



Embracing...

- *Residential Services*
- *Community & Employment Services*
- *Transition Services*
- *Children's Services*
 - *Early Intervention*
 - *Early Childhood Special Education*
- *Case Management*
- *Family Support*



New Beginnings

*Annual Report
Fiscal Year '07 ~ '08*

Who We Are Community Opportunities for People with Developmental Disabilities (LCSB 40) is a tax-exempt political subdivision that is enabled by the citizens of Lincoln County to provide and/or contract for services for individuals with mental retardation and/or other developmental disabilities. The Board is comprised of nine members appointed by the County Commission.

Our Commitment to Excellence All of the services directly provided by Community Opportunities are nationally accredited by CARF (The Rehabilitation Accreditation Commission). CARF is a private, not-for-profit organization that establishes standards for quality of services available to people with disabilities. Adherence to these standards is measured through an on-site review. CARF accreditation demonstrates Community Opportunities' on-going commitment to providing individuals with developmental disabilities services of the highest quality. Community Opportunities and Troy Preschool also received a three-year accreditation from Missouri Accreditation in May, which is specific to early childhood programs.

Exceeding the Standards All of our staff meet and/or exceed the standards set forth by our contracting state agencies and receive a minimum of 80 hours training upon hire. All staff maintain current certifications in CPR, First Aid and have training in Abuse & Neglect prevention, working with difficult behaviors, HIPAA (confidentiality) and Emergency Preparedness. All staff that administer medications are certified in Level I Medication Administration. Services are developed and actively supervised by Qualified Mental Retardation Professionals (QMRPs). Our Job Consultants are Certified Employment Training Specialists. Each of our preschool teachers has a bachelor's degree in Early Childhood Special Education and extensive training in autism as well as working with children who have other developmental disabilities.



Our Board of Directors

The Community Opportunities Board of Directors consists of nine members who are appointed by the County Commission. Our By-Laws state that two Members shall be related by blood or marriage within the third degree to a person who has a handicap as defined in Section 205.968 RSMo and four shall be public members. Board Members are appointed for three-year terms and may be re-appointed to successive terms.

All Board Meetings are held at the main office (#44 Opportunity Court, Troy) the second Thursday of the following months: February, April, June, August, October, November & December, and begin at 7:30 p.m., unless otherwise noted.

Pictured (from back row left to right): Wayne R. Wehde – Board President; Gary Kreuger – Member/Parent; Diane Campbell – Member; (front row left) Nancy Schlesinger – Member/Sister; Teddi Michler – Member/Parent; Dolores Fink – Member; and Warren Muzzey – Member/Parent.



Harriet Zuroweste –Board Vice Present; and Cheri Rountree –Board Secretary (pictured right)



Our Department Directors



Gina Dunard
Director of Residential Services
636/528-7695 ext. 110
E-mail: gina@macdds.org



Darla Gamble
Director of Community & Employment Services
636/528-7695 ext. 112
E-mail: darla@macdds.org



Susan Mudd
Director of Children's Services
636/528-7695 ext. 114
E-mail: susan@macdds.org



Jim Ruedin
Director of Case Management
636/528-7695 ext. 200
E-mail: jruedin@macdds.org

Executive Director's Message



Mary Sullivan-
Thomas
Executive Director

Change is difficult for most people. However, recent changes at Community Opportunities have been exciting. We began providing Targeted Case Management in May, celebrated a life changing event -a wedding the end of May, and began contracting with two new agencies in July. These are certainly changes that we will be embracing.

As our community continues to grow, so do the needs of people with developmental disabilities. We try to keep up with the needs while still remaining fiscally responsible in these turbulent times. By providing case management locally we will be able to better assist people in accessing local resources and provide more individualized services with lower caseloads.

Contracting with Behavior Solutions is an exciting new beginning for us as well. Behavior Solutions has been providing services in St. Charles County for several years with much success. They work with families, teachers and care givers of people who have significant behavior issues. Not only do they provide classroom training but they go in to the persons home, school or other environment and help the support people implement behavior plans. They assist in implementing techniques geared toward helping the person with the developmental disability reduce his/her problem behavior. The agency's work kind of reminds me of the T.V. program "Super Nanny". Getting help where the person spends his/her time is exactly what people need. I am looking forward to helping families in Lincoln County use this great resource.

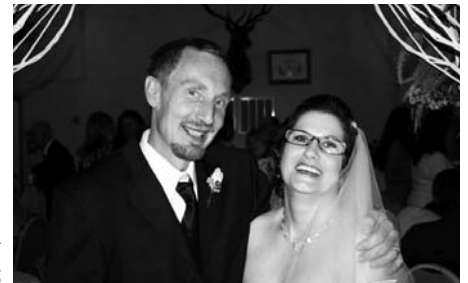
Options for Justice is another program that has been offered in other parts of the state for many years and now will be offered in Lincoln County. Unfortunately, adults with developmental disabilities do encounter the criminal justice system. The criminal justice system is difficult to comprehend for most people and almost impossible if you have a developmental disability. This program helps people navigate the system and hopefully not re-offend.

We have also expanded our contract with Family Support Services of St. Charles County. They have an out of home respite facility in O'Fallon. In partnership with the Hannibal Regional Office we will be able to help families access this much needed facility. We are truly embracing all of these new beginnings and hope they bring about new opportunities for people with developmental disabilities in Lincoln County.

New Beginnings & New Services

Happily Ever After

Donna loves Lanny...there has never been any doubt about that! If you ever asked Donna how Lanny was doing, she would usually reply with "Oh Lanny my love, he is so wonderful!" Lanny isn't one to rush into something, especially something as serious as marriage. After seven years of dating, he surprised everyone when he finally decided it was time that they took the plunge and he proposed!



The rings were purchased, invitations mailed out, the bride's dress altered, decorations selected, lodge secured, and all the details finalized. They scheduled the ceremony May 30, 2008, which is also Donna's birthday. It was a beautiful evening ceremony held at the Elks Lodge in Troy, MO. The mood was romantic with candle-light, elegant lavender decorations and a violin that serenaded the bride as she walked down the isle to meet her future husband.

Lanny's nerves jittered as the couple exchanged their vows. And then the kiss -a truly breath-taking moment. At approximately 6:30pm, Donna and Lanny were pronounced husband and wife, and the evening continued with dinner and dancing.

New Beginnings & New Services

Targeted Case Management

State of Missouri Department of Mental Health, Division of Developmental Disabilities Regional Offices throughout the state are in the process of redesign and are transitioning Case Management responsibilities to County Providers or third party non-profit providers. In order to decide whether to assume these duties as the County Provider, our agency mailed surveys to over three hundred consumers and/or their family or guardians and stakeholders, which responded with an overwhelming 95% in favor of our agency assuming Case Management duties. Based on the favorable survey responses, our Board of Directors decided to pursue Targeted Case Management.

On May 5, 2008, Jim Ruedin was hired as our Case Management Director. In July 2008 our agency rented office space at 395 Travis Blvd. in Troy, MO and officially began providing Targeted Case Management Services. By August, our Case Management Department added three full-time Case Managers: Catharine "Cat" Woerner, Barbie Davis, and Gayleen Sizemore.

Within just two short months since beginning operation, Community Opportunities Case Management is serving a caseload of eighty-four clients from Lincoln County.

Below is a picture of the Ribbon Cutting Ceremony at the TCM Office's Open House on August 6, 2008.



New Contracted Services

Beginning Fiscal Year '08-'09 Community Opportunities is contracting for services from

Options for Justice and Behavior Solutions, Inc.

Options for Justice What happens when a person with a developmental disability encounters the criminal justice system? Options for Justice, one of only a handful of such agencies in the United States and the only one of its kind in the state of Missouri, offers three main components: direct service case coordination; education and training; and information/referral. Any agency or department in the county can request education and training services free of charge.

The case coordination component provides direct client assistance and support for persons who are encountering the system. Services include evaluation to measure eligibility for other social service agencies; follow through and support as the client's case proceeds through the justice system from point of entry to pretrial release or detention, sentence, probation, parole or release; and liaison support to maintain effective communication.

Options for Justice's education & training component provides police officers, attorneys, judges, probation/parole officers and other criminal justice and social services personnel with information that will help identify developmental disabilities; how the disability relates to the individual's survival in the system; and how to facilitate effective communication. In addition, individuals with developmental disabilities can learn about what constitutes illegal activities; how to avoid becoming involved in the criminal justice system, and knowledge about their rights if accused or arrested. For more information contact Michael Maguire at 314/721-6161.

Behavior Solutions, Inc. Provides training to teach others strategies for teaching and managing behaviors in individuals with developmental disabilities. Training is five weeks long and consists of five workshops followed by on-site consultation from a Master's level behavioral consultant to help implement what is learned in the workshops. The focus of the training is on teaching participants how to use behavioral strategies to teach new skills and decrease behavior problems. Attendees will learn invaluable information and will be provided support and training to ensure they can apply it.

New Beginnings & New Services

Throughout the process, Behavior Solutions will conduct an assessment of current behavior problems & functioning and help participants develop and implement a behavior plan.

Behavior Solutions goals are as follows: Teach attendees strategies to address behavioral difficulties that impact the life of the individual and those they interact with on a daily basis; Teach strategies for assessing & analyzing behavior problems; Provide knowledge of principles of behavior so those supporting the individual can identify what key skills are not being learned or why behavior problems are occurring; Teach attendees how to teach new skills through positive behavioral approaches; and Teach attendees strategies for reducing problem behaviors at home and in the community. Respite is available during the workshops. For more information contact Angie Peeler at 636/265-0407.

To receive these or any other contracted service through Community Opportunities qualifying individuals must live in Lincoln County and have a developmental disability as defined in Missouri Revised Statutes.

Going Above & Beyond

College of Direct Support



Community Opportunities has joined providers in twenty-three states nationwide who are implementing the College of Direct Support (CDS) curriculum. In Missouri, CDS implementation is a voluntary pilot project. The College of Direct Support is an internet based educational tool for direct support professionals working or pursuing careers in the field of intellectual disabilities. The CDS curriculum, values and mission are based on the premise that all people should live life to its fullest in community-based settings. Courses are offered in a variety of topics including Personal and Self Care, Health and Safety, Positive Behavior Support and documentation, among several others. Through

working with the Division of Developmental Disabilities, some of the CDS courses can now be used to replace existing required training, such as Abuse and Neglect and Positive Behavior Supports.

Community Opportunities has 33 learners who have completed 1370 lessons. Staff continue to be very enthusiastic about the courses and gain a great deal of insight into their jobs as a result. Life Skills Teacher, Ann Webster had this to say: *“The College of Director Support provided a great deal of information pertaining to my job and helped increase my understanding in many areas. In particular, the Health and Safety course really helped me to realize why we do many of the safety related things that we do on a daily basis. Overall, I thought the courses were very interesting and fun.”*

Missouri Preschool Project (MPP) Classroom

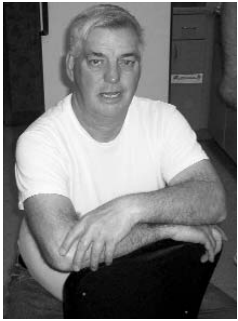
Community Opportunities Preschool, in conjunction with the Troy R-III public school, applied for and was awarded a 2nd year renewal grant to operate a (Troy Preschool) MPP Classroom. The classroom is in the Community Opportunities Preschool building.

The MPP Class serves twenty students who would not otherwise be able to attend preschool due to their family’s economical status. The MPP Class is on the same attendance schedule as the Troy R-III public school, and is a full-day program. Lunch is provided to students and is delivered by the district each day.

Community Opportunities & Troy Preschool received a 3-year accreditation from Missouri Accreditation in May. The accreditation is specific to early childhood programs.



Services We Directly Provide



Targeted Case Management

Targeted Case Management (TCM) is service coordination provided to individuals eligible for MR/DD services. Service coordination, as provided under this program, is a group of activities that assist individuals to gain access to the care and services they need. Case Managers are also responsible for monitoring the effectiveness of the services and supports being given. Case Management activities may take place in or out of the presence of the individual being assisted, and may include contacts with others, assessments, planning, monitoring and documenting on behalf of that individual.

Community Opportunities Case Management is partially funded through the Department of Mental Health, Division of Developmental Disabilities, Medicaid and Lincoln County tax dollars.

Community Opportunities TCM is currently serving approximately 84 individuals.

Targeted Case Management services started at fiscal year end; therefore, there is no Service Delivery data to report on for FY '08.

Community Services

Community Services provides services organized to develop, maintain and maximize independent functioning and/or community participation of adults with developmental disabilities through training in personal, social and educational functioning.



Community Services receives funding from the Department of Mental Health, Division of Developmental Disabilities, through the Medicaid Waiver Program Purchase of Service (POS) Agreement, and through Lincoln County tax dollars.

Community Services provided services to approximately 36 individuals.

Community Services FY '07-'08 Service Delivery Results:

(Consumer/Stakeholder Satisfaction info is based on surveys from the first half of the fiscal year, all other data was collected during the fiscal year end.)

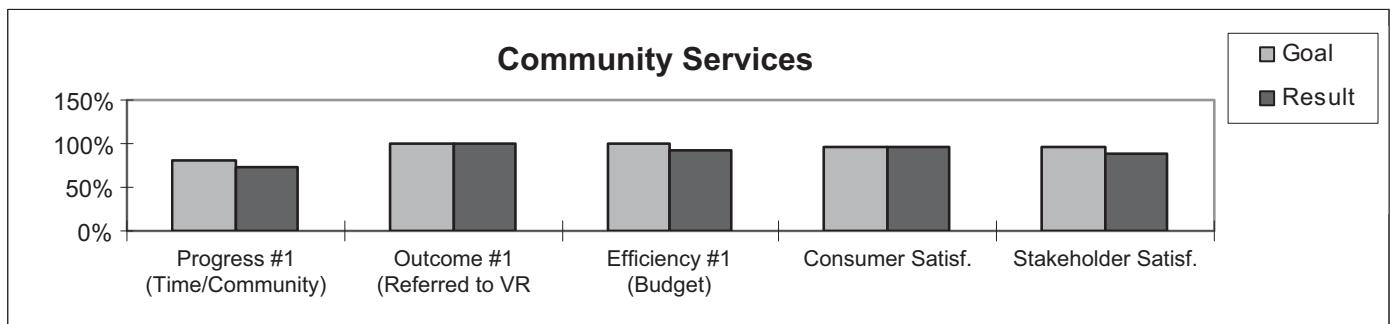
Progress #1: 80% of program time will be spent in community settings.

Outcome #1: Individuals will be referred to employment of their choice; i.e., supported employment, sheltered workshop, etc.

Efficiency #1: Contractual income will cover 100% of expenses.

Consumer Satisfaction: 95% of consumers surveyed will express satisfaction (rating of 100% on the survey) with the program.

Stakeholder Satisfaction: 95% of stakeholders surveyed will express satisfaction (rating of 90% or higher on the survey) with community services provided to their client/family member.



Services We Directly Provide



Employment Services

Employment Services assists adults with developmental disabilities who require the provision of on-going support both on and off the job, which may or may not be time limited; to choose, obtain, and retain paid employment in integrated work settings.

Employment, which includes Transition Services, receives funding from the Department of Elementary and Secondary Education, Division of Vocational Rehabilitation, and Lincoln County tax dollars.

Employment Services assisted approximately 27 individuals (8 of the individuals receiving employment services were transition students).

Employment Services FY '07-'08 Service Delivery Results:

Progress #1: 75% of individuals will be placed on jobs within 120 days of completing job assessments.

Outcome #1: 80% of clients placed through Employment Svcs. will maintain integrated employment for at least 6 months.

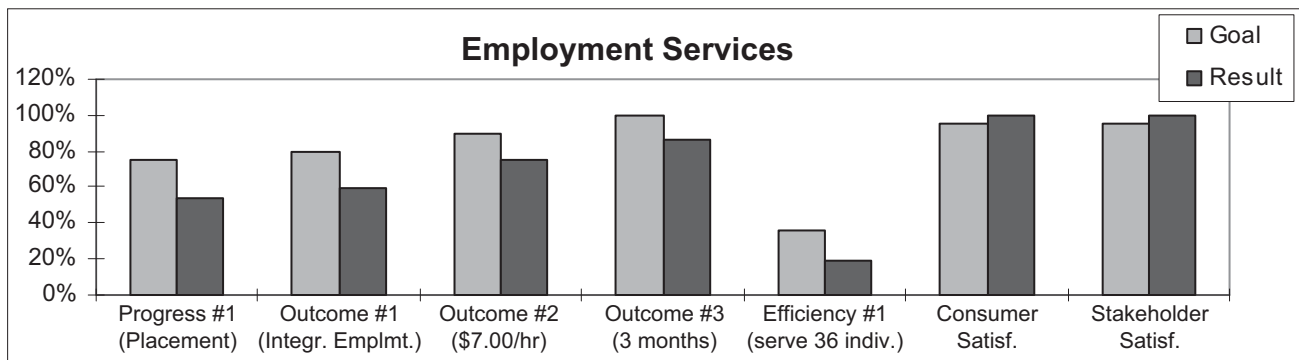
Outcome #2: 90% of clients employed through Employment Svcs. will obtain positions that pay at least \$7.00/hr.

Outcome #3: 100% of clients referred will be placed into competitive employment within 3 months.

Efficiency #1: 36 individuals will receive employment services during each report period (follow-along services not included).

Consumer Satisfaction: 95% of clients surveyed will express satisfaction (rating of 90% or higher) with the program.

Stakeholder Satisfaction: 95% of stakeholders surveyed will express satisfaction (rating of 90% or higher) with employment services provided to them or their client/family member.



Transition Services

Transition Services is designed to assess the abilities of junior and senior year high school students with limited or no work experience. There are two components of this service: **CTA** (Comprehensive Transition Assessment) and **CBTA** (Community Based Transition Assessment)

Transition Services assisted approximately 8 individuals.

Services We Directly Provide

Transition Services FY '07-'08 Service Delivery Results:

Progress #1: 75% of students will be placed on jobs within 120 days of completing CTA.

Outcome #1: 70% of students will maintain employment for at least 6 months.

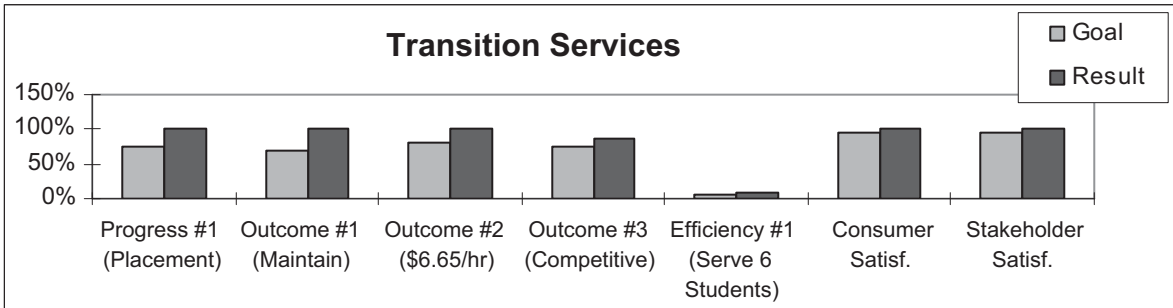
Outcome #2: 80% of students employed through Employment Svcs. will obtain positions that pay at least \$6.65/hr.

Outcome #3: 75% of students referred to Employment Svcs. will achieve competitive employment within 6 months.

Efficiency #1: Six students will receive employment services.

Consumer Satisfaction: 95% of consumers surveyed will express satisfaction (rating of 90% or higher) with the program.

Stakeholder Satisfaction: 95% of stakeholders surveyed will express satisfaction (rating of 90% or higher) with the employment services provided to their student/client/family member.



Residential Services

Residential Service's goal is to provide an array of housing options, training and support services to adults with developmental disabilities in order to assist them in reaching their desired level of independence and in becoming active members of their community.

Residential Services receives funding from the Department of Mental Health, Division of Developmental Disabilities, through the Medicaid Waiver Program.

Residential Services assisted approximately 30 individuals.

Residential Services FY '07-'08 Service Delivery Results:

Outcome 1: 70% of clients will participate in community activities with people who are not paid staff.

Outcome 2: Maximize client achievement of habilitative outcomes in IP's by completing 85% of outcomes.

Outcome 3: Maximize client achievement of service outcomes in IP's by completing 95% of outcomes.

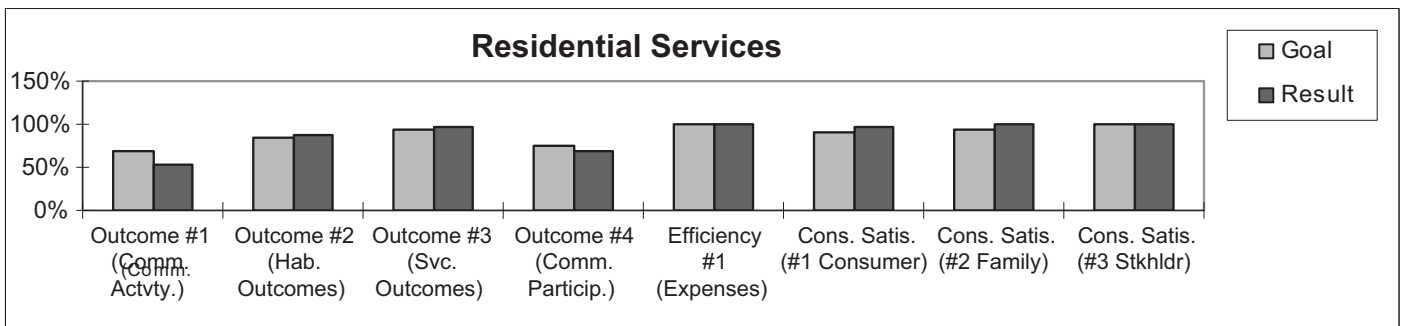
Outcome 4: 75% of clients will participate in community-based activities with non-disabled peers.

Efficiency 1: Expenses for Residential Services will be 100% covered by contractual revenue.

Consumer Satisfaction 1: Persons served will express a satisfaction rating of 90%.

Consumer Satisfaction 2: Individuals' family members will express a satisfaction rating of 95%.

Consumer Satisfaction 3: Stakeholders (funding sources) will express a satisfaction rating of 100%.



Services We Directly Provide

Children's Services

Children's Services goal is to promote the physical, social, emotional and cognitive development of the birth through five year old child through teaching and the coordination of early intervention therapies in order to achieve effective transition into the mainstream of public school.

Children's Services Early Intervention Program (birth through three years old) receives funding through Missouri's First Steps Program to provide early intervention services, and Lincoln County tax dollars. The preschool (three to five year old) contracts with three local school districts (Troy, Elsberry and Silex) to provide early childhood special education.



Children's Services provided ECSE Services to approximately 46 children, Early Intervention Services to approximately 7 infants/toddlers.

Children's Services FY '07-'08 Service Delivery Results:



- Progress #1:** 3 classrooms will maintain an enrollment of 30% of the students being of typical development.
- Progress #2:** At least 3 new clients (age birth-3) will begin receiving developmental therapy.
- Progress #3:** 70% of parents will attend a school function such as Open House, inservices, family events, field trips, etc.
- Progress #4:** The Preschool will host at least 3 informational/parent-training or family events during the report period.
- Progress #5:** 90% of goals stated on the E.I. Public Awareness Plan will be implemented during this report period.

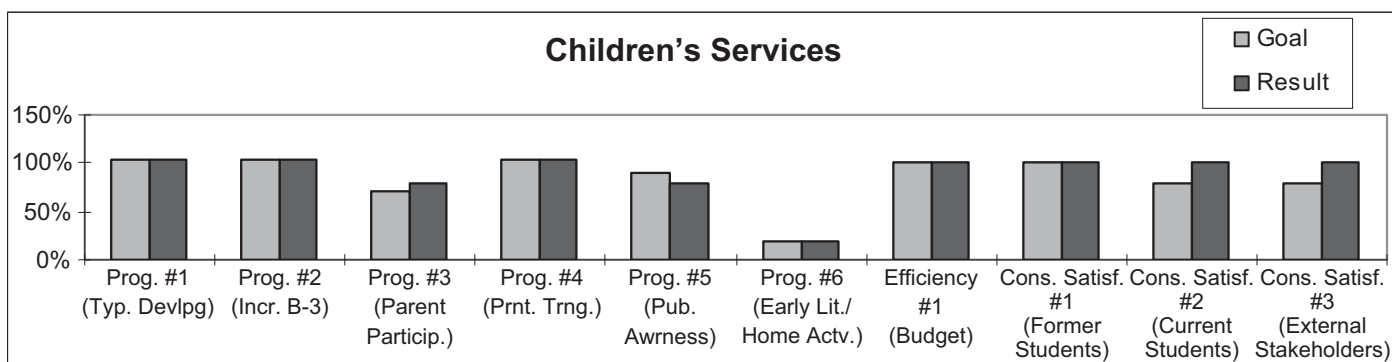
Progress #6: An early literacy/home activities program will be implemented and 20% of families will participate.

Efficiency #1: 100% of expenses will be covered by outside contracts.

Consumer Satisfaction #1: All parents surveyed whose children were formerly in the program will express at least 100% satisfaction with the program.

Consumer Satisfaction #2: All parents surveyed whose children are currently in the program will express at least 80% satisfaction with the program.

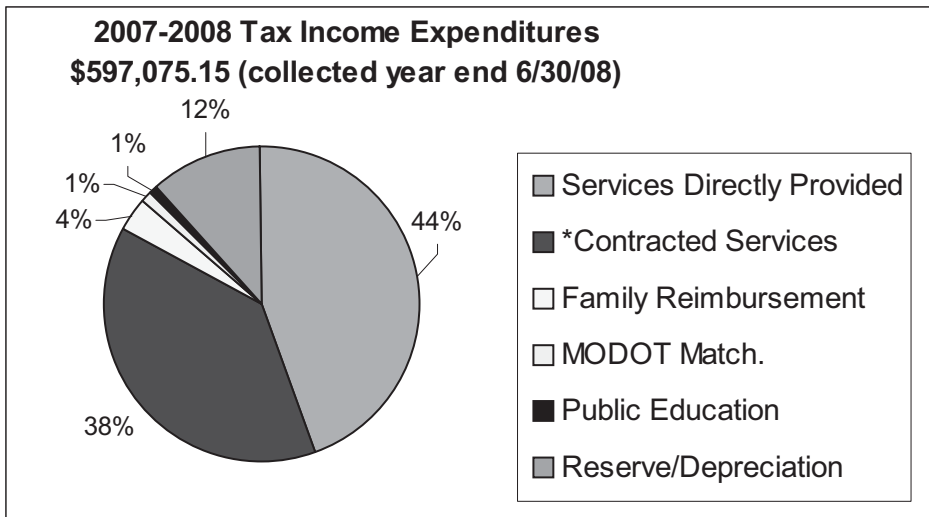
Stakeholder Satisfaction #3: All external customers surveyed will express at least 80% satisfaction with Children's Services.



COUNTY TAX DOLLAR EXPENDITURES

In August 1977, the SB40 tax levy was passed to provide residential and other related services to people with mental retardation/developmental disabilities in Lincoln County. Each year, this portion of the tax levy is collected and disbursed to Community Opportunities, at which time is then split 70/30 with Earthwise Industries (sheltered workshop). During Fiscal Year '07-'08 Community Opportunities served approximately 276 Individuals with developmental disabilities with collected tax dollars. Earthwise Industries provided sheltered employment services to 48 Individuals with developmental disabilities.

Community Opportunities contracts for sheltered employment with Earthwise Industries and Boone Center Incorporated. Community Opportunities also contracts with Family Support Services of St. Charles for recreation-based summer care, ShowMe Aquatics & Fitness for aquatic OT/PT, and with OATS and the LINC to support public transportation for people with developmental disabilities. Beginning the '09 Fiscal Year, the agency will also contract for services from Options for Justice and Behavior Solutions, Inc. Additionally, the Board provides funds directly to families through the Family Reimbursement Program. This program reimburses families for temporary residential services (temporary relief for the primary caregiver) and other goods and services that are directly related to an individual's developmental disability that are not funded through other state or federal programs. Twenty-two individuals with developmental disabilities received assistance through this program this past fiscal year.

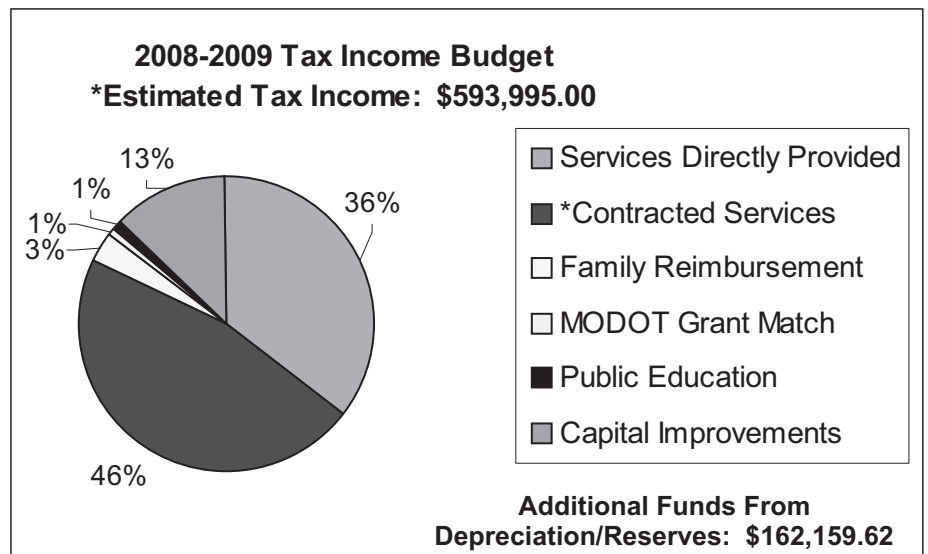


***Contracted Services Funded:**

Earthwise Industries	\$168,318.60
Family Support Svcs.	\$3,128.14
ShowMe Aquatics	\$11,733.44
Boone Center, Inc.	\$29,244.08
OATS/Linc Transp.	\$15,301.53

***Contracted Services Budgeted:**

Earthwise Industries	\$178,198.53
Family Support Svcs.	\$20,000.00
ShowMe Aquatics	\$35,581.00
Boone Center, Inc.	\$38,972.09
OATS/Linc Transp.	\$37,439.00
Options for Justice	\$10,000.00
Behavior Solutions, Inc.	\$30,000.00



Strategic Planning

After completing various strategic planning activities, including a staff strategic planning survey in March 2008, and reviewing survey feedback from parents/guardians and stakeholders, the following activities will be pursued.

GOAL:

Continue public awareness/education efforts, especially with public officials (areas to include need for accessible housing, Medicaid reform, and reimbursement rates for services).

GOAL:

Expand opportunities for people with developmental disabilities in Lincoln County by contracting for a variety of services.

GOAL:

Explore the need for specific supports (recreation, out-of-home temporary residential, after school programs) in the 2007-2008 Strategic Planning (Long Range Planning) Surveys that are sent to consumers, families/guardians and stakeholders in December.

GOAL:

Continue to support and expand transportation initiatives.

Other funded organizations:

Boone Center, Incorporated (Sheltered Employment)636/978-4300
Earthwise Industries (Sheltered Employment)636/528-8869
Family Support Services (Recreation-based Summer Care)636/949-2546
OATS/LINC (Transportation Services)800/654-6287 (OATS) or 866/261-5462 (LINC)
ShowMe Aquatics & Fitness (Aquatic OT/PT)636/896-0999
Options for Justice314/721-6161
Behavior Solutions, Inc636/265-0407



Our Mission

The Mission of Community Opportunities is to conduct programs and/or provide opportunities that secure services and promote the general welfare of citizens with mental retardation and/or developmental disabilities (MR/DD) primarily from the Lincoln County area.

Our Goals

To include people with disabilities into the community; To employ and develop quality staff; To educate the public about available services and educate the public about individuals who have developmental disabilities; To develop an array of services and a variety of funding sources.

How To Reach Us

Write: Community Opportunities
PO Box 420
Troy, MO 63379
Phone/Fax: 636/528-7695
E-Mail: lcsb40@macdds.org
Visit: #44 Opportunity Court - Troy
or
www.communityopportunities.us