

# 2018 ANNUAL REPORT









## FUND FOR EXCELLENCE

A key highlight of this past year was the continued expansion of an internal grant competition through our Fund for Excellence. Five projects were awarded to HDI staff to develop critically needed programs, services, or products for which funding is not currently available.

## FUND FOR EXCELLENCE PROJECTS

*A School-Based Physical Activity Intervention for Children with and without ADHD Symptomology*

*Rural Transportation Toolkit Project*

*Unpuzzled: Leadership and Allyship Development Project*

*HDI Supported Training Experiences Post-Secondary (STEPS) Case Study*

*HDI Consumer Advocacy Toolkit (CAT)*

# MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Colleagues and Friends,

I hope you enjoy learning about some of the incredible work being done at the Human Development Institute as you read our Annual Report for Fiscal Year 2018. HDI proudly serves as Kentucky's Center on Disability at the University of Kentucky. 2018 was a year of exciting growth and statewide and national leadership at our Institute. This annual report highlights some of the accomplishments at HDI throughout the year; vital work to promote employment, health and wellness, independence, and postsecondary opportunities; a snapshot of our funding allocations at HDI; and spotlights on staff, students, and those we serve.

I hope you enjoy seeing a sample of our most recent work over the past year. We are looking forward to even more progress in 2019 as new grants and initiatives take root. As always, thank you for your support and for your partnership in helping to build brighter tomorrows and a more inclusive world.

Most sincerely,

Dr. Kathy Sheppard-Jones  
Executive Director



# HDI 2018 HIGHLIGHTS

HDI provided training and technical assistance to approximately 100 school districts & 150 vocational rehabilitation personnel in Kentucky through the Community Work Transition Program (CWTP)

**Students Who Receive Transition Services Through CWTP**

**2,431**

Maintained a database of licensed and certified childcare providers throughout Kentucky.



**Early Care and Education Provider Technical Assistance**

**3,030**

Promoted health & wellness education for more than a hundred Kentuckians with disabilities and their families.



**Health and Wellness Participants**

**157**



Provided research and learning opportunities through HDI funded Research Assistantships about topics such as quality of life, employment outcomes, and transition.



**Research Assistants**

**12**

Our Lettercase, Brighter Tomorrows & Down Syndrome Pregnancy programs provided free online and print materials to help clinicians & families learning about a diagnosis, and we presented at major medical conferences nationwide.



**Medical Professionals and Families Supported**

**78,204**

HDI Fall Seminar Series:

Disability Law and Policy  
**119 attendees**

Path to Employment for Veterans  
**33 attendees**

Medicaid Waivers 101  
**165 attendees**







"The work of your unit in the area of inclusive excellence is to be commended. It is our hope that your unit will serve as an example for others to emulate in their work, classrooms, research, and lives."

—Sonja Feist-Price, D. Rh., Ph.D., Vice President for Institutional Diversity

HDI Center for Assistive Technology Services opened on January 2, 2018 to provide devices and equipment to people with disabilities throughout Kentucky to live more independent lives in their communities.



Number of individuals served by HDI CATS

622

*HDI was selected as a recipient of the 2018 University of Kentucky Inclusive Excellence Award in the Department/Unit category in appreciation for the institute's dedication and passion to advances in diversity and inclusion, which aligns with the University's Strategic Plan.*



HDI Spring Seminar Series:

Speaking Your Mind  
**61 attendees**

Traumatic Brain Injury and PTSD  
**70 attendees**

Building Healthy Inclusive Communities  
**33 attendees**



49 Conference Presentations

26 Book Chapters

12 Peer-Reviewed Articles





# SPOTLIGHTS

Kathy Sheppard-Jones, Lindsey Woosley,  
Susan & Rev. Clyde David Burberry



*“I want all to feel like they are important, valued, and respected. In the end, those feelings are what I hope to impart on people with every interaction that I have.”*

*—Lindsey Woosley*

*“By allowing students into our home we have been able to share our experiences that I hope will make them more successful therapists.”*

*—Family Mentor, Rebekah Pascucci*

## HDI TRAINEE SPOTLIGHT

Lindsey Woosley is a doctoral student in physical therapy at UK and is completing HDI's Graduate Certificate in Developmental Disabilities. She has also worked with patients and practitioners on issues related to opioid use and addiction. She has helped to develop social inclusion opportunities for young persons with disabilities that expand their networks beyond their families. As a volunteer in a horse assisted therapy program, she got to know a young man with communication and mobility issues. Her friendship continued beyond the program, and she developed a system of communication that surpassed the work that paid professionals had created, impacting and improving his quality of life.

## HDI STAFF SPOTLIGHT

HDI's Professional Development Content Coordinator for Child Care Aware, Christine Hausman, was selected as Kentucky's Act Early Ambassador and will serve as a state liaison to the “Learn the Signs. Act Early” campaign. In this role, she supports the work of Act Early State Teams and other initiatives to improve early identification of developmental delay and disability.

*“Christine's early childhood work gives her strong connections to communities to improve early identification of developmental delay. She represents HDI and Kentucky well!” —Kathy Sheppard-Jones*



Pascucci Family



Christine Hausman





Jason Jones

### HDI CATS SPOTLIGHT

*"My therapist recommended HDI CATS for me to borrow equipment. We have borrowed things like buttons and switches, a ramp and bedside table, quad stick (suck and blow gaming controller), spoon with gyroscope (self-leveling spoon). At HDI CATS, you test out an item and see if it's worth the investment rather than buying it and it not being able to work for you. It's all positive—I love it! It's wonderful!" —Kacee McKee, 19-year-old student at Maysville Technical and Community College*

### FAMILY MENTOR PROGRAM SPOTLIGHT

*"Our family has been working together with the Human Development Institute since our son was a little over six months old. As a University of Kentucky alumni, I was excited to participate in a program that would allow students access to the other side of therapy, the family. Our experience with early intervention has been if we didn't do our 'homework' our son was not as successful. We have found that much of our son's progress is a direct result of the therapists, friends, and family that he has in his life. By allowing students into our home we have been able to share our experiences that I hope will make them more successful therapists." —Rebekah Pascucci*

### EMPLOYMENT FIRST SPOTLIGHT

HDI is administering Kentucky's new Employment First Council. Katie Whaley and Jeff White serve on the Council, comprised of people with disabilities, family members, state agency representatives, employers, and provider agencies. The Council was convened as a result of an Executive Order, signed by Governor Matt Bevin on May 15, 2018, making Kentucky an Employment First state.

*"The Employment First Council has a full plate of work to accomplish in order to increase meaningful employment opportunities in the Commonwealth." —Kathy Sheppard-Jones.*

### ADA TASKFORCE SPOTLIGHT

Jason Jones and Christina Espinosa Bard serve on the Lexington Commission for People with Disabilities. They made important recommendations this year to increase accessibility in Lexington.

*"Sometimes in advocacy it feels like you constantly are fighting something without much traction. Fortunately, all those times are worth it for the one time where you really break through. The ADA Taskforce and the people who were appointed to it were the perfect storm at the perfect time." —Jason Jones*



### ONLINE PRESENCE

**HDI FACEBOOK PAGE HAS 1,207 FOLLOWERS IN FY 2018.**

**THE HDI DISABILITY RESOURCE GUIDE HAS BEEN DOWNLOADED 5,510 TIMES IN ENGLISH AND 431 TIMES IN SPANISH IN FY 2017.**

**FOLLOW HDI ON**  
**f FACEBOOK**  
**🐦 TWITTER**  
**NEWSLETTER**





**BUILDING THE  
CAPACITY FOR A  
BRIGHT FUTURE**



## PROGRESS WITH EMPLOYMENT, POST-SECONDARY, AND INDEPENDENCE

Throughout 2018, HDI worked to promote brighter futures for people with disabilities by supporting the following initiatives surrounding employment, post-secondary education, and independence:

- Nearly 100 people attended a community conversation on May 21 for self-advocates, families, and professionals to discuss how to increase post-secondary opportunities for youth with intellectual disabilities (ID). The conversation was held simultaneously in Morehead, Murray, and Lexington via video conference. This event was funded through a ThinkCollege grant.
- We held a leadership Training Academy camp for high school juniors and seniors with developmental



disabilities on UK campus to encourage their pursuit of post-secondary opportunities.

- We developed new modules: Transition 102: Important Predictors for Success and Benefits 101: A Guided Study of Your Own Situation for families and professionals learning about transition through our KentuckyWorks program.
- HDI and the University of Louisville have partnered to create a universally designed tool to aid with supported decision-making in the medical informed consent process. The project is funded through a grant from the Working for Inclusive and Transformational Healthcare (WITH) Foundation.
- Our Community Work Transition Program is now used by over 100 schools in Kentucky for Pre-Employment Training Services to help young adults identify employment opportunities
- HDI advocated for and is administering the governor's Employment First Council consisting of 27 members, people with disabilities, family members, employers, state agency representatives, and provider agencies.



*"I liked the Summer Leadership Experience Camp because of all the new opportunities it brought me, the friendships it brought me as well. I also liked it because the atmosphere was great and the leaders were excellent, had a love for the camp and the campers as well." —Emma Keyser*



# DISABILITY DON'T MEAN CAN'T™

#2

## BUSTING DOWN BARRIERS



### THE PROJECT CHEER EPISODE

PROMOTING HEALTH  
& WELLNESS



## PROJECT CHEER COMIC BOOK

The new Project CHEER comic book, “Busting Down Barriers” shows people becoming successful at managing their own health!

*“I have worked on many HDI projects, including modeling and being the voice of my character, who is able to overcome challenges in the “Comic Cheer Episode” of the comic book, Disability Don’t Mean Can’t.” —Kate Boudreax*

## BUILDING HEALTHY COMMUNITIES GRANT

HDI has received a three-year grant totaling \$600,000 from the Administration on Community Living. The project, Wellness Edge, is a Paralysis Resource Center State Pilot program grant. It will build connection within local communities to enhance and facilitate access to recreational programs to better serve people with paralysis and their support networks

This fall, Wellness Edge will provide grants of up to \$25,000 to community organizations that provide organized activities that are intentionally designed to benefit individuals, groups or communities.

## HEALTH AND WELLNESS

HDI’s Elaine Eisenbaum, Lindsey Mullis, and Anna Fuller promoted good health with friends at the Special Olympics Kentucky State Basketball tournament—the Healthy Athletes event. Strong Minds is a newly added Healthy Athletes discipline and this was the first time it was hosted in Kentucky! Strong Minds focuses on emotional wellness and developing strategies for coping with stress.

The Health Promotion discipline educates athletes on healthy living and healthy lifestyle choices, and also provides screenings for BMI, blood pressure, and bone density.



## CARE COLLABORATIVE

The Kentucky CARE Collaborative (Cardiovascular, Assessment, Risk-reduction and Education) is a free blood pressure awareness program that aims to increase the number of people who are taking action to help control elevated blood pressure through appropriate counseling about health behaviors and/or lifestyle changes. Because Kentuckians with disabilities can have higher blood pressure than those without disabilities, HDI is coordinating the Project CHEER effort to provide more inclusive CARE programming.

*“I am really excited to launch the paralysis grant for Kentucky. It will provide opportunities to develop new community partnerships and stimulate innovative ways to better serve people with paralysis and their networks of support.”  
—Chithra Adams*







# FINANCIALS

## GRANT SPOTLIGHTS

### **The Administration for Intellectual and Developmental Disabilities (AIDD)**

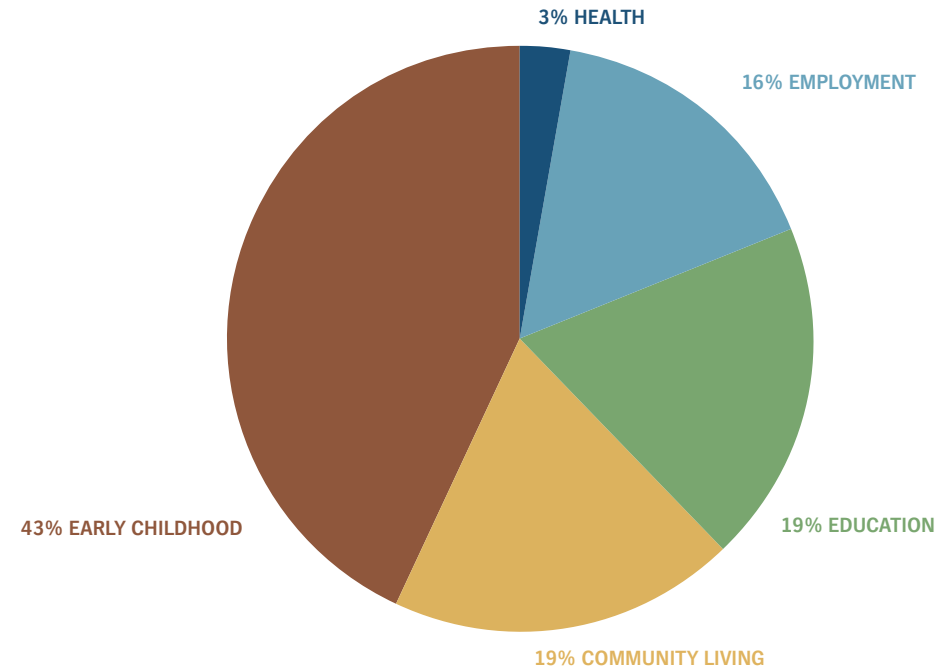
*AIDD provided HDI with \$547,000 to fund the scaffolding and infrastructure for the programs offered by HDI, including research and evaluation, preservice training, community education and information sharing.*

### **Administration for Community Living**

*ACL provided HDI with \$250,000 toward the Kentucky Employment Partnership for Youth with Significant Disabilities Year Two funding. This grant supports KentuckyWorks, a Partnerships in Employment State Systems Change effort with the overarching goal of improving employment and postsecondary outcomes for students with the most significant disabilities.*

## EXTERNAL FUNDING SOURCES

The total external funding for HDI is \$22,019,347 divided among the following categories.



**3% HEALTH**

**16% EMPLOYMENT**

**19% EDUCATION**

**19% COMMUNITY LIVING**

**43% EARLY CHILDHOOD**



# ABOUT HDI



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University of Kentucky,  
Lexington, KY 40506

Coldstream Research Campus  
1525 Bull Lea Road, Ste. 100,  
Lexington, KY 40511

## HDI CONSUMER ADVISORY COUNCIL

Kathy Sheppard-Jones

Lee Gordon

Vivian Lasley

Claudia Johnson

Vickey Reilly

Camille Collins

Jennifer Hicks

Jay Tyner Wilson

Morgan Crawford

Maria Juarez

Joe Cowan

Frank Huffman

Jennifer Mynear

Traci Brewer

Cathy Jo Edwards

Donna Littrell

Sherece Cole

Jessica Whitehead

James Roethler

Walt Bower



CAC Members





## FUNCTION DIRECTORS

Kathy Sheppard-Jones, PhD, Executive Director

Chithra Adams, PhD, Director of Evaluation

Walt Bower, PhD, Pre-service Training Coordinator

Elaine Eisenbaum, PhD, Training Director

Christina Espinosa Bard, MRC, Community Services Director

Mary Howard, Early Childhood Director

Don Lollar, Research Director

Stephanie Meredith, MA, Information Services Director




Patricia Singleton, MS, Professional Learning Coordinator



## MISSION

To promote the inclusion, independence, and contributions of people with disabilities and their families throughout the lifespan. We achieve our mission through education, research and evaluation, information sharing, leadership, and advocacy across Kentucky and the nation.



 Visit [hdi.uky.edu](https://hdi.uky.edu)  
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