



DEPARTMENT OF ECONOMIC SECURITY

*Your Partner For A Stronger Arizona*



**Division of Developmental Disabilities**  
**August 01, 2024**

# Agenda

- Announcements
  - Self-Care for Caregivers Conference
  - Volunteers Needed
  - Olmstead Video
- Adult and Childhood Immunizations, Dr. Vicki Copeland, DDD Medical Director
- Promoting Wellness: Self-Care and Stress Management, Dr. Emery Mahoney, Medical Records Review Consultant

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.



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# Announcements

# Self-Care for Caregivers Conference

- **SAVE THE DATE!** The second annual DDD Self-Care for Caregivers Conference is coming in October 2024
  - **October 3 - Tucson**
  - **October 16 - Phoenix**
- The event will be another day of self-care, learning, and community
- The conference is for caregivers of people with intellectual and developmental disabilities
- Caregivers will learn how to care for themselves while caring for others
- Stay tuned for more information coming soon
- In order to ensure access to as many participants as possible, we will be **limiting attendance to either the Tucson or Phoenix Conference**

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## Volunteers Needed

### The Division of Developmental Disabilities

Contact the DDD Volunteer Coordinator with questions:

 [dddvolunteers@azdes.gov](mailto:dddvolunteers@azdes.gov)

 1-844-770-9500 option 1



**Developmental Disabilities Advisory Council**  
(Council members are appointed by the Governor)  
<https://bc.azgovernor.gov/>

**Independent Oversight Committee (IOC)**  
<https://ioc.az.gov/>



**Program Review Committee (PRC)**  
<https://bit.ly/3soiEXp>



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DDD-2131A CRDENG (6-22)

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# Olmstead Orientation Video

- AHCCCS created a new Olmstead orientation video available to those interested in learning about the Olmstead Decision and the Arizona Olmstead Plan
- Olmstead is a 1999 United States Supreme Court decision that provided a legal framework for federal and state governments to integrate individuals with disabilities into their communities
- Locate the AHCCCS Olmstead orientation video:
  - Visit <https://www.azahcccs.gov/olmstead>
  - Click on the accordion titled “Olmstead Orientation Video”

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**Questions?**



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# Adult and Childhood Immunizations

Vicki D. Copeland, MD

DDD Chief Medical Office



## **Immunization = Shots = Vaccines**

- A preparation that is used to stimulate the body's immune response against diseases.

# Why Should We Get Immunizations?

The **CDC (Centers for Disease Control and Prevention)** emphasizes the critical role of immunization in safeguarding public health. Here's why it's so important:

## **Protect Yourself:**

- Vaccines help prevent serious diseases and their complications.

## **Protect Others:**

- Immunization reduces the spread of contagious diseases, protecting those who cannot be vaccinated (e.g., infants and people with weakened immune systems).

## **Prevent Outbreaks:**

- High vaccination rates contribute to herd immunity, preventing the spread of diseases within communities.

## **Save Lives:**

- Vaccines have been proven to save millions of lives by preventing deadly diseases.

## **Reduce Healthcare Costs:**

- Preventing illness reduces the need for medical treatment and lowers overall healthcare expenses.

## **Promote Public Health:**

- Immunization contributes to the overall health and well-being of communities, making them safer and healthier.

# Children Need Vaccines As They Grow

## Your child needs vaccines as they grow!

2024 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more?  
Scan this QR code to find out which vaccines your child might need. Or visit [www.cdc.gov/vaccines/tool/child.html](http://www.cdc.gov/vaccines/tool/child.html)



VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS	
RSV antibody	Depends on mother's RSV vaccine status						Depends on child's health status								
Hepatitis B	Dose 1	Dose 2					Dose 3								
Rotavirus			Dose 1	Dose 2	Dose 3										
DTaP			Dose 1	Dose 2	Dose 3				Dose 4						
Hib			Dose 1	Dose 2	Dose 3				Dose 4						
Pneumococcal			Dose 1	Dose 2	Dose 3				Dose 4						
Polio			Dose 1	Dose 2	Dose 3						Dose 4				
COVID-19	At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine														
Influenza/Flu	Every year. Two doses for some children														
MMR								Dose 1							Dose 2
Chickenpox								Dose 1							Dose 2
Hepatitis A								2 doses separated by 6 months							

### KEY

- ALL children should be immunized at this age.
- SOME children should get this dose of vaccine or preventive antibody at this age

### Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection.
2. Your child is traveling outside the United States.
3. Your child misses a vaccine recommended for their age.



FOR MORE INFORMATION  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

# Older Children and Teens Need Vaccines

## Older children and teens need vaccines too! 2024 Recommended Immunizations for Children 7–18 Years Old

Want to learn more?  
Scan this QR code to find out which  
vaccines your child might need. Or visit:  
[www.cdc.gov/vaccines/tool/teen.html](http://www.cdc.gov/vaccines/tool/teen.html)



RECOMMENDED VACCINES	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS	
HPV			ALL children in age group should get the vaccine		ALL children in age group should get the vaccine								
Tdap <sup>1</sup>					ALL children in age group should get the vaccine								
Meningococcal ACWY					ALL children in age group should get the vaccine					SOME children in age group should get the vaccine			
Meningococcal B										Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child			
Influenza/Flu	Every year. Two doses for some children		Every year										
COVID-19	At least 1 dose of updated (2023–2024 Formula) COVID-19 vaccine												
RSV					If pregnant during RSV season								
Mpox												SOME children in age group should get the vaccine	
Dengue			ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection										

<sup>1</sup> One dose of Tdap is recommended during each pregnancy

### KEY

- ALL children in age group should get the vaccine
- SOME children in age group should get the vaccine
- ALL children in age group can get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

### Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection or is pregnant.
2. Your child is traveling outside the United States.
3. Your child misses any vaccine recommended for their age or for babies and young children.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

FOR MORE INFORMATION  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



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# Adult Immunization Schedule

Vaccine	19-26 years	27-49 years	50-64 years	≥65 years
<a href="#">COVID-19</a>	1 or more doses of updated (2023–2024 Formula) vaccine			
<a href="#">Influenza inactivated or Influenza recombinant</a>		1 dose annually		
or <a href="#">Influenza live attenuated</a>		1 dose annually		
<a href="#">Respiratory Syncytial Virus</a>	Seasonal administration during pregnancy.			≥60 years
<a href="#">Tetanus, diphtheria, pertussis</a>	1 dose Tdap each pregnancy. 1 dose Td/Tdap for wound management			
	1 dose Tdap, then Td or Tdap booster every 10 years			
<a href="#">Measles, mumps, rubella</a>	1 or 2 doses depending on indication (if born in 1957 or later)			For healthcare personnel
<a href="#">Varicella</a>	2 doses (if born in 1980 or later)		2 doses	
<a href="#">Zoster recombinant</a>	2 doses for immunocompromising conditions <a href="#">See notes</a>		2 doses	
<a href="#">Human papillomavirus</a>	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
<a href="#">Pneumococcal</a>				<a href="#">See Notes</a>
				<a href="#">See Notes</a>
<a href="#">Hepatitis A</a>	2, 3, or 4 doses depending on vaccine			
<a href="#">Hepatitis B</a>	2, 3, or 4 doses depending on vaccine or condition			
<a href="#">Meningococcal A, C, W, Y</a>	1 or 2 doses depending on indication. <a href="#">See notes</a> for booster recommendations			
<a href="#">Meningococcal B</a>	2 or 3 doses depending on vaccine and indication, <a href="#">See notes</a> for booster recommendations			
	19 through 23 years			
<a href="#">Haemophilus influenzae type b</a>	1 or 3 doses depending on indication			

**Many vaccines are combinations of different solutions to prevent different diseases:**

- MMR: Measles, Mumps, Rubella
- DTaP or Tdap: Diphtheria, Tetanus, Pertussis

## Symptoms:

- **Rash:** Begins with a blister-like eruption
- Fever
- **Complications:** Pneumonia, encephalitis
- Can be life-threatening

## Transmission:

- Spread through close contact
- **Methods:** Touching or inhaling respiratory droplets

## High-Risk Groups:

- Infants
- Pregnant individuals
- Those with weakened immune systems

## Vaccination Recommendations:

- **Chickenpox Vaccine:**
  - **First Dose:** 12-15 months
  - **Second Dose:** 4-6 years
- **Shingles Vaccine:** (for chickenpox recurrence)
  - Recommended for adults age 50 and older

## Symptoms:

- Rash
- Fever
- Complications: Pneumonia, brain damage, deafness
- Can be life-threatening

## Transmission:

- Spread through breathing, coughing, and sneezing
- Virus can remain in the air for up to 2 hours

## High-Risk Groups:

- Infants
- Young children
- Pregnant individuals

## Vaccination Recommendations:

- **First Dose:** 12-15 months
- **Second Dose:** 4-6 years

## Planning to Get Pregnant?

- **Consult** your clinician to ensure proper vaccination status



## Symptoms:

- Often Asymptomatic or flu-like symptoms
- **Severe Complication:** Paralysis
- Can be life-threatening

## Transmission:

- Spread through droplets from sneezes or coughs
- **Also** transmitted via stool (fecal-oral route)

## High-Risk Groups:

- Children

## Vaccination Recommendations:

- **First Dose:** 2 months
- **Second Dose:** 4 months

**Third Dose:** 6-18 months

- **Fourth Dose:** 4-6 years

## Symptoms:

- **Respiratory:** Cough, shortness of breath, or difficulty breathing
- **Other:** Fever, fatigue, muscle or body aches, headache, sore throat, loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea
- **Complications:** Pneumonia, severe respiratory distress, multi-organ failure
- Can be life-threatening

## Transmission:

- Spread through respiratory droplets from coughs, sneezes, and talking
- Can also be transmitted by touching contaminated surfaces and then touching the face
- Airborne transmission in enclosed spaces with poor ventilation

## High-Risk Groups:

- Older adults (65 years and older)
- Individuals with underlying health conditions (e.g., cardiovascular disease, diabetes, respiratory conditions)
- Pregnant individuals
- People with weakened immune systems

## Vaccination Recommendations:

- **Primary Series:** Complete initial vaccination series as recommended (e.g., Pfizer-BioNTech, Moderna, Johnson & Johnson)
- **Booster Doses:** Follow current guidelines for booster doses to maintain immunity
- **Special Considerations:** Consult with your healthcare provider for vaccine recommendations tailored to age, health status, and risk factors

## Symptoms:

- **Upper Respiratory:** Runny nose, sore throat, cough
- Fever
- **Complications:** Pneumonia
- Can be life-threatening

## Transmission:

- Spread through droplets from coughs and sneezes
- Can also be transmitted by touching contaminated surfaces and then touching the face

## High-Risk Groups:

- Infants and young children
- Elderly individuals
- Pregnant people
- Those with chronic health conditions

## Vaccination Recommendations:

- Annual flu vaccine for everyone 6 months and older
- Best administered before flu season starts (typically in the fall)

# Community Resources

Access important vaccine-related resources and information specific to Arizona:

## **Arizona Department of Health Services (ADHS)**

- Vaccination Information and Services: [ADHS Vaccine Locator](#)

## **Vaccine Information for Arizona Residents**

- [CDC Vaccines and Immunizations](#)

## **Arizona Immunization Program Office (AIPO)**

- [AIPO Information](#)

# Thank you



Vicki D. Copeland, MD, FAAFP



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**Questions?**




# Promoting Wellness:

## Self-Care and Stress Management

Emery Mahoney, Ph.D.

8/1/2024



Why are wellness, stress management and self-care important?



# The importance of wellness, self-care and stress management

- High levels of stress can cause problems with physical health:
  - You may be more likely to get sick more often
  - Can lead to negative changes in blood pressure and weight
- High levels of stress can lead to poorer overall mental health and problems in relationships



## Where does stress come from?

- Higher levels of stress can happen anytime your mind or body has to change to meet a requirement placed upon it
  - This means that stress can happen even when there is a positive change in your life that requires you to make a change
  - When your body's stress response is set off, the way your body reacts be the same even if what is causing the stress is something "small"



# What are some signs your stress level may be rising?

- Physical
  - Muscle tightness/soreness
  - Headaches
  - Stomach problems
  - Tiredness



# What are some signs your stress level may be rising?

- Emotional
  - Feeling easily angered
  - Having a hard time staying still
  - Feeling like things will never get better
  - Wanting to be alone more often
  - Having a hard time paying attention
  - Having a hard time falling and/or staying asleep
  - Wanting to eat more or less than usual





# What is Self-Care and Why is it Important?



[Video of why selfcare is important](#)

# What is Self-Care?

- Things we do to take care of and refuel ourselves
  - We can do these things to try and prevent stress or to keep it from getting worse
    - She could have drilled holes as the container was first being filled or drilled them as the container became more and more filled and began to overflow
- Rest Quiz
  - [restquiz.com](https://restquiz.com)



## Types of Self-Care

Physical	Eat healthy, exercise, get enough sleep
Psychological	Practice mindfulness, paint, spend time outside, garden, read/listen to a book, think positively, ask for help
Emotional	Tell yourself nice things, laugh, tell someone you love them, watch a funny movie, snuggle a pet
Spiritual	Spend time in nature, find a community
Personal	Make goals, spend time with new friends or people you care about, write/use text to speech/draw, learn a new hobby
Professional	Take breaks, say “no” to things you don’t feel like you can do, ask for help, make goals and plans



## Sticking With Self-Care

- What is the likelihood that if I just say “I am going to do more self-care” that I actually do it?
  - Like most things, the more detailed and specific plan I have, the more likely I will actually meet this goal

## Creating a Self-Care Plan

- Start with a specific goal:
  - I will start dictating/drawing/writing out my thoughts once a week and spend at least 5 minutes in nature twice per week
- Let's get more specific!
  - I am going to plan to dictate/draw/write out my thoughts once a week in the morning on Saturday. I am spending time in nature on Mondays and Wednesdays when I get home from work
- Set reminders, consider asking a buddy to help keep you on track and think about how you are doing meeting your goals every once in a while (maybe once a week?)



# Mindfulness

## What is Mindfulness?

- Mindfulness activities are one type of activity that helps you take care of yourself lower your stress.
- Mindfulness exercises are designed to help us focused on the here and now and keep us from thinking about the past or future
  - Thinking about the past can sometimes cause us to feel sad or have regret and thinking about the future can cause us to be stressed, overwhelmed and/or anxious



## Mindfulness Activities

- While there are some activities that might pop into your mind when you think of “mindfulness”, anything that helps you be present in the here and now can be considered a mindfulness activity.



# Mindfulness Activities: Examples

## → Imagery

- Think of your favorite place in the world. Try and picture every little detail of how it looks, sounds, smells, tastes and feels. Can you remember the last time you were there? Who were you with? What did you do? What was the weather like?

## → Meditations

- Often audio-based times when someone talks to you about things to imagine
- There are lots of resources with meditations, including:
  - CBT-I Coach app
  - Calm
  - Insight Timer
  - Buddhify
  - Podcasts

## Mindfulness Activities: Examples

- Nature Time
  - Spend time outside and try to keep your mind focused only on what you see, hear, smell, taste and feel
- Art Activities
  - Draw, color, sculpt, play music, sing



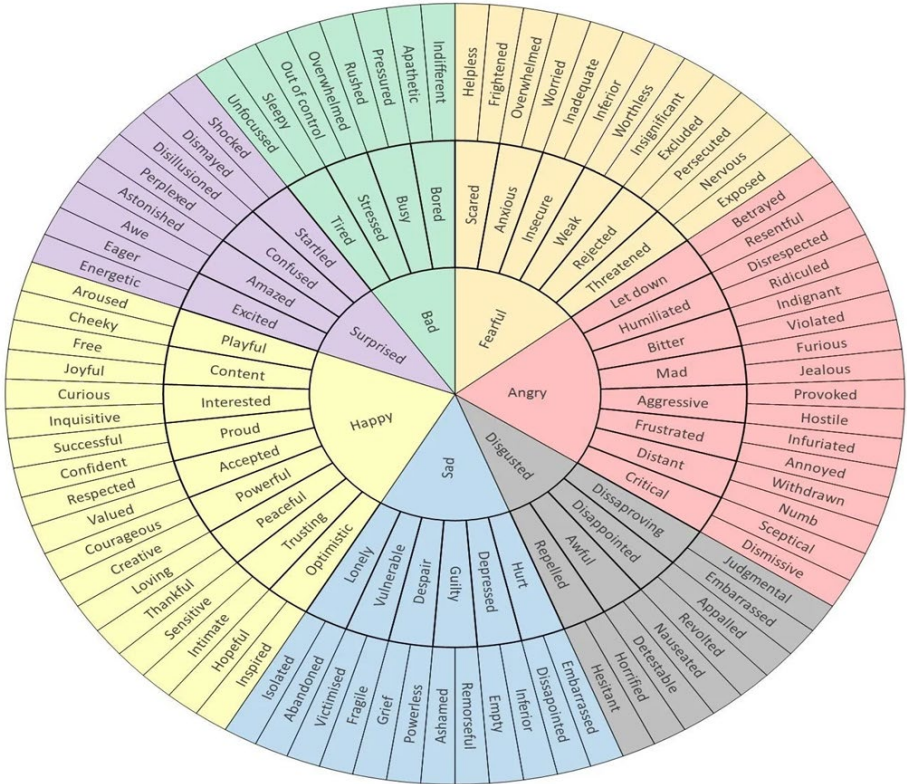
# Understanding Feelings



## Name It To Tame It

- Identifying and understanding your feelings may seem like an easy task, but it is actually more difficult than it may seem!
- Research has found that just by being able to name the feeling we or someone else is having, we can lower our own or the other person's stress level
  - What feelings come to mind when you are asked to think of some feeling words?

# The Feeling Wheel



## Name It To Tame It

- Research tells us that lower our (or someone else's) stress level by naming the emotion, we have to be exact.
  - Just saying "sad" instead of "disappointed" is not going to work as well if someone is feeling disappointed.

# Conclusion

Something new I learned today was...

Something I hope to do with this information is...



Thank  
You



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**Questions?**



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**Thank You**