

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 quarter, which alternate between morning and evening sessions beginning Oct. 8, 2025.

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

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

[Community Services Disabilities Website](#)

As the long days of summer wind down, we hope you had time to enjoy the sunshine, connect with others, and create joyful memories. With the arrival of fall, many children are now settling into school or community programs - a time full of change, growth, and new routines.

This season is also a great opportunity to check in with your local schools, centers, and organizations to learn about programs, support services, and ways to stay connected. Whether you're navigating new transitions or simply looking for community resources, please remember: You are not alone. We're here to support individuals and families of all ages and abilities every step of the way.

October is ADHD Month

Learning Disabilities Association (LDA) of Minnesota offers diagnostic testing for Attention-Deficit/Hyperactivity Disorder (ADHD) and learning disabilities, as well as tutoring services and executive functioning training services for students with ADHD.

There is a free support group for adults with ADHD:

- **Morning group:** Every Thursday | 10 a.m.-Noon | In-person and online via Zoom.
- **Monthly evening group:** First and third Thursday of each month | 7-8:30 p.m. | Online via Zoom.

Register by calling 952-582-6000.

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

CFSS Program Updates

We're excited to share important updates and reminders about the Community First Services and Supports (CFSS) program. These changes and tips are meant to help you stay informed and feel confident as you move through the transition process.

DHS Extends Transition Timeline

The Minnesota Department of Human Services (DHS) has extended the transition timeline for moving from the Legacy PCA and Consumer Support Grant (CSG) programs to Community First Services and Supports (CFSS). **Families and individuals now have until Sept. 30, 2026 to make the transition.**

[Read the full DHS announcement.](#)

Choosing a Consultation Services Provider

When you're ready to connect with a consultation services provider, follow these steps:

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

You will be sent a link to the training.

CDCS Orientation quarterly sessions:

- Wednesdays:**
10 a.m.-Noon and 6-8 p.m.
- Oct. 8
 - Jan. 14

CDCS Update: What's New
We're excited to announce that Washington County has a new CDCS Coordinator – Erin Livingston!

Please join us in welcoming her to the team.

Quarterly CDCS Orientations will resume in **October 2025** with **virtual sessions offered the second Wednesday of every month** - with one morning and one evening session available.

Please reach out to your case manager to sign you up! If you do not have a case manager but have questions about CDCS, [email CSAAD-CDCS program](#).

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1. **Review your options:** For a list of providers, including contact information, websites, and languages offered, visit [DHS' CFSS Consultation Services Providers website](#).
2. **Reach out:** Contact the providers you're interested in. Ask when they can begin working with you. It's a good idea to contact more than one to compare fit and availability.
2. **Make your choice:** Select the provider that best meets your needs and let them know you've chosen them.
3. **Notify your lead agency:** Once you've chosen a provider, let your lead agency know so your consultation services can be authorized. Notify them via:
 - Phone: 651-430-6323.
 - Email: CSAAD-CFSSProgram@washingtoncountymn.gov.

You will then be mailed a service authorization letter.

Common Reasons for Plan Revisions

To help prevent delays, here are a few of the most common reasons CFSS plans are sent back for revisions:

- Plan not signed by the responsible party.
- Missing assessed activities of daily living (ADLs).
- Level I behaviors not included in the plan.

Double-checking these details can save you time and keep your plan moving forward.

Who to Contact with Questions

Not sure who to reach out to? Here's a quick guide:

Questions about:	Contact:
My next steps.	Your lead agency.
The two models.	Your consultation services provider.
Writing my CFSS service delivery plan.	Your consultation services provider.
Making changes to my approval plan/changing providers.	Your consultation services provider.

As always, our goal is to support you through every step of the CFSS process. If you have questions or need extra guidance, don't hesitate to reach out. We're here to help you succeed in making a smooth transition.

Blazing Stars Special Olympics Team Located in South Washington County

The Blazing Stars Special Olympics team provides sports training, athletic competition, physical activity, and social connections for athletes with intellectual and developmental disabilities. Most Blazing Stars team athletes live in South Washington County, however,

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Minnesota Microgrant Partnership

Microgrants from The Arc Minnesota provide up to \$1,500 to help people with disabilities in Minnesota achieve housing or employment goals. Funded by the Minnesota Department of Human Services (DHS), the program covers items purchased by Microgrant staff to support these goals.

You may qualify if you have a disability - physical, sensory, developmental, or otherwise - and live in Minnesota. *Proof of disability (like a doctor's note) may be required.*

Applications are accepted from individuals with disabilities or their supporters (staff, family, friends). *Only one Microgrant is awarded per person every 12 months.*

Acceptance of applications is now closed until Nov. 3 since the limit was reached for the month.

Visit The Arc [Microgrant website](#) for more information.

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all Special Olympics athletes are welcome. The Blazing Stars Team is affiliated with Special Olympics Minnesota.

Sports and activities are offered throughout the year. The Blazing Stars sports include basketball, bocce, flag football, cornhole, golf, Out & About (walking/rolling club), poly hockey, softball, snowshoeing, and swimming. Some sports are "unified," combining athletes of all abilities. The team welcomes volunteers to participate as coaches or members of the Blazing Stars Local Sports Management Team.

[Email Woodbury Blazing Stars](#) to receive Blazing Stars Team emails. Visit the [Blazing Stars' website](#) for more information.

Best Life: Libby Backberg

Libby is a very kind, young woman. She's a very good friend and an excellent listener. Libby is trustworthy and reliable. She loves animals, especially her new puppy, Paisley.

Libby is great at doing her dog agility training courses in Stillwater with Paisley. She enjoys spending time with her dog or hanging out with friends. Libby likes to read and is a great advocate for herself.

Libby often takes the initiative to find services and providers she is interested in pursuing. Libby often calls providers herself to see if she wants their services and does a lot of communication between the provider, her case manager, and her parents.

Libby worked at the movie theater in Woodbury but only one day a week. She expressed an interest in working more hours and thought of Chuck and Don's or another pet store in Woodbury but they're currently not hiring. Libby will soon begin training to work shifts at Kowalski's.

Since Rise had a relationship with Finley's dog treats, they set up an interview with Libby, and after seeing a photo of Libby's dog Paisley with Finley's treats, they immediately wanted to hire her. Libby is now the brand ambassador for Finley's dog treats.

Written by: Stephanie Carr, case manager.

Get to Know Your Fire Department

Tours and Events Available Across Washington County

Did you know that many local fire departments offer public tours and host community events throughout the year? These opportunities provide valuable insight into fire safety, emergency response, and the important work our first responders do every day. If you're in Washington County, consider visiting one of the local fire departments to learn more, engage with your community, and support your local volunteers.

- [Hugo](#)
- [Oakdale](#)
- [Stillwater](#)
- [Woodbury](#)

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AA&D Connect Newsletter Committee Members

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

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Special Highlights:

- [Cottage Grove:](#)
 - **Fire and Fall Prevention for Seniors**
Home visits to promote a safe living environment.
 - **Public Health and Safety Program**
Educational events located throughout the city to enhance safety and well-being of the community.
- [Mahtomedi:](#)
Security Code Deadbolt/Keypad Lockbox
Cool fact: If you have a security code deadbolt or a keypad lockbox, you can call the Washington County Sheriff's Office (651-439-9381) and the Mahtomedi Fire Department (651-426-1080) to give them your security code. In the event of an emergency at your residence, your code will be tied to your address so emergency responders will be able to gain access without damage to your property.

The Oasis



For over 50 years, ProAct has been serving people with disabilities and looking for new and innovative ways to provide accessible recreation and enrichment opportunities for participants.

PROACT After identifying a growing need for services dedicated to individuals on the Autism Spectrum and those with varying sensory needs, ProAct opened the Autism Center, also known as The Oasis, at our Egan location in 2024.

The center was developed in partnership with the Autism Society to design the center's layout, activities, and to ensure staff receive advanced training. The biggest strength of



Oasis staff and participants created their own tie dye shirts.

the center is there are so many choices available with all different sensory needs being met like tactical, sight, sound, and even smell.

The Oasis is a calm and soothing environment structured to ensure their participants and their unique wants and needs are given the opportunity to thrive.

Visit [ProAct's website](#) to learn more about services and opportunities like their Autism Center.