GREATER ETOWAH MENTAL RETARDATION 310 BOARD
FIVE-YEAR PLAN

Name of 310 Board: Greater Etowah Mental Retardation 310 Board, Inc.

RECEIVED
MAR 22 2011
BY:

County Served: Etowah County

Adopted: Cora Kelly 4-27-09
BOARD PRESIDENT

Population Served: Intellectually Disabled and Developmentally Disabled

Vision Statement: The 310 Board will be able to assist entities throughout Etowah County in providing services to all individuals needing services. We want to implement satellite programs throughout the rural areas of Etowah County and continue to be a leader in North Alabama in providing services and supports to the intellectually disabled.

MISSION STATEMENT:

It is the mission of the Greater Etowah Mental Retardation 310 Board to construct, maintain, equip, and maintain facilities and to implement programs, which will:

1. Insure the provision of an effective and efficient system of services to the citizens of this region with intellectually disabilities and/or developmental disabilities.
2. Insure the highest quality of care and training for the aforesaid citizens.
3. Insure continued research to both improve existing programs and/or implement new programs for same.

This is consistent with the provisions of the Alabama Acts 881 and 310. The system of services shall be consumer and family driven and shall be provided in the least restrictive setting, and shall maximize consumer and family input and shall use existing support systems.

HISTORICAL PERSPECTIVE

The Greater Etowah Mental Retardation 310 Board was established October, 1996. The purpose for creating Greater Etowah 310 was to prevent the Smeltzer Educational Center from being taken over or possibly closed down.

Our focus is on Etowah County consumer needs – not power, financial gain, or control. We are consumer oriented.

I. Plan Development

1. Greater Etowah will review our plan annually to see if needs are being met. If there are numerous changes, a new Plan will be developed. If not, we plan to establish a 5-year plan.

2. What are the roles of the key stakeholders? A planning meeting is held annually. Invitations are sent to our local legislative delegation, County Commissioners, Mayors of all municipalities, school officials and board members. Local citizens are also invited. We solicit input from all represented. The local delegation passed a local sales tax from which Greater Etowah/Smeltzer Center receives a portion for our local needs. All participants are encouraged to make the public aware of services provided by our organization. We work with everyone in order to ensure that appropriate and quality services are being provided and will continue to be provided in the future.

3. How is the plan's implementation monitored & evaluated? Case managers, management and board members monitor all services provided. The evaluation is based on certification requirements and those requirements being met by our providers.

II. Plan Components

1. Population

a. Greater Etowah is incorporated to serve the intellectually disabled individuals from Etowah County. More needs are being met in Gadsden proper. Rural areas are in more need, but lack of transportation is a major hindrance. At the present time, Day/Habilitation is being provided to more individuals. Residential will be the greatest need in the near future as individuals and their parents/guardians age.

b. Greater Etowah serves individuals 18 years of age and older. Those 18-21 have to provide documentation of 12 years of schooling. Also, individuals are required to have an IQ of 70 or below to be eligible for services.

2. Community Needs/Service Priorities

a. Needs are assessed by keeping a waiting list of applicants. Local schools are contacted and if there are any consumers close to or graduating, they are contacted and if services will be needed, added to the waiting list. Once services and eligibilities are identified, via ICAP, IRBI, and psychological, by our single point of entry coordinator, they are added to the waiting list. When funding is available, a criticality scale is done. Individuals are referred to appropriate providers at this time according to the critical need. The individual/guardian is given a choice in their placement.

b. The greatest need in Etowah County is for funding of all services. There are individual's not meeting Medicaid requirements, where there is no funding whatsoever.

SERVICE COORDINATION DESCRIPTIONS AND STRATEGIES

Description: Service Coordination

These are services that assist the individual who is intellectually disabled and/or his/her primary caregiver to identify, access, and coordinate necessary supports and services appropriate to his/her individual needs. Case management includes people who are active recipients of, or who need, individual and family support services (e.g., behavior management, diagnosis, and evaluation.

STRATEGY:

These services will assist the developmentally disabled individual and/or his/her primary caregiver to identify, access, and coordinate necessary supports and services appropriate to his/her individual needs. This service coordination category provides services for individuals accessing individual and family support services. The persons served are projected to increase by five (5) per year during the time of this plan. The service provided is projected to average 36 hours per encounter per person. The cost for this service is estimated at approximately $45.00 per hour.

	2009/2010	2010/2011	2011/2012	2012/2013	2013/2014
Person Served	5	5	5	5	5
Hrs. of Service	180	180	180	180	180
State Funds	2,593.62	2,593.62	2,593.62	2,593.62	2,593.62
Fed. Funds	5,506.38	5,506.38	5,506.38	5,506.38	5,506.38
Total Funds	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00

We are projecting low because of the economy of the State at the present time. If there are changes in the economy, we will change our Plan accordingly.

RESIDENTIAL SERVICES AND STRATEGIES FOR ADULTS

Description: Supervised Community Living Alternatives

The purpose of this service is to provide intensive habilitation training, including but not limited to, training in personal, social, community living and basic life skills. These services are intended to be transitional in nature. Emphasis is placed on coordination of Habilitation services between the residential program and day program.

STRATEGY: Currently there are 42 adults residing in an SCLH in Etowah County. The cost for this service is averaged at approximately $220.00 per person, per day. Due to community requests, ten local individual adults are projected for placement for the next five years. This service is estimated at $220.00 per person, per day.

	2009/2010	2010/2011	2011/2012	2012/2013	2013/2014
Persons Served	10	10	10	10	10
Yearly Cost Per Person	80,300.00	80,300.00	80,300.00	80,300.00	80,300.00
State Funds	257,120.60	257,120.60	257,120.60	257,120.60	257,120.60
Federal Funds	545,879.40	545,879.40	545,879.40	545,879.40	545,879.40
Total	803,000.00	803,000.00	803,000.00	803,000.00	803,000.00

DAY PROGRAM SERVICES AND STRATEGIES FOR ADULTS

Description: Adult Training

These services that emphasize skill acquisition of adaptive behaviors in self-care, personal grooming, activities of daily living, community life, self-direction, practical knowledge (e.g., money management, recognition of signs, language training), vocational performance, socialization, etc.

STRATEGY: Currently there are 62 individuals involved in Adult Training. We are projecting six individual placements in this plan. The cost for this service is approximately $60.00 per person, per day.

	2009/2010	2010/2011	2011/2012	2012/2013	2013/2014
Persons Served	6	6	6	6	6
Yearly Cost	14,820.00	14,820.00	14,820.00	14,820.00	14,820.00
State Funds	28,472.18	28,472.18	28,472.18	28,472.18	28,472.18
Federal Funds	60,447.82	60,447.82	60,447.82	60,447.82	60,447.82
Total Funds	88,920.00	88,920.00	88,920.00	88,920.00	88,920.00

Again, we are projecting low because of the economy. Most of these projections are based on adolescents aging out through the SCLH's.

Description: Assistive Technology

These services involve the provision of specialized medical or adaptive equipment or supplies, specified in a plan of care, designed to increase the ability to perform self-care tasks activities of daily living, to improve mobility, or to perceive/control/communicate with their environment. The services also include items necessary for life support and supplies of services needed to ensure the operation and maintenance of the equipment. Personal Emergency Response Systems, electronic devices that enable the person to secure help in the event of an emergency, are included in this service category.

Description: Behavior Management

These services are designed to modify maladaptive behaviors through the use of professionally accepted practices consistent with the principles of normalization and the developmental model. The services may include individual/group therapy, and consultation with or training of family members or other staff.

Description: Habilitation Training Services

These services provide specialized training for the acquisition of adaptive behaviors, and they use generally accepted professional practices, such as behavior modification, family and staff education and counseling. These services may be conducted in the residence or day program and are based on evaluations that determine the individual's service needs. Specific services are dependent on the specialized needs of the individual. Habilitation training programs should provide continuity and consistency with any other ongoing acquisition training programs.

Description: Crisis Intervention

These services are rapid response services designed to handle emergency situations, such as the loss of a person's caregiver or residential placement, a medical emergency, or a serious outburst of violent or self-destructive behavior.

Description: Specialized Diagnosis and Evaluation

These services include assessment services related to the identification of a disorder or disability, determination of eligibility for services, classification, determination of etiology, and estimation of prognosis. These may also include the development of an HIP and the prescription of services needed to achieve facilitative goals and objectives.

Description: Environmental Modification

These services are physical adaptations to a person's home that ensure the health, welfare, and safety of the individual or that enable the person to function with greater independence within the home. Such adaptations may include the installation of ramps and grab bars, widening of doorways, modification of bathroom facilities, or installation of special electric or plumbing systems that are necessary to accommodate medical equipment and supplies needed by the individual.

Description: In-Home Nursing

These are skilled nursing services provided to, or in behalf of, an individual with a developmental disability in a community residence. Services may include monitoring of vital signs, general physical status, medication administration, and the care of external and indwelling tubes and catheters. Services may also include training of caretakers in observation and care of the individual as appropriate. Services will be within the scope of the State's Nurse Practice Act and will be provided by a registered professional nurse, or a licensed practical nurse, under the supervision of a registered nurse licensed to practice in Alabama.

STRATEGY:

Some of these services were handled by volunteers from the Jacksonville State University School of Nursing. Two times a month, nursing students, along with a Registered Nurse instructor, would spend a day at the Smeltzer Center. They took blood pressures, temperatures, weights, tested blood sugar levels, etc. One consumer was found to be diabetic last year, had it confirmed by a physician and is now on medication to control it. One consumer was found to have high blood pressure. He is now on proper medication. Smeltzer staff is taking blood pressures, temperatures, weights and testing blood sugar levels.

Description: Respite Care

Out-of-Home Respite

This is temporary care and supervision of persons with intellectually disabilities/developmental disabilities to provide emergency or planned relief for the client's primary caregiver for a specified period of time. Services may be provided in a variety of community settings such as private homes, supervised community living alternative, group/training homes, and therapeutic camps.

In-Home Respite

This is temporary care and supervision of persons with intellectual and/or developmental disabilities in the individual's residence.

Description: Sitter Service

This service is short-term supervision and care provided during a short absence of the individual's primary caregiver. This service may be provided in the individual's home or other setting.

Description: Personal Care

This service includes assistance with eating, dressing, bathing, personal hygiene, and activities of daily living to assist the individual in residing in a community residence and to promote his/her health and well being. This service may include assistance in cooking, but it does not include the cost of the food. This category does not include services provided by members of the individual's family.

Description: Support/Family Counseling

This service is intervention for family members designed to assist their understanding of intellectual disabilities and other developmental disabilities and to facilitate their ability to cope with stresses associated with a family member with a developmental disability. It includes discussion groups, special resource materials or publications, identification f support organizations, and individual and family counseling. It may also include preventive counseling.

Description: Therapy Services

This service includes occupational therapy, physical therapy, speech/language therapy, and nutrition counseling provided by an acceptable credentialed professional. It includes the necessary evaluation to design and provide a regimen of intervention that may include direct therapy or consultation with and training of family members or other staff.

Description: Recreation Services

These services provide planned and supervised activities designed to (1) help meet specific individual therapeutic needs in individual self-expression, social interaction, and entertainment; (2) develop skills and interests leading to enjoyable and constructive use of leisure time; and (3) improve well-being. These services may be provided in a day care setting and may include transportation services.

Description: Transportation Service

These services do not include day programs in which transportation costs are handled within the day program contract or occasional transportation expenses involving activities not related to a day program.

Description: Information and Referral Services

Information and referral functions are performed at the following multiple levels of the service delivery system: division office, regional/community service offices, community 310 boards, service coordination and direct service providers. Information is provided regarding the network of service components, specialized and generic, that is directed toward the general and extraordinary needs of individuals with intellectual/developmental disabilities. If needed, individuals with intellectual/developmental disabilities are referred to other agencies or components of the service delivery system. There will be staff in each region's community services office providing a single point of coordination services. Additionally, single points of coordination will become a viable function of the community 310 boards.

STRATEGY: INFORMATION AND REFERRAL

The Board will continue to support and improve a quality system of information and referral services. Information and referral often provide the initial assistance to citizens with disabilities and/or their caregivers.

Description: Financial Assistance

This provides a monetary payment to an eligible person with a developmental disability and the family of a child with a developmental disability needed to defray the cost of social services related to the disability. Financial assistance includes, but is not limited to cash, subsidies, cash allowances, cash vouchers or reimbursement to enable eligible persons to acquire social services or medical services. (Taken from Alabama Law on Individual and Family supports).

Description: Specialized Utility Costs

This provides a monetary payment to an eligible person with a developmental disability and the family of a child with a developmental disability who need to defray specialized utility costs related to the disability.

Description: Dental and Medical Care Not Otherwise Covered

This provides a monetary payment to an eligible person with a developmental disability and the families of a child with a developmental disability who need to defray the cost of dental and medical care not otherwise covered.

Description: Housekeeping Services

This service provides for a person to go to the person's residence and do routine housekeeping and upkeep. This is not a training program for the client, but for a person who does the housekeeping.

III. Goals/Objectives

STRATEGY:

The Greater Etowah Mental Retardation 310 Board has its infrastructure set up to better serve and provide quality assistance to the MR/DD population. The positions of Quality Assurance, Single Point of Coordination and Planner are held by two positions, who work closely together.

The Greater Etowah Mental Retardation 310 Board will design a funding plan which provides guidance of future allocation of resources to ensure as many local consumers as possible will be provided services. The Greater Etowah 310 will work with other 310 boards in this area to provide as many services as possible. We are willing to utilize our funding to the utmost in order to do this.

The Greater Etowah MR 310 will make certain client desires are met. They should be allowed to live in the least restrictive environment and reach their highest potential. If able to work, they should do so.

The Greater Etowah MR 310 will work with other 310 boards to utilize all services, work together for the consumer. We will try to see that there is no duplication of services. If there is one facility, do not open another until the first facility is full.

3. Resource Development & Allocation:

Funding is provided through a $.01 sales tax with a portion allocated to intellectually disabled services. We receive Special Education Trust fund monies, which go to the local match. There is no other funding available.

The goal of Greater Etowah is to provide services to all individuals of Etowah County with intellectual disabilities and/or developmental disabilities. Our objective and desire is to have all individuals become as independent as possible and become active members in the community.