



# Vision & Voice

A QUARTERLY NEWS AND EVENT PUBLICATION OF THE  
INSTITUTE ON DISABILITY AT THE UNIVERSITY OF NEW HAMPSHIRE

## Bookstore Spotlight

**Elements of Design: Frameworks for Facilitating Person-Centered Planning** by Patty Cotton, M.Ed.

*Elements of Design: Frameworks for Facilitating Person-Centered Planning* is a manual for people who are interested in offering facilitation services to guide individuals, families, and teams through the person-centered planning process. This manual includes an essential overview of person-centered planning, as well as step-by-step methods, tools, and process examples. *Elements of Design* is available for \$25 and can be found online at <http://iodserver.unh.edu/iodbookstore>.

## Join Our Mailing List

The IOD produces a variety of publications, including *Vision & Voice*, which communicate the ways we are connected to individuals and activities in New Hampshire and across the country. **If you would like to be added to our mailing list, e-mail [contact.iod@unh.edu](mailto:contact.iod@unh.edu) or call 603.862.4320.**

## What's Inside

- "Solutions" Clinics at The Home Depot . . . . . 2
- RENEW Project . . . . . 2
- Did You Know? . . . . . 2
- Calendar of Events . . . . . 3
- Seniors Count Expands to Seacoast, Nashua. . . 4
- NH LEND: \$600,000 for Autism Training . . . . . 4

## Election '08: Helping All to Vote

The Help America Vote Act (HAVA) of 2002 mandates that all polling locations and ballots in the US be accessible to people with disabilities. Many states use electronic voting, but since New Hampshire is one of the few states that require votes be cast via a marked paper ballot, significant supports had to be developed and implemented to make voting more accessible.

Granite State Independent Living partnered with the New Hampshire Secretary of State's office to provide outreach and education about new accessible voting procedures in New Hampshire. GSIL staff members started making phone calls and visiting communities in August in preparation for the November elections, bringing their message of empowerment through accessible voting to libraries, senior centers, assisted living facilities, disabilities assistance organizations and agencies, and consumer peer groups all over New Hampshire. A week before the November 2008 election, Erica Marden, Information and Referral Coordinator, and Kim Maynard, ELT Administrative Assistant of GSIL, visited the IOD Concord office to educate staff members on accessible voting in New Hampshire.

As a result of the HAVA, all 310 polling locations in New Hampshire now receive an accessible voting kit. The kit contains a bright lamp and a page-size magnifier to make ballots easier to see, communication cards for individuals with hearing impairments, and a signature template, a thick plastic card with holes in it that is placed over a ballot so an individual can feel with their



Josh, a student in the IOD's Youth Empowerment Services project, casts his ballot thanks to an accessible voting kit

fingers where to sign. The cornerstone technology in every accessible voting kit is the Inspire™ Voting System, which allows individuals with vision impairments to use a touch-tone automated phone system that prints a completed paper ballot via fax machine. This system is also equipped with an adapter for sip-and-puff technology, allowing individuals with limited or no use of their hands to use the system via a mouth-controlled input. This new equipment was first available to NH voters in some local elections in 2007; 2008 marked the first year that the new system of supports was in place for a presidential election.

"People feel more independent and feel that their basic civil rights are being upheld," said Ms. Marden, sharing feedback from members of the Federation of the Blind about the new vote-by-phone system. "Individuals who may not have left their homes to vote in years—who have been voting via absentee ballot—are finally able to come out to the polls on election day and vote along with their community." @

## Including Samuel Supports Iraqi Disability Rights

The award-winning documentary film *Including Samuel* is partnering with Mercy Corps, a global relief and development agency, to support the growing civil rights movement of the two million—nearly 1 in 13—Iraqi citizens who experience a disability. In addition to being translated into Arabic, the film will be incorporated into the Mercy Corps People with Disabilities Advocacy Program, which is designed to provide education, advocacy, and outreach to ensure that Iraqis with disabilities fully participate in society.

"In a country where the word 'accessibility' lacks definition, resources like *Including Samuel* help create an understanding of how people with disabilities can be included in all aspects of society,"

said Tiana Tozer, Mercy Corps Iraq program manager. "The film will enhance the Mercy Corps People with Disabilities Advocacy Program by sparking our young advocates' creativity and imaginations, and opening their eyes to the possibilities of what Iraq can be for them in the future."

There is strong societal and internal stigma that Iraqis with disabilities face each day, Tozer says. Changing cultural attitudes that exist toward people with disabilities is central to the Mercy Corps People with Disabilities Advocacy Program as well as the message of *Including Samuel*.

Dan Habib, director, producer, and cinematographer of *Including Samuel*, says that there is a universal truth about people with disabilities around the world. "They are generally undervalued and underestimated, whether it is my son Samuel in Concord, New Hampshire, or a young boy in Baghdad who lost a limb to the war." @

**For more information on *Including Samuel*, visit [www.includingsamuel.com](http://www.includingsamuel.com).**

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## RENEW

According to the Endowment for Health, one in five children in NH between ages five and 19 has a diagnosable mental health disorder—an estimated 56,000 kids. Mental health disorders are more common than childhood asthma or obesity, yet most children in need of care don't receive it. Making matters worse, a number of national reports have described the mental health delivery system as fragmented and in disarray. Access to mental health care is inhibited by such things as workforce shortages and limited state capacity to deliver care that works.

To address this need, the IOD is partnering with the Endowment for Health on the RENEW Project. RENEW, or Rehabilitation for Empowerment, Natural Supports, Education, and Work, will provide secondary transition services for youth with emotional and behavioral disorders (EBD) in NH by training professional staff members at the community mental health centers and other providers within the state mental health system to implement the RENEW model. The RENEW Project will also facilitate a process to problem solve around funding and administrative barriers that prevent access to high-quality transition services for youth with EBD.

For more information on RENEW, visit [www.iod.unh.edu/renew.html](http://www.iod.unh.edu/renew.html).

## Did You Know?

Despite the fact that respondents of a new community mental health services survey often cited the effectiveness of individual staff and agency supports in providing high quality care, the most frequent recommendation for agency improvement statewide was in the area of staffing. Core areas of concern included the high rate of staff turnover, lack of specialists to deal with unique conditions, the lack of gender or age appropriate staff to work with troubled youth, and/or general staff availability (respondents cited missed appointments by staff, long waiting times for appointments, and other scheduling problems).

– Findings drawn from the IOD's 2008 Public Mental Health Consumer Survey Project

For more information and to download the full report, visit [www.iod.unh.edu/pmhs.html](http://www.iod.unh.edu/pmhs.html).

## Feedback

Have a comment, suggestion, or story idea? We value your input. E-mail [contact.iod@unh.edu](mailto:contact.iod@unh.edu) or call **603.862.4320** to let us know how we're doing and how we can better serve you.

**Share the IOD with a friend:** Please let friends or colleagues know about us. *Pass us along!*

## Solutions for Easier Living at The Home Depot

On Saturday, October 25, the Occupational Therapy Department at the University of New Hampshire teamed up with the Concord Hospital to present the first ever "Solutions for Easier Living" Clinic Day at the Concord, NH Home Depot. The clinic featured IOD staff member and Assistive Technology "MacGyver" Dr. Therese Willkomm and Concord Hospital's Debra Samaha who provided participants with solutions for staying safe during the fall and winter months.

"Home Depot carries hundreds of products that can benefit individuals who experience physical challenges," said Willkomm. Some of the solutions demonstrated included products to reduce slips and falls, reaching and back-saving solutions, automated lighting and large print solutions for low vision, and easy-to-operate tools for individuals who experience arthritis.

In addition to highlighting some of Home Depot's products, Dr. Willkomm also demonstrated how hundreds of solutions could be fabricated in minutes using various adhesives, fasteners, acrylic, PVC pipe, flag pole holders, and Swiffer mops. Ms. Samaha provided several risk assessment checklists designed to keep individuals safe in their own homes and to reduce the risk of injury from a fall.

UNH and Concord Hospital plan to hold more



Dr. Therese Willkomm demonstrates a creative yardwork solution—mounting a cordless leaf blower onto a wheelchair

"Solutions for Easier Living" Clinic Days in the future. The next clinic, entitled "Creating Solutions for Easier Living, Learning, and Working," will be held at The Home Depot in Concord, NH, on Saturday, December 13, 2008 from 11:00 am to 12:00 pm. Participants will delve into more of Dr. Willkomm's assistive technology solutions, learning how to fabricate numerous solutions for individuals with disabilities in five minutes or less using everyday materials.

For a free copy of "Solutions for Easier Living Located at The Home Depot," stop by the Concord Home Depot to request one. @

For more information on assistive technology solutions, visit [www.atinnh.org](http://www.atinnh.org).

## Highlighting IOD Donors

### Including Samuel Project to Reach Health Care Providers in New Hampshire

A grant of \$30,000 from **New Hampshire's Endowment for Health**, awarded in September, will fund Improving New Hampshire's Health Care Delivery for Children with Disabilities, a program of the IOD's *Including Samuel* Project. Through this program, project staff will work with partners in NH's health care system to integrate the messages of *Including Samuel*—the award-winning documentary film by IOD filmmaker in residence Dan Habib—into the dialogues, practices, and training of health care providers across the state.

This will include screenings and panel discussions for pediatricians, specialists, and residents in the Dartmouth Hitchcock Medical Center system statewide; for post-secondary programs at UNH preparing tomorrow's health practitioners; for mental health providers and consumers (co-sponsored by NAMI NH); and for a meeting of the NH School Nurses' Association. This project is designed to leverage the power of film in promoting social change, and to utilize the existing infrastructure of healthcare systems to disseminate information and promote greater awareness, sensitivity, and competency in responding to the needs of NH's children with disabilities.

### Acclaimed Support for At-Risk Youth on the Seacoast

The **Fuller Foundation, Inc.**, Rye Beach, NH, awarded a second year of funding with a grant of \$3,000 in October in support of the IOD's Seacoast Support Program for Youth with Disabilities. This program is helping at-risk youth in the seacoast area, and in particular youth with disabilities, to stay in school and attain the academic and behavioral skills needed to advance to a productive adulthood.

Services are designed to address the significant

challenges youth at risk face as they strive to stay in school, resist at-risk behaviors, and make successful transitions to post-secondary education, work, and adult life. The program is delivered in schools and community settings throughout the seacoast area.

One of the key elements of this program, the APEX II project, has been recognized nationally as a model for dropout prevention and is helping to redefine supports for youth in seacoast communities and throughout New Hampshire.

### Continuing Support for The New Hampshire Leadership Series

The **Frank M. Barnard Foundation** of New London, NH, continued its support of the *NH Leadership Series*, awarding a grant of \$2,000 in June to help fund instructional materials for series participants, and the maintenance of a lending library for program participants that includes educational books, manuals, reports, and other reference materials on disabilities, advocacy, and leadership.

To learn more about contributing to the *NH Leadership Series* and about current supporters, visit Friends of Leadership on the *NH Leadership Series* website at [www.nhleadership.org](http://www.nhleadership.org). @

**If you would like to learn more about making a tax-deductible gift to the IOD, please contact:**

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or visit [www.iod.unh.edu](http://www.iod.unh.edu) for easy and secure online donation.

# CALENDAR

## EVENTS / WORKSHOPS

### APEX Training

Participants will learn to create and nurture a problem-solving team of professionals responsible for developing evidence-based strategies to improve the behavior and academic achievement of middle and high school students for whom school-wide approaches have been insufficient.

#### Dates & Locations:

Monday, December 8, 2008:

Granite State College, Concord, NH

Tuesday, February 10, 2009:

Granite State College, Conway, NH

**Time:** 9am–3pm

**Cost:** \$50 (Free for APEX schools)

**Presenter:** Cathy Apfel, M.Ed.

### Foundations in Transition

#### Person-Centered Strategies for Students with Disabilities Making the Transition to Adult Life

This four-part workshop series will target the needs of students with disabilities in transition. Topics include how to write high-quality transition plans, facilitation skills to help youth develop transition plans that are relevant to their areas of interest, and how to use resources effectively to ensure that the young person is successful. Attendance at all sessions is highly recommended.

#### Dates & Topics:

Thursday, December 11, 2008 –

The Basics of Secondary Transition

Thursday, January 15, 2009 –

The Foundation for Student-Driven Process: Personal Futures Planning

Tuesday, February 3, 2009 –

Think Outside the Box: Creative Educational and Employment Options

Thursday, March 19, 2009 –

Resource Development: Who Needs to Come to the Table?

**Time:** 8:30am–3pm

**Location:** Highlander Inn, Manchester, NH

**Cost:** \$50 each

**Presenters:** Dawn Breault, Donna Couture, Jonathon Drake, David Hagner, JoAnne Malloy, and Heidi Wyman

### Research to Practice Series

#### Literacy and Autism Spectrum Disorders: Translating Research into Practice

This series is intended to assist educators with addressing the literacy learning needs of students with autism spectrum disorders in general education classrooms. Participants will gain knowledge and skills to assess and enhance reading comprehension and writing skills for their students.

### Sessions:

Wednesday, January 28, 2009 –

“A Land We Can Share”: Teaching Literacy to Students with Autism in the Inclusive Classroom

**Presenter:** Paula Kluth

**Cost:** \$150 (includes a copy of Paula’s book “A Land We Can Share”)

Thursday, January 29, 2009 –

“Just Give Him the Whale”: Using Passions, Fascinations, and Favorites to Teach and Support Literacy Learning

**Presenter:** Paula Kluth

**Cost:** \$150 (includes a copy of Paula’s book “Just Give Him the Whale”)

Friday, March 27, 2009 –

Balancing the ABC’s for Students with ASD

**Presenters:** Karen Erickson and David Koppenhaver

**Cost:** \$150 (includes a copy of Karen and David’s book “Children with Disabilities: Reading and Writing the Four-Blocks Way”)

Thursday, May 7, 2009 –

Silent Reading Comprehension

**Presenter:** Stephanie Spadorcia

**Cost:** \$125

**Time:** 9am–3pm

**Location:** Holiday Inn, Concord, NH

### Autism Mini-Sessions

Informative and interactive topical discussions on ASD designed to provide practical teaching ideas to complement teaching and parenting strategies.

#### Dates & Topics:

Thursday, January 28, 2009 –

Communication Supports for Students with ASD

**Presenter:** Rae Sonnenmeier, Ph.D., CCC-SLP

Thursday, February 12, 2009 –

Creating Visual Supports for Learning the General Education Curriculum in the General Education Classroom

**Presenter:** Cheryl Jorgensen, Ph.D.

Monday, March 16, 2009 –

Rethinking the Role of Context

**Presenter:** Cathy Apfel, M.Ed.

Tuesday, April 7, 2009 –

Literacy and Students with ASD

**Presenter:** Leigh Rohde, M.Ed.

**Time:** 4pm–6pm

**Location:** UNH Institute on Disability, Durham, NH

**Cost:** \$30 each

### The Paraeducator’s Toolbox

#### Practical Strategies to Support Academic Achievement for Students with Learning and Behavioral Challenges

These workshops will provide participants with effective and proactive approaches that promote successful academic outcomes, social competency, and management of behavioral challenges. Each workshop has been specifically designed to address the complex social, emotional, and learning needs of students.

#### Dates:

Preschool & Elementary School –  
Wednesday, March 4, 2009

Middle School & High School –  
Monday, March 9, 2009

**Time:** 9am–3pm

**Location:** Common Man, Concord, NH

**Cost:** \$95

**Presenter:** Cathy Apfel, M.Ed.

### Introductory Training for Facilitated Communication

Provides participants with a general overview of facilitated communication (FC), FC’s history, basic FC technique, determining FC candidacy, and a review of research and best practices.

#### Dates & Location:

Tuesday, March 10, 2009:

UNH Institute on Disability, Concord, NH

**Time:** 9am–3:30pm

**Cost:** \$95

**Presenter:** Pascal Cheng, M.Ed., C.A.S.

### Person-Centered Planning for Older Adults

Offers an introduction to person-centered planning, including and overview of a person-centered system of care, information on how to facilitate planning meetings, and tools to use in the planning process.

#### Dates & Locations:

Friday, March 20, 2009:

Holiday Inn, Concord, NH

Thursday, April 2, 2009:

Granite State College, Conway, NH

**Time:** 9am–4pm

**Cost:** \$25

**Presenters:** Susan Fox, M.Ed., MA, and Patty Cotton, M.Ed.

## Save the Date

### The Including Samuel Project Presents The New England Inclusive Education Leadership Summit

**Date:** Friday, April 10, 2009

**Location:** Center of NH Radisson, Manchester, NH

## IOD Leadership

Jan Nisbet, Ph.D. – *Director*  
Linda Bimbo, M.S. – *Deputy Director*  
Mary Schuh, Ph.D. – *Associate Director of Development and Consumer Affairs*  
Cheryl Jorgensen, Ph.D. – *Research Assistant Professor*  
Matthew Gianino – *Manager of Marketing and Communications*  
Susan Fox, M.Ed., M.A. – *Clinical Assistant Professor*

## Executive Committee

Gordon Allen – *Executive Director*  
New Hampshire Developmental Disabilities Council  
[www.nhddc.org](http://www.nhddc.org)

Matthew Ertas – *Bureau Chief*  
Bureau of Developmental Services  
New Hampshire Department of Health and Human Services  
[www.dhhs.state.nh.us/DHHS/BDS](http://www.dhhs.state.nh.us/DHHS/BDS)

Barbara Arrington – *Dean*  
College of Health and Human Services  
University of New Hampshire  
[www.shhs.unh.edu](http://www.shhs.unh.edu)

Santina Thibedeau – *State Director of Special Education*  
New Hampshire Department of Education  
[www.ed.state.nh.us](http://www.ed.state.nh.us)

Richard Cohen, JD – *Executive Director*  
Disabilities Rights Center  
[www.drcnh.org](http://www.drcnh.org)

## UCED Partners

Tom Bunnell, JD – *Director*  
Michelle Winchester, JD – *Health Policy Analyst*  
Institute for Health, Law and Ethics  
Franklin Pierce Law Center  
[www.fplc.edu](http://www.fplc.edu)

John Moeschler, MD – *Program Director*  
Dartmouth Center for Genetics and Child Development  
Dartmouth Hitchcock Medical Center  
[www.dhmc.org](http://www.dhmc.org)

Tobey Davies, MS – *CCEEDD Director*  
School of Community Economic Development  
Southern New Hampshire University  
[www.snhu.edu](http://www.snhu.edu)

## Consumer Advisory Council

Kathy Bates – *Somersworth, NH*  
Regina Bringolf – *Hancock, NH*  
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Joyce Chisholm – *Concord, NH*  
Chris Collier – *Plymouth, NH*  
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Nathan Gams – *Hampton, NH*  
Michelle Jarvis – *Hampton Falls, NH*  
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Debra Nelson – *Nottingham, NH*  
Stacy Shannon – *Concord, NH*  
Julie Smith – *Durham, NH*  
Jim Tobin – *Effingham, NH*  
Pat Vincent-Piet – *Manchester, NH*  
Marian West – *Concord, NH*

## Support the IOD!

As a community oriented non-profit focused on ensuring that equal opportunities and a satisfying quality of life are accessible to all persons, we rely on the generosity of supporters like you to help further the mission of the IOD. If you would like to contribute to the IOD, tax-deductible donations can be made:

**Online**  
[www.iod.unh.edu](http://www.iod.unh.edu)

**Mail**  
10 West Edge Drive, Suite 101  
Durham NH 03824

**Phone**  
800.378.0386  
An IOD staff member will assist you with the process and answer any questions you may have about your contribution.

## Seniors Count Expanding to Portsmouth and Nashua

With the aging of the state's population and the emphasis on community living for all persons with disabilities, communities must adjust their policies and procedures to assure a high quality of life and participation for all residents. Building strong community partnerships at the local level is key to making lasting improvements in access to community services. New Hampshire has experienced success in working with local communities to address the support needs of all residents. These efforts are exemplified by initiatives such as Seniors Count of Manchester, which is a model of community collaboration established to convene a partnership that serves as a catalyst for outreach and action to redefine and ensure independence for older residents, and in doing so, creates a better life for all.

In June 2008, the IOD sent out a request for proposals which announced the Community Partnership to Support Older Adults program, an initiative that would provide funding—\$25,000 per year for two years—for two New Hampshire communities desiring to establish a community partnership based on the Seniors Count of Manchester model. The IOD is pleased to announce that Compass Care of Portsmouth and Southern New Hampshire Services, Inc., of Nashua are the recipients of funding for this program and will be coordinating the

establishment of collaborative partnerships in their respective communities.

In order to better tailor the services that they will provide over the course of the next two years, both communities will be conducting needs assessments of their older adult populations. Similar to successful practices from Seniors Count of Manchester, both partnerships have plans to hire Community Liaisons who will reach out to older adults in the community and develop collaborative relationships with other service providers and community organizations. Both communities also plan to establish flexible spending pools for community members to access in order to support older adults.

“This work is premised on the belief that communities are key partners in long term support reform, and that if people are to remain at home and in the community, communities must be welcoming, accessible, and supportive for all residents,” said Susan Fox, Institute on Disability Project Director. “We are very pleased to be able to support these two communities to replicate the successes experienced by Seniors Count in Manchester.” ☺

**For more information on Seniors Count, visit [www.seniorscountnh.org](http://www.seniorscountnh.org).**

## NH LEND Receives \$600,000 for Autism Training

The New Hampshire Leadership Education in Neurodevelopmental and Related Disabilities (LEND) program, a collaborative graduate program of Dartmouth Medical School, the IOD, and the College of Health and Human Services at UNH, recently received a \$600,000 grant to expand and focus on interdisciplinary training related to early identification and intervention of autism spectrum disorders (ASD).

This grant, received as part of approximately \$5.6 million in funds distributed by the Health Resources and Services Administration to a total of 21 universities and research organizations, will support the newly-created New Hampshire Leadership Education in Autism Spectrum Disorders (NH LEASD) Program.

In collaboration with the Center for Medical Home Improvement, the NH LEASD Program will work toward assuring that children with ASD in New Hampshire and northern New England are screened and diagnosed before the age of 18 months to guarantee access to early intervention, family-centered care, and maximal developmental outcomes. Over the course of the three-year expansion project, a total of 132 interdisciplinary professionals in primary health care, allied health, and education fields will enhance their knowledge, skills, and leadership abilities to provide services, including screening, diagnosis, assessment, and evidence-based interventions, to individuals with ASD and their families in the community.

This initiative will also work toward creating a sustainable ASD Leadership Network comprised of state and regional interdisciplinary health care and early intervention professionals who are



The IOD's Ann Dillon (L) and a NH LEND student (R) interact with a child at the Seacoast Child Development Clinic

knowledgeable about evidence-based practices that improve the health and well-being of children with or at risk for ASD.

“With the recent release of the New Hampshire Commission on Autism Spectrum Disorders Report, the funding of the NH LEASD Program is quite timely,” noted Rae Sonnenmeier, NH LEND interdisciplinary training director and clinical assistant professor at the IOD. “These funds will allow us to work closely with state agencies to develop a highly qualified work force to serve young children with or at-risk for ASD and their families. Current data suggests that one in 150 children is diagnosed with ASD. There is a high level of need in the community, and this program moves us closer to narrowing the gaps that currently exist between what we know from research and what we currently practice.” ☺

**For more information on the NH LEND and NH LEASD Programs, visit [www.iod.unh.edu/lend.html](http://www.iod.unh.edu/lend.html).**

## Consumer Satisfaction Survey

To guide us in our work, the IOD depends upon direct input from individuals connected to our mission. We invite you to share your thoughts and ideas by participating in our Consumer Satisfaction Survey. **The survey is available online at [www.iod.unh.edu](http://www.iod.unh.edu) or you may request a mailed copy by calling 603.862.4320.**

