Welcome to the Individual and Family Support Program's October 2026 Coordinated Regional Council Meeting!

Key Resource Connections for People on Virginia's DD Waivers Waiting List

Featuring presentations from Jason Perkins, Heather Hines, Nickie Brandenburger, and Patrice Beard

T Trust H Health R Results I Integrity V Vision E Engagement
CardinalCare Virginia's Medicaid Program
DMAS is committed to providing quality health care coverage and services efficiently to qualified Virginians in the Commonwealth.

DBHDS
Virginia Department of Behavioral Health and Developmental Services

CENTER FOR FAMILY INVOLVEMENT

If you need closed captioning, please check the chat box for the link!

Tonight's host: **Jana Murgia**

Jana Murgia, M.Ed., BCBA, LBA is the Director of Clinical Outcomes for EMG Consulting. She has worked with and alongside individuals with disabilities and their families for 25 years in various roles in clinic, home, school, and community settings. Jana is passionate about providing individualized, compassionate, quality care through collaboration with the individual and those who support them.

She currently lives in Leesburg, VA and joined the IFSP Regional Council in 2026.



Agenda

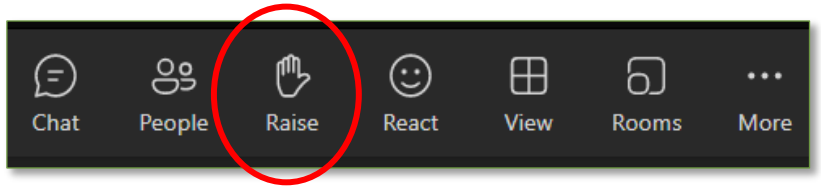
- **Welcome & Ground Rules**
- **While on the Waiting List … Other Support Options for You and Your Loved One** – Jason Perkins, the Virginia Department of Medical Assistance Services (DMAS)
- **Virginia's Individual and Family Support Program (IFSP)** – Heather Hines, the Virginia Department of Behavioral Health and Developmental Services (DBHDS)
- **Introduction to the Center for Family Involvement** – Nickie Brandenburger, the Center for Family Involvement at VCU
- **Unboxing Self-Care: It's More than You Think** – Patrice Beard, the Center for Family Involvement at VCU
- **Q&A**
- **Council Business and Adjourn**

** If you need closed captioning, please check the chat box for the link! **

** If you need technical support, email **IFSPCommunity@dbhds.virginia.gov**! **

Ground Rules

- **Tonight's main session is being recorded and will be posted to YouTube.**
- **Please be respectful of our presenters, panelists, and other attendees.**
- **Please place your questions in the chat!**
  - The chat is not private.
  - Please identify your region when you are asking your question.
  - If you cannot use the chat box, use the "Raise Hand" feature at the top of your Teams panel.
  - If you have a question that is not related to this topic, you can email IFSPSupport@dbhds.virginia.gov.



- **This meeting is hosted by the IFSP's Regional Councils.**
- **Remember that tonight's meeting is public, so please refrain from sharing personal information.**

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Tonight's presenter: **Jason Perkins**

Jason Perkins has over two decades of experience supporting persons with developmental disabilities. He has worked as a case manager/support coordinator for a community services board in southwestern Virginia, a behavioral consultant with an intermediate care facility for people with intellectual disabilities (ICF/IID), a regional support specialist for the Department of Behavioral Health and Developmental Services (DBHDS), and he has been with the Department of Medical Assistance Services (DMAS) for over five years serving as the Program Manager for DD Waiver Operations.

Jason is a graduate of the University of Virginia (BA) and Radford University (MSW). He believes humor is good for the soul. Jason is a proud cat dad and will show pictures to anyone who asks. He loves sharing stories of why he does this line of work.



Tonight's presenter: **Heather Hines**

Heather Hines has devoted her career to supporting people with developmental disabilities and their families. She began working as a direct support professional while earning her Psychology degree from the University of Virginia. She then worked in support coordination and held leadership roles with both community services boards and private providers, eventually becoming a Developmental Disabilities Director. For the past four years, she has been the Program Manager for Virginia's Individual and Family Support Program (IFSP) at DBHDS.



In this role, Heather is committed to making sure that the experiences and perspectives of people with disabilities and their families guide the supports meant for them. She believes people should not have to figure things out on their own, and that connection to information, resources, and other people can make a real difference. She also facilitates the state's Community of Practice on Supporting Families, bringing partners together to learn from one another and to better support families of individuals with developmental disabilities across Virginia. Heather's perspective is also shaped by her experience as the sister of a person with a developmental disability, who has been an important source of inspiration in her life and work.

Tonight's presenter: **Nickie Brandenburger**

Nickie Brandenburger is the Co-Director of the Center for Family Involvement (CFI) at Virginia Commonwealth University's Partnership for People with Disabilities. Although originally educated in special education, Nickie found herself constantly drawn to the lives of her students beyond the classroom—wondering about their experiences during the summer, the dynamics of their home lives, and what their futures held after graduation. This fascination with the "whole person" and their family unit launched her career into the community-based service system, where she could focus on all aspects of a person's life.



Since the early 1990s, she has been a fixture in disability services, starting in support coordination at the onset of Virginia's participation in the Home and Community Based DD Waiver. For 31 years, Nickie has supported families of children and adults with developmental disabilities to navigate the complexities of long-term support.

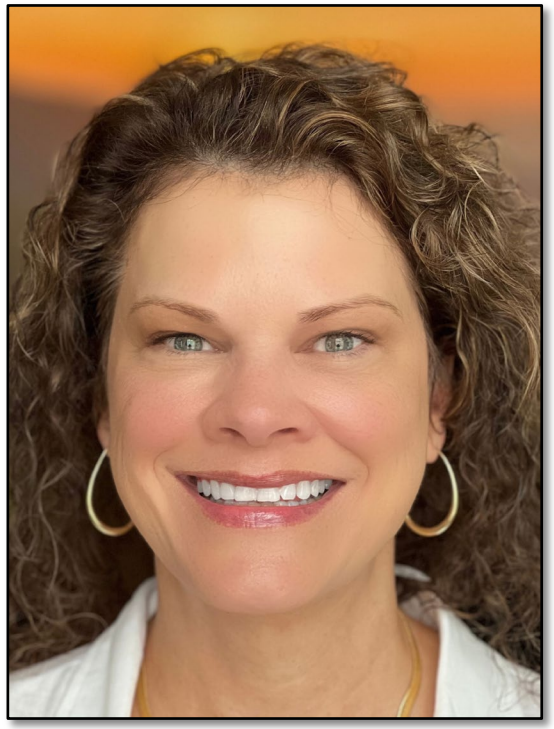
Beyond her professional role, Nickie brings the lived experience of a parent to her work. She is the mother of two children who are neurodiverse. This personal journey fuels her commitment to the mission of supporting families.

Tonight's presenter: **Patrice Beard**

Patrice Beard is the Mental Health Specialist for the Center for Family Involvement at the Partnership for People with Disabilities (Virginia's UCEDD located at Virginia Commonwealth University) where she has worked for the past 14 years.

Patrice is a Certified Mental Health First Aid Instructor, teaching Adult Mental Health First Aid. She also holds certifications in Applied Suicide Intervention Skills Training (ASIST), Wildflower Alliance's *When Conversation Turns to Suicide*, safeTALK: Suicide Alertness for Everyone, *Surviving and Thriving: Trauma and Resilience Basics*, and Train-the-Trainer facilitation.

She is a member of numerous state and regional advisory boards including the Virginia Mental Health Access Program (VMAP) Care Navigation Advisory Committee, Virginia Behavioral Health Advisory Council where she served as chair for two years, the Virginia Early Childhood Mental Health Advisory Board, the Virginia Department of Health's Suicide Prevention Interagency Advisory Group and the Statewide Youth Behavioral Health Taskforce. Patrice was selected to serve as the AUCD Children's Mental Health Champion for 2022-2023 and 2023-2024. Her goal is to raise mental-health awareness to as many people as possible.



Questions?

Did we run out of time for your question?
Please email us!

IFSPCommunity@dbhds.virginia.gov

Thank you, presenters & panelists!

Before we wrap up …

Don’t forget to let us know what you think!

- Please scan the QR code to fill out the Satisfaction Survey!
- You can also click the link that is being shared in the chat.

THANK YOU!

Council Business

- The recording, resources, and PowerPoint slides will be shared on the My Life, My Community website and on the IFSPCommunity Facebook page:
  - **https://mylifemycommunityvirginia.org**
  - **https://www.facebook.com/IFSPCommunity**

- To receive the latest updates from the IFSP, please make sure you are subscribed to our email list! **http://tiny.cc/ifsp-email**

Special Thanks

To our IFSP Council host:

Jana Murgia

To our Hamilton Relay captioner:

Rochelle Hopkins

To our ASL interpreters:

Elaine Hernandez
Jennifer McGilligan

To our IFSP Northern Regional Council

To our main session presenters, panelists, and Northern Regional Council RNC:

Jason Perkins
Heather Hines
Nickie Brandenburger
Patrice Beard

Cristen Martin

Before You Go …

Let us know what you think!

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THANK YOU!

Thank you!

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