

May 2024

Office of Integrated Health Supports Network

The Office of Integrated Health – Health Supports Network Regional Community Nursing Meetings

“A safe space for nurses to discuss challenges, experiences, and ask questions.”

Goals

- To ensure individuals with intellectual and developmental disabilities are receiving needed services.
- To provide a forum in which nurses (and others) can discuss ideas, challenges, policy needs (e.g. health policies, which affect individuals with IDD, to bring policy needs forward.
- To provide a forum for caregivers to interact with state agency representatives, to express concerns, develop educational tools and resources, and further enhance train-the-trainer models.

Region 1: May 1, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/8e0d6684-1085-4312-9be3-4770619a5111@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2: May 15, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/52c108a2-1b2d-42eb-8194-653c9db5fb63@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - bclaiborne@mycri.org

Meetings Dates

**Regional Nursing Meetings
will continue to be held
virtually until further notice.**

Region 3: May 17, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/719710c0-8f1b-475d-a866-0d739caf85ba@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Teresa Berry - rnttb1@aol.com

Region 4: May 13, 2024

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/50d485b5-b89a-4002-a09a-0ec55444e6f9@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 5: May 20, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/ed27db23-4dfe-40b8-91e4-7a275fe317f2@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Marcia A. Lindsay-

Brothers - mbrothers@chesapeakeibh.net

Virtual Meeting Platform:

- As of November 1st, 2023, the Regional Nursing Meetings will be conducted in the Microsoft Office TEAMS Webinar virtual platform. Registration will continue to be required to receive the meeting URL link, password, and phone access to each meeting. Registering using the URL link prior to the meeting date is recommended to avoid technical issues the day of the meeting.

Presentation:

- This month our guest speakers will be Nathan Habel, DBHDS DS Director of Behavioral Services and Projects, and/or Brian Phelps, DBHDS OIHSN Board Certificated Behavior Analyst (BCBA). They will be giving a presentation for Mental Health Awareness Month on the basics of behavior analysis, behavioral plans, DBHDS resources and how to locate a BCBA in your region when needed.

Issues and Concerns Relevant to each Region:

- Open Group Discussion. Please feel free to share general issues or concerns you may be having, to obtain suggestions, resources and feedback from others. The meeting is a safe and supportive place for those providing care to individuals with IDD. Please do not share any personal health information about any individual.

Monthly CNE Opportunity: OIHSN Health & Safety Alert Review and Discussion:

- This month's CNEs topic is on Intellectual and Development Disabilities Health & Safety Alert with quiz/evaluation. To receive **1 FREE CNE**, you must attend the meeting and return the quiz/evaluation by email, fax, or text. Just scan or take a picture of your completed quiz with your smart phone, and text or email it to your regional RNCC, with your name and email address clearly displayed. Your CNE certificate will be emailed directly to you.

NOTE: Anyone can attend the Regional Nurses Meeting of their choice. You do not have to attend the Regional Nursing

The Office of Integrated Health Supports Network Registered Nurse Care Consultants

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Spring Cleaning Time!

Is a Great Time to Schedule a Power Washing Clinic with the Mobile Rehab Engineering (MRE) Team!

- The MRE Team will provide pressure washing of Durable Medical Equipment (DME) between the months of March thru October.
- Weather dependent (can't power wash in rain, high winds, etc.).
- Can power wash all washable DME.
- Site needs to be a level area for equipment set-up with an outside spigot.
- Hot water only—no detergents are used.
- The MRE Team voluntarily complies with Virginia's Clean Water Act.
- To contact the MRE team to set-up a power washing clinic send an email to mreteam@dbhds.virginia.gov
- Or scan the QR code to access the MRE form to request services.



“More Than Enough”

During the month of May the National Alliance on Mental Illness (NAMI) concentrates on raising awareness about mental health.

NAMI is focused on fighting MH stigma, providing supports for individuals, and educating the public, along with advocating for policies to improve services for individuals with mental illness (2).

This year the NAMI campaign is called “*More than Enough*” which centers around the value of all individuals who suffer from MH no matter their cultural background, economic situation, appearance, diagnoses, or abilities. Their message is very person is fundamentally worth life, love and healing (2).

Visit The NAMI website at <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month> to get all the details of the “*More than Enough*” campaign.

The NAMI website links to information on how to get involved in special events such as Mental Health Action Day (5/18), NAMI Walks (5/6 - 5/27) and the NAMI Convention (5/24-27), along with resources such as the NAMI Helpline, support groups, programs, classes, podcasts, and webinars.

Mental Health & IDD

- Individuals with intellectual and developmental disabilities (IDD) have a three to four times higher rate of co-occurring mental illness than the general population (3) (1).
- Current research done by the Virginia Commonwealth University (VCU) suggests individual's with IDD may not be receiving sufficient mental health services in their communities (1).
- The hospital emergency room is where many individuals with IDD seek mental health care when experiencing a crisis and are hospitalized for longer periods of time for altered mood, anxiety and psychotic disorders (1).
- Identified barriers to mental health services in the community include poorly prepared physicians who have limited understanding of IDD, resulting in a poorer quality of care overall (3) (1).
- Individuals with IDD who experience disruptive, destructive and self-injurious behaviors may require some level of behavioral support needs which may or may not be related to mental health needs (1).

References:

1. [Lineberry, S., Bogenschutz, M., Broda, M., Dinora, P., Prohn, S., & West, A. \(2023, January\). Co-occurring mental illness and behavioral support needs in adults with intellectual and developmental disabilities. *Community Mental Health Journal*, 1-10.](#)
2. [National Alliance on Mental Illness \(NAMI\). \(2024, April\). Mental health awareness month: More than enough.](#)
3. [Pinas, D.A., Hovermale, L., Mauch, D., & Anacker, L. \(2022, March\). Persons with intellectual and developmental disabilities in the mental health system: Part 1. clinical considerations. *Psychiatric Services*, 73\(3\), 313-320.](#)

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