

CDCS (Consumer-Directed Community Supports) Orientation

The CDCS training sessions will be held on a **virtual (Teams - online)** platform.

All sessions are the same so only one session needs to be attended.

Training sessions are facilitated by Community Services' staff.

Please ensure you register with your case manager to get signed up for the meeting.

You will be mailed a training packet and emailed a training link.

CDCS training sessions:

- **Thursday, May 23**
6-8 p.m.
- **Tuesday, June 4**
1-3 p.m.

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Community Services
14949 62nd Street N.
Stillwater, MN 55082

[Intellectual and
Developmental Website](#)

Washington County Corner

It is bittersweet that I announce my retirement from Washington County. After over 25 years with Washington County, I have decided it is time to move on to other adventures.

I am the founder of the Community Links newsletter and have been coordinating the development and distribution of it since it began. The newsletter began with a focus on Autism education, community-based services, and activities. It has evolved throughout the years to include a much broader focus. The newsletter has now become a means to inform all community members of the Department of Human Services' (DHS) initiatives, new programs and fun activities in our community, program updates and to highlight accomplishments of the people we serve. The county is committed to continuing this newsletter and will be assigning another team member to coordinate and oversee its distribution.

It has been an honor and privilege to work with so many great people in our community and at Washington County. I will miss you all and wish you the best.

Submitted by: Denise Steans, Senior Social Worker, Washington County Intellectual and Development Disabilities.

Washington County Welcomes Six New Employment Support and Day Support Service Providers for Adults With Disabilities

What are employment support and day support services?

Employment support services: Individualized services and supports that help people maintain paid employment in community businesses/settings. Employment support services occur in integrated community settings.

Day support services: Individualized, community-based training and support services that help a person develop and maintain essential and personally enriching life skills so they can access and participate in activities they prefer in their community.

Choice and inclusion: Bringing in these new providers expands the options available to our residents, offering a wider range of service providers and in locations closer to where people live and want to socialize.

This is especially exciting for day support services. Historically, day support services have mostly been available in licensed buildings with limited capacity. Our new providers will be offering community-based day supports services in shared public areas. Community-based day support services eliminates the 30-45 minute van rides to a day service building.

Community-based day support services will take place in community spaces carefully selected to align with the interests of the participants. These spaces may include community centers, libraries, parks, art galleries, coffee shops and various other locations.

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- **Tuesday, Aug. 6**
6-8 p.m.
- **Wednesday, Sept. 4**
9-11 a.m.
- **Thursday, Nov. 7**
6-8 p.m.
- **Monday, Dec. 9**
1-3 p.m.

Training and Community Activities

24th Annual Steps for Autism

Step Up, Give Back, Get Connected.

Steps for Autism is all about supporting our community—and connecting people with services, supports and each other. Help by fundraising to build an inclusive Minnesota that celebrates neurodiversity. Funds raised stays local to support social and recreation programs, summer camps, counseling/consulting services, classes, etc.

Sunday, May 19

9 a.m.-Noon

The Recreation Outdoor Center (ROC) at St. Louis Park Rec Center
3700 Monterey Drive
St. Louis Park, MN

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All of these new providers will be offering both employment support and day support services throughout Washington County!

Welcome:

- [Accord](#): Bringing Possibilities to Life
- [Believe Again Home Care](#)
- [Jannah Health Services LLC](#): **This provider will be offering employment services only.*
- [Lifeworks](#): Day Services for People With Disabilities
- [TSE, Inc.](#): Enriching Lives Through Employment and Community Connections
- **Premier Cultural and Social Services**: [Email Wilson Tindi](#)

Please work with your social worker to find out more information on how to access employment support and day support services.

Written by: Winna Bernard, Senior Social Worker, Washington County Intellectual and Development Disabilities.

Self-Directed Corner

Consumer-Directed Community Supports (CDCS)

CDCS paid personal assistance services hours policy change

A spouse or parent of a minor is no longer limited to 40 hours of paid personal assistance services in a seven-day period.

The Centers for Medicare and Medicaid Services (CMS) approved a DHS waiver amendment to increase the number of hours per week a spouse or parent of a minor can be paid as follows:

- If one parent provides personal assistance services to their minor child(ren), the parent may provide up to 60 hours of paid support in a seven-day period.
- If more than one parent provides personal assistance services to their minor child(ren), each parent may provide up to 40 hours of paid support in a seven-day period.
- If a person's spouse provides personal assistance services, the spouse may provide up to 60 hours of paid support in a seven-day period.

The following is the standard protocol to review and approve plan revision requests to increase the number of hours of a spouse or parent of a minor:

- Services must fall within the description and allowable costs of the personal assistance service category.
- Service hours meet the basic waiver criteria for allowable expenditures.
- Paid tasks are not activities a spouse or parent of a minor would ordinarily perform or be responsible to provide.
- Requests must be within the person's budget amount.
- Requests must include a revised staffing pattern indicating the days/times of the additional hours that will be worked.
- Requests must be submitted on a CDCS revision form.

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Visit the [AuSM website](#) to register or get more information.

PACER's E.X.I.T.E. Camp

PACER's EX.I.T.E. Camp empowers middle school girls and gender expansive youth with disabilities in the fields of Science, Technology, Engineering and Math (STEM). EX.I.T.E. Camp provides a safe, inclusive, and supportive environment for fun, hands-on learning, as well as a place to meet new friends and create lasting memories.

Last year, PACER Center partnered with local industry professionals to produce EX.I.T.E. Camp. 3M, IBM, Medtronic, Best Buy, Greenberg Traurig LLP and Wold Architecture & Engineers generously donated their talents, resources and insights to inspire campers as they learned about coding, project management, product design, material sciences, chemical science, engineering, architecture and more. Each day of camp also featured guest

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If Washington County approves additional hours that result in overtime pay, the person is still responsible to adhere to the overtime provisions of the U.S. Department of Labor – Fair Labor Standards Act (FLSA). The person should work with their financial management service (FMS) provider for assistance.

This change includes the Brain Injury (BI), Community Access for Disability Inclusion (CADI), Community Alternative Care (CAC), Elderly Waiver (EW) and Developmental Disabilities (DD) waiver.

Please view the [Consumer-Directed Community Supports Expenditure Guide](#) which has been updated for 2024 or request a copy from your case manager.

Submitted by: Denise Steans, Senior Social Worker, Washington County Intellectual and Development Disabilities.

Rise's Life Enrichment Program Offered Writing Course for Adults With Disabilities



Recent writing course at Rise's Cottage Grove Life Enrichment Program.

out of opportunities like this one.

People with disabilities so rarely get opportunities to share their unique experiences in this way. The group is excited to bring back everything they've learned and share it with others in their program.

Adults with disabilities supported at Rise's Cottage Grove Life Enrichment Program recently had the opportunity to share their writing with the world. Through a program put on by Cow Tipping Press and funded by Minnesota's Arts and Cultural Heritage Fund, they were able to attend a five-week writing course at the library.

For these folks, who had already shown an interest in writing over the years, this was the opportunity of a lifetime. This course allowed them to express themselves through their own words and then their work was published at the end of the session. They enjoyed all types of writing activities, Deanna said, "I love to write, especially poems," and another person asked when they could do another writing course!

One of the special things about this particular course is that no traditional reading or writing abilities are required. There are accommodations available for everyone who uses language in any way to participate – including those who would typically be left

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speakers who shared their expertise in bridge engineering, animal sciences and stop motion with all campers. This year's camp will bring a similar experience!

Camp registration is open! **Application deadline: May 1.**

2024 E.X.I.T.E. Camp schedule:

- **Tuesday, July 9** | *Opening Ceremony*
4:30-5:30 p.m.
- **Wednesday, July 10** | *Day 1*
9 a.m.-4 p.m.
- **Friday, July 12** | *Day 2*
9 a.m.-4 p.m.
- **Monday, July 15** | *Day 3*
9 a.m.-4 p.m.
- **Wednesday, July 17** | *Day 4*
9 a.m.-4 p.m.
- **Friday, July 19** | *Day 5*
9 a.m.-4 p.m.
- **Friday, July 19** | *Closing Ceremony*
4-5:30 p.m.

Camp will be held in-person at the PACER office in Bloomington, MN and virtually via Zoom.

Visit PACER's E.X.I.T.E. Camp website to register and get more information.

Washington County Crisis Response

Are you experiencing a mental health crisis? You are not alone.

The Washington County Crisis Response Unit provides mobile mental health crisis services for adults and children. These services are available **24 hours a day**.

Crisis Response Unit can provide face-to-face, short term, intensive, mental health crisis services that assist and support individuals and families with:

- Crisis counseling
- Navigating the mental health system
- Referral(s) to ongoing services
- Resources and information

Call: 651-275-7400 | Fax: 651-275-7401 | [Email Crisis Response](#)

Metro Moves

Metro Moves is a new transit service of the Metropolitan Council designed to give people who have a disability and are served by a waiver another choice to connect to day support services, jobs, and community resources. This service will open up access for those receiving waiver services to reach many communities across the Twin Cities region.

Partnering to Build Regional Connections

We've heard from you and your advocates that stable transportation is key to choosing day support services, finding and keeping competitive employment and gaining access to community resources. Ultimately, Metro Moves will be one more option that gets you closer to reaching your personal goals.

Metro Moves has partnered with the Minnesota Department of Human Services and its lead agencies to build and design this alternate transit option to give you greater independence and access through expanded days and consistent hours of service.

About the Service

Metro Moves will serve people who have a disability and are served by a Brain Injury (BI) waiver, Community Access for Disability Inclusion (CADI) waiver or a Developmental Disability (DD) waiver. The service will begin in Washington County the summer of 2024 and will link waiver participants to day support programs, work and other community destinations.

- Your waiver makes you eligible for Metro Moves.
- Your lead agency will authorize your trips.
- Metro Moves' service area and hours of operation will improve access across the metro region.
- **Hours:**

Monday-Friday	Saturday/Sunday
6 a.m.-10 p.m.	8 a.m.-10 p.m.
- There will be no standby trips for anyone using Metro Moves.
- Standing orders will be available.
- You will not have to pay an onboard fare when using Metro Moves.

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Need Assistance Completing Benefit Forms?

Washington County Community Services navigators can help you complete benefit forms for:

- Cash assistance.
- Energy assistance.
- Food support.
- Medical assistance.
- Crisis intervention services.

Call: 651-430-6455
TTY: 651-430-6246

Submitted by:
Denise Steans,
Senior Social Worker,
Washington County
Intellectual and
Development Disabilities.

Assistive Technology Consultation

The PACER Simon Technology Center (STC) offers free, informal assistive technology consultations for children and adults with disabilities in Minnesota. *Please note this service is separate from our fee-based individualized training service.*

An assistive technology consultation with the STC is a way to explore assistive technology in a low-pressure,

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Metro Moves will share additional information soon for:

- Waiver participants and their support team to know how to access and use the service.
- The regions' counties and their staff to understand and advise the people they serve about the service.
- Advocates to share and communicate about this new transportation option for the people they serve.

Call 651-602-1900 or [email Metro Moves](#) to learn more about this new service.

(Experts taken from Metropolitan Council website.)

Submitted by: Winna Bernard, Senior Social Worker, Washington County Intellectual and Development Disabilities.

Valley Friendship Club (VFC) News



Having Fun Making Friends

site for **Special Olympics Young Athletes** and our first session was such a success, this will now become an ongoing program for VFC. Young Athletes is an innovative sports play program that introduces children ages two to seven years old, with and without disabilities, to the world of sports.

VFC is offering another six week session starting **Saturday, April 6.**

- VFC always has a mix of fun events online and in-person each weekday including Hub Hangout, Music Mashup, Arts & Crafts with Angelina and Bingo.
- This spring/summer we will have our **VFC 14th Birthday Party on Sunday, May 19.**
- Our summer camps are nearly full but we still have openings for our teen up (13 and older) group in our **Music and Silent Film Camps** and for our kids connect (12 and younger) group in our **Clay & Play and Music camps.**
- This summer we will continue to have **Summer Socials** at parks in the Stillwater area on various Mondays nights. Join us and learn more about all the fun we have everyday at VFC!

View our full [Events calendar](#) on the [Valley Friendship Club website](#). Kids, teens and adults are welcome!

Submitted by: Lisa Kothe, VFC program director

- VFC is partnering with Stillwater Community Education to offer **Adapted Kickball** this summer. Come play kickball and meet new friends! New to kickball - no problem! This class gives people with disabilities the opportunity to learn the basics and *for those who can't kick, we will offer a variety of ways to "kick" the ball.*

Thursdays: July 11-Aug. 15 | 6-7 p.m.

- This winter, VFC became an east metro

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collaborative environment. This is not a formal assessment or evaluation but rather a guided exploration of technology that may help individuals with disabilities become more independent at home, school/employment and in the community.

Visit [PACER Center's website](#) for more information.

Contact Us for Article Submissions:

For questions or to submit articles, contact:

Hamdi Hassan
651-430-4145
[Email Hamdi](#)

Sign Up for this Newsletter

Sign up to receive this newsletter via email or text through our [Notify Me system web page](#).

If you have a change to your email address, make sure to update the Notify Me system so you continue receiving your newsletters.

Important Special Education Update for Minnesota Families: Transition Age Extended to Age 22

Legislation was recently enacted and a court case was recently decided, both of which provide that students with disabilities are eligible for transition services until they turn 22. **If your child is still in school**, please contact your school district to request that they continue transition services until they turn 22. **If your child turned 21 on or after July 1, 2019, and their special education services ended before July 1, 2023**, they are likely eligible for compensatory services for services not received before their 22nd birthday. In order to access those services, please contact your school district or transition program to reenroll your child or discuss compensatory services. ***If the school refuses your request to reenroll your student or refuses your request for transition services, please contact the Minnesota Disability Law Center at 1-800-292-4150.***

For other questions related to transition programming or services, please contact PACER Center at 952-838-9000 or [via email](#).

Online Parenting Program

The CALM Compass is an online parenting program for parents and caregivers of youth with Autism Spectrum Disorder (ASD). CALM Compass can help you prepare and plan for problems, prevent power struggles, mediate challenging transitions and more.

[Visit the CALM Compass website](#) for more information.

Washington County Parks Purchases All-Terrain Wheelchairs

Two all-terrain wheelchairs will be available for visitor use at Cottage Grove Ravine Regional Park and Lake Elmo Park Reserve beginning in the spring of 2024.



GRIT all-terrain wheelchair at Lake Elmo Park Reserve.

Washington County Parks used funds from the Minnesota Department of Health Statewide Health Improvement Partnership to purchase two GRIT all-terrain wheelchairs for individuals to check out free of charge while visiting Washington County Parks.

These lever-driven off-road chairs are a cross between a mountain bike and a wheelchair that allow individuals to access more rugged trails and terrains.

For more information, see the [Washington County Parks website](#) or contact Parks staff: 651-430-8370 | [Email Parks staff](#).