

This manual has been developed by Mountain Valley Developmental Services, Inc. If you would like to request an addition or change to information contained in this manual, please contact Sara Sims at 970-945-2306.



Resource Manual for Families
2016

The mission of Mountain Valley Developmental Services is to encourage and support individuals with developmental disabilities, enhance their ability to live, learn, and work in an independent and inclusive manner, and educate the community about their contributions and capabilities



MOUNTAIN VALLEY DEVELOPMENTAL SERVICES

In 1963, Colorado statute authorized Community Centered Board's (CCB) to be responsible for community services for children with delays in their development and developmental disabilities and adults with developmental disabilities. Currently there are 20 Community Centered Boards who serve approximately 11,000 individuals and families across the state. Mountain Valley Developmental Services (MVDS) has been designated by Colorado Department of Health and Human Services as the CCB which services people in Lake, Pitkin, Eagle and Garfield Counties.

Mountain Valley Development Services was founded in 1973 by a group of parents and volunteers and was incorporated as a non-profit agency in 1975. MVDS has since become an organization which provides a comprehensive array of services to children and adults with developmental disabilities.

MVDS is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and approved by Colorado Division for Departmental Disabilities. Residential facilities are also licensed by the Colorado Department of Health.

Our Mission is to encourage and support individuals with developmental disabilities, enhance their ability to live, learn, and work in an independent and inclusive manner, and to educate the community about their contributions and capabilities.

The purpose of Mountain Valley Developmental Services is to provide persons served and their families with supports that will promote skill acquisition, independence and inclusion within the community. To fulfill this purpose, the organization is entrusted with the administration of public funds that are intended specifically to assist persons with developmental disabilities and their families. In order to assure maximum fulfillment of the organization's mission and its responsibility to the public and its communities, all persons employed by the organization or otherwise in a position to exercise influence over policy development and operations are expected to adhere to following our code of ethics at all times.

Eligibility:

For children under the age of 3 years old, the child must demonstrate a significant delay in at least one domain of development; or the child must have an established condition based on a medical diagnosis which will likely result in a significant delay in development.

For children 3-5 years old, who were not previously determined eligible for services, eligibility for special education services in the school setting is an indicator of eligibility for Mountain Valley Developmental Services.

For persons 5 years and older, developmental disability determination is based on four elements or criteria that must be met:

1. There is evidence of either cognitive or adaptive behavior impairment; the disability manifested prior to the age of 22.
2. The testing is current.
3. The disability is not only attributable to physical or sensory impairment or mental illness.
4. The cognitive or adaptive behavior impairment is due to Mental Retardation or related condition or other neurological conditions.

Service Programs:

Our Children's Programs provide assistance to families with children, who are demonstrating a developmental delay; who have a physical or mental condition which has a high probability of resulting in a developmental disability; or who have developmental disabilities. Through case management, an Individualized Family Support Plan (IFSP) is created to identify family priorities, coordinate resources, and ensure entitlements while promoting the development of every child. The Early Intervention Program provides Part C supports and works closely with the State Early Intervention Colorado team to ensure that federal regulations are met.

The Early Intervention Program serves families with children from birth to 3 years in their natural environments by providing or coordinating: Necessary instruction or therapies; Inclusion within community based play groups or classes; Transitional support for children entering preschool; and Service Coordination/ Case Management.

The Family Support Services Program assists families with children from birth through adulthood by providing: Case Management; Financial assistance; Support to facilitate families remaining together; Collaboration among community resources; Support during the Individual Education Plan (IEP) process.

We also administer a number of Children's Medicaid Waivers- see Medicaid Section.

Our Residential Programs provide individuals who are 18 years or older, with a place to live, as well as training in areas which promote independence and self-sufficiency. MVDS has housing in Glenwood Springs, Vail, Carbondale, New Castle, Silt, Rifle, and Rullison CO. A variety of living environments, depending on individual need and preference, are provided including:

Apartment: provide supported, independent living for 1-3 individuals.

Group homes: provide supervised living for 6-7 people.

Host homes: provide individuals with an opportunity to live within a private family home.

Family Caregiver: provide monetary supports to care for your family member at home.

Our Enrichment Services Program offers community participation and social interaction with staff and peers in a community setting. Clients work alongside staff while participating in activities and pursuing interests, and work to build relationships within our communities. Enrichment services provide activities highlighted by group art, recreation and community activities. Some activities are: swimming at the Hot Springs Pool, visiting art galleries, dining out at restaurants, and volunteering. During the holiday season, we can be found ringing bells for the Salvation Army. The recreation department has been a huge success in promoting outings such as snowshoeing, skiing, hiking, biking, rafting, dances, fishing, playing games in the park, bocce ball, bowling, and so much more. The valleys have much to offer in our community with events such as concerts, rodeos, fundraisers, dances, theatrical productions, local high school football, basketball, and baseball games.

Our program continues to strive for quality support and to enrich the lives of everyone who comes to MVDS. We offer support by guiding and encouraging healthy growth, learning, and acquisition of new skills and retention of previously learned skills.

We are interested in working with local Transition Programs and other young adults in our communities to provide collaborative and cooperative recreational, vocational and community based activities.

Our Employment Program strives to find community inclusive employment providing meaningful jobs for clients. Our employment services provide opportunities to work in a variety of settings located throughout the community as well as providing ongoing support to maintain employment including: Job development and exploration services; Job analysis to match a potential employee's skills with employer needs; Support to employer and employee; Instruction of skills to increase productivity and independence; Development of appropriate interpersonal skills and appropriate relationships with co-workers and supervisors; and Inform and train employees on the use of public transportation.

'Art on 8th' is a store in Glenwood Springs, which is owned and operated by MVDS. It offers community employment within the progressive downtown setting. Employment and training opportunities are also offered at the Mountain Valley Greenhouse located at the Main agency of MVDS.

Our Medical Program provides a Registered Nurse who acts as a medical liaison for scheduling regular doctor's appointments and follow-up care; Coordinating the medical plan of care; and Providing professional support.

Our Case Management Department is an individually centered, family and community focused service in which programs and resources are coordinated to enhance people's lives. Case Managers assist people to identify their unique strengths and to find ways to enhance them. Case Managers explain what supports are available for individuals, how to become eligible, and how to request services. The goal of the Case Manager is to assure that necessary services are provided effectively and efficiently through establishing meaningful relationships with each individual, their family, and the community in which they live, work and play.

Case Managers act as an advocate who assists individuals with various aspects of their lives including: Coordinating the team process for developing treatment programs and monitoring to ensure that programming is being delivered and goals are being met; Locating and applying for desired services and placements; Acquiring and maintaining benefits and supports from other agencies; Completing all paperwork to ensure each person receives their identified Medicaid waiver services; Working with individuals and family members to complete state required reports and forms annually; Developing and monitoring treatment programs to meet the needs of persons receiving services; and Communicating regularly between staff, persons served, and their families.

Our two Adult Medicaid Waiver Programs (refer to Medicaid section) are:

Comprehensive Services: Designed for adults who need more intensive supervision and assistance in their daily lives. People in the program live in a host home setting, which is a family or individual who cares for the person in their home, or a group home or apartment setting, which are staffed and run by MVDS. This program is designed to help each person achieve the goals they set for themselves.

Supported Living Services (SLS): We understand that every individual has varying needs for specific services and supports based on their ability to live, work, and access the community at large. SLS allows individuals to customize the specific services and supports they need most so that they may live either independently or semi-independently with the support of family members at home. Services and supports may include direct personal care or instruction in areas as diverse as personal care, employment, volunteer opportunities, household maintenance, mentorship, transportation, professional services, health and fitness, among many others. Many services are provided in the individuals' residences as well as specialized and generic community-based settings. SLS Case Managers assist service users in information gathering and decision making in order to access the services and supports they need within a workable schedule.

IMPORTANT DATES TO KNOW:

If your child has a developmental disability, which has previously been determined by the local CCB, he/she is entitled to be entered onto the state waitlist for adult services when he/she turns **14 years old**.

To utilize waiver benefits, clients must be willing to receive services in their homes or communities. A client who receives services through a waiver is also eligible for all Medicaid covered services except nursing facility and long-term hospital care. When a client chooses to receive services under a waiver, the services must be provided by Medicaid providers or by a Medicaid contracting managed care organization. The cost of waiver services cannot be more than the cost of placement in a nursing facility, hospital, or ICF/MR. Each waiver has an enrollment limit. There may be a waiting list for any particular waiver. Applicants may apply for more than one waiver, but may only receive services through one waiver at a time. Anyone who is denied Medicaid eligibility for any reason has a right to appeal. Talk to your County Department of Social/Human Services if you wish to exercise your right to appeal.

Medicaid Waivers in the State of Colorado-

***Children's HCBS Waiver**

To provide Medicaid benefits in the home or community for disabled children who would otherwise be ineligible for Medicaid due to excess parental income and/or resources. Children must be at risk of nursing facility or hospital placement.

Population: Disabled children through age 17 in the home, at risk of nursing facility or hospital placement .

Medical Criteria: Nursing facility or hospital level of care.

Services: Case management, In- home support services (IHSS)

State contact person: Dennis Roy 303-866-4828

Local contact person: Your County Department of Social/Human Services

***HCBS-Children with Autism Waiver**

To provide Medicaid benefits in the home or community for children with a medical diagnosis of Autism who are most in need due to the severity of their disability. Children must meet additional targeted criteria.

Population: Birth through age 5; Children medically diagnosed with Autism with intensive behavioral needs who are at risk of institutionalization.

Medical Criteria: Diagnosed with Autism under 6 years of age

Services: Case Management, Behavioral therapies

State contact person: Candice Bailey at HCPF303-866-3877

Local contact person: Mountain Valley Developmental Services Children's Intake Manager 970-945-2306

***HCBS-Children's Extensive Support Waiver**

To provide Medicaid benefits in the home or community for children with developmental disabilities or delays, that are most in need due to the severity of their disability. Children must meet additional targeted criteria.

Population: *Birth through age 17; Children with intensive behavioral or medical needs who are at risk of institutionalization. Children, birth through age 4, must have a developmental delay. Children, 5 through 17, must have a developmental disability.*

Medical Criteria: *Intermediate care facility for the intellectual disabilities level of care.*

Services: *Specialized Medical Equipment & Supplies, Community Connection Services, Home Accessibility Adaptations, Professional Services (incl. Hippotherapy, Massage & Movement Therapy), Behavioral Services, Adapted Therapeutic Recreation and Fee, Assistive Technology, Homemaker, Parent Education, Respite Care, Vehicle Modification, Vision Services*

State contact person: Sheila Peil 303-866-5156

Local contact person: Mountain Valley Developmental Services' Intake Manager 970-945-2306

***HCBS-Children's Habilitation Residential Program Waiver**

To provide residential services for children and youth in foster care who have a developmental disability and extraordinary needs. Children must be at risk for institutionalization. The waiver is designed to assist children/youth to acquire, retain, and/or improve self-help, socialization, and adaptive skills necessary to live in the community with a plan to include services.

Population:

Birth to 21 years of age; Children from birth to 21 years of age who are in the custody of a County Department of Human/Social Services, have a developmental disability and extraordinary service needs, and for whom services cannot be provided at the county negotiated rate.

Medical Criteria: *Children/youth must be determined to be at risk of institutionalization in an intermediate care facility for the intellectual disabilities level of care by his/her physician*

Services: Cognitive services, Communication services, Community Connection Services, Counseling and therapeutic services, Emergency assistance training, Independent living training, Personal care services, Self-advocacy training, Supervision services, Travel services

State contact person: Nancy Harris 303-866-3278

Local contact person: Your County Department of Social/Human Services

***HCBS-Waiver for Children with Life-Limiting Illness**

This waiver provides access to Medicaid services for children with a life-limiting illness. The HCBS Children with Life Limiting Illness Waiver (HCBS-CLLI) is for children from birth to age nineteen with a medical diagnosis of a life-limiting illness who meet the institutional level of care for inpatient hospitalization. The HCBS-CLLI Waiver allows children to live in their community while keeping them out of institutions.

Who is eligible: *Children who: Are determined financially eligible for Medicaid by the local County of Social/Human Services; Are determined to meet Social Security Administration definition of disability; Are at risk of institutionalization into a hospital as determined by the SEP case manager using the ULTC 100.2 and physician's statement; Have a diagnosis of a Life-Limiting Illness certified by a physician; Have not reached the age of 19; Are determined by the case manager to be safely served in the community; Receive at least one HCBS-CLLI waiver benefit per month to maintain enrollment in the waiver.*

Medical Criteria: *Have a diagnosis of a Life-Limiting Illness; certified by a physician and has not reached 19 years old.*

Services: *Palliative /Supportive care (does not require a six month terminal prognosis for the client); Expressive therapy includes, but is not limited to, book writing, painting, music therapy, art therapy, and scrapbook making. Expressive therapy is limited to 39 hours per year; Client/Family/Caregiver Counseling provided in individual or group setting. Client/Family/Caregiver Counseling is limited to 98 hours per year; Client/Family/Caregiver Counseling is a benefit if it is not available under Medicaid EPSDT coverage, Medicaid State Plan benefits, and third party liability coverage or by other means; Respite Care provided in the home of an eligible client on a short term basis, not to exceed 30 days per year. Respite Care shall not be duplicated on the same date of service as state plan Home Health or Palliative/Supportive Care services.*

How does someone apply: *- The applicant must go to a Single Entry Point agency (SEP) to be evaluated. SEPs provide case management services and assessments for the HCBS-CLLI; An applicant must go to their local County of Social/Human Services to apply for Medicaid and to submit a Disability application (ARG). Disability determination may take up to 90 days; Once the*

child is eligible for CLLI, the SEP case managers work with the provider agency along with the physician to create a service plan.

What is the enrollment limit: *Two Hundred children may be served at this time; when the CAP of 200 is reached a Waitlist will be developed. When the CAP of 200 is reached a Waitlist will be developed.*

Where can a child get benefits: *Benefits are available through a certified provider that is enrolled in the CLLI Waiver; the SEP will assist the family to locate a provider.*

State contact person: *Laura Russell at HCPF303-866-4648*

***HCBS Waiver for Persons with Brain Injury**

To provide a home or community based alternative to hospital or specialized nursing facility care for persons with brain injury.

Population: *Age 16 through 64; Persons with brain injury as defined in the Colorado Code of Regulations with specific diagnostic codes.*

Medical Criteria: *Hospital or nursing facility level of care.*

Services: *Adult day services, Specialized Medical Equipment & Supplies, Behavioral management, Day treatment, Home modifications, Mental health counseling, Non-medical transportation, Personal care, Respite care, Substance Abuse Counseling- Supported Living Program, Transitional Living, Personalized Emergency Response System.*

State contact person: *Diane Byrne 303-866-4030`*

***HCBS-Community Mental Health Supports Waiver**

To provide a home or community based alternative to nursing facility care for persons with major mental illness.

Population: *Age 18 and older; Persons with a diagnosis of major mental illness.*

Medical Criteria: *Nursing facility level of care.*

Services: *Adult day services, Alternative care facilities, Consumer Directed Attendant Support, Personal Emergency Response System, Home modifications, Homemaker services, Non-medical transportation, Personal care, Respite care.*

State contact person: *Cassandra Keller 303-866-5181*

***HCBS Waiver for Persons who are Elderly, Blind, and Disabled**

To provide a home or community based alternative to nursing facility care for elderly, blind, and disabled persons (must demonstrate a physical disability).

Population: Age 18 and older; Elderly persons with a functional impairment (aged 65+) or blind or physically disabled persons (aged 18-64).

Medical Criteria: Nursing facility level of care.

Services: Adult day services, Alternative care facilities, Community transition services, Consumer Directed Attendant Support, Personal Emergency Response System, Home modifications, Homemaker services, In home support services (IHSS), Non-medical transportation, Personal care, Respite care.

State contact person: Lana Mutters 303-866-2050

Local contact person: Your County Department of Social/Human Services

***Consumer Directed Attendant Support Services (CDASS)**

Population: Consumer Directed Attendant Support Services (CDASS) is a Medicaid benefit under the Home and Community Based Services—Elderly, Blind, and Disabled (HCBS-EBD) and Persons living with Mental Illness (MI) waivers that allow clients to manage their attendant services. CDASS uses the term attendant, though people use many other terms such as aide, personal care assistant and homemaker.

Services: You and/or your authorized representative can: hire attendants, even friends and family, based on qualifications that you set; train, supervise and fire your attendants; decide when and where you receive services; set wages for your attendants, within your monthly budget; choose someone you trust, like a family member or friend (an authorized representative), to help you manage the program.

Specifics: In CDASS, Medicaid funds are set aside for you to control, instead of paying a home health agency or personal care agency to provide your attendant care. Your case manager determines your “individual monthly allocation.” After you and/or your authorized representative complete training and enroll in the services, you and/or your authorized representative will be responsible for managing these funds to meet your needs. Some important requirements: You must be eligible for HCBS-EBD or MI waivers; You must demonstrate a need for attendant support; Your participation is voluntary; You and/or your authorized representative must be able to direct your care. All attendants under the CDASS program are employed by the state's Fiscal Management Service (FMS) who acts as the employer of record. The current FMS for this program is Public Partnership LLC (PPL). PPL Customer Service: 1-888-752-8250

State contact: 844-381-4433; 866-924-9072; infocdco@consumerdirectedonline.net

Mountain Board of Cooperative Education Services:

The Mountain Board of Cooperative Educational Services (Mountain BOCES) works in partnership with ten school districts and the Colorado Mountain Colleges to furnish services which can be more efficiently provided across school districts in order to maximize educational opportunities for Colorado students.

Mountain BOCES services include special education, alternative schools and programs, curriculum and staff development, career and technical education, alternative licensure programs, data management and utilization, computer and technology support, cooperative purchasing, and standards and assessment support. With the flexibility to respond quickly to the changing needs of today's student population, Mountain BOCES can also hire outside experts or create new programs and training as needed.

Main office: 1713 Mount Lincoln Drive West, Leadville, Colorado 80461; Phone: 719.486.2603; Fax: 719.486.2109;

Satellite office: 995 Cowen Drive, Suite 10, Carbondale, CO 81623; Phone: 970.963.3243
Fax: 970.963.9672; www.mtnboces.org



Family Resource Centers:

Family Resource Centers work with the entire family to help them become more self reliant in key areas that affect their family stability, including parenting, health, education, employment, housing and financial management.

Main office: 1750 Humboldt Street Suite 200, Denver, Colorado 80218; Phone: 303-388-1001;
www.cofamilycenters.org

Garfield, Pitkin and Eagle counties: Executive Office in the Bridges Center 455 South Third Street 455 S. Third Street, Carbondale, CO 81623; Phone: 970-384-5694. Other offices located at Basalt Elementary School Red Brick Building (970-384-5855); and the Glenwood Springs Elementary School (970-384-6055);
www.rffrc.org



Valley Life For All:

Creating access to resources by connecting opportunities for people of all disabilities, their families and communities, from Aspen to Parachute.

www.valleylifeforall.org ; valleylifeforall@gmail.com; PO Box 110 Basalt, CO 81621-0110; Phone: 970-319-1279



Roaring Fork Autism Network:

The Mission of the RFAN is to connect parents and also provide education, resources, and support opportunities for children on the autism spectrum, families, and schools in the region.

info@rfautism.org ; www.rfautism.org



Roaring Fork Special Education Advisory Committee:

SEAC is a partnership between district administration, teachers, support staff, community service agencies, and parents/legal guardians of students with disabilities. The SEAC provides informed advice to the District on special education issues but does not set policy. www.rfseac.groupsites.com .

Eagle School District Special Education Advisory Committee:

The Special Education Advisory Committee (SEAC) is responsible for bringing parents, general and special educators, administrators, and other community members together with a common and specific focus on the education of students with disabilities as a powerful catalyst for system alignment and change. <http://www.eagleschools.net/index.aspx?page=616>



Colorado Developmental Disabilities Council:

The mission of the CDDC is to advocate in collaboration with and on behalf of people with developmental disabilities for the establishment and implementation of public policy which will further their independence, productivity, and integration. 3401 Quebec St., Suite 6009, Denver, Colorado 80273; Phone: 720-941-0176; Fax: 720-941-8490; www.coddc.org



National Assisted Persons in Supported Employment (APSE):

APSE leads in the advancement of equitable employment for people with disabilities. www.apse.org ;

Colorado Chapter: Tyler Paris, CTAT/Denver Options, Inc. 9900 East Iliff Avenue, Denver, CO 80231 303-636-5610 tparis@denveroptions.org



Ready For The World: Roaring Fork School District’s Transition Program: 970-384-5942



Family Connections

Family Connections is a local support group for families of Eagle County kids with special needs. We support each other, share resource information and learn from our collective wisdom- facilitating a monthly newsletter with local events, trainings and other resources. Contact famconn@gmail.com

