



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona



Division of Developmental Disabilities
April 6, 2023

Agenda

- Public Health Emergency (PHE) Flexibilities Unwound on April 1, 2023
- PHE Planned to End in May 2023
- First Annual Self-Care for Caregivers Conference
- Announcements
- Behavioral Health Crisis Line and Warm Lines
- This is My Life Program - Lynn Black from Ability360 and Leo Effendi with Direct Advocacy & Resource Center

If you joined late, click the interpretation button at the bottom of your Zoom screen and select English or Spanish to hear the meeting.
Si se unió tarde, haga clic en el botón de interpretación en la parte inferior de su pantalla Zoom y seleccione inglés o español para escuchar la reunión.

COVID-19 Flexibilities that Ended April 1, 2023

- Virtual person-centered service planning meetings returned to in-person
 - If concerned about getting sick, **Ask to Mask**
- Remote learning support ended
- Removed guidance, “Assessing Risk for DDD Members Who Are At Higher Risk for Severe Illness From COVID-19”
- Ended requirement for Qualified Vendors providing group home or developmental home services to hold a place for members who moved in with family due to COVID-19 concerns or staffing issues

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COVID-19 Updates

Due to the PHE's planned end in May, DDD will no longer present monthly COVID-19 data during Town Halls. You can check the information any time on DDD's COVID-19 webpage at:

[https://des.az.gov/services/disabilities/developmental-disabilities/vendors-providers/actions related to covid-19](https://des.az.gov/services/disabilities/developmental-disabilities/vendors-providers/actions%20related%20to%20covid-19)

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Public Health Emergency

On January 30, 2023, the [federal government announced](#) its intent to end the COVID-19 public health emergency (PHE) on May 11, 2023 which means that service delivery flexibility approved during the PHE will end on or before June 30, 2023.

Please see the Division's [Actions Related to COVID-19 webpage](#) for the status of each flexibility.

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Public Health Emergency

- Since the start of COVID-19 in 2020, AHCCCS has not disenrolled most AHCCCS members, regardless of eligibility
- Because of the Consolidated Appropriations Act (CAA) enacted in December 2022, AHCCCS is required to begin the regular renewal process for all Medicaid members, including DDD members
- This means starting April 1, 2023, AHCCCS began disenrolling members determined to be no longer eligible for Medicaid

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Update Your Contact Information with AHCCCS

- If you or your family member receive a request for information from AHCCCS, please respond right away - THIS AFFECTS EVERYONE ON AHCCCS
 - AHCCCS is updating its systems. Your quick response will ensure AHCCCS can keep contacting you for important information in the future
 - Please work with your Support Coordinator to ensure AHCCCS has your contact information
 - If you don't know the name of your Support Coordinator, contact DDD Customer Service and they can assist you: 1-844-770-9500 ext. 1 (TTY/TDD 711) or DDDCustomerServiceCenter@azdes.gov. Thank you for your cooperation.

Self-Care for Caregivers Conference

- DDD hosting a Self-Care for Caregivers Conference **Tuesday, April 25, 2023**
 - WHO: for parents or family members who are caregivers of individuals with developmental disabilities who register to attend
 - WHAT: a free event to help caregivers learn ways to care for themselves while caring for others
 - WHERE: Desert Willow Conference Center at 4340 E Cotton Center Blvd., Phoenix, AZ 85040
- Register on the [DDD website](#); contact DDDOIFA@azdes.gov with any questions

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Announcements

Southwest Institute for Families and Children 2023 Self-Advocates Conference

- **April 29, 2023 from 9:00 a.m. to 4:00 p.m.**
- Brings Self Advocates, Family Members, Caregivers, and Professionals serving the Arizona disability community together to learn and talk about important issues

[**Register Here**](#)

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Behavioral Health Crisis

Crisis = needs immediate help to prevent harm to self or others

- Suicide ideations
- Emotional trauma and/or shock
- In danger of escalating to suicide, self-harm, or harm to others

Trained crisis staff are available 24/7 to help over the phone. State crisis lines are free, confidential and open to anyone who needs help. For medical, police and fire emergency situations, always call 911.

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Behavioral Health Crisis (cont.)

Statewide Crisis Hotline

1-844-534-4673 (1-844-534-HOPE) or text 44673 (4HOPE)

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Behavioral Health Warm Lines

Warm Lines = less urgent than a crisis, but support needed

- Relationship problems
- Stress at work
- Family issues

Behavioral health warm lines are available to all Arizonans ages 18 and older. Peer support specialists are available to help you. They have lived experience with behavioral health challenges.

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Behavioral Health Warm Lines (cont.)

Area Covered	Provider	Phone Number	Hours
All AZ Counties	NAZCARE	1-888-404-5530	4pm to 10pm Monday – Thursday 3pm to 10:30pm Friday – Sunday
Central Arizona	Crisis Response Network	602-347-1100	24 hours
Southern Arizona - Pima County	Hope, Inc	520-770-9909	8am - 10pm
Southern Arizona - All Other Counties	Hope, Inc	1-844-733-9912	8am - 10pm

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What Do YOU Want to Hear About?

- DDD wants to make Town Halls work for you
- The Division is working to improve the content of its Town Halls to serve the public better

What topics do YOU want to hear about in future Town Halls?

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Questions?

This is MY Life (TIML)

A free self-advocacy skills program for all DDD members

ABILITY360



Lynn Black, MSW-LCSW

Program Manager - *This is MY Life*



Lynn has over 24 years as a program developer and program manager at Ability360's advocacy unit working with Individuals with disabilities, specifically Intellectual disabilities. She is one of the original developers of the DDD program - *This is MY Life*. Which provides resources, personal and group trainings on Self-Advocacy and Self-Determination skills, among many other topics.

Lynn is also a contributor in system change efforts by participating on several national and state level committees, projects and councils. She has been the **State Advisor** for the self advocacy group- **People First of Arizona** since 1997.

lynnb@ability360.org *Best way to reach me

602-443-0729 (voicemail only)

Hailey Thoman

Associate Director



Hailey has worked in disability rights since 2011. Most of her work has been focused on eliminating barriers to employment for people with disabilities while Executive Director for Linkages. She expanded her advocacy efforts when joining Direct Advocacy & Resource Center in 2019.

Her community involvement has included serving as a Commissioner on the Tucson Mayor and Council's Commission on Disability Issues, founding board member of the AZ APSE Chapter, and a former Board Member for the Autism Society of Southern Arizona.

haileyt@directaz.org

520-561-8774

The CIL Difference

A Mission

- **Consumer-controlled**, cross-disability, multi-cultural
- Community-based, **non-residential**
- Individualized services & **advocacy**



- **Grassroots social change movement**
- Independent Living Philosophy
- Disability Rights/Disability Justice



- **40+ years of organizing and change**
- National network of 730+ advocacy-focused centers
- Systems change initiatives





Advocacy



**Peer
Mentoring
/Support**



IL Skills



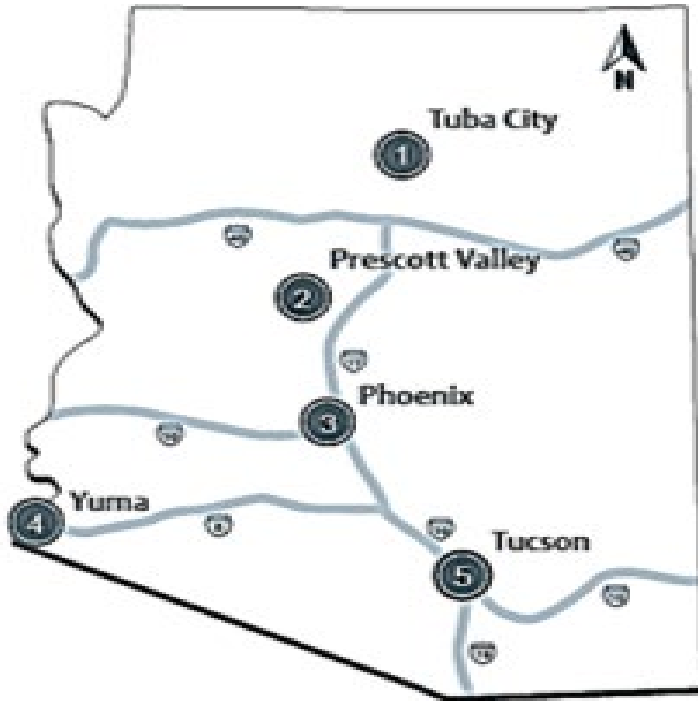
**Info &
Referral**



Transition

Core Services

Arizona CIL Network



1. ASSIST!
2. New Horizons
3. Ability360
4. SMILE
5. Direct

Advocacy In Action



Celebrating Our History, Creating Our Future

Our Purpose is Our Passion



Direct's MISSION

Advocate voice, choice,
and independence for
people with disabilities



OUR VISION

Universal Access

// *I always thought people with disabilities had no say, but I found out we do. We do have a voice* //

Our Role

- **Assist** people with disabilities in efforts to achieve their self-identified life goals
 - *Do NOT impose our own values or choices*
- **Give tools** – do NOT *do*
 - *We mentor, support, train/educate, inform, facilitate, advocate*
- **Empower** participants to take control of their own lives and become their own best advocates



Direct's Program Highlights

A decorative graphic on the left side of the slide consists of a vertical line of six circles. The circles are colored from top to bottom: teal, green, light green, yellow-green, yellow, and orange. Each circle is connected to a horizontal bar of the same color that extends to the right. The top bar is teal, the second is green, the third is light green and contains the text 'Home Access Program', the fourth is yellow-green, the fifth is yellow, and the sixth is orange. The circles are connected by a thin orange line that starts at the top left and ends at the bottom left.

Home Access Program

ABILITY360- A Center for Independent Living

Ability360 is a nonprofit located in Phoenix, that continues its 40+ year tradition of offering and promoting programs to empower people with all disabilities so that they may achieve or continue independent lifestyles within the community.



ABILITY360 Programs

- Advocacy / ADA Services
- Independent Living Skills Instruction
- Information & Referral
- Peer Support/ Peer Mentor
- Empowering Youth in Transition
- Nursing Home transition to Community Living
- Early Intervention to People Newly Disabled
- 360Youth: Pre-Employment Transition Services
- This is MY Life- Self Advocacy and Self Determination Skill Training
- Ability360 Employment Services (Ticket to Work)
- Work Incentives Planning for Social Security beneficiaries (WIPA)
- Living Well with a Disability
- Socialization Through Recreation
- Home Modification block grants
- Home Care Services
- Ability360 Sports and Accessible Fitness Center

**Most services are free*

This is My Life Program

This is MY Life (TIML) is a free Self-Determination and Self-Advocacy skills training program funded through the Division of Developmental Disabilities (DDD) for their DDD members 16 years and older.

NO service dollars & NO ALTCS eligibility needed.

PURPOSE OF PROGRAM:

Empowering members and families in DDD to make personal decisions, and advocate for their rights, needs and support services to live their best lives.



TIML at Direct

- Series of 9 Self-Advocacy and Self Determination classes expressly developed for DDD members 16+
- Funded by the Division of Developmental Disabilities (DDD)
- **No** service dollars used
- Classes are adaptable and vary in length to meet members' needs.
- Members can attend as many classes as they choose as often as they like.



Learning Objectives

7 classes focused on:

1. Seeking information about options
2. Making informed choices
3. Learning from mistakes
4. Active listening and problem-solving
5. Standing up for your rights
6. Self-determination
7. Living and participating fully in our community





Reyna

- 10 years' experience working within the Disability Community
- Arizona Coalition - Resource Navigator
- Certified Aging in Place Specialist
- Healthy Homes & Lead Hazard Control Visual Assessment Certified



Leo

- 4+ years working in disability rights
- 2022 Panelist for Justice, Equity, Diversity and Inclusion (JEDI) Leadership Academy as a Disability Justice advocate
- Lead proposals for greater awareness of mental health conditions, sensitivity readings and student/faculty accommodations while working at the U of A's Thrive Center

Direct's Next Steps...



ELIGIBILITY

- ✓ Live in Pima County – virtual classes are available to individuals in the rural counties we serve – Cochise, Graham, Greenlee, & Santa Cruz
- ✓ **All** DDD members (*ALTCS not required*)

Refer/Sign Up

1. Member contacts Direct to sign up: 520.624.6452 ~ 711 National Relay
2. Member's Planning Document is sent to Direct at direct@directaz.org

This is MY Life Program

ABILITY360

Free - Individual or Group Classes: 1-2x month

Choose one or all to learn about

Self-Advocacy Classes:

- Self-Advocacy Basics
- Self-Advocacy Skills (2-Part)
- Believing In Yourself
 - Self Esteem & Knowing Yourself & Self Monitoring
- Communications – Saying What You Mean

***Group classes** are held at Day and vocational programs

Self-Determination Classes:

- Self-Determination – Making Choices
- Goal Planning – Dream It, Set Goals, Take Action!
- Problem Solving
- Rights- Everyone has Rights

***1:1 trainings** are held at member's location (e.g., virtual, home, library, Ability360, and DDD provider programs)

Ability360 Next Steps...



ELIGIBILITY

- ✓ DDD members 16 years and older
- ✓ Live in Maricopa County. (Virtual classes are available to individuals in Pinal county)
- ✓ ALTCS not required & No service dollars used

REFER/Sign Up

- ✓ Self referral or DDD Support Coordinator can refer
- ✓ Fill out TIML referral, Release of information, & email Ability360 the DDD member's Planning Document (PCSP)

More information contact: Lynn Black, TIML Manager to get referral links to sign up: 602-443-0729 or lynnb@ability360.org

Member's DDD PCSP Planning Document is sent to Lynn at Ability360 lynnb@ability360.org

Questions?

ABILITY360

Maricopa County/Phoenix

[Ability360.org](https://ability360.org)

(602) 256-2245

Subscribe to Ability360's Legislative Alerts here:

<https://ability360.org/empower-advocacy/>

TIML: <https://ability360.org/this-is-my-life/>



Directaz.org

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711 National Relay

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Serving Cochise, Graham,
Greenlee, Pima, and Santa Cruz
Counties



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Thank You