

**STATEWIDE INDEPENDENT LIVING COUNCIL  
MEETING MINUTES  
Sleep Inn and Suites, Minot  
November 6 - 7, 2019**

**Call to Order:** Brittney Hogan called the meeting to order at 1:05 p.m. A quorum was present.

**Roll Call:**

**Members Present:** Mark Bourdon, Bill Willis, Russ Cusack, Royce Schultze, Brittney Hogan, Drew Hanson, Jared Ferguson, LaRae Gustafson, Shannon Cook, Sarah Bachmeier, Brenda Boehler, Gillian Plenty Chief

**Members Absent:** Nancy Lundon, Matthew White, Benjamin Johnson, Trevor Vannett

**Non-Council Members Present:** Aimee Volk, Randy Sorensen, Scott Burlingame, Robyn Throlson, Taylor Heine

**Approval of August 2019 Minutes:** Drew Hanson made a motion to approve the August 2019 SILC minutes as presented. LaRae Gustafson seconded the motion. Motion passed by unanimous decision.

**Approval of November 2019 Agenda:** Royce Schultze made a motion to approve the agenda Drew Hanson seconded the motion. Motion passed by unanimous decision.

**Correspondence – Brittney Hogan:** None

**Treasurer’s Report – Bill Willis:** Bill reviewed the Treasure’s Report with the council. A new spreadsheet was introduced that gives more detail which Bill reviewed.

The SILC no longer has to submit for prior approval for travel. This will help so there are no more delays for travel requests.

**Brenda Boehler made a motion to approve the treasurer’s report and Shannon Cook seconded the motion. Motion passed by unanimous decision.**

**Report on the APRIL Conference – Scott Burlingame and Sarah Bachmeier**

The APRIL Conference was held October 25-28, 2019 in Grand Rapids, Michigan. Sarah stated that it was a great conference and she learned a lot more about independent living. There were several breakout sessions in several areas which was great for learning. The Administration for Community Living (ACL) was at the conference and the representatives have a strong background in independent living which was seen as a positive. They want centers for independent living (CILs) to focus on resource development. Scott was elected as the Chair of APRIL did a great job as the closing keynote speaker.

Next year APRIL will be in Orlando, FL.

### **Work on State Plan for Independent Living (SPIL)**

Round table discussion was held on how to proceed with completing the SPIL by June 30, 2020. A decision was made to form a SPIL subcommittee group with Mark Bourdon, Russ Cusack, Randy Sorensen, Royce Schultze, Scott Burlingame, Robyn Throlson, and Aimee Volk. Meetings dates will be sent in the near future to proceed with the SPIL.

### **People with Disabilities – Minot Legislators-Randy Burckhard (Senator), Kyle Erickson, and Kevin Perdue**

Discussion was held as a public input forum on people with disabilities who have benefited from independent living (IL) services. They talked about how they found out Independence, Inc. They explained their barriers that they have in the Minot area. They explained their experience with misconceptions they face.

Senator, Randy Burckhard stated “I am amazed by what I have heard”. Senator Burckhard explained some of the legislative processes. Legislatively, they meet for 80 days every other year. They do 900 bills and resolutions in those days. Each Legislator is assigned to two committees. Senator Burckhard stated that “employment is a problem in North Dakota but there are a lot of opportunities”.

### **Committee Breakout**

**Thursday, November 7, 2019**

Call to Order: Brittney Hogan called the meeting to order at 9:02 a.m. A quorum was present.

#### **Roll Call:**

Members Present: LaRae Gustafson, Mark Bourdon, Bill Willis, Royce Schultze, Russ Cusack, Jared Ferguson, Shannon Cook, Brittney Hogan, Brenda Boehler, Sarah Bachmeier, Gillian Plenty Chief

Members Absent: Nancy Lundon, Trevor Vannett, Drew Hanson, Benjamin Johnson, Matthew White

Non-Committee Members: Aimee Volk, Randy Sorensen, Scott Burlingame, Kendra Faa, Peter Yung,

### **After School Transition Program – Peter Yung and Kenda Faa with Vocational Rehabilitation**

Peter explained the structure of their office, current staff, and goals. They talked about how they work with transition students in their region. Students typically come to vocational rehabilitation when they are 16 or two years before they exit high school. They work individually with the student, work with the parents, and attend individualized education plans (IEP) meetings. They work one-on-one to explore vocational goals, accommodations, etc. Once they have graduated high school, vocational rehabilitation still works with the individual

to achieve their career goals. They have a strong partnership with Independence, Inc. as Independence, Inc. contracts with several of their rural school contracts.

**Director's Reports:**

Randy for Options: See attached.

Royce for Dakota Center for Independent Living: See attached.

Scott for Independence, Inc.: See attached.

Mark for Freedom: See attached.

**Committee Reports:**

Internal Affairs – LaRae Gustafson: See Grid

External Affairs – Scott Burlingame: See Grid

State Rehabilitation Council – Shannon Cook: Money for handicapped parking fees go to the State Rehabilitation Council.

State Council on Developmental Disabilities – Trevor Vannett: No report.

Traumatic Brain Injury Council – Shannon Cook: They did not receive their grant. They are looking at how recent legislation and what they need to conform.

Behavioral Health Planning Council – Aimee Volk: The annual conference for the Behavioral Health Planning Council is November 13-15, 2019. It will be held at the Bismarck Event Center Exhibit Hall. November 12<sup>th</sup> is Free through Recovery.

Quarterly Region 8 Conference Call – Brittney Hogan: No report

The next SILC meeting will be February 6-7, 2020 in Bismarck, ND at the Heritage Center. Reminder the meetings will now be Thursdays and Fridays.

**Gillian Plenty Chief made a motion to adjourn the meeting and Russ Cusack seconded the motion. The meeting was adjourned at 11:30 a.m.**

**Options ND SILC Report  
November 2019**

**ADA Accessibility:**

- Assisted individuals on:
  - Home or apartment accessibility design needs such as ramps or bathroom updates for five individuals.
  - Physical work site accommodations including ramp, bathroom and accessible route.
  - Possible tax credits for employer and work completed
  - Information to person experiencing possible employment discrimination. Person accepted settlement from employer.
  - Accessible parking requirements,
  - Accessibility lift vendors for local church
  - Ramp design for stage access in hotel
  - Local exercise facility on accessible door improvements
  - Resources for automatic doors, accessible lift for a gymnasium in school
  - Community raised accessible garden fixtures
  - Mobility limitation in requesting reasonable modification from landlord to install automatic doors for the building.
  - Advocacy for vision loss with advocacy for updated elevator accessibility in their apartment.
- Participated in Civil Rights Community Conversation Panel at the Christus Rex Church on the UND campus on voting rights.
- Completed accessibility evaluation for Lakota Day Care, and the local ARC building to assist them in updating their building access.

**Training:**

- Corey and Heather provided training on disability awareness and etiquette to GF Airport Fire & Rescue. They wanted airport staff such as TSA, Maintenance, Fire Fighters, Airport Administration, Airlines, etc. to be trained on Disability Awareness. There were 18 in attendance.
- Corey and Heather provided training on Disability Awareness, Etiquette and Person First Language for the Grand Forks Community Violence Intervention Center (CVIC).

**Emergency Preparedness:**

- Participated in the emergency preparedness exercise at the Grand Forks Airport which is held every three years. The Airport Operations Supervisor had asked Options to be part of the exercise so they could include individuals with disabilities into scenarios. The reason for this is to see how first responders and airport staff would interact with them and assist them if and when needed. There were 38 passengers, 19 agencies and 75 responders that participated. One of the scenarios was at the passenger terminal where the passengers had to be evacuated due to a boom threat and the other one was a plane that had smoke in the cabin with fire. The airport thanked Options for being part of the exercise during their final meeting a few weeks later.
- Heather was invited to attend a meeting with Governor Burgum, Ag Commissioner Goehring, Grand Forks County officials, Grand Forks City officials, Walsh County officials, other state officials, Ag Producers, media outlets, and general public. The meeting was about flooding and the effects on agriculture as well as the farmers/ranchers. The meeting was obtaining

information and stats to submit a request to President Trump about disaster funding for North Dakota. There were about 60 people in attendance.

**Bus Training:**

- Options continued to provide bus training to two individuals in GF/EGF.

**Equipment:**

- It's been another successful year for our Durable Medical Equipment program. Options saved individuals about \$90,000 through 580 pieces of equipment loaned or given away. Most common items requested include walkers, bath chairs, wheelchairs and toilet risers. Oftentimes, staff work with other organizations and agencies to ensure people get what they need when it comes to equipment.

**Relocations/Diversions:**

- Fourteen relocations, ten of which are MFP. The MFP grant started again in April, so these are great stats for only nine months of service.
- Fourteen diversions

**Direct Service Scenario: "No Longer Homeless"**

Last fall, he moved into an apartment and for the first time in over six years, he had a place to call home. This journey went from his TBI injury, to addiction and homelessness back to sobriety and self-advocacy since he first started working with Options in 2013. But it wasn't straightforward. He has grappled with relapses to his sobriety, systematic barriers, drifting away from his family, imprisonment, threats to his life and other horrors (the stories he tells.....) to the point where he is currently clean and sober for two years, has his own apartment and transportation, is no longer dealing with the judicial system and has his family back in his life.

When he first started working with Options, he was living in an ice house (with no utilities) on the shores of Devils Lake and when winter arrived, he moved the ice house onto the frozen lake. The only communication with him that winter was via texting on his cell phone. Many times staff would text him about an incoming blizzard and pick him up to take him to whatever shelter he would agree to use for the duration of the storm. Since that first winter, he has gone from living in a fish house on the lake to living in the woods, to floating between the homes of friends and family, to disappearing off the grid altogether, to being incarcerated and now, for one year, living in his own apartment.

His initial goal was to apply for disability (he was immediately approved) through an additional couple dozen goals to his current goals of self-training his service dog (puppy, still, actually) and becoming healthier by losing weight. He laughs that he is now discussing healthy recipes with staff rather than worrying about not freezing to death in his ice house.

He is very much aware that what is needed to maintain his new life is for him to retain his sobriety. He has told all the people in his life that if he does have a relapse that it is on him and not their fault. He has built an arsenal of tools in his fight for sobriety and his self-advocacy skills are in constant development as he negotiates various systems to stay healthy (he has physical, cognitive and mental health disabilities). But he also knows that he is not in this fight alone. His family, new friends and service providers are right in the fight with him.

He does have plans to move his ice house onto the lake this winter but not to live in it. He is looking forward to taking his children ice fishing for the first time in many years!

Independence, Inc.  
Directors Report - 11/7/19

**Individual Services**

We recently had somebody come to us who was dealing with some mental health issues who was in the process of being evicted. Our staff worked with him to work everything out and to help him understand everything going on, what his rights were, and what his role was in what was being done. He eventually moved to Texas to be closer to family.

We are doing a Community Leadership Academy, every Friday on the campus of Minot State with students who are part of the ASTEP program. It is our first time doing something like that on a campus with primarily young people, so it is pretty interesting.

We had a young person we have been working with for years. He has extreme test anxiety, and had failed the driver's test 12 times. However, in August he finally passed!!!

We had a person who had been looking for a job for a long time and was about to give up. He came and worked with a staff on resume building and got a job at Denny's.

We have a good run of transitions. One of them needed a new sidewalk built for accessibility, and got it done right before the snow fell.

We recently did Medicare Part D classes in Upham, Granville, and Towner.

Overall, we have a lot of people we are working on for better housing, better employment, and better health care.

This morning I had somebody stop by my office. She said has been homeless for a while. She is a person with a learning disability and cannot read or write. She said at 55 years old she is moving into to her own place for the first time. She said she is using the city bus for the first time. She said it is because when she came to Independence, Inc. she found somebody who believed in her and whom was on her side.

**Systems Advocacy**

We are moving along in our partnership with DVCC on our Healthy Living through Healthy Social/Sexual Relations. Here is some of our awareness campaign.

**Lunch and Learns**

We held two lunch and learns with local community leaders to talk about how to improve our community. The first was on Entrepreneurship, and the second was on Make Minot Accessible.

**Main Street Summit**

I attended the Main Street Summit in Bismarck. Much of the discussion was on the reinventing of our rural communities. The biggest misnomer is that in general, populations in rural areas are growing a rate slower than the rest of our urban areas. However, the household size has decreased as family sizes have dropped.


As we continue to modify our communities to meet the current needs, we have an opportunity to make better communities for PWD. This means that we have walkable and multiuse communities.

**Olmstead Committee**

New committee has met, and began to look at establishing a new Olmstead plan State is in the process of settlement over the DOJ Complaints that have been filed. Protection and Advocacy has hired an Olmstead Coordinator.





**People with disabilities are at high risk of being abused by people they trust.**

## PEOPLE WITH DISABILITIES ARE 3X MORE LIKELY TO BE SEXUALLY ASSAULTED THAN THEIR PEERS WITHOUT DISABILITIES



SOURCE: [HTTPS://NCADV.ORG/BLOG/POSTS/DOMESTIC-VIOLENCE-AND-PEOPLE-WITH-DISABILITIES](https://ncadv.org/blog/posts/domestic-violence-and-people-with-disabilities)

### PERPETRATORS CAN BE:

- 
TRANSPORTATION PROVIDERS
- 
FAMILY MEMBERS
- 
INTIMATE PARTNERS
- 
PERSONAL CARE ATTENDANTS

Source: <https://www.apa.org/topics/violence/women-disabilities>



ACCORDING TO THE BUREAU OF JUSTICE, POLICE ARE LESS LIKELY TO RESPOND TO REPORTED VIOLENCE AGAINST VICTIMS WITH DISABILITIES THAN THEY ARE TO REPORTED VIOLENCE AGAINST VICTIMS WITHOUT DISABILITIES.

# 90%

POLICE RESPOND TO 90% OF REPORTS BY VICTIMS WITHOUT DISABILITIES

# 77%

POLICE RESPOND TO 77% OF REPORTS BY VICTIMS WITH DISABILITIES

SOURCES: [HTTPS://WWW.BJS.GOV/CONTENT/PUB/PDF/CAPD08.PDF](https://www.bjs.gov/content/pub/pdf/capd08.pdf)  
[HTTPS://NCADV.ORG/BLOG/POSTS/DOMESTIC-VIOLENCE-AND-PEOPLE-WITH-DISABILITIES](https://ncadv.org/blog/posts/domestic-violence-and-people-with-disabilities)

### WHAT DOES DOMESTIC VIOLENCE LOOK LIKE FOR PEOPLE WITH DISABILITIES?

  
MISMANAGING MEDICATIONS

  
DAMAGING ASSISTIVE DEVICES

  
ISOLATION AND/OR NEGLECT

  
FINANCIAL ABUSE

  
DEPRIVING INDIVIDUALS OF ACCOMMODATIONS

  
HARMING SERVICE ANIMALS

SOURCE: [HTTPS://NCADV.ORG/BLOG/POSTS/DOMESTIC-VIOLENCE-AND-PEOPLE-WITH-DISABILITIES](https://ncadv.org/blog/posts/domestic-violence-and-people-with-disabilities)



# WOMEN

WITH DISABILITIES ARE TWICE AS LIKELY TO BE VICTIMS OF DOMESTIC VIOLENCE

SOURCE: [HTTPS://WWW.THEGUARDIAN.COM/SOCIETY/2012/NOV/19/DOMESTIC-VIOLENCE-DISABLED-WOMEN-ABUSE](https://www.theguardian.com/society/2012/nov/19/domestic-violence-disabled-women-abuse)

**Director's Report ND SILC  
Freedom Resource Center  
November 2019 Meeting**

A celebration for Freedom Resource Center's 30 years of service was held on September 17 to a sold-out crowd of 200. Many awards were presented that evening, most notably to Nate Aalgaard, Executive Director of the Year.

**Jamestown**

Listening Session held in Valley City in August-issues raised affordable, accessible housing and community access due to some physical barriers. Independent Living Skills classes began with the transition program at Valley City Tech Center. Cooking class began in October and will run for several weeks, this is in collaboration with county extension services. Community and Systems Advocacy success story on next page.

**Fargo**

Jerry, Accessibility Specialist attended a committee meeting about the accessibility study of state capitol. Jerry also presented on Service Animals at the Vital Services Conference in Jamestown in September. Independent Living Skills class Living Well 101 began in October.

**Lisbon**

Pam is assisting individuals in her service area with Part D during open enrollment, she has been a SHIC counselor for several years. Listening Session held in Lisbon in August.

**Wahpeton**

Community Education-

- Presentations to Headstart and Early Ed providers about the rights and responsibilities of families under FAPE/IDEA.
- Presented to ND Services for the Blind about IDEA and FRC's services.
- Presented to parents who receive services at a physical therapy business about IEPs, their rights and responsibilities and FRC's services.

**Community and Systems Advocacy success in Jamestown:**

Recently I had a consumer contact me stating that she was in need of a medical exam that required to lay on an exam table at Sanford Clinic in Jamestown. The problem is that she needs a lift to transfer her and they do not have one in the clinic. She was referred to travel to Sanford on Broadway in Fargo. She had a similar situation happen a few years ago. She contacted the clinic on Broadway and asked if they had a transfer lift and was told yes. She arranged her appointment around the accessible transit in Jamestown to go to Fargo (they go every Wednesday). Upon arrival to the clinic after an early morning ride of 100 miles she was informed they did not have a lift and could not assist her. How many other members of our community are not receiving adequate timely health care services?

**Fast track to 2019** – same situation and same referral. I assisted her with calls to Essentia Clinic and Central Valley Health Women's Way Program and they did not have any type of lift. I contacted the nursing director of Jamestown Regional Medical Center (JRMC) and shared the problem and together we were able to work out a solution accommodating the consumer in Jamestown. There are clinic services through JRMC and the consumer's Dr is a hospitalist with rotating shifts. With the agreement of the Dr the consumer was able to have the exam done at JRMC as a regular clinic appointment with a lift available for the transfer to the exam table. All went according to plan with excellent patient services and excellent exam outcome.



**Forward** – I sought the help of the JRMC Director of Nursing again and we called a meeting of the clinic Directors. I U.S. Dept of Justice N Dept of Health and Human Services ADA document Access to Medical Care for Individuals with Mobility Disabilities, Tax Incentives for Businesses, The Pendleton Project Making Health Care Accessible to All and supporting documents from Rocky Mountain ADA Center.

**Results** – Both attending clinics made the comment to purchase lifts for their clinics and have staff trained by Dec 31, 2019! A follow up meeting is scheduled for January 2020. The consumer stated that the plan worked and her stress relieved.

Additional discussion resulted with discussion on accessible transportation and accessible scales to weigh patients. I stated I always have to get weighed when I go to the clinic why does a person in a wheelchair not need to be weighed? Essentia has the appropriate accessible scale to accommodate chairs and Sanford does not. During the discussion we discussed Sanford options and determined that the Dialysis Unit connected to the clinic has the needed scale and they would work to obtain a mutual aid agreement signed for when the accessible scale is needed.

**Dakota**  
**November 2019**

Taught Self-Advocacy and Leadership at Camp Grassick. Talked about understanding your disability, practice communicating – speaking up for yourself, asking for what you need. No and use the resources available to you and knowing your legal rights

Consumers Appreciation Luncheon – Bismarck PD talked about being safe in the community held ADA workshop at the Baymont in Mandan. Sarah Howard from Rocky Mountain ADA Center was the presenter. Did an overview of the ADA, service animals, title 1 on employers' responsibility when hiring a pwd and disability awareness and etiquette. Participants include North Dakota Department of Transportation civil rights division, HR manager from DHS, HR generalist University of Mary, HR coordinator Minnkota Power, HR Manager Mid-Dakota Clinic, Bismarck Parks and Recreation Facilities managers and Service Dogs of America. Cities that were represented Bismarck, Grand Forks, Mandan, Center, and Dickinson. 34 attendees

Empowerment committee delivered cookies to different businesses for awareness of the ADA. Consumers took cookies into KFYZ, KXMB, Bismarck and Mandan City Hall, FOX Radio in Mandan, MOJO Radio, Bismarck Chamber and Bismarck Library.

Held the first annual Embrace Your Disability Conference. Autumn Kinkade was our first Keynote Speaker. She gave a presentation about How to Make a Difference One Ability at a Time. Bruce from our YESS Advisory Board gave a presentation on "Going Head to Head with Challenges & Breaking Barriers." Thea Jorgensen from Thea Ward Fitness gave a presentation on Suicide Prevention and Awareness. Amy Armstrong, Project Director for the Advancing Students Towards Education and Employment Program at Minot State University gave a great informational presentation regarding getting involved in the ASTEP program and then had a panel of students that have been or are involved, answer questions about their experience with ASTEP. The final presenter was Robert Anthony, a below the knee amputee from NY. He gave a very good presentation on "Anything's Possible". 14 vendors

Held a forum on the Difference Between SSI/SSDI. Amy Bergan from RSI out of Minot was the speaker. Questions on working, not working, how to apply. 19 attended with providers from P&A, WCHSC and Bismarck Public Health.

**Attended** Elder Abuse Conference at Prairie Knights. DCIL informational and AT displays were set up.

Bismarck and Dickinson staff attended Medicare part D training and Dickinson staff attended Part D Enrollment Fair. 74 people attended and staff assisted 16 people

The Bismarck Mandan Transit Development Plan was completed after corrected financial information was given to the head of the project and it was approved with no additional cuts in services. There will be a charging station at the transit building for electric cars.

Annual Auction was held at the Eagles. We had a silent auction and live auction, supper was served, 50/50 auction and a bake sale.

The Southwestern District Health Unit held its Full Scale Disaster Exercise around Dickinson and incorporating Dunn County, Bowman County, and Hettinger County. Over 49 individuals participated in this "hands-on" event including: law enforcement (highway patrol, sheriff, and police), ambulance crews, hospital, nursing home facilitates, school district, DCIL staff, Group home staff, and various health unit staff. Dickinson staff was appointed to making "chaos calls" to various dispatch and emergency agencies. They were asked to call in exercise scenarios of incidents happening after the "Snownado" went through Dickinson and caused some major destruction throughout the town. Sometimes the chaos calls including upset individuals, angry individuals, individuals with speech challenges and mobility challenges.

Dickinson staff gave a presentation, "Being Your Own Best Advocate" to 6 transitional students from DHS and 2 teachers. Staff and students participated in the presentation, discussion, and role plays.

Disability etiquette presentation to 2nd year physical therapy grad students from U of Mary.53

7 transitions for the year

Held Coffee with the Director along with AT presentations in Steele, Beulah, Garrison, Bismarck and Dickinson. A couple issues that came out were accessibility of a senior center, poor curb cuts

504 assessments in Benedict, Hazleton, Tuttle, Mott and Hettinger

Walk thru capital access issues replace or modify handrails on the west side entrance, talk about putting sliding doors in that entrance, replacing the lift, doors that do not meet standards they were talking about making one door bigger and the other one into smaller non-operable door for the lack of better wording. Policy to leave some hearing room doors open but not sure how about what work, add braille signage, redo accessible stalls in men's and women's bathrooms west of the main entrance, asked about putting power soap dispensers by accessible sinks, change door handles to lever type and signage from in accessible bathroom to excessive bathroom and to put a light in the accessible stall in the judicial wing by the Pioneer room

Bismarck staff as part of ND Jump\$tart Coalition . NDSU Extension shared about the #Adulting program. This is similar to My Next Step as far as budgeting, teaching soft skills to transitioning students.

