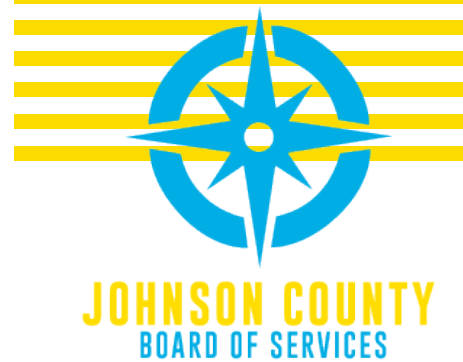


BE THE SPARK

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

JCBS NEWSLETTER | SEPTEMBER 2023 EDITION



At our latest gathering, our team came together to do a little team building and discuss potential strategic priorities for the upcoming year. We used Charting the LifeCourse framework to state what we wanted and did not want for our agency. We reflected on our mission statement and values to ensure that our thoughts aligned with our purpose.

Community Resource Specialist, Naomi Aviles, provided insight from our targeted case management survey and provider surveys.

These invaluable insights, provided by the individuals we serve, their families, dedicated providers, and diligent support staff, offer a comprehensive view of our performance and areas for growth. Analyzing this multifaceted feedback enables us to adapt and refine our services, fostering an environment of continuous improvement and unwavering dedication to those we serve.

We will continue to grow, develop, and **SPARK** (supporting people with developmental disabilities through advocacy, resources, and kindness).

LEARN MORE

Page 2 – Equine Therapy, why is it so popular?

GET TO KNOW US

Page 3 – Get to know Paige Hoskins, our new Targeted Case Manager!

RESOURCES

Page 4 – We created a list of equine therapy providers in our area!

letter from the director



Have you ever been interested in learning more about Johnson County Board of Services' tax levy funding? Are you a non-profit agency dedicated to transforming lives of individuals with developmental disabilities?

Join me on September 12th for a presentation that explains how to apply for county funding to serve people with developmental disabilities in Johnson County.

What you can expect:

- Understanding the history of the state statute, Senate Bill 40, and purpose of tax levy funding
- Further explanation on eligibility criteria & application essentials
- Overview and examples of previously funded programs
- Question and Answer Session

Join us to navigate the funding application and support your non-profit's mission to transform the lives of individuals with developmental disabilities.

In closing, our mission statement at JCBS is to SPARK, Support People with developmental disabilities through Advocacy, Resources, and Kindness.

EQUINE THERAPY – WHY IS IT SO POPULAR?

Equine therapy, also known as equine-assisted therapy or horse therapy, is a therapeutic approach that involves interactions between individuals and horses to promote emotional, psychological, and physical well-being. There are several reasons why equine therapy is considered beneficial:

Emotional Connection:

Building a relationship with a horse can help individuals develop emotional connections and enhance their ability to form bonds with others. This is particularly valuable for those struggling with social isolation, attachment issues, or trauma.

Physical Benefits: Interacting with horses often involves physical activities such as



grooming, feeding, and riding. These activities can improve physical coordination, strength, and motor skills. Horseback riding engages core muscles and promotes better posture.

Stress Reduction: Spending time with horses and in a natural outdoor environment can lead to reduced stress levels. The rhythmic motion of horseback riding can have a calming effect, and the connection with animals can release oxytocin, a hormone associated with bonding and relaxation.

Responsibility and Empowerment: Taking care of a horse requires responsibility, consistency, and patience. Engaging in these tasks can instill a sense of accomplishment and empowerment in individuals who might struggle with low self-esteem or feelings of helplessness.

Enhanced Communication Skills: Horses are sensitive to non-verbal cues, which means individuals participating in equine therapy often need to improve their non-verbal communication skills. This can extend to better communication in their personal relationships as well.

Mindfulness and Present Moment Awareness: Working with horses requires being in the present moment and focusing on the task at hand. This can help individuals learn mindfulness skills, which are useful for managing anxiety and improving emotional regulation.

Diverse Applicability: Equine therapy has been used to address a wide range of psychological and emotional issues, including but not limited to anxiety, depression, post-traumatic stress disorder (PTSD), autism spectrum disorders, addiction, and behavioral issues. Finally, it is

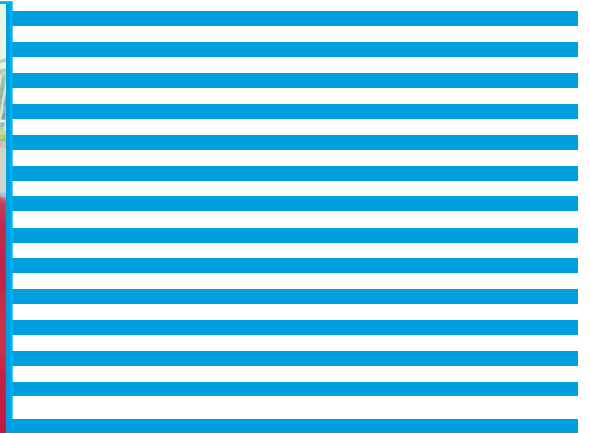
Engaging and Enjoyable: Equine therapy offers a unique and enjoyable experience that can make therapy feel less clinical and more engaging. This can be especially helpful for individuals who may be resistant to traditional forms of therapy.

Please see **page 4** for a list of organizations who provide this service in our area!

Get to know Paige Hoskins, our new Targeted Case Manager!

Paige started working at JCBS in August. She's originally from Warrensburg. Paige received her Criminal Justice degree from National American University in Texas. She finds joy in her marriage to Nico and her role as a mother to three children: Junior, Tre, and Ellington.

During her leisure time, she indulges in reading and catching up on TV shows like "A Million Little Things," "Grey's Anatomy," and "This is Us." Her free time involves engaging with her children — from playing Barbies with her 4-year-old to tossing a ball around the yard with her 11-year-old or enjoying musical moments as her other 11-year-old strums the guitar. Paige's presence adds an exciting dimension to our team, and we're thrilled to welcome her aboard!



THANK YOU!

We want to extend our gratitude to all who joined us for our 2nd annual ice cream social! It was a wonderful opportunity to come together, share smiles, and create lasting memories. Big thank you to Amy Park for providing the face painting. We want to also thank ShipShape Party Rentals for providing our games/activities. Save the date for **August 28th, 2024**, we'll see you next year!



EQUINE THERAPY RESOURCES

Remember to Dream Therapeutic Riding Center

Located in Cole Camp, Missouri. Follow their Facebook page for more information!

<https://www.facebook.com/RememberToDreamTherapeuticRiding/>

The Barn Therapeutic Riding Center

Located in Leeton, Missouri, their mission is to improve the health and overall quality of life for individuals with disabilities. This nonprofit organization is run by Sue Becklenberg, MPA, CTRL.

<https://www.thebarntrc.org/home>

C Bar C Riding Lessons

Located in Blairstown, Missouri, this a faith-based and family operated organization. They provide basic riding lessons and equine assisted riding activities for all ages and abilities.

<https://www.cbarcridinglessons.com/>



Interested in requesting funds through JCBS?

SB40 FUNDING REQUEST

INFORMATION & TRAINING SESSION

SEPTEMBER 12TH
4:00 PM

200 N DEVASHER,
WARRENSBURG

To Register:

ehargrave@jcbs.com

Need help with Medicaid?

Contact

Liz Hargrave

ehargrave@jcbs.com

(660) 240-3343 EXT 708

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 28th, 2023

February 20th, 2024

May 21st, 2024

August 20th, 2024



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