages/>



## Focus on **ADULTHOOD**

Quick Guide in the *Life Experience Series*

**Adulthood is the period from the time after we transition from school and childhood years through the time when we enter our golden years.**

For most of us, adulthood is the longest stage of life. Even though the school years have ended, you can continue to learn and grow throughout your adult life.

Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://LifeCourseTools.com)  
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# What is Targeted Case Management?

Targeted case managers assist individuals determined eligible for services from the Missouri Division of Developmental Disabilities in accessing comprehensive medical, social, educational, and other specialized services. Targeted case managers are professionals who are trained in the field of mental health and/or closely related fields. Everyone who applies for services from the Division of DD is assigned a case manager who assists the person and his or her family to identify, locate, coordinate, and monitor services that meet the individual's distinct needs.

We like to think of case management as a circle of services. Every year, our TCMs have a meeting with the individual and their support team. Our TCMs then assess the needs of the individual and link/refer them to support services. We monitor those services to ensure our individuals and families are happy and that the services are being implemented as agreed upon.

For more information, contact your TCM today!



### JCBS Resource Directory

Check out our resource directory!

<https://www.jcbs.com/resource-directory/>

### Contact US

<https://www.jcbs.com/our-team/>

### Missouri Family to Family Good Life Classes

Missouri Family to Family offers many different Good Life Classes, ranging from educational classes, to support groups, and to groups who are just wanting to relax and meet new people. Follow the link below to see the upcoming Good Life classes! These classes are all free and we encourage our individuals and families to attend!

<https://mofamilytofamily.org/events/>

### Charting the LifeCourse Tools

Charting the LifeCourse is designed to be used for your own life, for your family members, or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for supports.

<http://www.lifecoursetools.com/>

## Public Notice

Quarterly Board Meetings are held via Zoom or in person at the Johnson County Board of Services office located at 200 N Devasher, Warrensburg, MO 64093. Meetings are held quarterly on the third Tuesday of that month. Meetings dates are subject to change with notice. Please see our website for meeting information: [JCMBS.COM/PUBLIC-NOTICE/](https://www.jcbs.com/public-notice/)

November 15<sup>th</sup>, 2022

February 21<sup>st</sup>, 2023

May 16<sup>th</sup>, 2023

August 15<sup>th</sup>, 2023

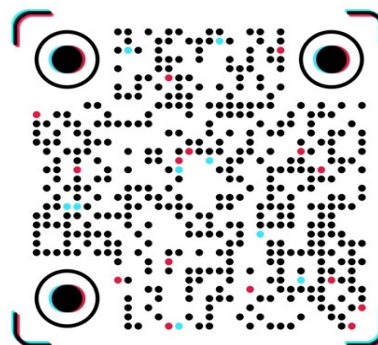
## Need help with Medicaid?

Contact Liz Hargrave

[ehargrave@jcbs.com](mailto:ehargrave@jcbs.com)

(660) 240-3343 EXT 708

jocoboardofservices



Scan QR code to follow account



## Targeted Case Management Satisfaction Survey

#### Identification of Researchers:

This survey is being done by the Johnson County Board of Services.

#### Purpose of the Survey:

The purpose of this survey will help JCBS improve our services to the individuals we serve and their families.

#### Request for Participation:

We are inviting you to participate in a survey on the Johnson County Board of Services.

It is up to you whether you would like to participate. If you decide not to participate, you will not be penalized in any way. You can also decide to stop at any time without penalty. If you do not wish to answer any of the questions, you may simply skip them. If you wish to withdraw, please close the browser before submitting, at the end of the survey. Once you submit the survey, we will keep the information you provided confidentially.

#### Privacy:

All of the information we collect will be kept confidential. Your confidentiality will be maintained to the degree permitted by the technology used. Specifically, no guarantees can be made regarding the interception of data sent via the Internet by any third parties.

#### Explanation of Risks:

Completing this survey will NOT negatively affect your services.

#### Explanation of Benefits:

Completing this survey will help provide feedback for JCBS.

#### Questions

If you have any questions about this survey, please contact Melissa Frey at [mfrey@jcbs.com](mailto:mfrey@jcbs.com).

This survey takes approximately 5-10 minutes to complete

Don't forget to tell us how we are doing! Complete our now online TCM Satisfaction Survey!

[shorturl.at/qtwn8](https://shorturl.at/qtwn8)