

MAR / APR 2022

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



DEVELOPMENTAL
DISABILITIES
AWARENESS
MONTH 2022

*Worlds
Imagined*

DEVELOPMENTAL DISABILITY AWARENESS MONTH

March is National Developmental Disabilities Awareness Month. The theme for this year's campaign is "Moving Towards Change," which seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, and awareness of the work that remains to remove barriers to community living. Developmental disabilities affect millions of individuals as well as their concerned families and friends. Individuals with disabilities continue to experience discrimination based on preconceived notions and misinformation.

This month offers another opportunity to support efforts to increase independence, employment in all communities. Increasing access to services and community across the state is the mission of the Alabama Department of Mental Health, our Division of Developmental Disabilities, and service providers around the state.



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Want to be included in the next issue? Send us your stories, achievements, initiatives, events...etc!

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CRISIS INTERVENTION TRAINING WITH NAMI MOBILE

NAMI Mobile sponsored CIT (Crisis Intervention Team) training in March. CIT is a best practice community collaboration designed to promote a safe and humane response to assist people living with a mental illness and/or addiction who are in crises. The objective is to keep people out of jail and in treatment.

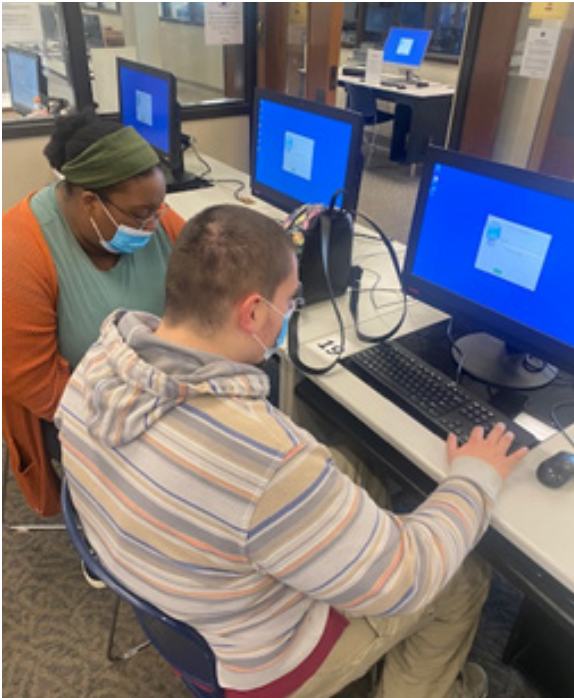
Kudos to the trainers, Officer Johnny Hollingsworth and Rhea Caldwell, for coming from Huntsville to conduct the training. Graduates consisted of individuals from the Sheriff's Office and Mobile Metro Jail as well as NAMI Mobile members, Connie Ewing, Dr. Cindy Gibson, Ida Lockette, Ana Maria Sawyer, and Cindy Turbyfill.



DD AWARENESS MONTH SUCCESS STORY

THE COMMUNITY WAIVER PROGRAM: THE FIRST INDIVIDUAL SERVED & HIS SUCCESS

Jamie is a 25-year-old young man who lived with his family in a Community Waiver Program (CWP) pilot area. He was on the waiting list for community supports. In the past, he received in-home and community support through a legacy waiver, though these services ended a few years ago. He reapplied for services in 2021.



At the time of his enrollment in the CWP, Jamie was experiencing some interpersonal challenges with some of his family members, and unfortunately, this caused his family to seek inpatient services at a local hospital. When it was time for discharge, Jamie needed the right kind of services to support himself.

The Alabama Department of Mental Health had just launched the Community Waiver Program and finding the right provider for the services was challenging at first without the traditional provider network. Jamie stayed in the hospital for 21 days in November and December but was enrolled in CWP services in mid-December. During this period, ADMH continued to work with Jamie and his family members to develop a Person-Centered Plan and find and help providers to develop supports for Jamie. This took many hours as the team tried to negotiate uncharted waters for the new CWP process.

Fortunately, staff developed a Person-Centered Plan for Jamie by supporting him to think about what he wanted, where he would like to live and what he would like to do with his life. ADMH collaborated with his family, with providers to develop a plan. As a result of working together to remove roadblocks, Jamie was able to avoid moving into a group home.

Jamie was finally able to reunite with his father and they found an apartment with the support of the support coordinator and his aunt. Jamie moved into his apartment January 7, 2022, with his cat, Stacy, an approved support animal. Jamie named his kitty after his mother.

As a result of these efforts, Jamie is now living with his father, learning about taking care of an apartment and exploring opportunities for community participation. He is working with a direct support professional doing Exploration with the ARC of Tuscaloosa and will then work on Discovery to help him determine his employment interests. After this, he will be referred to ADRS for supported employment services.

In the past, Jamie was adamant about not wanting to work or volunteer. He is now exploring different jobs by looking online, learning how the process of applying for a job works and using his time to read books about jobs and explore the resources that the library and other places have provided for him. He has replaced his routine of staying in his room playing video games and watching Netflix with exploring new places in the community. His plans are fluid, changing daily as his experiences lead him in new directions.

DD AWARENESS MONTH SUCCESS STORY

THE ARC OF CENTRAL AL: JAMES, A LIFELONG LEARNER

James is 58-years-old and is by far one of the most humble, pleasant, charming, and reserved people you will ever meet. He is dedicated and takes pride in hard work. He currently lives independently in Homewood, but little information is available about his family background. James's records

show that both of his parents are deceased, and he was placed for adoption with the Department of Human Resources in Mobile, Alabama shortly after birth.

He moved to Partlow Institution when he was eight years old and remained there for five years until he moved to foster homes. While James was never adopted, his last foster parents, Steve and Denise McDaniel, acted as his guardians. His educational background is not confirmed, but there are reports of time spent at JBS Day Activity Center, TMR classes at Glenn High School, and Workshops, Inc. James enrolled at Arc Way in October 1989 and in TACA Supported Employment in 1992. He began employment at Birmingham Southern College as a sanitation worker in August 1993 and remained there for 11 years.

After his long tenure at BSC, James did contract work with Arc Way Industries through the sheltered workshop until he found gainful employment as a bagger at Publix on Greensprings Highway in October 2005 and has remained since. James loves his job and has expressed that one day he would love to be a stock person or work in the produce department. Before the pandemic, James designed his work schedule for Mondays through Thursdays so he could enjoy his hobbies on the long weekends.

He likes watching NASCAR and westerns and dining out with his friends, Calvin and Anthony. Since COVID, James has had to alter his schedule due to MAX transit and altered schedules. MAX is his primary transportation and is currently only running the routes he needs twice per week. For now, he can only work two days per week but hopes this will change soon. James gets along well with all his coworkers, and they miss him on his days off.

He has a great support system in place, which includes his independent life coach Karimu, his employment specialist Edgar, his supervisor Philip, and his adoptive brother Steve. Steve may not be a blood relative but loves James just the same and sustaining their connection was a life-long goal for James. He says that his ultimate goal is to date and find a girlfriend. TACA staff is incredibly proud of the progress James has made. He truly had all the odds stacked against him but through hard work, overcame so much adversity. He is a living testament to surrounding yourself with people that care about you and never putting limitations on your abilities, you can do anything!

Story submitted by Emily Hamilton,
Vice President of Development,
Arc of Central Alabama

SAVE THE DATE

Strike  Out
Stigma

Mental Health & Substance Abuse

MONTGOMERY BISCUITS STADIUM

FRIDAY, MAY 6

6:35 P.M. GAME TIME

REPRESENTING!

Darryle Powell, Director of the Alabama Council on Developmental Disabilities was a presenter on the NACDD and FEMA Webinar, Innovation and Sustainability in Emergencies on March 16. Powell spoke on creative ways to address health equity and disabilities can impact individuals' lives.

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Innovation and Sustainability in Emergencies

Join NACDD and FEMA for a presentation by State DD Councils on how they innovated equitable solutions through partnerships with FEMA, ACL, and the CDC during the COVID-19 emergency. Presenters will discuss creative ways they addressed health equity and impacted lives.



Linda Mastandrea

Director, Office of Disability Integration and Coordination



Christine Pisani

Executive Director, Idaho DD Council



Darryle Powell

Executive Director, Alabama DD Council



Kirstin Murphy

Executive Director, Vermont DD Council

PROVIDER SHOWCASE:

THE ARC OF CLARKE COUNTY EXECUTIVE DIRECTOR ASHLEY RUMBLEY

The Arc of Clarke County's mission is to advocate for and support people with intellectual and developmental disabilities so that they are recognized as valued members of the community by promoting dignity and respect, the right to choose, safe work and living environments, best possible health and natural support networks. With 60 employees serving over 45 individuals, the Arc believes that people with developmental disabilities have a place in the community where they live. Implementations of programs are responsive to the needs and desires of the people and their families. We provide a wide array of services such as Residential Habilitation, Day Habilitation, Personal Care, Companion Care, Respite, Supported Employment, and Positive Behavior Supports.

What began as a need of a few, has grown to fulfilling the needs of many at The Arc of Clarke County. In the early 50s, a couple of parents who had children with developmental disabilities banded together to find a suitable learning environment for their children. *"We had children who were coming of school age that had special needs,"* said Estelle Jones, one of the founders of The Arc of Clarke County and who has children who are served by its outreach. *"Others were in school and were not doing well."* So, Jones and her husband Troy set out to explore options for their children. They looked at facilities in Mobile and considered boarding schools. But elementary school principal Joe Gilmore, understood the need of the Joneses and knew there were others in the area in a similar situation. Jones recalled that Mr. Joe said, *"Let's see what we can do here."*

Legislation just passed in the state that provided funding for special education teachers. It required 10 children who met IQ parameters be identified before funding could be awarded to a school. *"Rev. Billy Hall and his wife Betty were instrumental in finding 10 students and convincing their parents to enroll them in the program,"* said Jones. As these young children grew older, it became apparent to parents that the need would extend past their school years. The group contacted the Alabama State Department of Mental Health who pointed them toward modeling a facility after the Brewer Center in Mobile. A grant was written and approved, with one catch, they needed \$5,000 in matching funds to secure the grant and had only \$40 in bank. *"The land was donated, and one anonymous donor wrote us a check for \$5,000,"* she said. *"Volunteers built our first building."* The agency was officially chartered in 1974.



Ashley Rumbley is the Executive Director and knew from a very young age that she wanted to serve and advocate for people that may not have the resources to independently advocate for themselves. *"I believe that every person should have access to all Human Rights. I chose this work because I wanted to make a difference in people's lives"* Rumbley said. She grew up in a very rural part of southwest Alabama where resources are limited, knowing the struggles of not having access to many resources in rural areas. *"I also know there are ways to make things happen even when the resources are out of reach,"* she said.

Rumbley has been the Executive Director since January 2022. She grew up in a very small town in southwest Alabama. She continues to live there with their three sons. Rumbley received her undergraduate degree from The University of West Alabama in Interdisciplinary Studies with focuses on Special Education and Mathematics, and a Master of Arts from The University of West Florida in Exceptional Education with focus on Applied Behavior Analysis. Before coming to The Arc of Clarke County, she was a Qualified Developmental Disabilities professional at The Arc of Southwest Alabama. Prior to becoming a QDDP, she was a Community Services Supervisor. *"I plan on spending the rest of my career in this field helping people achieve their goals,"* Rumbley said.

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“Every person that I can serve makes an impact on me. I cannot explain the joy in my heart to see the smile or excitement of a person that reaches his/her goals, experiences something new, be able to socialize with friends, be an active member of the community, etc.,” said Rumbley.

“Thanks to President Ronald Reagan for declaring March as Developmental Disabilities Awareness Month in 1987. We join together as fellow citizens to encourage everyone to be aware of the barriers that people with developmental disabilities sometimes face with inclusion and connection to the communities in which they live, work, and recreate. Although we do this every day of the year, having a month set aside for this special duty is so vital to the work TACC does because it sets aside time to raise awareness to the community about the importance to encourage and support people with disabilities to live productive lives and reach their full potential,” Rumbley said.

SUCCESS STORY:

“There is one person in particular who has made a significant impact on me since I have been in this field of employment. I met this person while I was employed at The Arc of Southwest Alabama. Due to the services and skills training he received from the Day Hab program there, he found his voice and was able to advocate for himself. He reported that his living conditions were not what he thought were adequate. He reported that his Representative Payee did not give him any spending money. He voiced that he wanted to live alone in an apartment and have someone else be his Representative Payee. With supports from The Arc of Southwest Alabama and other agencies, he moved into an apartment of his choice just before Christmas 2019. He was so excited.”



**SAVE
THIS
DATE**

The Alabama
Substance Abuse
Youth Summit (SAYS)

April 26, 2022

Church of the Highlands
Montgomery Campus

4255 Taylor Road, Montgomery, AL 36116



Register online: www.alabcboard.gov/alabama-says

AUTISM AWARENESS MONTH

SUCCESS STORY:

This is a success story of a 20-year-old individual who loves cooking, traveling and spending time with family. She became interested in obtaining her learner's permit after graduating from high school. During the Individual Support Plan meeting, she listed obtaining her learner's permit as a goal. She started studying the driver's manual with her family, provider and other supportive staff members.

During the six month ISP meeting, she decided she no longer wanted to pursue obtaining her learner's permit. She stated, "It's too hard, I changed my mind." She was encouraged by her family and support team to continue her goals and never give up. With support from family and support team, she passed the learner's permit exam. She stated, "I'm glad I didn't give up."

Submitted by LaTasha Walton, ADMH Autism Services

Run

Run, run away,

The chain is broken off the dragon that once was slayed.

Run, Run anyways,

Even though you swear that today won't be as bad as yesterday.

Run, Run always,

Anything can happen even after the worst of days.

Run, Run I say,

Even if you feel like you're about to suffocate.

Run, Run every day,

Run to the shelter, and in the shelter you will stay.

Run, Run and play,

Away from the road because it isn't safe.

Run, Run and pay,

For your mistakes, because come what may.

Run, Run today,

*You will get through this, Because where
there's a will, there's a way.*

Run.

by Emily

Served by ADMH Autism Services



Congratulations to ADMH Office of Autism Services honored as the 2022 recipient of the Organizational CARES Award at the Alabama Autism Conference.

This is the first time a state agency has won the award!

Video: <https://buff.ly/3Mc6ubs>





WHO WE SERVE:

Alabama's RAN serves those who have questions, concerns, or resource needs regarding themselves, a family member, friend, client, patient, or a student with diagnosed or suspected Autism Spectrum Disorder (ASD).

WHAT WE DO:

- Professional training programs
- Technical assistance and consultation services
- Individual and direct family assistance in the home, community, and school
- Public education programs



WHO WE ARE:

Alabama's RAN is staffed by experts in the field of Autism Spectrum Disorder. Each RAN strives to connect people with ASD, their families, educators, and service providers to the information and/or services that best meet their needs.

CONTACT US:

- | | |
|--|--|
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CHANGING THE COURSE:

ART PAIRED WITH INFORMATION FOR CHILDREN OF INCARCERATED PARENTS

Booklets, produced by Office of Infant and Early Childhood Special Programs staff to help children of incarcerated parents with the impact of prison and associated issues, will be on hand at the [Changing the Course Exhibit](#) now through April 15. The information is divided amongst three different age groups: Preschool/Kindergarten, First-Fifth graders, and Sixth-Twelfth Grade. The booklets are also available [on the ADMH website](#) indefinitely.



CHANGING THE COURSE

Art by the Currently & Formerly Incarcerated

ALABAMA DEPARTMENT OF ARCHIVES & HISTORY
FEBRUARY 15 - APRIL 15, 2022

PRESENTED BY

ALABAMA BUREAU OF PARDONS & PAROLES
ALABAMA DEPARTMENT OF CORRECTIONS
ALABAMA PRISON ARTS + EDUCATION PROJECT
ALABAMA DEPARTMENT OF MENTAL HEALTH
INGRAM STATE TECHNICAL COLLEGE
ALABAMA DEPARTMENT OF ARCHIVES & HISTORY



The Return of the Alabama Institute for Recovery! After a two-year hiatus, the 2022 Alabama Institute for Recovery (AIR) is scheduled for April 18-20 at Shocco Springs. Click [HERE](#) to View documents for Registration.

This annual event has become one of the highlights of the year for many consumers in Alabama. Over 800 attendees from around the state gather for three days of education and fellowship. The conference features nationally known speakers and workshops on consumer issues and interests. Social activities include a talent show and dance. Most of the attendees are consumers, and the conference often includes consumers from other states and international attendees.

The Alabama Institute for Recovery is planned and coordinated by individuals in recovery from mental illness and is a project of the Office of Peer Programs of the Mental Health and Substance Abuse Services Division of the Alabama Department of Mental Health and Wings Across Alabama.



Questions? Please call The Office of Peer Programs at: 1-800-832-0952 or 334-242-3456 or email michael.autrey@mh.alabama.gov.



What is Strolling Thunder™?

Strolling Thunder is the flagship advocacy event of *Think Babies*™. *Strolling Thunder* focuses on policy solutions that ensure all babies and families in Alabama have what they need to thrive including good health, strong families, and positive early learning experiences.

This fun, family-friendly event is a day when **babies**, **toddlers**, their **families**, and **advocates** for young children can gather in one location, at the Alabama State Capitol. During this event you will bring attention to what families need to thrive, have the opportunity to meet with state and local elected officials, and gather information on how to raise strong babies on topics such as literacy, infant and early childhood mental health (IECMH), breastfeeding, development, nutrition and much more.

Who should attend *Strolling Thunder*?

We invite all who advocate for young children to join us to help bring awareness to the vital investments needed in programs for Alabama’s children to thrive. Parents, grandparents, guardians and families of children 0-3 across Alabama are encouraged to attend with their child!

What topics are we advocating for?

- Quality Child Care
- Paid Leave
- IECMH
- Economic Security
- Early Head Start

How do I register for *Strolling Thunder*?

Join us April 7th at the Alabama State Capitol from 10:00am-2:00pm to raise awareness! Registration is **FREE**. Register online here: <https://www.eventbrite.com/e/289959736377>.



Questions? If you have any questions or want to learn more information, please email till@apcteam.org or visit our website at <https://alabamapartnershipforchildren.org/strolling-thunder/>.

THIS IS ALABAMA *Women Who Shape the State* 2022

**Educators. Business leaders.
Health care heroes. Nonprofit founders.**

The 2022 class of [Women Who Shape the State](#) honorees may come from different professional fields, but they all have one similar goal: Making their communities better places to live.

Congratulations to Dallas Swann Rabig, on being selected as an honoree for the 2022 This is Alabama's Women Who Shape the State. Mrs. Rabig is being recognized for her work to improve the mental well-being of children and families through the Alabama Department of Early Childhood Education and the Alabama Department of Mental Health. Her collaborations with agencies supporting infants, young children, and families has extended beyond Alabama and is making an impact throughout the country. She also serves in the 151st Army Band of the Alabama National Guard.

More than 200 women were nominated for the award. A panel of Alabama Media Group leaders and journalists selected 26 honorees who were recognized on March 3rd at The Club in Birmingham, AL. When asked how the pandemic has affected her work in the state, Dallas responds *"the pandemic has taught me about grace walking. My mantra for the 2021-2022 school year has been, 'be ready to be with' because we all need someone to hold that sacred space for us and we all deserve a little grace."*



Congrats to Cynthia Willis on her Retirement after ___ years! Best Wishes!

Serve • Empower • Support