

Self-Directed Service News

Consumer-Directed Community Supports (CDCS)

Per feedback from previous CDCS Orientation participants: In 2025, we will continue to hold CDCS Orientations on a **virtual platform (Teams - online)**. There will be sessions offered the second Wednesday of every month, which alternate between morning and evening sessions depending on the month.

CDCS participants are expected to attend only one session within 30 days of starting on or

Continued on page 2



Community Services
AA&D Division
14949 62nd St. N.
Stillwater, MN 55082

[Community Services
Disabilities Website](#)

Make This Summer Memorable and Safe!

The warm days of summer are a great time to connect, explore, and recharge. This season brings opportunities to get involved in your community, discover local resources, and make lasting memories with family and friends. As you head outdoors or gather with others, don't forget to put safety first – so you can make the most of everything summer has to offer.

Submitted by: Rachel Carpenter, case management supervisor; Lori Butler, case management supervisor; Txing Vang, planner; Jonathan Vang, senior social worker; and social workers Whitney Lee and Chor Her.

Midwest Special Services (MSS)

MSS is a day support and employment services provider supporting people with disabilities in the Twin Cities Metro area. For over 75 years, MSS has supported people with disabilities to live full and active lives in their communities, in the workplace, out in nature, and beyond.

MSS operates seven programs in the metro, including one in Oakdale. Each year, MSS empowers over 500 individuals to pursue their unique interests by providing community-based programming, remote programming, employment support, person-centered planning facilitation, and individualized home supports. MSS also offers a fine arts studio program, Fresh Eye Arts, which supports people with disabilities in exploring art for employment and enjoyment.

The people in the MSS programs, as well as MSS volunteers, staff, and visitors, are provided the opportunity to develop meaningful relationships, learn new skills, share passions and talents, and engage with the larger community. MSS is committed to creating a welcoming space where everyone feels a sense of purpose and belonging.

[Visit the Midwest Special Services website](#) for more information.

ProAct



ProAct maximizes individual potential for greater self-sufficiency by providing person-centered services that enhance the quality of life for people with disabilities in the areas of employment, life skills, and community inclusion. This is ProAct's mission and they do this every day for hundreds of participants with disabilities.

ProAct's headquarters in Eagan serves as a central hub alongside additional sites in Hudson, Shakopee, and Red Wing. The Eagan location supports over 400 individuals,

Continued on page 2

*Continued from
Self-Directed Service
News - CDCS on page 1*

*30 days after starting
on the CDCS program.*

*Please talk with your
case manager about
signing up for CDCS
Orientation.*

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

2025 CDCS Orientation sessions: (Wednesdays)

- **July 9** | 9-11 a.m.
- **Aug. 13** | 6-8 p.m.
- **Sept. 10** | 9-11 a.m.
- **Oct. 8** | 6-8 p.m.
- **Nov. 5** | 9-11 a.m.
- **Dec. 10** | 6-8 p.m.

CDCS Update

Effective Feb. 1,
the Department of
Human Services (DHS)
started the rolling
implementation of
the CDCS unbundling
project. This project:

- More accurately
categorizes goods/
services in eight
categories instead
of four.
- Clarifies provider
qualifications.
- Clearly defines
services.

*All initial plans (after
Feb. 1) and everyone
renewing (after April 1)
should be using
unbundled policy/
forms. For all others,
old policy/forms should*

Continued on page 3

Continued from ProAct on page 1

with a significant number coming from Washington County. Key programs offered at the Eagan site include:



Visiting Teddy Bear Park in downtown
Stillwater.

- **Day Support Services (DSS)**
This program includes a newly established Autism Center and Leisure Center. Participants benefit from daily excursions into the community, such as visits to parks, museums, zoos, and libraries. Transportation is arranged through Metro Move and other transportation services.
- **Production Skills Program**
This prevocational program works in conjunction with Employment Development Services (EDS) or Employment Exploration Services (EES), focusing on developing essential skills to help participants achieve their employment goals.
- **Individualized Home Supports (IHS)**
This expanding program currently supports 60 participants within the surrounding community, including Washington County.
- **Employment Support Services (ESS)**
Offers on-site support for participants who are working independently in community-based jobs, including those in Washington County.
- **Employment Development Services (EDS)**
Focuses on assisting participants in securing independent employment opportunities within the local community, including Washington County.

[Visit the ProAct website](#) for more information and to learn about ProAct's work to advance community inclusion opportunities for people with disabilities.

Team PACER: Your Superpower for Support!



[PACER Center](#) is available to support families of children and young adults with disabilities. They provide free resources, workshops, and one-on-one help to guide you through education, assistive technology, and building inclusive communities. [View PACER's three areas of focus.](#)

[View PACER's Events web page.](#) | [Sign up for PACER's newsletter.](#)

*Continued from
Self-Directed Service
News - CDCS on page 2*

be used until the person's next renewal. All initial plans will use unbundled forms and adhere to unbundled policy. Since it is imperative that case managers understand CDCS unbundled policy, please view [DHS's training on CDCS Unbundling](#).

Waiver Management System (WMS) Issues

DHS continues to report issues with the WMS. *This may cause delays with getting actual CDCS budgets. When there is a delay, you can use last year's service plan budget and case managers can authorize \$10,000 temporarily so services can continue until the actual budget is available.*

Community First Services and Supports (CFSS) Updates

- Personal Care Assistance (PCA) and Community Support Grant (CSG) service agreements are now able to

Continued on page 4

SENSE-ational Spaces

The founders of [SENSE-ational Spaces™](#), Alexi and Marlee, are licensed and registered occupational therapists. Using their occupational therapy lens, SENSE-ational Spaces™ supports individuals with disabilities and their families through promoting education on sensory processing and environmental modification as well as design and implementation of uniquely tailored sensory spaces. SENSE-ational Spaces, LLC is also proud to offer comprehensive consultation space home modification and assistive technology assessments through Minn. and Wisc. county grant and waiver funding as a registered provider.

SENSE-ational Spaces offers these services:

- Customized packages including professional recommendations, design, and installation of sensory spaces on any budget and for any size space.
- Ability to become a SENSE-ational Insider with access to handouts and instant downloads including sensory-related topics, activities, and other resources.
- Therapy-grade equipment catalog including durable and quality sensory equipment shipped directly to you.
- Continuing education and professional development courses (AOTA accredited).
- Ongoing in-home or virtual therapeutic consultation and education.

[Visit the SENSE-ational website](#) to [submit a referral](#) or view more information.

Partnering for Resilience

The WellSpring Project

Since its launch in 2020, *The WellSpring Project* has been a community-driven effort rooted in upstream public health strategies. The mission is to promote resilience and healthy development for people of all ages in Washington County, Minnesota.



Get the tools you need to build resilience. Find resources relating to:

- Adults
- LGBTQIA+
- Newcomers
- Older Adults
- Parents & Children
- People of Color
- Rural
- Veterans
- Youth & Young Adults

Washington County Public Health and Environment supports and uplifts this initiative.

[View the Washington County WellSpring Project website](#) for more information.

Continued from CFSS
Updates on page 3

be extended for a six month time period.

- Currently there are 18 CFSS consultation services providers but DHS is working to approve more!
- [View the list of contracted CFSS consultation services providers on the DHS website.](#)

Contact Us for Article Submissions:

For questions or to submit articles, contact:

Txing Vang
651-275-8713
[Email Txing](#)

Sign Up for this Newsletter

Sign up to receive this newsletter via email or text using 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.

County Parks Roll Out Accessibility Upgrades

In recent months, Washington County Parks has made significant strides to expand access to its park and trail system through innovative design and equipment. These improvements are a part of an ongoing effort to ensure parks as a welcoming space for all members of the community. Among the most exciting upgrades, Parks was able to highlight [Trails at Your Pace](#) and purchase an all-terrain electric wheelchair known as the Action Trackchair.

The Trails at Your Pace program showcases existing trails within the parks that were identified as accessible, short walking opportunities for users of all backgrounds. This revamp of how the trails are recognized allows for increased awareness of these trails and physical improvements including additional benches that were installed along the trails to provide more resting spots. Trails at Your Pace are available at Lake Elmo Park Reserve, Cottage Grove Ravine Regional Park, and Hardwood Creek Regional Trail. Detailed route maps are available on the Parks website.

Brand new to the parks, the Action Trackchair was purchased with grant funds from the Metropolitan Council's Equity Grant Program. This versatile electric wheelchair can maneuver through mud and snow, over rocky and grassy land, and even through standing water. This chair gives visitors with a disability the chance to explore parkland and immerse themselves out in nature independently, enhancing their park visit and autonomy. With optimal conditions, the chair's battery can withstand three hours of use and can be used in all weather conditions.



Coming to the parks this summer, the Action Trackchair will be available for rent at rotating park offices at *no cost to the user*. Detailed information on rental times, locations, and how to rent will be announced on social media.

[Visit the Washington County Parks website](#) for more information.

Washington County Library

- Learn about the Washington County Library summer learning program for kids, teens, and adults on the [Washington County Library website](#).
- Did you know? Washington County libraries have new blood pressure monitor kits with bilingual instruction manuals available to check out. The manuals contain information on managing blood pressure, how to get accurate readings, and other resources.

[View more information on blood pressure monitor kits on the Washington County Library website.](#)