

# intouch

Promoting Independence, Productivity and Integration for All People

## Leading the Way for Supported Employment

HDI's Supported Employment Leadership Series seeks to unify knowledge and practice



Kentucky was among the first states to offer supported employment (SE), initiating services in 1981. However, one of the major obstacles facing SE in Kentucky and nationally is the discrepancy between knowledge and practice. It's not 1981! There's no need to revisit practices that were learned to be lim-

**“Now is the time to raise the bar regarding Supported Employment understanding and quality.”**

iting or inefficient decades ago. Recruiting and teaching knowledgeable and discerning leaders are essential. Especially with interest in supported employment increasing, now is the time to raise the bar regarding SE understanding and quality.

The HDI SE Leadership Series is designed for people wanting to develop high quality SE services by learning and applying the latest and best approaches known for supporting people with disabilities getting good jobs. In addition to learning about leading SE practices (e.g., discovery, customized em-

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## A Word from Harold...

### Greetings from the Human Development Institute!

We have focused the Winter 2013 issue on three of our projects that have a statewide impact, and that also reflect the life-span focus of our work. Our cover article, “Leading the Way for Supported Employment”, describes the new Leadership Training Series that our *KY Supported Employment Training Project* is implementing to impact the quality of supported employment services in our state to enable individuals to find and keep valued jobs that they truly want to have. As our KY National Core Indicators Data have revealed, employment is a huge issue in our state for individuals with intellectual and developmental disabilities, especially for individuals with the most significant disabilities. With the recent regulation changes in our state’s Supports for Community Living (SLC) Waiver Program, reimbursement rates for supported employment services will nearly double for providers. The SE Leadership Training Series is a recognition that services and support must not only expand – they must get better and more focused on the person!

In this issue we highlight another key aspect of life for adults with developmental disabilities in our state– the importance of health and wellness. Again, as our KY Core Indicators data have revealed, our state lags behind other participating National Core Indicator states in the percentage of individuals with developmental and intellectual disabilities who engage in regular, ongoing physical exercise, and we also have a higher percentage of individuals in our state who are overweight. In response to this need, HDI, in collaboration with the KY Division of Developmental and Intellectual Disabilities and the University of Illinois Chicago UCEDD, has implemented a pilot Peer to Peer Program (page 3) with 19 agencies. We hope this will become a statewide initiative for all providers.

At the other end of the “life spectrum”, HDI, in collaboration with the KY Division of Child Care, directs *Child Care Aware of Kentucky*, to promote high quality, inclusive child care for families across the Commonwealth. We provide a wealth of training and technical assistance activities to make this happen.

Finally, read about the breadth of achievements of one of our Research Assistants, Ashley Candelaria, as well as the exciting work of our Consumer Advisory Council, and its continuing impact upon our services!

A handwritten signature in black ink, appearing to read 'H Kleinert', written in a cursive style.

Harold Kleinert  
Director, Human Development Institute

# Promoting good health by example

Peer to Peer program promotes positive health and wellness activities

Kentucky has initiated an exciting new health promotion pilot with the help of agencies that provide supports to Kentuckians with developmental disabilities. The Peer to Peer program has been designed to assist “healthy lifestyle coaches” (HLCs) to deliver messages of positive health and wellness activities to peers. HLC’s are described as individuals with a disability who provide healthy messages to peers. The 12 week program includes weekly activities focused on delivering a message of health to peers. Examples include *Drink Water, Be Hydrated, Team Up and Set Goals*, and *Get Ready, Be Active*. Each module contains a sample agenda, getting-to-know-you activity, talking points, and suggestions for activities. The program was developed by Beth Marks, Jasmina Sisirak, Joan Medlen, and Erika Magallanes through the Rehabilitation Research Training Center on Aging with Developmental Disabilities in the Department of Disability and Human Development at the University of Illinois at Chicago. The Human Development Institute (HDI) at the University of Kentucky and the Kentucky Division of Developmental and Intellectual Disabilities, in conjunction with partners from these centers, began piloting a Peer to Peer program in the state of Kentucky.

In September 2012, direct support agencies from around the state were invited to apply to become a pilot team in this program, and a total of 19 agencies were accepted into the pilot program. Each team is composed of a direct-support professional and a healthy lifestyle coach, as well as approximately 10 peers involved in the receiving of the health messages. Each direct support professional and healthy lifestyle coach attended a webinar, during which the program was described, and each team received a program kit with the materials need-



ed to carry out the sessions. Each team is currently completing the weekly sessions, with many nearing the fifth week of implementation. Preliminary feedback has been provided in an effort to modify the program further, including making the program more accessible for individuals with specific communication needs. Each team is encouraged to provide feedback weekly through an online interface with the personnel at the University of Illinois at Chicago, as well as being supported by individuals on behalf of HDI and the Division of Developmental and Intellectual Disabilities. When the program concludes, coaches will take part in a celebration conference, so that we can learn about the successful aspects of the program, and to help plan next steps, along with ways to roll out the program statewide.

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# Child Care Aware of Kentucky

## Kentucky's Child Care Resource and Referral System

Beginning July 1, 2012, Kentucky's network of Child Care Resource and Referral Agencies became Child Care Aware of Kentucky. This initiative creates some changes to the previous CCR&R delivery system for services in Kentucky while still meeting the following CCR&R goals and outcomes:

- Support families in having access to information and resources to increase their knowledge of high quality child care and meet their child care needs.
- Increase knowledge of and demand for high quality early care and education services.
- Assist child care providers in accessing high quality training and professional development opportunities within their local area.
- Outreach to communities through activities and events to provide materials and information to increase knowledge of high quality child care.

### Referral Services to Families

Families continue to have access to individualized child care referral services via internet, phone, and through personalized consultation. The current statewide toll free number is: 1-877-316-3552. In addition, families are able to conduct a confidential search for child care within any region of the state through a web-based portal. Families continue to receive information about how to choose high quality child care. All information about child care referrals and choosing child care can be found at: [www.kentuckypartnership.org/childcaresearch.aspx](http://www.kentuckypartnership.org/childcaresearch.aspx)

### Training

Providers continue to receive training through credentialed trainers and approved agencies. Through Child Care Aware of Kentucky, one full-time training coordinator is available in each Area Development District (ADD). The training coordinator provides the following services and supports:

- Assistance to providers in locating high quality training and professional development opportunities within their local area.
- Identification of training needs and recruiting of trainers and training agencies to address those needs.

- Facilitating the coordination of training efforts across the region to reduce duplication and support collaboration across training agencies and credentialed trainers.
- Monitoring training in the region for quality assurance.
- Supporting trainers in using ECE-TRIS (<https://tris.eku.edu/ece>).

### Technical Assistance

Through Child Care Aware of Kentucky, one full-time technical assistance coordinator is available in each ADD to provide TA to providers to support them in meeting state licensing requirements. In addition, TA coordinators provide:

- Technical assistance via phone, email and on-site to providers in meeting licensing standards and addressing licensing deficiencies;
- Information to individuals wishing to provide child care; and
- Support to Community Early Childhood Councils in identification of training and technical assistance needs of providers and educating families on choosing high quality child care

Child Care Aware of Kentucky is funded through the Cabinet for Health and Family Services, Division of Child Care in partnership with:

- Kentucky Partnership for Early Childhood Services at the University of Kentucky
- Audubon Area Community Services (Pennyriple and Green River ADDs)
- 4C for Children (KIPDA, Northern KY and Gateway/Bufalo Trace ADDs)
- Child Care Council of Kentucky (Bluegrass, FIVCO and Lincoln Trail ADDs)
- Eastern Kentucky Child Care Coalition, Inc. (Big Sandy, Cumberland Valley, Kentucky River and Lake Cumberland ADDs)
- Purchase Area Development District (Purchase ADD)
- Western Kentucky University (Barren River ADD)

For more information please visit:

[www.kentuckypartnership.org/childcareaware](http://www.kentuckypartnership.org/childcareaware)

# HDI RA Spotlight: Ashley Candelaria

Winner of the 2012 Burberry Award and graduate of the HDI Certificate program

Ashley Candelaria is a doctoral candidate of school psychology at the University of Kentucky. She has been a research assistant for the University of Kentucky's Center for Excellence in Developmental Disabilities, the Human Development Institute (HDI) for the past three years. During this time, she has completed HDI's graduate certificate in developmental disabilities, been involved as a teaching assistant for a distance learning course in developmental disabilities, co-authored a book on transition and a peer buddy program website for high school students, as well as served various institutional initiatives promoting health and wellness of individuals with disabilities. One such program in which Ashley has been involved is the Peer to Peer Health Matters program, through which she has helped to coordinate with several agencies across the state to assist individuals with disabilities to deliver healthy messages to peers. Ashley is also the recipient of HDI's 2012 Paul Kevin Burberry Award. Her research interests and experiences broadly relate to fostering positive social and emotional wellbeing and mental health among all children and adolescents. She is currently completing a dissertation for which she will collect original



qualitative and quantitative data from teachers around the state of Kentucky to determine the role of teachers in student grief support, with particular emphasis on how consultative practices can strengthen this support.



**NOW ACCEPTING APPLICATIONS!**

## Earn a Graduate Certificate in Developmental Disabilities

As a student in HDI's Graduate Certificate program, you will acquire foundational knowledge in specific topical areas relating to developmental disabilities, including advocacy, specialized healthcare services and financing, inclusive education, legislation, community living, behavioral supports, organizational development and theory, group facilitation, employment options, aging with a disability, assistive technology, and research proposal development.

**This certificate is available both on-campus and online!**

*For more information, visit*

<http://hdi.uky.edu/graduate-certificate/about>

# HDI Announces New Initiative

Underserved Populations Outreach Committee aims to bridge the gap

We are very pleased to announce an important new initiative at HDI – the Underserved Populations Outreach Committee.

This new committee is being charged with a very specific task: to ensure that we focus on outreach to underserved/diverse populations in each of the following mandated Core functions of our UCEDD:

- Preservice Training (our students)
- Continuing Education and Technical Assistance
- Direct Services
- Information Dissemination

This task is an essential requirement of our continued work as a UCEDD; it is a highly focused initiative to ensure we are

meeting the requirements of a UCEDD to truly reach underserved groups.

This Committee consists of 11 members: Christina Espinosa and Chithra Adams serve as Co-Chairs. Other members include Kathy Sheppard-Jones, Mattie Yates, Meada Hall, Tony Lobianco, Tami Gross, Kim Gipson, Darrell Mattingly, Daniel Livingston and Shannon Caldwell, who is representing our Consumer Advisory Council. The members represent all aspects of our work (and all Core functions) as well as each of our locations (Campus, KU Building, and Coldstream).

The Committee will make regular progress reports to our Consumer Advisory Council, our Management Team, and to the Institute as a whole.

## HDI Spring 2013 Seminar Series

*Open to faculty, staff and students as well as self-advocates, families/caregivers, and professionals. CEUs are pending for Social Work, Psychology, O.T., Rehabilitation, and Licensed Professional Counselors. If approved, there is a \$20 fee for CEU Certificates in Social Work, Psychology, & Counseling. The KY Office of Vocational Rehab co-sponsors our Seminars for Rehab Counseling CEU's. Notify [marybeth.vallance@uky.edu](mailto:marybeth.vallance@uky.edu) if your site wishes to host a live video-conference in your community. For more information, updates, or to register, visit [www.hdi.uky.edu](http://www.hdi.uky.edu).*

**February 15, 2013 - 1:00 pm - 3:00 pm**

*@ UK Mineral Industries Building Conference Room (also available for live streaming)*

**Universal Design for Learning: Tools that Promote Excellence in Higher Education and Community Learning**

**April 12, 2013 - 1:00 pm - 3:00 pm**

*@ HDI's Coldstream Office Training Room (also available for live streaming)*

**Navigating the Challenges of Transition: Supporting Youths in Educational, Community and Pediatric to Adult Health Care Planning**

**April 19, 2013 - 1:00 pm - 3:00 pm**

*@ HDI's Coldstream Office Training Room (also available for live streaming)*

**Transition and Beyond for Youth and Young Adults with Autism Spectrum Disorder**

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## Supported Employment Leadership Series *(continued from front page)*

ployment, needs analysis, informational interviews), course participants will study two foundational frameworks central to decision-making and implementation of quality supported employment: 1) Marc Gold's "Try Another Way" approach to systematic instruction, and 2) Wolf Wolfensberger's "Social Role Valorization (SRV) Theory."

The course also includes a practicum, time devoted for translation and reflection of content studied in the life of a job seeker with a disability. Course participants will invite and arrange cooperative involvement with a learning partner, someone with a disability seeking a good job or job advancement. The learning partner will not attend the classes, but will work cooperatively with the course participant with practical application of course content.

The leadership series will be offered one time per fiscal year for as many as 12 people. Participants must submit an application explaining reasons for wanting to attend and committing to complete the course in its entirety. All sessions will be held in Lexington. The registration fee, including meals and books, is \$400. (The course is made possible at this low fee because of support provided by the Kentucky Office of Vocational Rehabilitation and the Kentucky Division of Developmental and Intellectual Disabilities.)

The following is an outline of course dates, content and instructors:

**Part 1: Strengthening the Role of Employee: SRV Implications for Quality Supported Employment**, February 19-20, Sandy Block (Seven Counties Services) & Milt Tyree (HDI).

**Part 2: Systematic Instruction: A Roadmap to Success**, March 13-15, Joy Eason Hopkins (Collective Alternatives) & Milt Tyree.

**Part 3: Discovery (profile parts 1 & 2, including benefits analysis)**, April 16-18, Melinda Mast (Marc Gold & Associates), Lucy Axton Miller (Virginia Commonwealth University) & Milt Tyree.

**Part 4: Discovery (profile part 3 plus job planning meeting, job development, needs analysis, and customized employment)**, May 14-16, Melinda Mast, Lucy Axton Miller & Milt Tyree.

Additional information about the course is available on the HDI Supported Employment Training Project web site: [http://www.hdi.uky.edu/setp/se\\_leadership\\_series.aspx](http://www.hdi.uky.edu/setp/se_leadership_series.aspx)

Also, you may contact Milton Tyree regarding questions and information: 859-977-4050, ext. 234, [mtyree@uky.edu](mailto:mtyree@uky.edu)

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## Consumer Advisory Council Updates



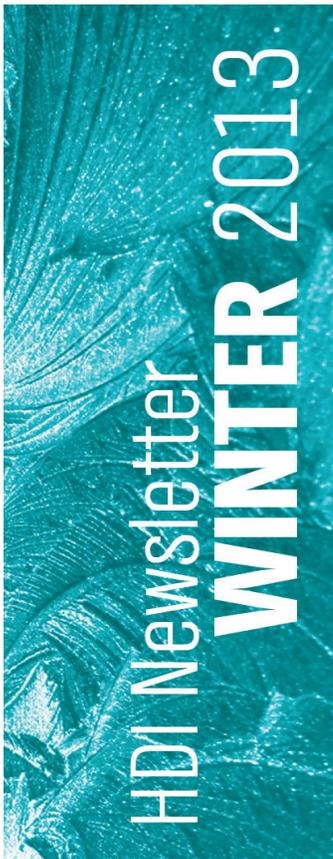
by Shannon Caldwell, HDI-CAC Liaison

I hope everyone had a wonderful Christmas holiday and that your New Year is starting off the way you want it to! The CAC has been busy at work on our next Five Year Plan, which we will continue to work on at our next meeting to be held in March. We are also interested in how we can accommodate self-advocate and family members to help them better participate in Council meetings. For the first time this past year, we conducted our first teleconference Council meeting, so we will continue to play with teleconference to help accommodate our members, too. We should be able to say that we now have the state fully represented!

At AUCD, Harold and I presented as part of a concurrent session on developing better CACs, our collaborative work as a CAC and HDI that we are doing with medical and health modules, as well as our transportation module. There was overwhelming positive feedback as several of our COCA members said that they wanted to move to Kentucky and work on our CAC! I must say I agree as our director just so gets it when it comes to involving individuals who have disabilities and our work. Not all directors are as understanding or as willing to work with individuals themselves. I will close there and say Happy New Year and I look forward to our work this year.

Shannon Caldwell

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The Human Development Institute (HDI), a University Center for Excellence in Developmental Disabilities Education, Research and Service, is about people and the belief that we all deserve the opportunity to be valued, active members of our communities. The Institute's mission is to promote the independence, productivity, and integration of people with disabilities and their families throughout the life span.

HDI is a unit of the Office of the Vice President for Research at the University of Kentucky and part of a nationwide network of University Centers for Excellence. The Centers were established by federal legislation to promote team-based approaches to providing services for individuals with disabilities and their families.

The Institute operates projects in areas such as:

- Technology development and training
- Early identification of children at risk of disabilities
- Promotion and development of school programs that meet the needs of all children in primary through secondary levels
- Employment and living opportunities for individuals with disabilities
- Life-span educational opportunities for individuals with disabilities
- Personal futures planning to identify individual interests and goals for individuals with disabilities
- Training programs to improve the provision of human services for individuals with disabilities and their families.