

BE THE SPARK

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

JCBS NEWSLETTER | JANUARY 2023 EDITION



JOHNSON COUNTY
BOARD OF SERVICES

JCBS
**HAPPY
NEW
YEAR**



Wishing you a fresh start with renewed energy and confidence throughout the New Year

2023

SERVICE SPOTLIGHT

Page 2 – Learn more about Remote Supports

GET TO KNOW ME – WEB SERIES

Page 3 – Learn how you can be featured in our new web series!

NEW YEAR RESOLUTION

Page 3 – Your resolution doesn't have to be life-changing. Here are 10 examples of smaller, more attainable goals.

SAVE THE DATE



Brunch
&
BUBBLY

MARCH 25TH, 2022

Don't forget to follow the Johnson County Board of Services Foundation on Facebook! We'll be sharing more information on our 10th annual Brunch & Bubbly, previously known as the Breakfast Blast. Our goal is to raise \$10,000!

Service Spotlight

REMOTE SUPPORTS

What are Remote Supports? Remote Support systems are available through MO HealthNet (Medicaid) Waivers and provide technology that allows individuals to receive support without the presence of a caregiver.

They may include:

- Sensors in the home that alert remote support staff if someone tries to enter the home.
- Telephones or video and web cameras for two-way communication.
- Sensors that track an individual's movement and health information, such as activity sensors, temperature monitors, bed or chair sensor pads, seizure monitors, etc.

What are the benefits of using Remote Supports?

- Increased independence for individuals in their own homes without constant presence of a caregiver.
- Respite for caregivers.
- Opportunities for individuals to do daily tasks on their own.
- Security in their home.
- Wellness reports can alert a caregiver to potential health concerns.
- The ability to monitor trends to pro-actively preempt negative health changes.
- The ability to track data in planning and providing behavioral supports.

If you are interested in remote supports for you or your loved one, please contact your Targeted Case Manager for more details.

*All services through DMH are subject to eligibility and approval.



Letter from the director



Last year, I introduced our strategic priorities, as well as the quote from author Brian Tracey, "Excellence is not something that happens by accident; it happens by deliberate design."

Our deliberate design is made up of the same three strategic priorities. The first priority is to RECRUIT, RETAIN, and DEVELOP PROFESSIONALS. Our second Strategic Priority and focus of this letter is to IMPROVE EXISTING SERVICES. Under this priority, we're committing to improve how we monitor and plan for services.

One of my favorite goals is to increase family and individual feedback through our TCM survey. This goal was achieved last year by improving our minimal completion rate of 9% to an impressive 25%!

In 2023, we're hopeful to complete more surveys and reach out to our providers for feedback, too. We plan to use both surveys' feedback to inform our strategic priorities in 2024. It's important to us to understand what we're doing well and what we can improve upon.

If you receive services or even provide services, we'd love to have your feedback. You can always reach out to me directly by phone or email. We've made the survey accessible on our website and in our email signature. And if you're old school, we'll even send you one in the mail!

In closing, don't forget our mission statement - SPARK – Support People with developmental disabilities through Advocacy, Resources, and Kindness.

Get to Know Me – Web Series

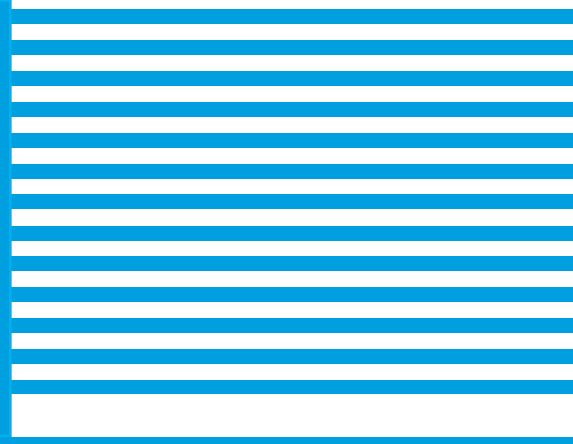
In 2022, our Community Resources and Outreach department partnered with Diamond Ruby Studios to showcase and share family stories. The goal of this project was to introduce our community and our social media following to the individuals and families we serve. We've brought awareness to several different developmental disabilities such as Autism, Rett Syndrome, Lennox-Gastaut Syndrome, Guanidinoacetate Methyltransferase Deficiency (GAMT), Shaken-Baby Syndrome, and Cerebral Palsy.

People with developmental disabilities are often treated differently. We want to remind our community that people with developmental disabilities are our classmates, relatives, friends, co-workers, and a part of our community.

If you are interested in being in an episode of our Get to Know Me web series, please contact Liz Hargrave at ehargrave@jcmb.com.



“We need to do a much better job as a society by recognizing that people with disabilities are just like us, they have hopes, dreams, and aspirations.” – Judy Woodruff



What's Your New Year Resolution?

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It's that time of year when we create our New Year Resolutions! Often, we make resolutions that are unattainable. I say we change that and start making resolutions we can do! Here are 10 examples of easy goals:

1. Create an easy budget
2. Cook something new each week
3. Read more books
4. Become a plant owner
5. Volunteer regularly
6. Learn a new skill
7. Start a new hobby
8. Get a new hair style
9. Start walking more
10. Make your bed every morning

RESOURCES

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/

February 21st, 2023

May 16th, 2023

August 15th, 2023

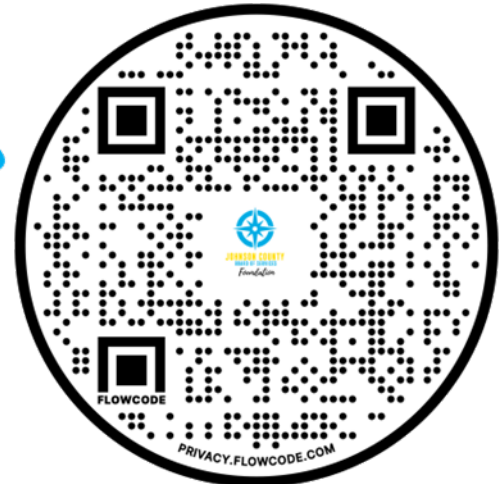
November 21st, 2023

Need help with Medicaid?

Contact Liz Hargrave

ehargrave@jcbs.com

(660) 240-3343 EXT 708



Follow our Foundation on Facebook!



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.

This survey takes approximately 5-10 minutes to complete

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

shorturl.at/qtwN8