



Investigation of the Impact of COVID-19 on the Disability Community Opportunities to Participate

Researchers at Yale University are conducting an online survey to understand how the COVID-19 pandemic is affecting the lives of adults with disabilities in the United States. If you have a disability, are 18 years or older, and live in the United States, we would like to invite you to participate. The survey will take approximately 30 minutes, and you will receive a \$20 Amazon gift card in exchange for your participation. The survey will close when it reaches the target goal of 500 participants. Only people living in the United States are eligible. Find more information [here \[yalesurvey.ca1.qualtrics.com\]](http://yalesurvey.ca1.qualtrics.com).

**Doing With, Not Doing For:
What it Takes to Facilitate Person-Centered Planning**
Wednesday, January 6, 2:00-3:30pm Eastern

People who facilitate person-centered planning have a key role to play in ensuring a person-centered system. For the planning process to be truly person-centered, it is critical that staff who facilitate person-centered planning possess the skills to keep the focus on the person, cultivate connections, maximize choice and control, communicate clearly, and make sure the plan is implemented according to the person’s wishes. In this panel discussion, experts with a variety of backgrounds will share their experiences with person-centered planning and highlight the competencies they think are most important. This webinar is a companion to a recently published NCAPPS resource, [Five Competency Domains for Staff Who Facilitate Person-Centered Planning \[hsri.us2.list-manage.com\]](http://hsri.us2.list-manage.com).

Register for the Session [hsri.us2.list-manage.com]	Read the Flyer [hsri.us2.list-manage.com]	Review the Staff-Competencies Report [hsri.us2.list-manage.com]
---	---	---



NCAPPS is an initiative from the Administration for Community Living and the Centers for Medicare & Medicaid Services to help States, Tribes, and Territories to implement person-centered practices. NCAPPS webinars are open to the public, and are geared toward human services administrators, providers, and people who use long-term services and supports. All NCAPPS webinars will be recorded and archived at <https://ncapps.acl.gov>.

Recorded Webinars from AAIDD

The following two webinars are from the American Association on Intellectual and Developmental Disabilities (AAIDD), which has been providing worldwide leadership in the field of intellectual and developmental disabilities since 1876.

What We've Lost and How We're Grieving

Grief doesn't always mean death and loss and it isn't always tangible. Jamie Anderson once said "Grief is just love with no place to go". Whether it's a physical death or an emotional loss, it can help to have insight on where feelings come from and how to navigate them when they overwhelm us.

In this webinar, participants will

- Be able to name your needs and how they are getting fulfilled.
- Be mindful of self-talk moving forward so that it serves us in the grieving process and
- Gain knowledge of coping skills that are healthy and work for you as an individual.

Target Audience: Anyone who has experienced any sort of loss (a death, ending of a relationship, diagnosis, loss of a body part, retirement, etc.)

[View the webinar here.](#)

Using Technology to Enhance and Sustain Person Directed Supports

This webinar focuses on strategies and practices that people with disabilities using publicly funded services are seizing to get the support they want and need. Everyday living technology is accessible for many and its use, as determined by the people themselves, and their families is making a real difference as we make our way safely through COVID-19. Attendees will learn about the practices that have worked to assure that people have the support they need, and to keep healthy through their connections with their friends, networks, and communities.

In this webinar, participants will:

- understand perspectives from people with disabilities who use services, and people who support them about how they've used technology to sustain their services and supports, their way;
- share examples of ideas and practices for use of technology that is accessible and meaningful to people with disabilities;
- explain practical ideas for sustaining the use of technology beyond COVID-19 to enhance the control and autonomy people have in their lives

[View the webinar here.](#)

ANNOUNCING Project Connect: Disability Support Phone Line

Take time for your mental health, it is IMPORTANT! As the holidays rapidly approach and the Country is still in the midst of the COVID-19 pandemic many people are expressing feelings of depression, stress, anxiety, isolation, fear and other emotions that can make it challenging to get through the day let alone the holiday season. The Arc of California and the Stony Brook University School of Social Welfare have partnered to offer **Project Connect**, a telehealth support line for individuals with disabilities, their families, direct support professionals, and others who support individuals with intellectual or developmental disabilities. The **Project Connect** support line is staffed by graduate students in the School of Social Welfare and supervised by licensed social workers. The graduate students are able to offer a wide range of support services including counseling, wellness checks, depression screening, and referral to community services. Remember, you are not alone! Take the time to talk, **Project Connect is FREE**. Whether you are just feeling a little down and need someone to talk to, or you feel that you need on-going support **Project Connect** is here for you.



THERE IS A LOT GOING ON...
WE'RE HERE TO SUPPORT YOU!

24-HOUR DISABILITY SUPPORT LINE



1(888)847-3209

With all the challenges happening right now it is easy to feel overwhelmed, stressed, anxious, or a lot of other emotions. If you are a person with a disability, a caregiver, family member or provide support services and are struggling, **CALL NOW!**
Counselors are available 24-hours, 7 days a week.



RESOURCE REFERRALS | ASSESSMENTS
ONGOING WELLNESS CHECKS

An initiative of:



Stony Brook University



The Arc
California

Silver Linings

FREE virtual concert and conversation with Joanie Calem to celebrate International Day of Persons with Disabilities *Songwriter Uses Music To Create Awareness About Disability*

Joanie Calem is an autism parent, teacher, songwriter, performer and disability awareness advocate. Since her first year of teaching in 1984, Joanie always had students with diverse learning styles, and learned to adjust her teaching in order to meet students where they are, building from their strengths and helping them learn to strategize their perceived weaknesses. Wearing the dual hat of both teacher and parent of a child with special needs, Joanie has extensive learning in the field of Sensory Processing Disorder. For the past four years she has been leading “concert-conversations” for teachers, parents and communities, sharing original songs as starting points for discussions on how to build truly inclusive communities that allow room for the increasing “neurodiversity” in our world. These sessions focus on understanding how Sensory Processing Disorder presents in classrooms, community settings and other public spaces, and exploring simple strategies that can be put in place to make our environment more sensory friendly for those that struggle with sensory overload.

See examples of Joanie’s concert-conversations:

[Joanie Calem, Teachers' Workshops, But First Do No Harm](#)

[Kodem Kol Kavod \(First of All, Respect\), Concert-Conversations About Inclusion and Disability Awareness](#)

FREE

We are celebrating
INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

Sunday, December 6 | 3PM

EVERYONE IS WELCOME
Virtual concert and conversation
with **Joanie Calem**

Register at jewishcalgary.org
Limited spots available

For info contact **Karina Szulc**
at 403-473-8073 or
karinas@jewishcalgary.org

INCLUSION
POWERED BY CALGARY JEWISH FEDERATION

CALGARY JEWISH FEDERATION | **JCC CALGARY** | **INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**

Building an inclusive community is a priority.
Contact us and we will make every effort
to meet your needs.

[**Register here for the concert**](#)

If you are experiencing a mental health crisis, BH Link is here for you

BH Link's mission is to ensure all Rhode Islanders experiencing mental health and substance use crises receive the appropriate services they need as quickly as possible in an environment that supports their recovery. Call 911 if there is risk of immediate danger. Visit the BH Link website at www.bhlink.org or for confidential support and to get connected to care:

CALL **(401) 414-LINK (5465)**

If under 18 CALL: **(855) KID(543)-LINK(5465)**

Visit the 24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI

Stay Informed with Information on COVID-19

Rhode Island Department of Health COVID-19 Resources

Hotline (401) 222-8022 or 211 after hours;

Email RIDOH.COVID19Questions@health.ri.gov

Website <https://health.ri.gov/covid/>

Center for Disease Control COVID-19 Information

Website cdc.gov/coronavirus

Videos <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

Includes a link to ASL videos

BHDDH Information on COVID-19's Impact on DD Services and the DD Community

Website bhddh.ri.gov/COVID

RI Parent Information Network (RIPIN)

Website <https://ripin.org/covid-19-resources/>

Call Center (401) 270-0101 or email callcenter@ripin.org

Advocates in Action – for videos and easy to read materials

Website <https://www.advocatesinaction.org/>

Website offers BrowseAloud, which will read the website to you

Sign Up for Our Email List

If you aren't receiving email updates and newsletters from BHDDH, you can sign up on our website. From the main BHDDH page at bhddh.ri.gov, select **What's New**, then go to bottom and click on **DD Community Newsletter**. The link to sign up for the BHDDH Newsletter is directly below the title, as shown in the picture at right.

DD Community Newsletter

[SIGN UP FOR THE BHDDH NEWSLETTER](#)

Contacting DD Staff

DDD has put extended hour phone coverage in place with a central business hour phone number and an on-call number for nights and weekends.

If you have a vital need, please call the numbers on the next page. If you have any general questions or concerns, please email them if you can, in order to try to leave the phone lines free for those who need to call. We will do our best to address your questions directly or through future newsletters.

AM **M T W Th F** PM
401-462-3421

8:30 AM → → → → → ← ← ← ← ← 4:00 PM

WEEKDAYS DURING BUSINESS HOURS FOR:

- VITAL, NON-MEDICAL SUPPORT NEEDS
- QUESTIONS ABOUT YOUR DD SERVICES

During business hours
 (Monday-Friday 8:30-4:00),
 for questions or support
(401) 462-3421
 Para español, llame
(401) 462-3014

PM **M T W Th F** PM
401-265-7461

4:00 PM → → → → → ← ← ← ← ← 10:00 PM

AFTER HOURS ON WEEKDAYS FOR:

- VITAL, NON-MEDICAL SUPPORT NEEDS

For emerging or imminent care
 related questions,
 Mon - Fri 4pm-10pm and
 weekends 8:30am-10pm
(401) 265-7461

AM **SAT SUN** PM
401-265-7461

8:30 AM → → → → → ← ← ← ← ← 10:00 PM

ON WEEKENDS FOR:

- VITAL, NON-MEDICAL SUPPORT NEEDS

E-MAIL THE DIVISION

BHDDH.AskDD
@BHDDH.RI.GOV

HELP US KEEP THE PHONE LINES OPEN FOR
 THOSE WHO ARE CALLING WITH A VITAL NEED!

WHEN POSSIBLE, PLEASE SEND AN E-MAIL FOR:

- NON-CRITICAL CONCERNS about Your Services and Supports
- GENERAL QUESTIONS about Your Services or the RI DD System

Send general questions to the
 AskDD email address. Please
 do not email critical issues.
BHDDH.AskDD@bhddh.ri.gov

911

FOR MEDICAL EMERGENCIES
CALL 911
 RIGHT AWAY. DON'T WAIT!

For medical or
 healthcare related
 emergencies, call
 your Primary Care
 Physician or 911

CONTACT YOUR DOCTOR

CALL FOR:

- ROUTINE Healthcare Questions
- NON-EMERGENCY Medical Care

FOLLOW YOUR DOCTOR'S ADVICE
 DON'T go to their office
 unless they tell you to!