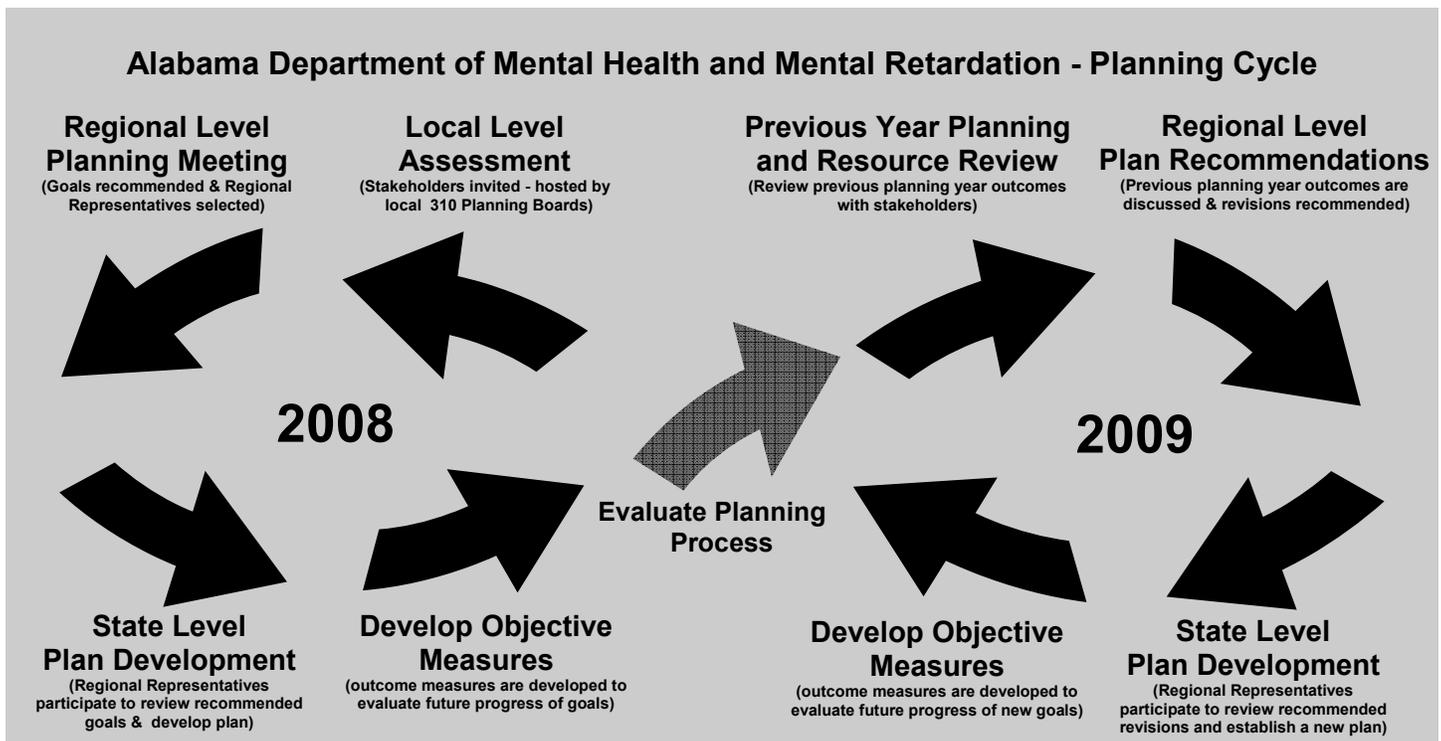


Alabama Department of Mental Health and Mental Retardation Fiscal Year 2010 Planning Cycle Intellectual Disabilities Division - Outcome Report

Overview of the Department Planning Process

During 2008 the Department of Mental Health adopted a new planning process. Effort was made to involve more families and consumers than ever before. Participants identified needs, recommended potential solutions to the needs, and helped decide what priorities would be the focus during the coming years. This report is an overview of the Intellectual Disabilities Division planning process that occurred during 2008 and the plan that was recommended for fiscal year 2010.



Intellectual Disabilities Planning in 2008

Local Level Assessment - Local level assessment meetings were held in communities for consumers and families to identify intellectual disability needs. 28 meetings were conducted, 934 needs statements were collected, and 126 people were recommended to represent their communities at regional planning meetings.

Regional Level Planning - Regional level planning meetings allowed representatives to review the intellectual disability needs that were identified at the local assessments and recommend possible ways to resolve the needs. 11 regional level meetings were conducted with an average of 18 representatives participating at each meeting. 24 goals and 90 strategies were recommended for the Department to consider. Representatives were selected at the regional level to serve on the Intellectual Disabilities Coordinating Subcommittee to discuss the goals and strategies that were recommended from each region.

State Level Plan Development - A State Plan was developed with input from Regional Representatives that were selected to serve on Coordinating Subcommittees. The Intellectual Disabilities Division submitted their top three priorities to the Governor's Office.

Fiscal Year 2010 Intellectual Disabilities Division Plan

The Intellectual Disabilities Division plan was developed through a planning process that included family and consumer input at the local, regional, and state levels. The top three goals for the Intellectual Disabilities Division were included in a report to the Governor's Office to help monitor progress for: Employment Services, Waiting List, and Transportation. (see goals on this and the following page)

Goal for Employment Services- *Where We Want to Go...*

By 2012, the employment rate will increase from 20% to 26% for individuals receiving employment-type services through the MR waiver. (national benchmark employment rate is 24%)

Strategies for Employment Services - *How We Want to Get There...*

- Develop a consistent and cooperative local, regional, and state system involving Higher Education, Chambers of Commerce, Job Training, Career Development, Vocational Rehabilitation, Mental Health and others, to coordinate and promote employment continuum opportunities (including culturally valued activities such as volunteerism, training, and advocacy.)
- Offer eligible individuals employment options and monitor progress through employment measures on National Core Indicator Survey.
- Review waiver and other funding sources to offer incentives to individuals and day programs to actively seek, promote, and provide supports for employment growth and opportunity.

Objectives for Employment Services - *How We Know When We Get There...*

- Increase the percent of individuals receiving employment services through MR home and community based waiver to 22%.
 - Increase the average length of time in competitive employment to meet the national average length of employment for individuals receiving waiver services (3.2 years).
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Goal for Waiting List- *Where We Want to Go...*

By 2012, 600 people per year on waiting list will receive one new service.

Strategies for Waiting List Services - *How We Want to Get There...*

- Identify appropriate services for individuals based on their needs and reassess the criticality tool used to measure degree of need.
- Encourage flexibility in service options by maximizing resources and identifying cost effective practices.
- Slow the growth of the waiting list by providing employment and transition options to individuals with intellectual disabilities who are exiting the public school system.

Objectives for Waiting List Services - *How We Know When We Get There...*

- Provide 600 individuals on the waiting list one new service.
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Goal for Transportation - *Where We Want to Go...*

By 2012, Transportation supports for individuals with intellectual disabilities will increase by 15% based on the FY 2010 identified needs.

Strategies for Transportation - *How We Want to Get There...*

- Collaborative with DMHMR Advocacy and People First to develop, implement, and support a comprehensive training program regarding transportation options for people with disabilities that includes an individual transportation resource worksheet .
- Establish baselines regarding the adequacy of available transportation options.
- Encourage regional representatives to participate in local, regional, and statewide transportation planning coordination efforts.

Objectives for Transportation - *How We Know When We Get There...*

- Establish the baseline rate of individuals (those eligible for the waiver) reporting adequate transportation through the National Core Indicator Survey.
 - Establish the baseline rate of individuals (those not eligible for waiver) reporting adequate transportation (employment, medical, and recreational transportation).
 - 150 training participants will complete an individual transportation resource worksheet.
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From Planning to Practice

During intellectual disabilities regional planning for fiscal year 2010, eight key areas were identified as priorities. Including the three key areas that became goals for the Intellectual Disabilities Division, the eight identified priorities are: employment services, waiting list, transportation, continuum/coordination of services, housing, quality/evidence based services, respite care, and transition services.

Working towards positive outcomes for these priority areas will take collaboration within communities, across regions and between state agencies. It will require advocacy at the local, regional, state, and federal levels to secure dollars to support the priorities. Within the new planning process, the Department of Mental Health is working toward that end.

The ID division provides a comprehensive array of services and supports to individuals and their families in Alabama through one state-operated residential developmental center, contractual arrangements with community agencies, five regional community services offices, and three comprehensive support service teams that assist with behavioral, medical, psychiatric, and dental services and supports. The ID central office staff provides oversight and support in planning, service coordination, service delivery, fiscal operations, contracts, eligibility, monitoring/quality enhancement of services, and the monitoring and certification of all community agencies that provide services to individuals with intellectual disabilities.

Current Intellectual Disabilities Practices

Employment Specialist, Byron White, was hired by the Department during the first quarter of fiscal year 2009 to assist with employment specific goals, strategies, and objective measures for the Department of Mental Health and Mental Retardation. Meeting these goals with success would allow individuals with intellectual disabilities to have employment options in addition to other support services.

Employment Waiver options were added to support Job Development and Job Coaching for individuals with intellectual disabilities that qualify for waiver services.

Waiting List continues to be a priority for the Intellectual Disabilities Division. During fiscal year 2007, 657 new services were provided to individuals from the waiting list. During fiscal year 2008, 588 new services were provided to individuals from the waiting list.

Transportation is being reviewed as a priority area by the Intellectual Disabilities Division. The division in cooperation with the Department of Mental Health, Advocacy Office is reviewing transportation needs and accessibility, attending statewide planning groups regarding transportation, and developing training regarding transportation options. The training is scheduled to be available during the 2010 fiscal year.

The Council on Quality and Leadership (CQL) is an organization that is recognized both nationally and internationally as promoting a standard of excellence in the provision of supports and services to individuals with disabilities. The Division of Intellectual Disabilities Services is working toward incorporating CQL's Basic Assurances statewide as a minimum standard for participating as a certified provider.

Continuum of Care and System Navigation ensure that persons with intellectual disabilities have access to support services throughout their lifespan. Information regarding the process for receiving services is located on the Department of Mental Health and Mental Retardation website at www.mh.alabama.gov. On the website, you will find links pertaining to enrollment and regional support offices on the Mental Retardation / Intellectual Disabilities page.

Training is available for consumers, families, and the professional workforce that serve those with intellectual disabilities. Some of the training that is available for the professional workforce is Person-Centered and/or Directed Planning Training, Personal Outcomes Measures Training, QMRP Training, Nurse Delegation Training, and Case Management Training. Voter Registration Training and Identity Theft Training are two programs available to individuals with intellectual disabilities. Additional training is being developed for consumers regarding transportation and a variety of self-advocacy topics called the 'On Our Own' series.

Respite Care was provided for 104 individuals with intellectual disabilities through the Department of Mental Health and Mental Retardation during fiscal year 2008.
