

Transition to Independent Living and Community Participation

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Kasey Crute

Associate, VCU RRTC

Kasey Crute

- What have you found to be most helpful to access services in the community?
 - Social media
 - You have to be an advocate for yourself
 - Learn to make your own appointments & manage your own schedule
 - Where there is a will there is a way

Kasey Crute

- Samaritans Walk was most helpful. It's a spinal cord injury recovery center.
<http://samaritanswalk.com>
- I met lots of people, became familiar with other agencies, met Dr. Paul Wehman. Now I have an internship at VCU.
- Don't rely on just one particular service, check out a lot of services

Kasey's supports in the community

- Dave's gym at the Ashland Athletic Club (Samaritans Walk)
- Sportables has been great:
<http://sportable.org/>
- Internship at the VCU RRTC

Kasey's recommendations for youth

- Try to understand anything & everything that has to do WITH YOU; know yourself.
- Even if it's boring, try it!
- Try to be as independent as possible.

Kasey's advice

- You get to make decisions yet you have to do the work as well.
- Take the first step and grow from there.
- Your life is your life!

Gayl Brunk

Executive Director, Valley Associates
for Independent Living

Gayl Brunk

- Responsible for program development and implementation, funding, and the overall operation of the entity.
- Ensuring positive relations with other community providers.
- Always seeking independence for people with disabilities.

Centers for Independent Living (CILs)

- There are 16 CILs in the Commonwealth of Virginia.
- All CILs are mandated to provide 4 core services among other services deemed necessary in their community:
 - Independent Living Skills Training
 - Peer Mentoring
 - Advocacy
 - Information & Referral
- The mission for all CILs is to promote independence for individuals with disabilities.
- CILs serve as a resource for people with disabilities to know and understand the community-based services and resources available to them as well as the laws, such as the ADA, that affect them.
- CILs advocate for systems change as needed to ensure that people with disabilities have access to the community.

Services VAIL Provides

- The 4 core services PLUS:
 - Case management for the developmental disabilities waiver
 - Service facilitation for the consumer-directed waiver services
 - IEP assistance and youth transition planning
 - Equipment recycling for durable medical equipment
 - Options counseling
- Each CIL is unique in their service delivery. All must provide the 4 core services.

Students with Disabilities

- Securing Services:
 - Students with disabilities or parents can call or email their local CIL to request services.
 - Internet search CILs in VA (ILRU.com) to locate local CIL
- CIL services provided to students with disabilities:
 - Advocacy during the IEP process – the student, their family, or school can invite a CIL rep to the IEP meeting.
 - CILs can help with the understanding of transition from school services to adult services.

Top 3 Tips for Special Educators

- Early transition planning and goal setting is vital.
- Bring in community-based services during class, the IEP process, etc.
- Provide challenging curriculum that brings out each individual's strengths & helps them focus on abilities.

Skills Students Need to Succeed

- Know how to be a self-advocate
- Know how to refer themselves to appropriate supports
- Have been exposed to local service providers
- Know how and when to disclose their disability in an employment or educational setting
- Have been taught appropriate social skills for navigating community

Malcolm King

Child and Family Program Specialist,
Virginia Department of Behavioral
Health and Developmental Services

Malcolm King - Child and Family Program Specialist

- Responsibilities include:
 - Project and program development
 - Policy review and development
 - Coordination and implementation of training activities to enhance workforce development
 - Provision of technical assistance behavioral health program matters

What are Community Services Boards?

- Community Services Boards are the single point of entry for the Virginia public mental health system.
- There are 40 CSBs throughout the state of VA and serve a variety of localities.
- For more information on locating a CSB, please visit this website www.dbhds.virginia.gov/SVC-CSBs.asp

CSBs provide an array of services depending on:

- The locality, sources of funding and the staff capacity to provide select services.
- Services include mental health, substance abuse, case management for intellectual disabilities, crisis stabilization, and in select locations, mobile crisis stabilization services.

CSB Services

- Some CSBs also have a full array of services for family members such as:
 - parenting programming,
 - support groups, and
 - intensive case management.
- These services are available not just for students and their families, but anyone in the service area of the CSB.

Accessing CSBs

- Students may:
 - Self refer
 - Be referred from school, family or any interested party that is familiar with the student's needs.

The local Community Services Board will provide information on the regulations that guide parental/guardian permission for making referrals for **youth under the age of 18** and regarding the student's permission if s/he has reached the age of majority.

Tips for Teachers

1. Become familiar with the service capacity of your local CSB
2. Be familiar with the Behavioral Health service providers in your local CSB and maintain a working relationship

Tips for Teachers

3. Determine if there are any existing Memorandum of Understanding Agreements between the school system and the CSB that guide the delivery of services for students and their families.
4. Students don't really need special skills to secure services from a CSB; the CSB provides information and guidance about how to access those services. The CSB will have trained staff that will match services with the student's needs.

Remember

- Self determination skills are key for preparing for life after high school.
- Please learn about your local CIL or CSB. These agencies collaborate with school divisions.