

Texas Department of State Health Services

Transition to Adulthood Learning Collaborative (TALC)

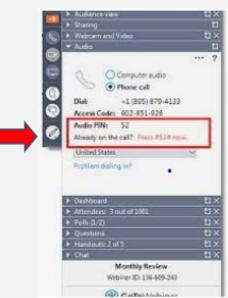
2nd Quarter Meeting, FY22 February 9, 2022

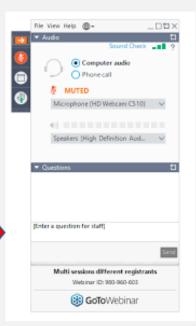


Housekeeping

- All lines are in listen only mode
 - To speak, click the raise hand icon and the organizer will unmute your line
- If your computer does not have a mic, please use the phone for audio
 - Dial audio pin to enable audio
- Use the Question box to:
 - Communicate with organizers
 - Ask the speaker a question
 - Get help with technical difficulties
- Today's call will be recorded

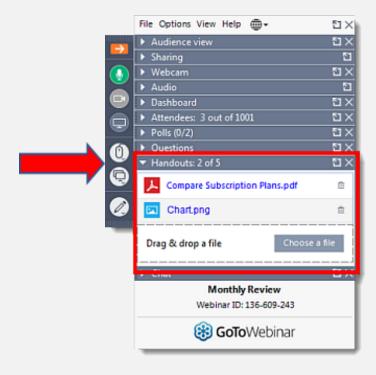






Housekeeping Pt. 2

- Agenda and PDF of slides are available in the Handouts section
 - Look for the Handouts pane in the Control Panel



Join our Learning Collaborative!

To be added to our Transition to Adulthood Learning Collaborative and receive invitations to future meetings, please email lvy Goldstein at ivy.goldstein@dshs.texas.gov

Agenda

- Presentation "Social and Recreational Activities for Adults with Intellectual Disabilities"
- Child & Adolescent Health Branch (CAHB) Updates
- Upcoming Events
- What's New? Opportunities, Resources, and Publications
- TALC Member Updates
- Adjourn

Presentation "Social and Recreational Activities for Adults with Intellectual Disabilities in Texas"

Jalen Lewis
Associate Executive Director
Special Olympics Texas
South Region

Samantha Devine
Statewide Health Programs Manager
Special Olympics Texas



SPECIAL OLYMPICS TEXAS



About Special Olympics Texas

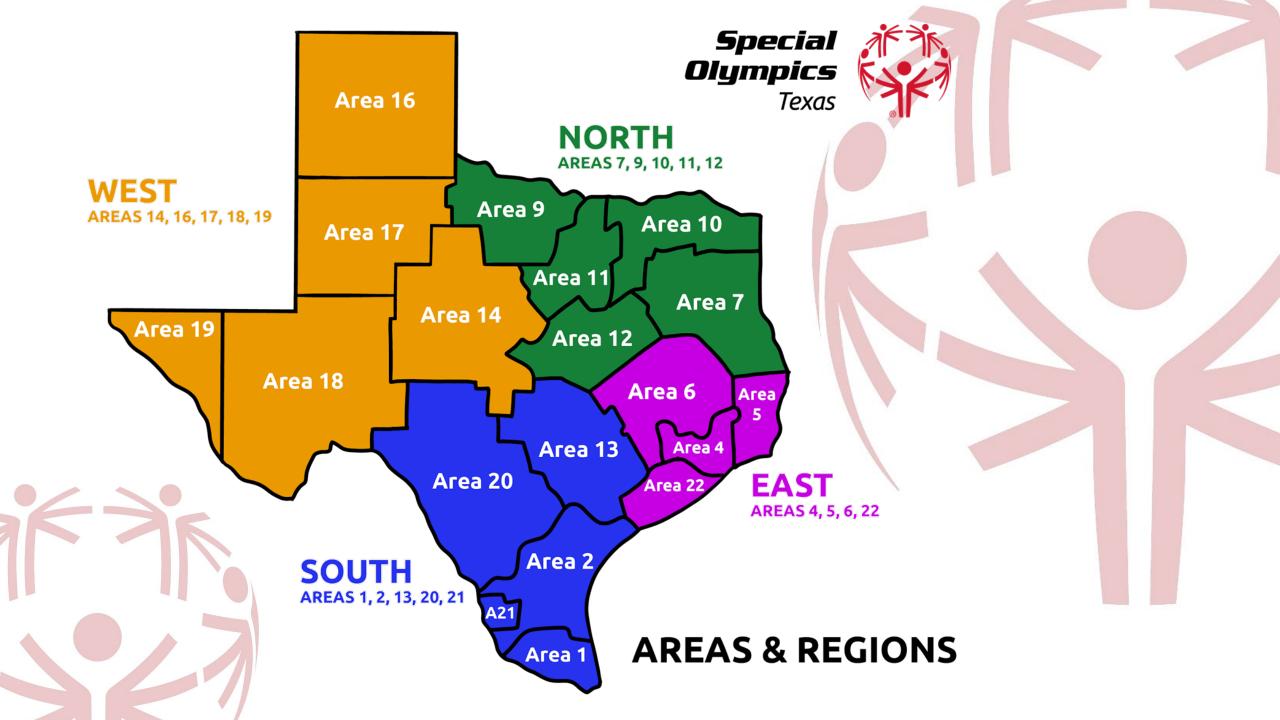
- June 1963 Eunice Kennedy Shriver starts a summer day camp for children and adults with intellectual disabilities at her home in Maryland to explore their capabilities in a variety of sports and physical activities.
- June 1969 Special Olympics gets its start in Texas
- Today, Special Olympics Texas (SOTX) serves almost 60,000 athletes across the state.

Special Olympics Texas is a year-round movement, holding more than 300 competitions annually on area, regional and state levels.

Special Olympics Texas has six statewide events annually: Summer Games, Equestrian, Sailing/Kayaking, Fall Classic, Winter Games and Flag Football. Statewide competition locations vary approximately every three years.

Special Olympics, Inc. holds World Games every other year and USA National Games every four years.





OUR REACH AND BRAND

Texas Impact and Leadership





300+Annual
Competitions



40,281 Volunteers



4,040 Coaches

Athletes in Texas



8,346 Young Athletes™ Served



1,329

MATP Athletes Served



120,000

Students Impacted by Project UNIFY

Health and Wellness



1,890 Healthy Athletes Screenings

PUBLIC PERCEPTIONS

95% favorability rating in the United States

70% of people feel more positively about companies that support Special Olympics





THE ISSUE

An estimated **3.5 million people in Texas** have an intellectual disability (ID). Today, these individuals face ongoing injustices including social exclusion, active discrimination and, worse, they are often denied their basic human rights.

- Nearly 1 in 3 students ages 12-18 report being bullied during the school year and children with disabilities are two to three times more likely to be bullied than their peers without disabilities.
- 34% people with an intellectual disability examined by Special Olympics globally were obese, compared to 13% of the general population
 - ⅓ of the intellectual disability population lives in poverty
 - 53% unemployment rate
 - People with intellectual disability have less access to quality healthcare and health promotion programs contributing to dramatically higher rates of preventable disease and premature death.
- People with intellectual disability **die 16 years prematurely** because of undiagnosed and untreated conditions





OUR PURPOSE

END DISCRIMINATION AGAINST INDIVIDUALS WITH INTELLECTUAL DISABILITIES.

With your help, we can reach our goals of giving more athletes more opportunities to share their talents with the world. Through our work, we challenge stigmas, change attitudes and breakdown institutional, cultural and personal barriers.







OUR APPROACH

Special Olympics uses sports to deliver life-changing and life-saving interventions on and off

the field. But we are so much more...

- Sports
- Youth Leadership
- Advocacy
- Workplace Preparation
- Healthcare Access and
 - Programming





Benefits of Participation

- Physical activity positively impacts health, mood, and anxiety
- Emphasis on sports training help athletes maintain a healthy weight
- Athletes have many opportunities to make new friends and socialize in an environment that is accepting and encouraging
- Travel opportunities allow athletes athletes to gain life experiences and skills that will positively impact all areas of their lives
- The Athlete Leadership Program (ALPs) offer athletes opportunities to get involved in decision-making, public speaking, and leadership roles in their communities





DID YOU KNOW?





SOTX PROGRAMS



Special Olympics
Young Athletes
Young Athletes



Unified Champion Schools



Unified Sports



Healthy Athletes

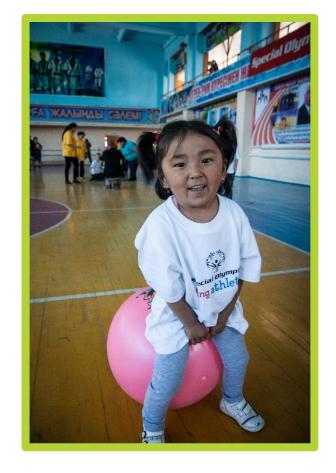




Young Athletes

- Young Athletes is a sports play program designed to introduce children ages two to seven to the world of physical activity. Children with and without intellectual disabilities participate together, prior to and regardless of Special Olympics eligibility at age eight.
- Young Athletes introduces basic sports skills, like running, kicking, and throwing. This program offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children.







UNIFIED CHAMPION SCHOOLS



1. Sports for All

Special Olympics Unified Sports brings together athletes with and without intellectual disabilities to train and compete on the same

team.

2. Leadership for All

Students with and without intellectual disabilities working together to lead and plan advocacy, awareness, and other Special Olympics related inclusive activities throughout the school year.

3. Welcoming for All

Awareness and education activities that promote inclusion and reach the majority of the school population.

4. Resources to Make it Happen

SOTX will provide resources to help support Unified Champion Schools and implement fundraising opportunities.





UNIFIED SPORTS®



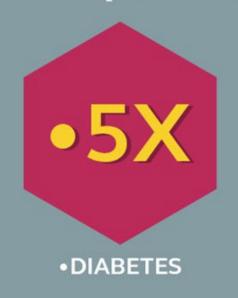
- A fully inclusive sports or fitness program that combines an approximately equal number of students with and without intellectual disabilities.
- With sports as the foundation, Special Olympics
 Unified Champion Schools offers proven programs
 and activities that equip young people to become
 agents of change.
- UCS provides opportunities that create sports, classroom and community experiences that improve attitudes and behaviors among all young people, both with and without intellectual disabilities.





Health Disparities

People with Intellectual Disabilities













For every 10 athletes on a U.S. Special Olympics team:



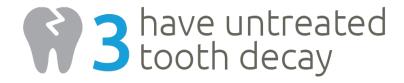
7 have significant problems with flexibility

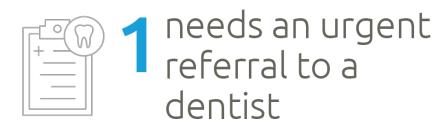
need a new prescription for eyeglasses

have some kind of eye disease











Causes of Health Disparities

- Limited accessible prevention programming
- Lack of provider training and curricula in universities on how to meet health needs
- Diagnostic overshadowing during examinations

- Lack of knowledge, skills and resources for providers
- Prohibitively complex health systems that restrict access



SOTX Health Programs

- Healthy Athletes
- Healthy Leap







Healthy Athletes

Launched in 1997, Special Olympics Healthy Athletes® Program has conducted more than 2.1 MILLION FREE SCREENINGS in 135 countries with over 220,000 healthcare workers receiving training



Special Olympics

Healthy Athletes®.



 Free Health Screenings and health education in fun & welcoming environment







Clinical Director

Volunteer Medical
 Professionals who lead
 screenings in their
 respective health
 discipline

 Over 45 Clinical Directors across Texas





Healthy LEAP®



Free Health Education Curriculum designed to increase awareness of health & wellness topics for students with and without ID





Funded by Texas Council of Developmental Disabilities



Athlete Leadership Program (ALPs)

- ALPs give individuals with intellectual disabilities the opportunity to stand up and let their voices be heard, as well as teach them the leadership skills to help shape the direction and movement of Special Olympics. These programs put athletes in an environment where people listen to them and value them as individuals.
 - Athletes on Board of Directors Committee
 - Athletes as Coaches/Officials
 - Athletes as Volunteers
 - Global Messenger



PARTNERSHIP WITH LAW ENFORCEMENT





PARTNERSHIP: VOLUNTEER OPPORTUNITIES

- Competition Volunteers: Join our athletes at their events to escort athletes, keep score, or award our champions.
- Virtual Volunteers: Join SOTX in creating content for virtual engagement for over 58k athletes.
- Committee Volunteers: Help us expand our reach in your local area by working directly with our staff and volunteers to create a rewarding experience for our athletes.
- Unified Experience: Join our athletes for a unique sports experience at one of our partner locations.







Community Support



TOYOTA

























OUR GOALS

- Keep our athletes healthy and connected to the public.
- Decrease incidences of bullying in Texas Schools
- Work to improve Access to Health Services for people with intellectual disabilities
- Enhance Public Health by providing health screenings to people with ID and ensuring access to ongoing care within their community at our events
- Advance Generalized Knowledge of healthcare workers through training on communicating with and treating people with ID as well as immersive activations to gain hands-on experience treating people with ID
- Focusing on integrating members of the ID community into society through social gatherings and fostering a community for inclusion
- Implementing programs within local schools which promote acceptance and inclusion of students with and without intellectual disabilities.
- Promoting diversity and inclusion in everyday life.





North Region Contacts:

- Alex Hubbard, Executive Director, <u>ahubbard@sotx.org</u>
- Dalton Hill, Associate Executive Director, dhill@sotx.org

East Region Contacts:

- Aaron Keith, Executive Director, <u>akeith@sotx.org</u>
- AJ Edenzon, Associate Executive Director, <u>aendenzon@sotx.org</u>

South Region Contacts:

- Shawn Britt, Executive Director, <u>sbritt@sotx.org</u>
- Jalen Lewis, Associate Executive Director, <u>jlewis@sotx.org</u>

West Region Contacts:

- Bobby Reeves, Executive Director, <u>breeves@sotx.org</u>
- Ashley Pena, Associate Executive Director, <u>apena@sotx.org</u>

Statewide Health Contact:

Samantha Devine, Statewide Health Manager, <u>sdevine@sotx.org</u>

Questions & Comments





Child and Adolescent Health Branch (CAHB) Updates

Child and Adolescent Health Branch

- Manager and CSHCN Director: <u>Audrey.Young@dshs.Texas.gov</u>
- Child and Adolescent Health Group Manager, <u>Claire.Niday@dshs.Texas.gov</u>
- Project Coordinator, CSHCN Systems Development Group: <u>Cassandra.Johnson@dshs.Texas.gov</u>
- State CSHCN Health Coordinator: lvy.Goldstein@dshs.Texas.gov
- CSHCN Community Resources Coordinator, <u>Candice.Richardson@dshs.Texas.gov</u>
- Family Engagement Specialist: <u>Eric.Childress@dshs.Texas.gov</u>
- State Adolescent Health Coordinator: Open position
- State Child Health Coordinator: <u>Julie.DiGirolamo@dshs.Texas.gov</u>
- Help Me Grow Coordinator, <u>Natasha.Jahani@dshs.Texas.gov</u>
- Branch Program Specialist: <u>Megan.Holter@dshs.Texas.gov</u>
- Administrative Assistant: <u>Tammy.Vela@dshs.Texas.gov</u>

Upcoming Events



HHS Office of Disability Prevention for Children

- Statewide Virtual Conference "The Power of Prevention: Promoting Healthy Development in Children" – strategies for creating positive change for Texas children families
 - March 1, 8, 15, and 22
 - \circ 10 am 12:30 pm (Central time)
- Keynote Speakers
 - Iheoma U. Iruka, Ph.D., University of North Carolina at Chapel Hill
 - Ryan D. Van Ramshorst, MD, MPH, FAAP, CHCQM, Chief Medical Director, Medicaid and CHIP Services, Texas Health and Human Services Commission
 - Cynthia Osborne, Ph.D., MPP, Vanderbilt University
- For more information and to register, see the <u>conference registration notice</u>.
- Two hours of continuing education credits/contact hours are available for each day of the conference. A total of eight credits/contact hours will be awarded for attending all four days.

Family Engagement

- <u>Texas Parent to Parent</u> (TxP2P) Family Support open calls via Zoom
 - For families to discuss what is going on and see if the TxP2P community can help with resources and ideas. Or, just hang out to connect with other families.

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In English:

Wednesdays at 11 am (CT)

Register HERE

In Spanish:

Wednesdays at 1 pm (CT)

Register HERE
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■ To reach the Family Support Program, call (737) 484-9044

PACER Center Workshop

- <u>Tools to Support Independent Living</u> will focus on technology to support independent living skills to help teens and young adults with disabilities develop skills needed to care for their home and live more independently.
 - Wednesday, March 2, 2022 2 pm − 3 pm CST

What's New? Opportunities, Resources, and Publications

Texas Partners in Policymaking

Applications open for the 2022 – 2023 program year

- Innovative statewide leadership development program for people with developmental disabilities (DD) and family members of people with DD
- Six two-day training sessions held monthly, September April
- No cost to participate and authorized travel costs will be covered
- Only Texas residents are eligible
- Participants learn from local and national experts to help advance systems change in multiple areas:
 - Community Living
 - Disability History
 - Employment
 - Inclusive Education
 - Texas Legislature, and more!

- **OLearn more and Apply**
- Partners is a project of the <u>Texas Council</u> for <u>Developmental Disabilities</u>.

Sibling Support - Future Planning

- Survey for Siblings of Individuals with Disabilities Texas A&M AgriLife Extension has partnered with the Texas Council for Developmental Disabilities to conduct a survey to determine what future planning needs exist within Texas.
- Eligibility criteria for participants:
 - Age 18 or over
 - Have at least one sibling with a disability
 - Participant is a Texas resident
 - Sibling is a Texas resident
- Through this research study, the partnership will create and provide future planning education to better meet the critical needs of siblings of adult individuals with disabilities. Total time commitment is expected to be no more than 30 minutes.

Publications

- <u>Using Vertical Transitions From Early Childhood to Postsecondary Environments to Improve Transition Outcomes</u>, Teaching Exceptional Children authored by Dr. Leena Jo Landmark, Dr. Vickie Mitchell & other colleagues
- <u>We Advocate and Advocate Until We Break A Personal Transition Story</u> an adult who lives with a rare disease recounts her harrowing transition experiences
- Improving Health Care Transitions for Children and Youth With Special Health Care Needs, Academic Pediatrics
- Healthcare Access and Utilization for Young Adults With Disability: U.S., 2014–2018,
 Journal of Adolescent Health
- Pros and Cons of Disclosing a Disability to Employers
 - Spanish version, <u>Ventajas y desventajas de revelar a los empleadores que</u> <u>tiene una discapacidad</u>

Health Literacy

WebLitLegit

- Developed by SaferCare Texas, University of N. Texas Health Science Center
- An interactive, teen-driven toolkit that empowers teens to discern "Truth versus Trash" health information on the Internet.
- Teens learn how to recognize science-based information from opinion, identify credible sources, question why the information is being presented, and analyze if it sounds too good to be true.

Financial Literacy

- <u>Financial Toolkit for People with Disabilities</u> developed by the U.S. Department of Labor in response to the COVID-19 Pandemic to help with money management. Includes tools and resources on the following topics:
 - o Preparing for a Job
 - o Starting a Job
 - o Maintaining a Job
 - o Changing or Losing a Job
 - o Retiring from a Job

Texas Health Steps – Quick Courses

- New Quick Courses
 - Promoting Healthy Sleep for Children and Adolescents Learn about the important role sleep plays in cognitive and psychosocial development throughout childhood and adolescence, and how to assist parents in creating and maintaining healthy sleep routines for their children.
 - Adolescent Vaping: Current Trends, Research, and Best Practices E-cigarette use is growing among young people. Learn about screening and counseling tools you can use to protect them from the health risks and long-term effects of vaping.
 - <u>Limiting Adolescent Access to Opioids</u> Get practical guidance about restricting adolescent access to opioids and preventing young people from misusing these powerful medications.

Texas Health Steps – Continuing Ed

- New Continuing Education (CE)
 - Adolescent Substance Abuse Learn to integrate routine screening and employ evidence-based models to manage care for adolescents with substance use disorders
 - Interpersonal Youth Violence An overview of common forms of youth violence such as bullying, self- injury, and dating violence - and intervention and prevention strategies.

Mental Health

- Transitions to Adulthood Center for Research short video series "The College Faculty
 Guide to Academic Supports for College Students with Serious Mental Health
 Conditions"
 - Provides research-based information on how the experience of a mental health condition can impact students' academic participation and performance.
 - O Videos include:
 - Feedback from students, college faculty, and mental health experts about the experience of students with mental health conditions
 - Strategies for faculty on how to structure courses to support student mental health
 - Specific ways faculty can support the academic participation and success of student with; mental health conditions
 - Information that promotes faculty reflection on supporting the students

ABLE National Resource Center

- ABLE National Resource Center's new Black, Indigenous, and People of Color (BIPOC) Toolkit to improve the financial stability and prosperity for people who experience additional, significant expenses associated with having a disability.
- <u>The Arc's Center for Future Planning video</u> on Medicaid rules on what happens to money in an ABLE account or special needs trust when the person with a disability who has the account dies. The full series of videos on special needs trusts and ABLE accounts is <u>HERE</u>.

Worth Repeating

The Health Care Transition Research Consortium is seeking self-advocates and parents to collaborate with interdisciplinary professionals on a project to foster advances in the science and practice of health care transition.

For those interested in learning more about this project, please contact either Cecily Betz, cbetz@chia.usc.ed, or Maria Ferris, maria ferris@unc.edu for more information.

Also Worth Repeating

- Genetics of Adult Intellectual Disability Research Study | BCM-HGSC
 - Researchers at the Human Genome Sequencing Center at Baylor College of Medicine want to learn about the genes underlying intellectual disability. For more information, www.hgsc.bcm.edu
- UNT ELEVAR Empower, Learn, Excel, enVision, Advance, Rise
 - University of N. Texas, 4 year inclusive postsecondary education program for students with I/DD
 - Vision- To empower young adults with I/DD who want to continue post secondary education to become self-determined, independent, and health adults readied for integrated competitive employment
 - Began Fall 2021 with ~ 5 students (applications were due 2/1/21)
 - Program will expand to 10 -12 students in 2022-23

TALC Member Updates

Adult Caregiver Research Study

- Purpose: To learn if there are racial/ethnic disparities in COVID-19 for caregivers of adults with intellectual and developmental disabilities (IDD)
- Who is eligible? Family caregivers of adults (18 years and older) with IDD and are dependent on the caregiver daily needs such as dressing, bathing, food preparation, safety/supervision, and/or medical care
- What's involved? Completing a 15 -20 minute online survey:
 - English: https://redcap.link/kltjk5mk
 - Spanish: https://redcap.link/9z9ez439
- \$20 gift card for completing the survey
- For more information, please contact Dr. Larry Laufman
 - o Email: <u>llaufman@bcm.edu</u>
 - o Phone: (713) 798-2854



Two training programs at Texas A&M University – APPLICATIONS OPEN FOR SUMMER 2022 AND FALL 2022







Work and College Opportunities (W.A.C.O.)





Work and College Opportunities (W.A.C.O.) Program

- The WACO program is a <u>5-week</u> program held <u>in the</u>
 <u>summer on A&M campus</u> for young adults with a disability.
- Participants receive development and instruction in professionalism, self-determination, self-advocacy, teamwork, assistive technology, independent living skills, and other related areas connected to employment and college attendance while participating in a paid work experience.

5 Week Summer Work And College Opportunities Training

- Virtual Option
- **In-Person Option**

These two options run concurrently



Website:

https://cdd.tamu.edu/education/waco-project/



Horticultural Options in Plant Sciences (H.O.P.S.)





Horticultural Options in Plant Sciences (H.O.P.S.) Project

- The HOPS Project is a <u>two semester</u> (approximately 32 weeks) training program.
- The <u>purpose</u> of the program is to provide instruction and support to individuals with disabilities to <u>gain the</u> <u>necessary skills and experiences in work</u> <u>readiness</u> in order to successfully transition into competitive integrated employment <u>in the</u> <u>horticulture industry.</u>

Horticultural Options in Plant Sciences (H.O.P.S.) Training

Three training tracks, Floral Design, Landscape Management, Greenhouse/Nursery

Earn industry recognized credentials in one of the three career fields below.

Career Fields (Areas of Concentration)

Choose One (1)

Floral Design

- Floral Artist
- Floral Clerk
- Floral Specialist
- Florist, Flower Shop Laborer
- Wedding Decorator

Landscape Management

- Grounds Maintenance Specialist
- Gardener
- Landscape Specialist
- Landscape Technician

Greenhouse/Nursery

- GreenhouseTechnician
- Harvester
- Plant Nursery Technician
- Orchard Worker
- Propagation Specialist
- Farm Laborer



H.O.P.S Website:

https://cdd.tamu.edu/education/hops-program/



CONTACT



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jade.wu@ag.tamu.edu

Luis Castillo

Luis.Castillo@ag.tamu.edu

Families CAN

- Transition Workshops presented by Gayle Fisher, M.Ed.
 - Pulling Back the Layers for Parents and Grandparents
 - February 5th
 - 10 am 12 pm Register HERE
 - Pulling Back the Layers for Siblings
 - February 19th, 10:00 am 11:30 am
 - Register HERE

Spanish language interpreters available on request

TRANSITION AND RELATED EVENTS TO SUPPORT TRANSITION NEEDS

Presentation to HHSC, Transition to Adulthood Learning Collaborative

February 9, 2022



TEX4S

educate. empower. employ. excel.

- E4Texas is a post-secondary opportunity for people with or without a disability, who are over the age of 18, who have a high school diploma, and are employment-focused.
- The E4Texas 3-semester experience combines classroom instruction with practical career building experiences, independent living skills, and self-determination.
- During the course, students will learn the main aspects of independent living, will receive their caretaker certification, and will be supported as they find jobs in their final semester.



How Can I Apply?

You can fill out an <u>application</u> on our website for the <u>E4Texas Program</u>. You can also find an FAQ document on our website as well!









Want to learn more?

Contact the program coordinators today:

Joe Tate at joetate@utexas.edu

Destiny Garza at destinygarza@utexas.edu







THANK YOU!!

https://disabilitystudies.utexas.edu/

Nina Zuna, Ph.D., Associate Director Texas Center for Disability Studies, L4000 The University of Texas at Austin 10100 Burnet Rd. Bldg.,TCB #137 Austin, TX 78758

Ph. <u>512-232-0758</u> nzuna@austin.utexas.edu

Next Meeting Dates

Medical Home Learning Collaborative

Wednesday, April 13, 10 am – 11:30 am CT (date subject to change)

Transition to Adulthood Learning Collaborative

May, 4, 2022, 12 pm – 1:30 pm CT

Guest Presenter, Jeff Miller, Disability Rights Texas

Legal changes at age 18, Supported Decsion-Making & Other Alternatives to Guardianship

Thank You!

Please take our post-call survey. We value your feedback!

To be added to our Transition to Adulthood Learning Collaborative and receive invitations to future meetings email:

Ivy.Goldstein@dshs.Texas.gov

