



# The Individual and Family Support Program

## IFSP State Council

June 29, 2022, 12-1:30 p.m.

Registration link: <https://virginia-gov.zoomgov.com/j/1611304486>

**Attendees:** Stephanie Mote (IFSP), Rachel Vamenta (IFSP), Heather Hines (IFSP), Jess Balac (DSHN), Julie Palmer (DBHDS), Joan Brunner (VCU CFI), Lisa Richard (VCU CFI), Dana Koenig, Darby Keep, Jennifer Rockwell, Donna Robel (VCU CFI), Barry Seaver (DBHDS), Angela Lello, Christi Stafford, Jill Howdyshell (DSHN), Jen Reese (VCU CFI), Morgan Aderton (DSHN), Tonya Milling (The Arc of Virginia), Rebecca Stickler (VCU CFI), Renee Soniat (VCU CFI), Sean Campbell, Shawn Kirk

### I. Introductions and Agenda

- a. Staff Introductions and welcome
  - i. Heather Hines is the new IFSP Community Coordination Supervisor. Heather is passionate about working in the developmental disabilities community services field, and has extensive personal and professional experience working with individuals and families. Heather started her career at Charlottesville CSB while in college and continued to serve Region 10 CSB in the roles of: residential manager, support coordinator, and most recently the DD director for adult services for the last 3 years. Heather was responsible for the following adult services: Residential, REACH crisis, Support Coordination, Day Services, and Supported Employment. Heather is excited to be on board with IFSP and looking forward to working with families.
- b. Icebreaker: What is your favorite outdoor activity in the spring?
- c. Educational components: ISP Planning and Disability Inclusive Sexual Health Network
- d. General Program Updates
- e. Wrap-up

### II. Educational components

- a. ISP Planning: Julie Palmer and Barry Seaver, DBHDS Community Resource Consultants
  - i. Julie and Barry are part of Virginia's Community of Practice (CoP) facilitated by UMKC that meets monthly for the purpose of developing best practices for individuals and families in Virginia to learn and navigate the community supports system. Other CoP partners include The Arc of Virginia, VCU, the Virginia Board for People with Disabilities, and IFSP. Julie and Barry's goal is to

develop a guide, tool kit, and communications platform for individuals and families to access and utilize in preparation of general meetings, the ISP process and general life planning. In terms of communications, it is the intent to extend invitations for meetings via webinars for conversations, Q&A, establish a dedicated email, and make available printed materials for those with limited access to electronic technology. The guide that is being developed will have dedicated chapters for immediate reference for community service navigation:

- Chapter 1: Foundation and Philosophies
- Chapter 2: Virginia's Service System
- Chapter 3: Planning Process
- Chapter 4: Self Advocacy
- Chapter 5: Resources
- Chapter 6: Feedback

The continued goal is to connect with individuals, families, and other relevant groups in order to keep information relevant and up to date. They have developed a feedback form that was distributed to the State Council via email. Recommendations and comments are welcome.

ii. Questions

1. Will this resource be available for those on the waitlist and those currently enrolled in waiver services?

Barry: This resource is available to all

2. What is the distribution plan?

Barry: At this time there is no plan developed as the project is in the initial stages. Rachel offered access to the My Life, My Community website when the project is ready.

iii. Final comments: Barry stated it is important to empower individuals and families who are not as experienced when meeting with community providers. The intention is to provide tools to have more of a leadership role during team meetings, and to become better advocates in general. There are times when the community service system can become overwhelming, most likely due to required changes in processes, procedures, and standard practices. It can be a lot of information to keep up with, so hopefully this service can help bridge the gap.

iv. For questions or additional feedback, please contact Julie at

[julie.palmer@dbhds.virginia.gov](mailto:julie.palmer@dbhds.virginia.gov).

**b. Educational component: Disability Inclusive Sexual Health Network (DSHN)**

i. Jess Balac, Program Coordinator

The services are established through James Madison University College of Health and Behavioral Studies, along with the Institute for Innovation in Health and Human Services & SexEd of Virginia. DSHN works in connection with these institutions to access funding, advocacy and to share relevant information about sex education and health in the developmental disabilities service area extended for sexual decision making.

- ii. Please review the attached PDF of Jess' presentation following these meeting minutes.
- iii. DSHN along with these partnerships are developing a curriculum of education, guidance and tools for desired health outcomes. This curriculum will be helpful for individuals, families, services providers, and educators.
- iv. Questions
  - 1. Does DSHN fund some of the other support partners listed in the presentation?  
Yes: A portion of funding can help other programs and with that funding the expectation is that research information and data is shared to help all support partners share the most accurate information with the community.
- v. To get in contact, email [balacje@jmu.edu](mailto:balacje@jmu.edu) or visit <https://sexedva.org/dshn>

### **III. General Program Updates**

- a. Logistics and staffing update: 1 key staff position still needs to be filled (IFSP Support Specialist); it was advertised on the Virginia Jobs site the day before this meeting.
- b. Regional revisioning: Regional Councils continue to be on pause until IFSP fills the open staff positions. If any Councilmembers can think of something they would like to do in their region, please.

### **IV. Wrap-up**

- a. The Council had no further questions for IFSP about anything discussed during the meeting.
- b. Questions can go to [IFSPCommunity@dbhds.virginia.gov](mailto:IFSPCommunity@dbhds.virginia.gov).
- c. Next meeting: September 2022



**DSHN**

# **Disability-inclusive Sexual Health Network**

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What is Our Network?



**“There is a long history of segregation and sexual suppression of people with disabilities. This has resulted in lingering myths and attitudes toward the sexuality of people with disabilities that still affect their access to appropriate services and social inclusion.”**

- Holmes, L. G., et al. (n.d.). *Comprehensive Sex Education for Youth with Disabilities: A Call to Action*. SIECUS.  
<https://siecus.org/wp-content/uploads/2021/03/SIECUS-2021-Youth-with-Disabilities-CTA-1.pdf>

# Why Sexual Health?

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- Baines et al. BMC Public Health (2018) 18:667
  - Youth with intellectual disabilities were more likely to have unsafe sex.
  - Female youth with intellectual disabilities were more likely to have been pregnant.
  - Youth with intellectual disabilities had fewer social supports (access to resources, positive friend networks, etc...) promoting safe sexual choices.



**SexEdVA**

Sexual Health Experts

**Innovative  
Partners**

Disability Experts



# Innovation Partners

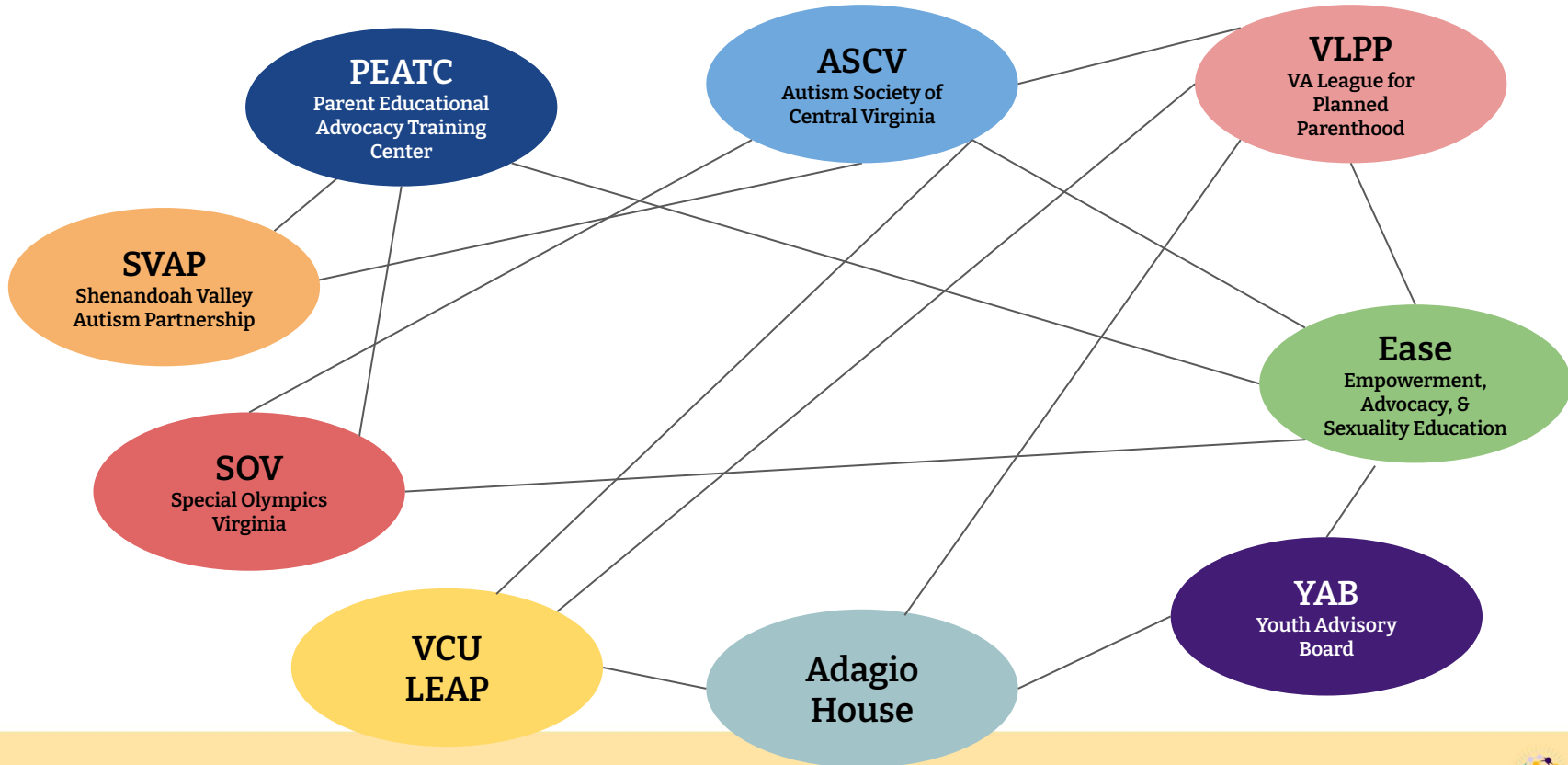


SHENANDOAH VALLEY  
AUTISM PARTNERSHIP



	Youth Workshops	Parent Workshops	Other Trainings	Educational Resources
Adagio House	✓ High School			
The Arcs	✓ High School			
ASCV	✓ 4 <sup>th</sup> & 5 <sup>th</sup> Grade			
Ease	✓ 8 <sup>th</sup> – 12 <sup>th</sup> Grade	✓	Adults 18+ with IDD	
dLCV				IEP manual with FLE information; fact sheet for teens about sex ed. rights
PEATC	✓ Ages 14 – 22			
SOVA	✓		Coaches/Volunteers	
SVAP	✓ Ages 13 – 22			
VCU-LEAP	✓ Ages 12 – 15			
VCU-CHAT				Guide for medical professionals
VLPP			SPED Teachers	FLE Teachers

# DSHN Connections



# Contact

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## Jess Balac DSHN Program Coordinator

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 (540) 568 - 1783

 [sexedva.org/dshn](https://sexedva.org/dshn)