



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona



Division of Developmental Disabilities
September 05, 2024

Agenda

- Announcements
 - Self-Care for Caregivers Conference
 - Positive Behavior Training (PBS)
 - 2024 Cultural Competency Survey for DDD Members and 2024 Cultural Competency Survey for Qualified Vendors
- What You Need to Know When Voting in Arizona, Renaldo Fowler Senior Staff Advocate, Disability Rights Arizona (DRAZ)
- Suicide Prevention and Awareness, 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.
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Announcements

Self-Care for Caregivers Conference

- The second annual DDD Self-Care for Caregivers Conference is coming in October 2024
 - **October 3 - Tucson**
 - **October 16 - Phoenix**
- The event will be a 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
- Space is limited, there is some more space available to register for Tucson; registration is closed for Phoenix
- **More information coming soon!**

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Positive Behavior Training (PBS)

- DDD Positive Behavior Support (PBS) training is now available in Spanish!
- Total of eight hours; four hours each on two consecutive days
 - September 26 and 27, 2024 from 9:00 AM to 1:00 PM
 - Enroll: <https://raisingspecialkids.org/es/event/ddd-apoyo-al-comportamiento-positivo-2024-0926y27/>
 - October 29 and 30, 2024 from 9:00 AM to 1:00 PM
 - Enroll: <https://raisingspecialkids.org/es/event/ddd-apoyo-al-comportamiento-positivo-2024-1029y30/>
- Classes in English are also available: <https://raisingspecialkids.org/events/>

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2024 Cultural Competency Survey for DDD Members and Qualified Vendors

- DDD wants to ensure Qualified Vendors and providers serving the DDD community are respectful and responsive.
- For this reason, DDD will be sending a Cultural Competency Survey to DDD members AND Qualified Vendors to take around the end of September or early October 2024.
- Family members or friends can help DDD members fill out the survey if they need help.
- The surveys will be emailed, so keep your eyes open!

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Questions?



What You Need to Know When Voting in Arizona

Renaldo Fowler

Senior Staff Advocate

Protection and Advocacy for Voting Access (PAVA)

Disability Rights Arizona (DRAZ)

Disclaimer

- This training is designed to provide general voter education information and is not intended to provide legal advice.
- Please check with your appropriate Election Officials



Voting is a Fundamental Right

- **Know Your Rights**
- **Exercise Your Rights**
- **Protect Your Rights**



About Disability Rights Arizona

- **Disability Rights Arizona (DRAZ)** is the protection and advocacy agency for Arizonans with disabilities. DRAZ is a not- for- profit public interest law firm, dedicated to protecting the rights of individuals with a wide range of physical, mental, psychiatric, sensory and cognitive disabilities. disabilityrightsaz.org/



Protection and Advocacy for Voting Access (PAVA)

- **PAVA** is a program within **Disability Rights Arizona** and was created by the Help America Vote Act (HAVA) in 2002.
- PAVA Works to ensure Full Participation in the Electoral Process for Persons with Disabilities, in Registering to Vote, Casting a Vote and Accessing Polling Locations.
- PAVA Works to Ensure your Right to a Private and Independent Vote.



Focus Areas

- **Voter Registration**
- **Voter Participation (Casting a Vote)**
- **Voter Education**
- **Working with Election Officials**
- **Protecting Voting Rights**





Important Dates

- **October 7, 2024** Last day to register to vote for November 5, 2024 General Election at 11:59 p.m.
- **October 9, 2024** Early voting begins and early ballots mailed to voters on the Active Early Voting List and voters who requested one-time ballot-by-mail for the November 5, 2024 General Election
- **October 25, 2024** Deadline for accepting requests for a ballot-by-mail for November 5, 2024 General Election
- **November 1, 2024** Deadline to Vote Early In-Person for the November 5, 2024 General Election by 7:00 p.m.

Election Day

- General Election - November 5, 2024



Election Concerns 2024



- **Voter Misinformation/Disinformation**

- Misinformation: False or Inaccurate, Especially that which is Deliberately Intended to Deceive.
- Disinformation: False Information which is Intended to Mislead.

- **Voter Intimidation**

- Arizona Secretary of State: Preventing Voter Intimidation.
<https://azsos.gov/elections/about-elections/guidance-voting-location-conduct>

Make a Plan to Vote

<https://accessiblevoting.net/make-a-plan-to-vote>

- Vote Early and Often.
- Voting under Limited Guardianship (Supported Decision-Making).
- Do I have valid Identification (ID)?
- Do I know Where to Vote?
- Request accommodations ahead



Make a Plan to Vote, cont..

- Will I need a Ride to Vote? (Keep in Mind Election Delays)
- Check Vote Center Waiting Times.
- Trusted Election Information.
- Research the Candidates and Issues.



Register to Vote

- Arizona Driver License and/or an Arizona non-operating I.D. card issued by the Motor Vehicle Division (MVD) may register to vote through **Services Arizona**.
- Service Arizona
 - <https://servicearizona.com/VoterRegistration/register?execution=e1s1>
- Select Voter Registration Options (Active Early Voting List).
- Check Your Voter Registration and Update Prior to the Deadline.



Voter Identification (ID)

- **What Identification (ID) is needed to Vote?**

- <https://azsos.gov/elections/voters/voting-elections/election-day-voting>

- **Information for Members of Federally Recognized Tribes**

- <https://azsos.gov/elections/voters/registering-vote/information-members-federally-recognized-tribes>



VoteRiders

- Assist You In Getting ID to Voter
- VoteRiders' mission is to ensure that no eligible voter is prevented from casting a ballot that counts due to voter ID laws, either directly from lack of acceptable ID or indirectly because of voter confusion.
- All our services are free of charge
- <https://www.voteriders.org/>



You cannot Register to Vote in Arizona

- You have been convicted of a felony and have not yet had your civil rights restored. For a first-time felony conviction, civil rights are automatically restored upon completion of a person's sentence and payment of any restitution.
- ACLU Arizona Get Back Your Right to Vote
- <https://www.acluaz.org/en/get-back-your-right-vote>
- You have been adjudicated incapacitated by a court of law.



Ways to Vote

- Explore and Select Your Voting Options.
- In Person, by Mail, Curbside, Early Voting.
- Request Accommodation(s) in a Timely Manner Prior to the Election:
Large Print, Brielle Ballot, etc....
- Special Election Boards.



Voter Assistance Services

- Maricopa County Voter Assistance Services
 - <https://elections.maricopa.gov/voting/voter-assistance-services.html>
- Pima County Voter Assistance Services
 - <https://www.recorder.pima.gov/EveryoneVotes>
- Pinal County Voter Assistance
 - <https://www.pinal.gov/258/Elections>





Special Election Boards



- Help Voters Cast a Ballot Who are ill or have a Disability.
- May also Request Voter Registration Support as well.
- Special Election Boards are made up of two members from differing political parties who are trained to support voters in a secure, confidential and accessible manner.
- Contact your County Elections Office for information, eligibility and availability through the Special Elections Board.

Trusted Election Information

- **Arizona Secretary of State office**
 - <https://azsos.gov/elections>
- **County Recordors**
 - <https://azsos.gov/elections/about-elections/county-election-officials-contact-information>
- **County Elections Department**
 - <https://azsos.gov/elections/about-elections/county-election-officials-contact-information>
- **Arizona Citizens Clean Elections Commission**
 - <https://www.azcleelections.gov/how-to-vote/voters-with-a-disability>
- **United States Elections Assistance Commission**
 - <https://www.eac.gov/voting-accessibility>



Resolving Issues at the Poll

- **All** polling places must be ADA accessible. Each polling location will have someone there to assist you with resolving your concerns
- Title of these individuals may include:
 - **Inspector**
 - **Judge**
 - **Marshal**



Having Problems on Election Day?

Call DRAZ **Voter Hotline** for Help
6:00 am to 7:00 pm



1-800-927-2260

1-602-274-6287

**Know Your Rights Exercise Your Rights
Protect Your Rights**

Thank You!





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Questions?

Suicide Prevention and Awareness

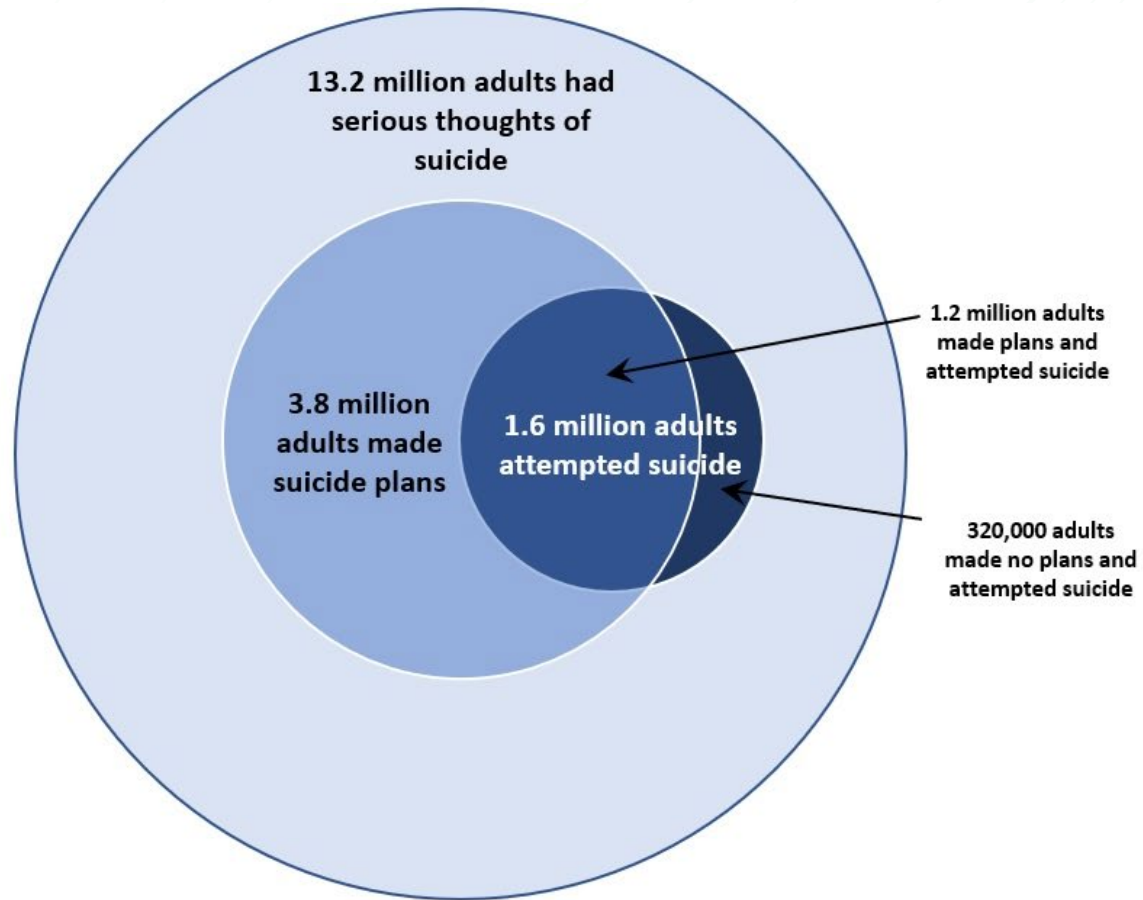
Emery Mahoney, Ph.D.

→ Objectives

- Identify suicide risk factors
- Identify suicide warning signs
- Know how to respond if someone you know is experiencing thoughts of suicide

→ Suicide In The United States

- Suicide is the 11th most common reason for death in the US overall and rates have been steadily climbing since 2000.



→ Suicide Risk Factors

- What are suicide risk factors?
 - Characteristics and circumstances that make it more likely someone will seriously think about, try to die by suicide or will die by suicide. They cannot predict who will try to die by suicide but they are important to think about.

→ Suicide Risk Factors

- Suicide Risk Factors:
 - Mental Disorders, especially mood disorders, schizophrenia, anxiety disorders and some personality disorders
 - Alcohol or substance use disorders
 - Hopelessness
 - A tendency to act without thinking or be aggressive

→ Suicide Risk Factors

- Suicide Risk Factors:
 - History of trauma or abuse
 - Major physical illness
 - Previous suicide attempts
 - Family history of suicide
 - Job loss or financial problems
 - Loss of relationship(s)

→ Suicide Risk Factors

- Suicide Risk Factors:
 - Easy access to things that can be used to die by suicide
 - Others in social circle who have died by suicide
 - Lack of social support and/or feeling isolated
 - Not feeling able to ask for help

→ Suicide Risk Factors

- Suicide Risk Factors:
 - Not having access to mental health and/or substance abuse treatment
 - Thinking that suicide is a good way to solve personal problems

→ Suicide Risk Factors

- It is important to remember that, just because someone has one or more of these risk factors does not mean they will try to die by suicide. Having risk factors just means that we may want to more carefully watch for suicide warning signs.

→ Suicide Warning Signs

- Unlike suicide risk factors alone, suicide warning signs suggest that someone may need more immediate support.
 - This is especially true if the behavior is new, has gotten worse or seems related to a difficult change or event.

→ Suicide Warning Signs

- Suicide warning signs may include:
 - Talking about wanting to die by suicide
 - Looking for ways to kill themselves online, buying a gun, etc.
 - Talking about feeling like things won't get better and/or not wanting to live
 - Feeling trapped and in pain they feel they can't get past
 - Feeling like they are asking too much from others

→ Suicide Warning Signs

- Suicide warning signs may include:
 - Use of alcohol and/or drugs (or using them more than usual)
 - Feeling more worried and/or irritable
 - Talking about getting back at someone or something
 - Acting without thinking
 - Sleeping too much or too little
 - Keeping to themselves
 - Having extreme mood swings

Helping Someone Who May Be Thinking of Dying by Suicide

- Having someone tell you they wish they were dead or are thinking of killing themselves often causes fear BUT it is important that we don't avoid the topic when it comes up.

Helping Someone Who May Be Thinking About Dying By Suicide

- Things to remember:
 - Talking about suicide is not a “cry for attention”, it is a cry for help!
 - Asking and talking about suicide does not increase the risk of the person trying to die by suicide. In fact, it actually decreases the risk a person will try to die by suicide.

Two Different Scenarios You May Encounter

- There are two types of suicidal thoughts someone might talk to you about. Both types require intervention but the type of intervention is different
 - Passive
 - Imminent

→ Passive Suicidal Ideation

- Passive
 - Passive suicidal ideation is when someone says something such as “I have thought about killing myself” or “I don’t want to do this anymore.”

Responding to Passive Suicidal Ideation

- Responding to Passive Suicidal Ideation:
 - Show concern and that you understand what they are telling you
 - “It sounds like you are really struggling right now. Can you tell me more about it? I would like to listen and help where I can.”

Responding to Passive Suicidal Ideation

- Responding to Passive Suicidal Ideation:
 - Do not argue with their negative thoughts
 - The person may say something like “It would be better if I were not alive.” Instead of arguing, show that you understand what they are telling you by saying “It sounds like you are feeling hopeless right now.”

Responding to Passive Suicidal Ideation

- Responding to Passive Suicidal Ideation:
 - Remind them they are not alone and you will help them find support
 - “I would like to help you get some support for these feelings. You are not alone.”
 - Create a safety plan
 - Ask the person who they will contact if their suicidal thoughts get worse. This may include close friends, family, a professional and a 24 hour suicide hotline.

Responding to Passive Suicidal Ideation

- Ask more questions
 - It is important to make sure when a person says something that suggests they may be having suicidal thoughts that we ask questions to make sure they are not in more immediate danger.

Considering If There is Immediate Danger

- Questions to ask:
 - Do you feel you could hurt yourself today?
 - Do you have a plan?
 - Are you scared to be alone right now?

If the answer to any of these questions is “yes”, it may be a good idea to respond as though there is a immediate danger.

→ When Is There an Immediate Danger?

- There is an immediate danger is when someone is saying that they want to die in the near future, especially if they have a plan for how they would die by suicide or have a timeline for trying to die by suicide.

→ Responding to Immediate Danger

- In the case that someone is in immediate danger
 - Call 911
 - Do not leave the person alone
 - Do not allow the person to have dangerous items such as knives, weapons, medications and poisons

Summary

- These key tips can be remembered using the BELIEVE acronym
 - B- Believe that suicidal comments or gestures are serious
 - E- Engage in conversation about the person's thoughts and feelings
 - L- Listen without judgement or arguing

Summary

- These key tips can be remembered using the BELIEVE acronym
 - I- Investigate if the person wants to die by suicide
 - E- Express empathy for the person and situation
 - V- Validate how difficult and painful this is for the person
 - E- Encourage them to get support and/or call to obtain support if the person is in immediate danger

Credit: Chad Buck, Psychologist, Vanderbilt University

Resources

- 988
- Arizona Statewide Crisis Line
 - 1-844-534-4673
- Arizona Complete Care Crisis Line
 - 866-495-6735
- Crisis Text Line
 - Text HOME to 741741
- National Suicide Prevention Hotline
 - 1-800-273-8255
- Non-Emergency Warm Talk Line
 - 844-733-9912

Thank
You!



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Thank You