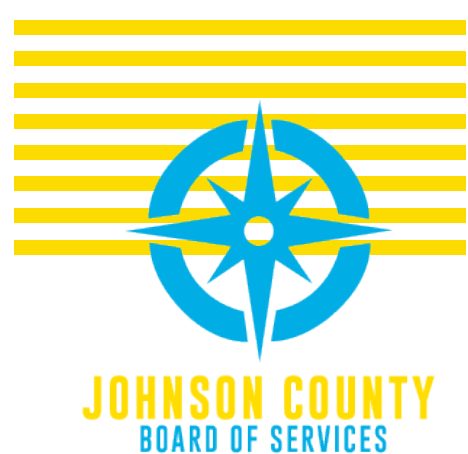


BE THE SPARK

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

JCBS NEWSLETTER | MAY 2023 EDITION



May is mental health awareness month! The stigma around mental health and treatment has long existed, even though this has started to change.

Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged or facing unnecessary backlash.

According to the CDC, adults with disabilities report experiencing frequent mental distress 5 times as often as adults without disabilities. During the COVID-19 pandemic, isolation, disconnect, disrupted routines, and diminished health services have greatly impacted the lives and mental well-being of people with disabilities.

Although it's been 3 years since the pandemic occurred, people are still experiencing the side effects of isolation. People in the disability population are lacking in mental health resources. Mental health conditions are often lumped together with other disability symptoms, causing poor mental health or mental illness to be overlooked entirely. A lot of mental health providers lack the training needed to serve this population. An assumption we often hear is that people with disabilities won't understand therapy.

As advocates we encourage practitioners to continue to develop and learn how to serve this underserved population.

LEARN MORE

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CHECK US OUT

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SERVICE SPOTLIGHT

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Letter from the director



As we celebrate Mother's Day this month, I want to take a moment to appreciate and honor mothers of children with developmental disabilities. Raising a child with a developmental disability can be challenging, both emotionally and physically.

These mothers must navigate a world that is not always accommodating to their child's unique needs. They may have to fight for their child's rights, advocate for their educational and healthcare needs, and constantly search for resources and support.

Yet, despite all the challenges, these mothers continue to show unwavering love, strength, and resilience. They cherish the unique qualities that make their children who they are, and they never give up on their children's potential.

I want to acknowledge the amazing work these mothers do and remind them that their efforts do not go unnoticed. Your dedication and love inspire us all. You are an important part of the developmental disability community, and we are grateful for everything you do.

This Mother's Day, let us all take a moment to appreciate and thank the mothers of children with developmental disabilities for their hard work, perseverance, and unconditional love. They truly embody the spirit of motherhood and our mission of Supporting People with developmental disabilities through Advocacy, Resources, and Kindness (SPARK).

CRISIS INTERVENTION TRAINING COUNCIL

The Crisis Intervention Team (CIT) is a community partnership of law enforcement, mental health and addiction professionals, individuals who live with mental health or addiction disorders, their families, and other partners to improve community responses to mental health crisis. These teams can be found across the United States and even Internationally. In Johnson County, the CIT Council meets once a month to schedule trainings for First Responders to become CIT Trained Officers, advocate for needed services, and strengthen community partnerships.

Did you know that twice a year we partner with Behavior Health Holdings to give a presentation on how to work with individuals who have developmental disabilities? We provide this training twice a year to first responders from all over the West Central part of Missouri.



HEALTHY COPING SKILLS FOR UNCOMFORTABLE EMOTIONS

There are 5 main types of coping mechanisms; problem focused, emotion focused, religious coping, meaning-making, and social support. It is up to you to decide what the best coping mechanism is to use in the moment. Here are just a few healthy coping mechanisms that may help you in the future:

- The first one is selfcare. Paint your nails, take a shower, do your hair, etc. Sometimes when you feel good physically it can help you feel better mentally.
- The next one is finding a hobby. Sometimes distracting yourself from stressful situations that do not need to be addressed right away can help you clear your head.
- The third one is exercise! We've heard that yoga can be beneficial, and you can always find a short yoga program online.
- The fourth is to practice mindfulness. Write down all the things you are grateful for, picture your happy place, or look at pictures of things that make you happy.
- Lastly, use relaxation strategies like journaling, breathing exercises, or using a relaxation app on your phone. These are just a few ideas, and we hope that you find what works best for you!

Check out our YouTube Channel!

Last month, we shared two episodes from our "Get to Know Me" series on YouTube. First, we got to know Stevie & Melissa Cochran. Stevie and Melissa gave viewers a glimpse into their personal lives and shared relationship advice. In our second video we introduced our viewers to Paige Fleming. Paige told us about her job, her hobbies, and gave us a look into her relationship.

What we loved about these episodes is they both showcase that people with developmental disabilities have the same needs and desires for healthy and happy relationships. Humans thrive when we experience connection. Connection lowers anxiety and depression and builds self-esteem and empathy.



To watch more of our digital video series find us on YouTube & follow us on Facebook!



[@Johnson County Board of Services](https://www.facebook.com/JohnsonCountyBoardofServices)



[@Johnsoncountyboardofservic9822](https://www.youtube.com/channel/UCJohnsoncountyboardofservic9822)



SERVICE SPOTLIGHT

Remote Supports

Missouri's Division of Developmental Disabilities has implemented a Technology First initiative. The purpose is to change the way services are delivered and encourage independence, dignity, safety, and freedom. Modern technology now provides nontraditional ways to support people so they can live in their own homes. Remote supports can be customized to meet the individual needs of each person.

On the left, we have Callie. A few years ago, Callie moved into her own apartment. To help Callie, feel more comfortable with living on her own, the team requested remote supports. These supports not only help her increase her independence, but they also provide security. If you are interested in learning more about remote supports, please contact your Targeted Case Manager!

RESOURCES

Contact US

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

Missouri Developmental Disabilities Council Resources

The MDDC has many different resources located on their website. One resource that stuck out is Disability Benefits 101. MDDC has released the DB101Benefits and Work Calculator and transparency tool. For more information and to review more resources please visit their website!

<https://moddcouncil.org/resources/>

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/)

May 16th, 2023

August 15th, 2023

November 21st, 2023

February 20th, 2024

Need help with Medicaid?

Contact Liz Hargrave

ehargrave@jcbs.com

(660) 240-3343 EXT 708



BTS of our next episode in the "Get to Know Me" series!



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