

**STATEWIDE INDEPENDENT LIVING COUNCIL
MEETING MINUTES
Heritage Center, Bismarck
Thursday February 6, 2020**

Call to Order: Brittney Hogan called the meeting to order at 1:06 p.m. A quorum was present.

Roll Call:

Members Present: Brittney Hogan, LaRae Gustafson, Russ Cusack, Mark Bourdon, Bill Willis, Drew Hanson, Gillian Plenty Chief, Jared Ferguson, Nancy Lundon, Shannon Cook, Sarah Bachmeier, Trevor Vannett

Members Absent: Royce Schultze, Ben Johnson, Brenda Boehler

Others Present: Aimee Volk, Scott Burlingame, Randy Sorensen, Robyn Throlson, Daniel Gulya

Approval of November Minutes: Gillian Plenty Chief made a motion to approve the November minutes as presented, Sarah Bachmeier seconded the motion. Motion passed by unanimous decision.

Agenda: Mark Bourdon made a motion to approve the February SILC agenda as presented, Mark Bourdon seconded the motion. Motion passed by unanimous decision.

Correspondence – Brittney Hogan: N/A

Treasurer’s Report – Bill Willis:

Went over treasurer’s report.

Mark Bourdon Made a motion to approve the treasurer’s report, seconded by Drew Hanson. Motion approved by unanimous decision.

Guidebook Update – Aimee Volk:

Explained proposed changes to add “or designees” to signing the SPIL in the guidebook. Discussion was held. Aimee will send out the Bylaws prior to the May meeting so this issue can be voted on as well.

Jared Ferguson made a motion to approve the changes to the guidebook (adding “or designees”) and Shannon Cook seconded the motion. Motion passed by unanimous decision.

Quarterly Director's Report:

Randy for Options: See attached.

Brittney for Dakota: See attached.

Scott for Independence, Inc.: See attached.

Mark for Freedom: See attached.

YESS Panel Group – Dakota Center for Independent Living – Vickey, Jacey, and Radic:

The Youth Embraces Social Status (YESS) began in January of 2019. They got some funding from the DD department. They have a variety of ages that participate in the program that was originally designed to serve ages 14-24. They participate in a lot of community programs. They participate in awareness walks to promote their program. They are here to support people so that they can engage in the community and have fun. They have peer-to-peer with and without individuals with disabilities. They do activities to expand the awareness and inclusiveness of disabilities. They want to educate the community. Their goals are to give back to the community and educate the community on different disabilities.

On July 23, 2020 they are having ADA/Embrace Your Disability at the Baymont Inn in Mandan, ND.

Discussion on Independent Living Philosophy, CILs in ND, and Home and Community Based Services – CIL Directors:

Chris Jones the Executive Director of Department of Human Services came and attended the meeting. We discussed what the independent living philosophy is, areas served, funding, core services, etc. There was a lot of discussion on possible strategies for getting additional grants and partners.

Committee Breakouts: Committee breakout sessions took place at this time.

Friday, February 7, 2020

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

Roll Call:

Members Present: Gillian Plenty Chief, Bill Willis, Jared Ferguson, LaRae Gustafson, Matthew White, Brittney Hogan, Ben Johnson, Nancy Lundon, Drew Hanson, Sarah Bachmeier, Shannon Cook, Mark Bourdon, Russ Cusack

Members Absent: Trevor Vannett, Brenda Boehler, Royce Schultze

Other Members: Aimee Volk, Robyn Throlson, Randy Sorensen, Scott Burlingame

Committee Reports:

Internal Affairs –Brittney Hogan: See the GRID.

External Affairs – Drew Hanson: See the GRID.

State Rehabilitation Council – Robyn Throlson: They have been working on the state plan. The SRC has a full council. VR achieved all their statewide goals.

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

Traumatic Brain Injury Council – Shannon Cook: Continuum of Care subcommittee met to define and assess that individuals with traumatic brain injuries (TBI) get the correct services. They discussed the 1915i. They reviewed a flow chart for dealing with TBI.

Behavioral health Planning Council – Sarah Bachmeier: No Report.

Monthly Region 8 Conference Call – Brittney Hogan: No Report.]

Olmstead Report – Scott Burlingame: They have had two meetings. They have been working on the foundation of the meeting and how it is run. They are going to be doing some stakeholder meetings. Daniel Gulya is the Attorney/Olmstead Coordinator from Protection and Advocacy.

Needs Assessment Data and Update on the SPIL – Aimee Volk:

Presented a PowerPoint that went over the needs assessment data that was collected in 2019 so that we could effectively work on the SPIL.

SPIL and Working Time

The next SILC meeting will be held May 7-8, 2020 in Grand Forks, ND.

Nancy Lundon made a motion to adjourn the meeting and Drew Hanson seconded the motion. The meeting was adjourned at 11:56 p.m.

Independence Inc.

Directors Report-SILC

2/6/2020

Scott Burlingame, Executive Director

Community Services

Housing First Task Force

Housing First is a philosophy that says housing should be provided with as little barriers as possible. We have had a group meeting in Minot for about a year now, trying to create housing with limited barriers. So far, our biggest victory is in December, LSS purchased a property in town that will soon house a family homeless shelter.

We have also recently learned that one of the homeless shelters in town is beginning to relax some of the limitations on housing.

Healthy Social/Social Relationships

We have a task force that consists of law enforcement, domestic violence advocates, Protection and Advocacy, Ombudsman, other advocates, and a professor from Minot State. We have been working really hard to identify shortcomings in reporting and treatment of people with disabilities who are victims.

Individual Services

We had a pretty cool story this week. We have a person we serve who has been living in the transitional living unit of a local homeless shelter for a while. The day after Thanksgiving, she received an eviction notice. Our staff worked with her to find housing, and yesterday, she moved into her new permanent housing. In order to help her move, we had a few players from the Minot State football team help her out.

We have been doing a lot of work on job training programs, including job exploration and job skills training.

Housing: Obtained MFP rental assistance for 1 consumer, 2-identified leasing options 2-filled out housing applications, one consumer moved into his own apartment, with another we provided resources to help pay for December rent so she could stay in her apartment and applied for section 8 voucher and helped another develop fiscal resources to afford housing.

Transportation: We have been working with a lot of folks on bus training, permit training, and how to use ride shares.

Economic Independence: We had Kelsey, who as branch manager for Town and Country Center come and work with our staff. A few months ago, we had Jazmine who is a financial planner from

Northwestern Mutual come and do another training for us. This has helped us to improve our ability to serve people with disabilities who want to learn how to budget.

Education: We have been working with youth on exploring higher education options exploring trade school options and IEP advocacy. We have also worked with adults looking to return to trade school.

Jail Outreach: BELIEVE program at ward county jail meets weekly, and our staff attends. They will be doing an art exhibit at our library.

Options RCIL Quarterly Report

February 2020

Training:

- Options Access Specialist co-presented with a member of the local Vocational Rehabilitation office and provided training for 40 employees of the Human Nutrition Lab on ADA employment rights and service animals.
- Options Advocate/Trainer provided training at Mountain Brooke in Grand Forks on Emergency Preparedness and presented on “What is Options” to the Community Agency Networking Association (CANA).
- Options participated in the annual “Hunger and Homelessness Fair” held in Grand Forks. Staff provided information to individuals experiencing homelessness, veterans, and low income families needing assistance.

ADA Accessibility:

Assisted individuals on:

- Assisted 3 individuals with home or apartment accessibility design needs such as ramps or bathroom updates.
- Provide information on tub lift, durable equipment, home modifications, service animals, accessible parking for apartment complex, Fair Housing rights, accessible parking rights where a local university requires both a university placard and accessible plates or placard for on campus parking, accessible seating ticketing requirements for hockey arena.
- Assist person with a disability advocate for accessible parking privileges. The person previously rode a Goldwing three wheel motorcycle/trike due to mobility issues and had plates allowing for accessible parking. The person recently purchased a Polaris Sling Shot which is similar to the trike but has two wheels in front and one in the rear with side by side seats instead of having to straddle a motorcycle type seat. Because of the different style, the vehicle is designated as an “Unconventional Vehicle” by the state of North Dakota Department of Transportation (NDDOT). Because of this designation, the license plates issued for this type of vehicle did not allow for accessible parking plates. The person was originally told by the local NDDOT they would have to change state legislation in order to obtain accessible parking plates. We sent a reasonable modification letter to the NDDOT requesting they change this policy and received correspondence saying they would change this policy within approximately 6 months and issue the proper accessible parking plates for the individual and others who qualify.

Assisted with Technical Assistance in community:

- Advocate for proper accessible parking, access aisle and accessible route for local ice arena.
- Provide input for local city planners on accessible housing issues including city planned housing covered under the ADA.

- Collaborated with a local architect to review remodeling plans for a regional school and provide information on possible accessibility updates.
- Assisted downtown development advisory group with developing an ADA Assurances statement to reflect the need for developers to follow the ADA Accessibility Requirements when building or remodeling.
- Participate in Supportive Housing Collaborative in Grand Forks.
- Participate in ND Vocational Rehabilitation Quarterly ADA Coordinator meeting to share resources and information.
- Participate in local Municipal Planning Organization steering committee to discuss accessibility issues related to Public Rights of Way and accessible transportation issues.
- Meet with a local veteran's resource group and share issues related to veterans with disabilities who are denied access to businesses and housing because of their use of a service animal.
- Provide ramp design information for local hotel stage access.

Recreation:

- The 2019 annual Deer hunt was held at Rydell National Wildlife Refuge in Erskine MN. The 24th annual deer hunt brought out seventeen hunters with disabilities harvesting four deer. Sixty three volunteers assisted throughout the three day hunt contributing over 700 hours of volunteer service.-

Relocations/Diversions:

- For the prior fiscal year Options assisted 14 people from institutional care back into the community of their choosing in addition 11 people were prevented from having to enter nursing homes. For the latter to be counted placement into an institution has to be imminent with the services provided by Options directly affecting the potential cause for placement. Since October 1 of the current fiscal year Options has transitioned 3 and diverted 4 individuals from institutional placement.

Spirit Lake Reservation:

Social Security (SSA) continues to automat its application and reporting processes along with other Federal and State agencies. This adds another barrier to rural people receiving services designed to provide a safety net and assist them out of poverty. Rural areas often do not have connectivity and for the individuals it is often too expensive to purchase, maintain or link with the internet. Unlike large urban areas where a person has computers they can use, rural populations often do not. If a bordering town does have such, finding transportation is often virtually impossible. For persons living on Reservations these problems are compounded due to the extreme poverty. Considering how personal the information is it is very important the internet connection and computer does not possess any malware and cannot be easily hacked. Some public systems are not designed for sensitive data transfer just internet use and reading newspapers.

This barrier is exactly what the Spirit Lake Reservation Employment and Training staff noticed; it resulted in an inordinate number Members with disabilities coming to their Office asking for help. Help they were not experienced in so they called Options to come and help. Options staff person was able to bring her lap top and wireless connection to their Office and assist. The demand was great, so great Options set regular Office hours which the training staff agreed to provide. Options assists members in making application and with maintenance tasks if otherwise not fulfilled could cause the loss of SSA benefits. The original call for help resulted Options working with over 60 members. So far 16 have been approved for SSI or SSDI; five have started receiving retirement or survivor's benefits; eight are in the appeal process; nine have dropped out of the program; five have started working; one has started her own business; nine are still pending a decision and seven are still in the process of filing an application. Of the 16 consumers that were approved for disability benefits, four of them passed away shortly after receiving the notification of approval. Two of them did not live long enough to actually receive a check.

Individual Service, North Dakota

Independence for many is not a short term goal in the case of a young Native American woman with deafness the journey towards independence has taken many turns. Growing up in a family where she was abused by her father and sheltered by an over protective mom this young women was not given any preparation for a life as an adult. Due to her upbringing she was socially withdrawn, scared of men, and lacking the skills necessary to live independently and this is where it started. She was sheltered to such a degree Social Service Providers believed she also possessed an intellectual disability. This compounded her ability to live in the community because providers thought she should be placed in a group home. Options staff person recognized this was a false assumption and advocated against this and worked side by side with her in gaining her own apartment. Once in her own home Options assisted her in learning the skills necessary to live on her own and assisted her with learning about and accessing the adult services she would need maintain her independence. From the point of referral she was able to get her own apartment, a job and develop a social circle of friends impressing all. She even taught some of the interested providers sign language setting formal classes where they went to eat and she required they order in sign, our staff person was one. In this way she could work and visit with our staff person without the formality of a sign language interpreter.

Being deaf and living in a rural community she found many of the people she was friends with gravitated to a larger urban area, one with a larger "Deaf" Community. As time passed more of her friends moved, more social activities were held there, to the point she decided to move there. But as most know a move as a person with a disability is not easy, housing assistance is not designed to be portable so she spent a great deal of time on waiting lists. But most recently her dream came true and she received housing so we assisted her with her move enabling her to start a new chapter in her life. She recognizes that there may be many obstacles to face but she feels she has the tools and resources to help overcome these obstacles.

NORTH DAKOTA 2019-2020

Quarter One

North Dakota Statewide Quarterly Statistics						North Dakota OVR Quarterly Statistics					
Oct 1, 2019 - Dec 31, 2019						Oct 1, 2019 - Dec 31, 2019					
Quarter 1						Quarter 1					
	Dakota	Freedom	Independence	Options	Total		Dakota	Freedom	Independence	Options	Total
I&R's	602	475	124	346	1547	I&R's	114	290	90	204	699
Direct Service	153	87	295	132	667	Direct Service	29	53	215	78	375
CEO	5504	2489	1002	522	9517	CEO	1046	1518	730	308	3602
Total People	6259	3051	1421	1000	11731	Total People	1189	1861	1036	590	4676
Goals	93%	64%	99%	86%	92%	Goals	93%	64%	99%	86%	92%
Year to Date						Year to Date					
	Dakota	Freedom	Independence	Options	Total		Dakota	Freedom	Independence	Options	Total
I&R's	602	475	124	346	1547	I&R's	114	290	90	204	699
Direct Service	153	87	295	132	667	Direct Service	29	53	215	78	375
CEO	5504	2489	1002	522	9517	CEO	1046	1518	730	308	3602
Total People	6259	3051	1421	1000	11731	Total People	1189	1861	1036	590	4676
Goals	93%	64%	99%	86%	92%	Goals	93%	64%	99%	86%	92%

Direct Service

Direct Services is based on a structured process of service delivery which is provided on a one-to-one basis to persons with significant disabilities. The Direct Service Program offers persons with disabilities more intense help in identifying and resolving the barriers that hinder them from living at the highest level of independence possible. This program utilizes a host of services incorporating legislative mandates of service delivery.

Information and Referral

The provision of information to persons with disabilities, service providers, and community members on disability and independent living topics and issues; and, referral assistance to link individuals with appropriate organizations, services, and resources.

Community Education and Outreach

This program area encompasses various services such as community education, outreach activities, and systems advocacy. Community education predominantly involves educating the general community of the issues and barriers affecting persons with disabilities. Outreach activities are primarily designed to tell people about independent living services and to increase usage of a center's services. Systems advocacy involves advocating for changes in major systems such as service delivery or building accessibility to enable persons with disabilities to utilize such in the most effective manner possible.

Dakota
February 2020

Staff attended the Government Administrative Committee meeting on accessibility of the state capital. There was a presentation by J2 architects based on the walk thru and suggestions from the previous meeting with the work group. The group who volunteered consists of Trevor Vannette, Jillian Schaible, Alan Peterson, Tami Ternes and Beth Stenehjerm of ND Assistive, Pam Smith and Kathy Frelich of ND School for the Deaf and myself. Found out later that I was the only one invited to go on the walk thru and needless to say the working group was not pleased. Fortunately, Pam from the School for the Deaf was on speaker phone during the planning committee meeting held the Friday before and enlightened everyone on her issues and not being asked to go on the walk thru. Other people who volunteered to be members of this work group but who received no contact from John Boyle are:

They showed a picture of what the new South entrance would look like when finished and it looked good and will completely be redone including the parking lot. Recommendations/ideas were removing the lift in the Brynhild Haugland Room along with the stage and put in a ramp. Ideas on the doors in the various committee rooms are to put in one wider door and a smaller door to allow access. Bring existing stalls in bathrooms up to code along with power doors at bathroom entrances. J2 told the committee he was using the 2010 standards and there was a remark from the committee how they ended up 10 years behind the ball. During public testimony I informed them the ADA was 1990 and it 30 years behind the ball. The committee was not impressed. One priority that came out was work on a single user bathroom for individuals who need assistance from the opposite sex. I have copied the link from the Bismarck Tribune article and attached below.

https://bismarcktribune.com/news/local/bismarck/north-dakota-lawmakers-move-to-start-fixing-ada-issues-at/article_b1425a6e-c4bb-5e08-a5d9-bb1d15217ce9.html

Staff was appointed and attended Commission on Aging meeting representing region 7. Talked about IL services and where centers are located. Regions gave updates on what is going on in their region. Standing Rock elders had issues with the small portions of their meals and are used to portion control. Region 4 held a Community of Festival at the Alerus Center and approximately 800 people showed up to eat. Regions 7 Good Shepherd Lutheran Church hosted a class Living Well Independently and said it was very good. Region 3 held a senior health fair. Region 1 talked about assistance people are needing and receiving from the churches.

Linae Bieber, Senior Learning and Development Specialist at Sanford health gave a presentation Self Efficacy which means what you believe in yourself. Teaches this to seniors.

Aging Services Division discuss the new reorganization of the 8 regions that will go into effect January 1 that will now become 19 zones. The benefit of this is everyone in each zone will have

the same information. As it is now depending on which social service agency you speak with you could get a different answer on the same question. This will fall under the Aging Service Division along with MFP. It was also stated that this will be a work in progress as it proceeds. At our staff meeting we discussed how many people are going to be confused when they call the receptionist doesn't say Burleigh County Social Services anymore.

The division also talked about their goals which are VPS, family caregiver, Home and Community-Based Services expansion, Aging and Disability Resource Link which has expanded to 5 staff and they will be doing outreach. They will be doing the central intakes and will get passed on to the 9 supervisors of the 19 zones, Person Centered Planning, guardianship – what it's like and North Dakota – in crisis yet, and guardians will need to be certified and they are expecting an increase in individuals needing guardianship because they are anticipating fewer guardians because of this.

March 24 and 25th they will be holding a conference North Dakota Symposium on Aging and Disability at the Radisson in Bismarck.

The commission will have 4 goals HCBS Expansion, ADRL, Person Centered Planning and Guardianship. There will be speakers from each one of these at the Commission on Aging meetings. I am not sure what else the commission will do with these goals at this time.

There was discussion on MFP and how there are individuals in nursing homes that do not need to be there and that these individuals should have a choice where they want to live and that it would be more cost-effective in the community. This committee gets it!

Nancy Maier has talked to every nursing home in the state about expanding and doing home care.

Staff and TBI consumers gave a TBI presentation at BSC. The panel spoke about their life and then broke into the activities. This time we used a manual wheelchair and had students sit in the with their dominant arm tied to the armrest and their foot tied on the footrest and had them maneuver around the hallway and get in and out of a closed door. Remarks were this is really hard. Staff spoke with the instructor to see if it would be possible to get volunteers to do this exercise in the student union and eat lunch. We will see what happens with that.

Staff presented with 2 staff from High Plains Fair Housing on accommodations vs modifications, sexual harassment of tenants, difference between service animals and emotional support animals and which one pertains to ADA and Fair Housing laws.

Staff attended Edwinton Place (Permanent Supportive Housing) Grand Opening in November. The 40 apartments are one bedroom and furnished and providers will be able to come in and

provide services on site. All of the apartments have had approved applicants but not all have showed up yet and their efforts to try and find them.

Bismarck and Dickinson staff attended Medicare Part D training. There were technical issues- little to no WIFI in the hotel in Bismarck on the day that was scheduled for staff to assist with Part D enrollments. 92 Medicare Part D enrollments and reviews were completed in Bismarck, Dickinson and Bowman.

Dickinson staff is a member of the Southwest Homeless Coalition was the lead in the Point-in-time count and visited with facilities, motels, etc. that provided services in the Richardton, Belfield, and Dickinson areas. She surveyed 12 individuals/families who were considered homeless and provided them with information and places to stay. 2 of the families were provided housing at Pleasant Valley Property and their applications were expedited due to the conditions they were living in.

Relationship and Communication Workshop with. This is an 8 week workshop series that works on personal development and decision-making for individuals to work on relationships. Some topics are the State of Relationships, Knowing Yourself First and Distrust and Forgiveness. We have 2 weeks left in this workshop that are on Blended Families and Reaching into Your Future. We have 8 consumers attending this.

A few bullets from our PPR 2018-2019

- Staff spent 648 hours on community advocacy compared to 747 last year
- Staff outreach hours this year is 799 compared to 638.
- Staff had 1056 hours of community education compared to 782.
- Staff provided 20 assistive technology presentations reaching 1681 people compared to 17 events last year.
- Staff provided 1683 information and referrals this year compared to 1739.
- We had a total of 76 new intakes for a total of 198 consumers compared to 104 intakes with a total 219 consumers last year.
- Staff provided Traumatic Brain Injury Prevention activities in the schools and at community events to 371 students.

We had 52 consumers complete the consumer satisfaction survey. 43 consumers stated that the services they received helped them to achieve their goals. 46 consumers stated that the services they received helped them to maintain their independence. 4 consumers said the services did not help them and 3 said they did not know. 31 consumers stated that they were involved in developing their goals and 1 said he was not, 10 consumers said they don't

remember. 51 consumers said they were satisfied with the services that they received. This was an extremely low turnout compared to previous years and we will need to work on this.

Consumers stated that the three biggest issues facing people with disabilities are-finding accessible housing, finding a job and transportation. We also had several consumers who think that their community needs to be more accessible.

Some of the comments that were made this year were-Learn something new every day, they helped me to stay calm, they have helped me to be more independent, staff have helped me greatly. One consumer who was not satisfied stated that they did not believe their phone calls were being returned in a timely manner.

Freedom Resource Center, February 2020

Nate continues to be hospitalized at Sanford in Fargo.

Diane was diagnosed with terminal cancer early January. She will not be returning to work and has been out of work since the beginning of December.

Jana, our Cass county advocate will begin maternity leave in March. Between Diane and Jana, those are the advocate staff who work with North Dakotans, we are planning for short- and long-term coverage.

Giving Hearts Day will be February 13, we are gearing up for that day of giving, this year we are featuring Peer Mentoring.

Jamestown

Independent Living Skills classes continue with the transition program at Valley City Tech Center and will wrap up in May.

Fargo

Independent Living Skills class Living Well 102 began in January.
SAFE (healthy relationships) class will begin in February.

Wahpeton

Community Education is being provided to a parent group monthly and through the school year topics have been related to rights of students at school.

Lisbon

Pam, Independent Living Advocate received recognition from the ND Insurance Department for her work with Part D and the amount of savings one person received because of her assistance during open enrollment.

Core Service Focus- Information and Referral

- Medicare Part D enrollment for 2020
- During the 2019 open enrollment (October 7 through December 15th) Pam assisted 63 people with their Medicare D enrollment and explained the part D plan to another 25-30 people.
- Two individuals I assisted were impacted enormously in a positive way during the open enrollment process this year.
- One gentleman will save \$9,000. By switching plans for the 2020 year.
- Another man who takes several medications that are necessary to survive. His 2019 plan wouldn't have covered his medications and he would have paid over \$1,500,000.00 had he not changed plans. I even contacted the Insurance Department to check my findings. They were amazed by the amount he would have had to pay had he not checked. He would have had to go without his meds at that rate. He is now on a plan that will cover his medications and his out of pocket will be around \$11,000. For the year.