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June Newsletter

1 message

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Tue, Jun 1, 2021 at 4:48 AM

June 2021 Newsletter

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Summertime!- Health and Wellness

Health and wellness has been at the forefront of many of our minds over the last year as we have all navigated the Covid-19 pandemic. Trying to stay healthy and keep our loved ones well has exhausted

most of our mental and emotional energy this year. As restrictions ease and we try to create a new normal, health and wellness can morph from avoiding the coronavirus to finding physical, social, and emotional well-being. Whether that means joining a soccer team, partaking in a new social club, or finding a therapist, this newsletter contains a lot of resources around Central Indiana.

This year, thanks to the tireless work of The Arc of Indiana's public policy advocacy, Indiana's state budget will "include an average \$15/hour Direct Support Professional wage for both years of the state's budget." Other notable legislative wins include licensure for ABA therapists, parental rights for parents with disabilities to foster and adopt, Medicaid reimbursement for services provided at schools, moving up the deadline for the Alternate Diploma to be available for students and other legislation focused on improving the lives of individuals with intellectual and developmental disabilities. Check out Hannah Carlock's [video synopsis](#) of the 2021 Legislative Session.

Health and wellness can include a whole host of different things including physical wellness. Programs to get your heart pumping and your body moving can be found in the 'Important Information' section of this newsletter. [Special Olympics](#) is one of the most well-known and world-renowned sports programs for individuals with disabilities. If you're interested in other [extracurricular activities](#) including soccer, running, dancing, or an arts program, we have created a list of resources in the Central Indiana area. And if the hot sun is drawing you and your family towards the pool, we have created a list of local [swim lessons](#). There's even a link to an Indy Child's article identifying [accessible and inclusive playgrounds](#) around Indianapolis where your kids can enjoy playing with their peers.

Access is one of the most integral parts about living with a disability. The [Access Pass](#) is a great way for families to enjoy the 12 museums who participate. For \$2 per person, the Access Pass allows families who qualify for TANF, SNAP, or Hoosier Healthwise to visit the Children's Museum, Conner Prairie, Eiteljorg and many other cultural

institutions. The [YMCA](#) also has a financial assistance program that allows individuals and families to enjoy their many offerings including group exercise classes, swim lessons, childcare, camps, and sports.

Many parents, guardians, and loved ones are apprehensive about how to navigate sensitive conversations about sexuality. We have compiled a list of [resources](#) for self-advocates, individuals, guardians, and parents of young children. It is our hope that these websites, pamphlets, and videos will give you the tools you need to tackle a difficult topic!

Another sensitive topic to tackle is mental health. Throughout the world, individuals with disabilities and their loved ones and caregivers experienced tremendous stress over the last year as we've tried to navigate a pandemic. Acknowledging the need for help is a great first step towards finding emotional well-being. Please find a list of [resources](#) for both individuals with disabilities as well as their caregivers and loved ones towards the end of this newsletter.

Finally, at the bottom of the newsletter you will find information about [FEMA's funeral assistance program](#). If you or a loved one lost someone to Covid-19 this past year, the FEMA program can help alleviate the associated funeral costs.

At the very bottom of each newsletter you will find a list of icons from groups, advocacy agencies, and government entities throughout the state. Click on any of the icons to be directed to their website.

It is our hope that these monthly newsletters will keep you in the loop and give you access to the plethora of resources available throughout the state. Thank you for trusting us with your case management needs!





EMPLOYEE SPOTLIGHT



Name: Brandi Brooks

Role: Case Manager

Years with Inspire: 3

Background: Health and Wellness

With her extensive experience with health and wellness and her exemplary track record of helping individuals live their version of a “good life,” Brandi was the obvious choice for this month’s case manager spotlight. Some of you may even recognize Brandi Brooks as your case manager! Brandi has been working at Inspire as a case manager for the last three years. Prior to coming to Inspire, Brandi spent twelve years working at Plainfield Recreation and Aquatic Center. During her tenure at the recreation center, she was able to help guide programming that helped people incorporate health and wellness into their daily lives.

Through her work at Inspire, Brandi has enjoyed getting to know individuals and families—their personalities, their likes and dislikes, and their hopes and dreams. In truly getting to know the consumers she serves, Brandi is able to help individuals find services and therapies that are tailored to each person’s unique circumstances. With a caseload that includes children as young as two and adults in their 70s, she has witnessed the transformative power of waiver services. Throughout the last three years, Brandi has also borne witness to the struggles that individuals with disabilities encounter daily, and she hopes to see our communities and society as a whole become more inclusive.

With a Bachelor of Science in Public Health Promotion, Brandi understands the importance of a person-centered planning process that takes the whole person into account—body, mind, and soul. That is why, Brandi says, “It is important for everyone to find an activity that they enjoy that promotes health and wellness. It can be a challenge for some of the individuals we serve, but that is

why it is so important for communities to continue to offer a variety of activities and programs that everyone can participate in if they are interested in trying it.” Whether it’s directing a family towards mental health services in the area or finding recreational opportunities for a child on her case load, Brandi often goes above and beyond to find ways of promoting health, wellness, and inclusion.

When Brandi isn’t holding a quarterly meeting or writing a person-centered individualized support plan (PCISP), she can be found with her husband and two young children spending time outside. Brandi and her family focus on their health and wellness when they take a walk outside or go on a run together. Inspire is so grateful to have Brandi as part of our team!

Upcoming Events



Youth Training Program Summer Series

Open to Youth ages 14-22 who are enrolled in school.

Self-Advocacy for Youth

June 1 - June 17 or July 6 - July 22

Students will meet for 1 - one hour group session and 1 - thirty-minute individual session per week.

FEAT (Family Employment Awareness Training) for Youth

June 1 – July 22

Students will meet with a trainer for 1-2 ½ hours per week.

To make a referral or sign up today, please follow the link below:

[Summer Series Referral Form](#)

For questions, please contact us at:
insource@insource.org or 800-332-4433



**SAVE THE DATE: AN IN*SOURCE WEBINAR
SKILLS FOR EFFECTIVE PARENT ADVOCACY**

Tuesday, June 1st, 2021

11:30-1:00 PM EDT/10:30-12:00 PM CDT

This training is designed to help parents feel more comfortable in the role of advocating for their child at school. Participants will learn what advocacy means, how to improve their advocacy skills, learn to use six skills for effective advocacy, and learn the importance of being organized and using clear and effective communication.

This webinar is being presented by Jill Summerlot and Cathy Boswell, IN*SOURCE Program Specialists.

Please register by 4:00 pm EDT on Monday, May 31.

[Register Now](#)

This webinar is free and open to the public. Certificates of attendance are available for those that attend.



The flyer features a background image of children's hands reaching up towards a bright blue sky. Two circular inset photos show children engaged in activities: one group is looking at a book together, and another child is jumping joyfully. The central text is framed by a large yellow circle.

**JUNE 7th -
AUG 13th**
*limited seats available
**5-16 year olds w/
developmental disabilities**
*must be potty trained
TRANSPORTATION
*non wheelchair only
Bring Sack Lunch
*We will bring the fun!

CIH FSW **Waivers Accepted**

INDY DEVELOPMENTAL
RESIDENTIAL SERVICE

**SUMMER
CAMP
PROGRAM**

Strategy Games
Arts & Crafts
Dance & Music
Community Outings

CONTACT US: 317.757.3776 info@indydrs.com www.indydrs.com



My Summer Journey is a summer program for teens with autism, ages 13-19. Our fun-filled days help keep kids in a routine that can make the transition back to school much easier.

June 5th session – 9AM to 12PM at Franklin Applied Behavior Center. We will be painting canvases and have social group activities.

June 12th session – 9AM to 12PM location at Otte Golf & Family Fun Center. Join us for a couple games of putt putt while meeting new friends.

June 19th session – 1PM to 4PM at Canary Creek Cinema in Franklin. Come watch a movie and enjoy some snacks.

June 26th session – 10AM to 2PM at Westside Park. Come have fun at a local park to play outdoor games and enjoy social group activities.

Each session will be limited to 15 participants and costs \$25 (private pay). Participants can register for multiple sessions as long as the session has not reached the 15 limit. During the summer sessions participants will be required to wear masks and follow social distance guidelines.

ACC provides financial assistance to a limited number of families who cannot afford to pay camp fees. To request a financial assistance application, email k.higgins@autismcc-in.org.

To register go to:
<https://autismcc-in.org/our-programs/my-summer-journey/>





THE INDIANA INSTITUTE ON DISABILITY AND COMMUNITY

[Family Support Webinar: Tips for Implementing ABA in the Home](#)

6:30 p.m. – 7:30 p.m.

zoom

The Indiana Resource Center for Autism is hosting free family webinars throughout the school year. Our presenters will cover topics that families have brought to us as the areas they need the most help in.

[Free Family Support Webinar: Government Programs and Benefits](#)

6:30-8:00 p.m.

zoom

Medicaid, Medicare, Waivers, SSI and SSDI, Adult Child Benefits, juggling Social Security and employment.



**The National Bank of Indianapolis
32nd Annual Golf Tournament
Benefiting The Arc of Indiana
Hosted by Eddie Gill
Tuesday June 22, 2021**

Registration: 10:00 am

Lunch: 11:00 am

KCARC Golf Ball Bounce: 11:45 am

Tee Off: 12:00 pm

[Registration Link](#)

[Golf Ball Bounce – Purchase Tickets to Win](#)



INDIANA INSTITUTE ON DISABILITY AND COMMUNITY
**INDIANA RESOURCE CENTER
FOR AUTISM**

Free Special Summer Series - Family Support Webinars

This special summer series is part of the Free Family Support Webinars hosted by Indiana Resource Center for Autism, in collaboration with Gordon Homes and Liz Homes. Registration required. Click on link below to register for all three Zoom webinars.

Presenters: Gordon Homes, Financial Advisor and Special Care Planner and
Liz Homes, Special Needs Attorney

Dates: June 28, July 19, and August 16, 2021

Time: 6:30 - 8:00 pm ET, Presentations last around 45 minutes, and there is ample time for questions after each webinar.

Details:

June 28, 2021 – Government Programs and Benefits

Medicaid, Medicare, Waivers, SSI and SSDI, Adult Child Benefits, juggling Social Security and employment.

July 19, 2021 – ABLE Accounts & Guardianship

Achieving a Better Life Experience Account Advantages &

Disadvantages. Guardianship, pros and cons, alternatives.

August 16, 2021 – Special Needs Trusts

First vs Third Party, Pooled & Miller Trusts. Deep Dive into special needs trusts, helping you avoid costly mistakes.

[Register Here](#)

Autism Society of Indiana Events

(click on the logo to be directed to their up-to-date events page)





Let's hit the road together! Our third annual Road Mile will take place on Friday, June 25. We will be offering a virtual race option, and if we can safely do so, an in-person event as well. Stay tuned for details and updates on registration!



June BQIS Training: Sexual Violence and Disability

In partnership with the Indiana Coalition to End Sexual Assault and Human Trafficking, the Bureau of Quality Improvement Services is

offering a web-based learning opportunity about sexual violence and disability.

According to the Bureau of Justice Statistics, National Crime Victimization Survey, Special Tabulation, 2011-2015, people with intellectual disabilities — women and men — are the victims of sexual assaults at rates more than seven times those for people without disabilities.

Webinar participants will learn more about:

- Sexual assault and violence
- Confidentiality and reporting
- How to support someone who has disclosed information to you
- Resources available to survivors.

Providers, direct support professionals, families and self-advocates are welcome to attend.

The learning opportunity will take place on Thursday, June 3, 2021, from 10 - 11:30 a.m. EST.

There is no charge to attend.

Please register here: <https://forms.gle/YMS8aZEAMweLWJvMA>

A link to the live webinar will be provided after registration. The webinar will also be recorded and available to view later. If you have any questions regarding this, please contact BQIS at bqis.help@fssa.in.gov.

We look forward to continuing to educate and inspire individuals to live, love, learn, work, play and pursue their dreams!

Embracing Abilities
ADL CLASS
June 8th - July 13th
\$125.00 For 6 Weeks
Tuesdays (10 AM-12:30 PM) OR Wednesdays (10 AM-12:30 PM)

Register Now!

Skills To Be Addressed:

- 1) **MONEY MANAGEMENT**
 - Use of debit/credit card, budgeting, value of dollar, shopping, wants vs needs
- 2) **PERSONAL CARE**
 - Importance of personal hygiene/personal appearance, matching clothing, frequency of hygiene, gathering appropriate supplies for personal care tasks (bathing, dressing, brushing teeth, shaving, etc)
- 3) **HOME MANAGEMENT**
 - Laundry, dishes, household chores (vacuuming, dusting, sweeping), cooking, pet care, electronic apps/resources

L.I.F.E.
 ADDITIONAL PROFESSIONAL

****This is not a waiver funded program and is private pay only.**

— COURSE DETAILS —

- ♥ June 8th-July 13th Avon Location
- ♥ Tues (10AM-12:30 PM) or Wed (10AM-12:30 PM)
- ♥ \$125.00 For 6 Weeks
- ♥ Register Here: <https://form.jotform.com/211164983264155>

**** This program is not waiver funded and is private pay ONLY.**

— SKILLS TO BE ADDRESSED —

- 💰 Money Management
- 🔧 Personal Care
- 🧹 Home Management

— SAFETY & SUCCESS —

- ✓ Consumer would benefit from social interactions with peers.
- ✓ Consumer is able to comprehend, and follow directions in order to

complete activity with minimal assistance.

- ✓ Consumer can read and comprehend basic words and numbers.
 - ✓ Consumer can maintain attention for 15+ minutes.
 - ✓ Consumer is able to use words to communicate verbally.
 - ✓ Consumer will be able to transfer the skills learned to adult living skills.
 - ✓ Consumer is able to participate appropriately in a small group setting with males and females of 1:6 or 1:8 ratio.
 - ✓ Consumer is between the ages of 13-18 and able to participate in basic daily living activities
-



The Inaugural

IRCA Autism Conference

Learning Together

One Day Virtual Conference - September 29, 2021
Keynote Speaker: Dr. Kathleen Quill

Attend the Conference:

- If you are a parent, professional, educator, therapist, paraprofessional, individual on the autism spectrum, or are simply interested in learning more about those on the autism spectrum.
- To learn from statewide and national experts about individuals across the lifespan.
- To learn about autism and technology, behavior, ASD and co-occurring mental health, co-morbidities associated with ASD, strategies to handle anxiety, social skill and communication strategies, and strategies for general education settings.

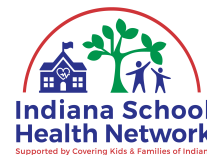
Sponsored by:

Indiana Resource Center for Autism

Indiana Institute on Disability and Community, Indiana University –
Bloomington

More detailed information to come.

Questions? Please contact prattc@indiana.edu



REGISTER TODAY!

Registration is free!

This year's theme of Building Resilience is especially relevant as we look forward to our schools and communities opening in a post-COVID-19 era. We have created opportunities to help you increase resilience in yourself and the students with whom you work. Virtually

visit great exhibits and get the latest news and updates from school health professionals all around the state. Network with your peers and win prizes! Since 2008, the Indiana School Health Network has assembled key stakeholders and experts in school health for the annual School Health Conference. This conference is relevant for educators, school administrators, nurses, social workers, managed care professionals, Indiana Navigators, hospital and community health center staff and school health experts with interest in school health. Dynamic speakers, subject matter experts, exhibitors and networking opportunities will provide you with valuable information, resources, and inspiration to move your initiatives forward.

2021 Indiana School Health Network Virtual Conference

June 22 – 23, 2021

7:30 a.m. – 3:30 p.m

Agenda

Dynamic speakers, subject matter experts, exhibitors and networking opportunities will provide you with valuable information, resources, and inspiration to move your initiatives forward. For full conference agenda, [click here](#).

INDIANA DISABILITY JUSTICE

WEBINAR



SEXUAL VIOLENCE PREVENTION STAKEHOLDER PANEL DISCUSSION

JUNE 7, 2021

1-2:30 P.M. EST

REGISTER AT [HTTP://BIT.LY/SVPPANEL](http://bit.ly/svpppanel)

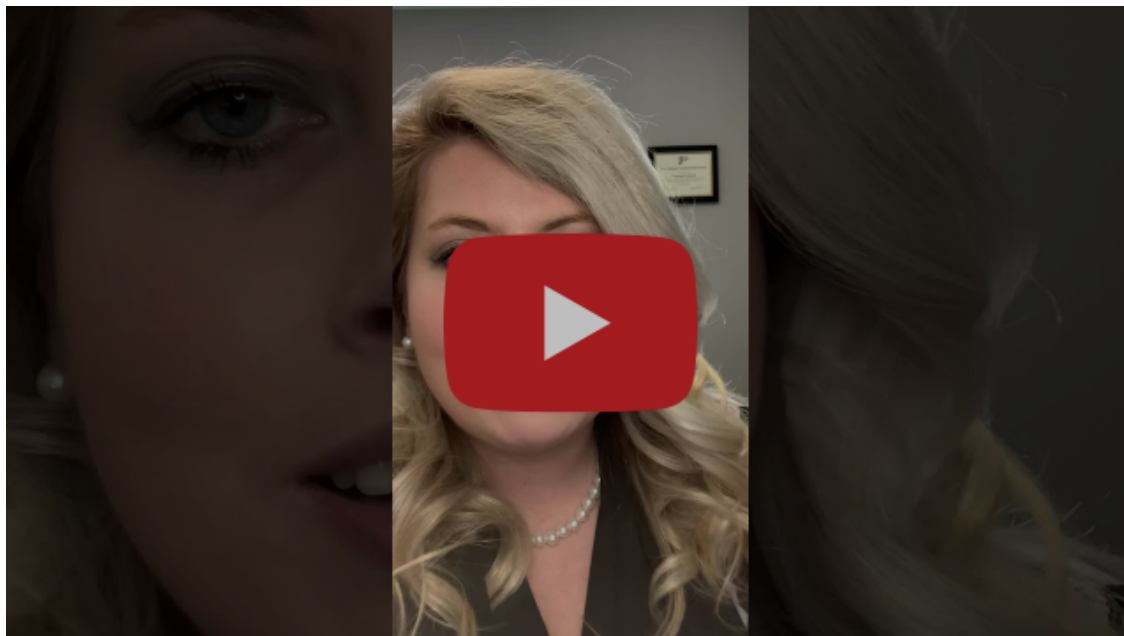
Sexual health and healthy relationships for people with cognitive and developmental disabilities are critical to end sexual violence and achieve health equity. Join this cross-sector stakeholder discussion to hear from researchers at the Center for Health Equity at Indiana Institute on Disability and Community, people with disabilities, disability justice advocates, a disability serving agency, care givers, and a sexual assault advocate who will discuss the current cultural moment and what it will take to advance sexual health equity for people with cognitive and developmental disabilities.

For more information visit the Hub:

[https://indisabilityjustice.org/resources/webinars/
#Webinar14](https://indisabilityjustice.org/resources/webinars/#Webinar14)

Important Information

The Arc of Indiana's Legislative Update



Hannah Carlock of The Arc of Indiana gives brief legislative update

This session was a budget session, which means lawmakers were tasked with creating a budget for the state to run on for the next to years. Legislators ended up utilizing \$37 billion to fund the state for the next biennium. A Direct Support Professional wage increase was included in the budget, which will take our state average wage of \$11.36/hour to an average wage of \$15/hour. Legislators also included nearly \$200 million of additional funding for special education services in schools.

The budget was the main priority for The Arc of Indiana, but there were still other bills we worked on, including:

- Moving up the deadline for the Alternate Diploma to be available to students;
- Tasking the Department of Workforce Development to reach out to former students with diploma opportunities and workforce

- training programs;
- Licensure for ABA Therapists;
 - Parental Rights for parents with disabilities to adopt and foster children; and
 - Medicaid reimbursement for services received at school.
-



Dear Families,

Indiana's new *Build, Learn, Grow* scholarship program is offering families of essential workers tuition scholarships for their children's early care and education, summer learning and before- and after-school programs. If anyone in your immediate family is classified as an essential worker, you may qualify for these scholarships for your child(ren), beginning now.

Build, Learn, Grow scholarships are being offered by the Indiana Office of Early Childhood and Out-of-School Learning to help support Hoosier families in connecting to high-quality learning opportunities. Families classified as essential workers with qualifying income can receive scholarships for each child age 0-12 in their household. Scholarships will cover 80% of tuition for early care and education, summer learning and before- and after-school care from May-October 2021.

Check to see if your family qualifies and begin your application at <https://brighterfuturesindiana.org/scholarships/families>.

Thank you!

Special Olympics of Indiana



Special Olympics Indiana

Special Olympics Indiana provides year-round sports training and athletic competition in more than 20 Olympic-type sports for children and adults with intellectual disabilities, reaching more than 18,000 athletes across Indiana.

Through Special Olympics Indiana, athletes gain opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. It's a movement that impacts lives for the better. It's an organization that needs you!

To become eligible for Special Olympics training, competition, and programming, athletes must complete an online Athlete Application, as well as, a completed and signed Medical Form. To access the forms, contact your [County Coordinator](#).



All people are sexual beings, no matter what their bodies can or cannot do physically or what type of support they may need from time to time or all of the time. It's important for young people living with disabilities or differently abled young people to learn about sexuality.

Sexuality Resources

(all descriptions are taken from the organizations' websites)

In November and December 2019, the Center for Health Equity at the Indiana Institute on Disability and Community at Indiana University-Bloomington conducted three focus groups to better understand the sexual health needs of adult women with Intellectual and Developmental Disabilities (IDD) in Indiana. Find their publications and findings [here](#).

[Elevatus-](#) As national leaders in the field of sexuality and intellectual, developmental disabilities and autism we offer evidence and trauma informed curriculum, online training, in-services and workshops to help professionals, educators, self-advocates and parents skillfully and confidently navigate the topic of sexuality.

[SexEd for Self-Advocates-](#) This guide is a sexuality and sex education resource written specifically for people on the autism spectrum ages 15 and up.

[Self-Advocate Print Resources-](#) Visual resources that explain a range of topics including puberty, sexuality, gender identity and safe sex for ages 9- young adult.

[Online Parent Resources-](#) Relevant resources for parents as they navigate conversations about sexuality, consent, gender identity, and puberty.

[Scarleteen: Sex Ed for the Real World-](#) Scarleteen is an independent, feminist, grassroots sexuality and relationships education media and support organization and website

[Sexual Self-Advocacy Pamphlet](#) from Green Mountain Self-Advocates

[Sex Ed By and for People with I/DD:](#) Videos and Guidebook

[Healthy Bodies: A Parent's Guide on Puberty for Girls and Boys with Disabilities](#) By: Vanderbilt Kennedy Center

[Amaze: Disability and Sexuality](#) Animated videos for middle school and younger that give you all the answers you actually want to know about sex, your body, and relationships.

[Talking About Sexual Violence Toolkit](#)



Indiana TOPSoccer

Extracurricular Activities

(all descriptions are taken from the organizations' websites)

Sports/Running:

[Joseph Maley Foundation run 2gether](#): As an initiative under Joseph Maley Fitness, run2gether pairs individuals with disabilities between the ages of six and 21 with a group of experienced runners. The athletes with disabilities are known as the captains, while the experienced runners are their crew. The crew pushes the captain in specially designed running/racing wheelchairs. Together they train for and then compete in a variety of racing events from 5Ks to marathons around central Indiana.

Upcoming JMF Events:

[Joseph Maley Road Mile](#)

[13th Annual Run, Walk, Roll](#)

[TOPSoccer](#): A community-based training and team placement program for athletes with disabilities, organized by youth soccer

association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any players, age 8 and older, who have a mental or physical disability.

[Carmel Clay Parks and Recreation Adaptive Programming](#): Offerings include adult karaoke, cardio dance, cycling, yoga, swim lessons, culinary classes, outdoor adventure and more!

[Brownsburg Challenger Baseball](#)- The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges, ages 5-18, or up to age 22 if still enrolled in high school, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide.

[Hendricks Community Soccer STAR Program](#)- STAR Soccer stands for Success Through Adaptive Rec Soccer, and the goal of our STAR program is to adapt the game of soccer for all special needs and abilities, and to give kids with special needs the ability to participate in the same soccer programs that their siblings participate in.

[Cosmic Kids Yoga](#): (on YouTube) Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early!

Horse Therapy:

[Agape- Unbridled Hope](#): Minimum riding age is 4. We are able to work with a wide range of disabilities.

[Morning Dove Therapeutic Riding](#): Lessons are designed to address riding goals as the priority, but, factor in the individual's educational, physical, social, and recreational goals as well. Participants with a wide array of disabilities are active in this program. To achieve lesson goals, instructors may incorporate various arena exercises and games, as well as riding on our trails.

Art and Social Clubs:

Self-Advocates of Indiana: SAI chapters meet regularly to participate in social activities, volunteer opportunities, and to learn skills of self-advocacy. With more than 40 chapters throughout the state, there is sure to be a group near you!

ArtMix: Our programs utilize the arts as a mean of learning and skill building. In this way ArtMix provides both access to and opportunities for achievement in and through the arts for people with disabilities.

Villages of Merici offer community programs including yoga, a course on relationships and sexuality, a garden club, a nutrition class, a walking club, and an evening meet-up for people who like to play cards and board games.

Tangram offers virtual activities and social groups including Bingo club, a book club, a music club, and virtual art lessons that you can participate in from the comfort of your own home.

Ripple Mobile Arts- Studio classes offer the ability for free movement to keep your child engaged and comfortable. Clay can offer a way to squish and add many tactile and texture opportunities. Add in the pottery wheel, if desired.

Kids Dance Outreach- While KDO programs are inclusive and serve children of all abilities, the Dancers with Disabilities programs offer further opportunities specifically designed for children with disabilities to allow them to dance, grow, and succeed in a safe and supportive environment.

The Dance Refinery Adaptive Dance Program- Adaptive Dance is an opportunity to explore and experience the joy of movement with a supportive, creative community, regardless of experience and/or abilities. It is also a wonderful opportunity to integrate these various

levels of experience and abilities in a powerful, exciting, educational, and creative atmosphere all under the guidance of a Registered Dance/Movement Therapist!

Swim Lessons



(Click on the image to read Indy Child's article about the benefits of teaching your child to swim)

Indianapolis Area Locations:

[Baxter YMCA Adapted Swim Classes WAVES](#)

[Stony Creek Swim Center: Specialty Classes](#)

[Applied Behavior Center ABA Swim Lessons](#)

[AquaTots Special Needs Aquatic Program \(SNAP\)](#)

[Goldfish Swim School](#) (3 locations around Indianapolis- they offer individual and group classes for children of all abilities)



The Access Pass program is open to Indiana residents who receive state assistance either through Hoosier Healthwise Insurance, SNAP or TANF assistance programs.

The Access Pass is good for one year. After enrolling or renewing in the program, qualified families will receive an Access Pass card. A qualifying adult named on the card must present the card and an Indiana photo ID at the participating organization the family is visiting. Families can visit participating locations for just \$2 per family member on the account per visit.

Participating member institutions include:

- Conner Prairie
- Eiteljorg Museum
- Indiana Historical Society
- Indiana Repertory Theatre (IRT)
- Indiana State Museum and Historic Sites
- Indianapolis Motor Speedway Museum
- NCAA Hall of Champions
- Newfields
- Rhythm! Discovery Center
- Terre Haute Children's Museum
- The Children's Museum of Indianapolis
- WonderLab in Bloomington

[Access Pass - Indiana State Museum \(indianamuseum.org\)](https://indianamuseum.org/access-pass)

Accessible and Inclusive Playgrounds Around Indianapolis



(click on image to be directed to Indy Child's article)



Holiday World 2021 rates for Guests with Disabilities are as follows:

- \$31.99 for General Admission

Professional caregivers (working for a professional caregiving company) may enjoy a **complimentary ticket** when accompanying an individual to the park. Holiday World does ask that they provide an official photo ID to prove that he or she is a professional "aide" or "direct care staff."

If the agency the caregiver works for does not provide photo ID's, the caregiver will need to provide Guest Relations with three pieces of official identification:

- A photo ID (Driver's License)
- A recent paystub
- A signed and dated letter from the company (on company letterhead) stating the name of the caregiver.

Holiday World is planning to open the gates for select weekends starting in May and daily starting in June. Check their website for updates. <https://www.holidayworld.com>



The YMCA Financial Assistance

The YMCA of Greater Indianapolis provides financial assistance for children, teens, adults and families who cannot afford the full cost of a

Y membership. That's why we base membership rates and program fees on total household income. This sliding fee scale, which is possible thanks to donor contributions, allows us to realize our mission of being open and accessible to all. We seek to reflect the multicultural, ethnic, and racial diversity of our service area in our members, volunteers, and staff. We also hope to create an environment where all people feel welcomed and valued.

Our sliding scale begins for households with total income of less than \$55,000 per year. If you would like to privately discuss our different levels of assistance, please call or stop by the Member Services desk at any of our centers.

The YMCA financial assistance program provides help to pay for the needs of families, youth, and other individuals who can't afford to pay for the full cost of YMCA memberships and child care programs. The underlying goal of the YMCA is a commitment to being accessible to all, and they work very hard to support those who may need help or be in challenging financial situations.

The YMCA uses a sliding fee scale that is based on both total household income and also the number of household members. We require supporting documentation to verify the household income and size and they also do consider special circumstances when determining and providing assistance.

Financial assistance is available to almost anyone, and it is based on number of household members, family income, and the availability of YMCA grants and funds. The aid is always provided on a fair and open basis and is in accordance with our donors' wishes and other cash grants provided to the YMCA. Note that financial Assistance is provided on a first come, first served basis. You need to contact your local branch for current availability of funds.

YMCA financial assistance is granted for a maximum period of up to one year. Upon expiration of that timeframe, the recipient can reapply.

If they decide to do this, they must reapply with current financial information for the upcoming year.



Wraparound Services

Mental Health Resources

(all descriptions are taken from the organizations' websites)

[The National Association for the Dually Diagnosed](#)- An IDD/MI dual diagnosis refers to individuals with an intellectual/developmental disability (IDD) who concurrently experience a mental health condition. While the exact prevalence is unknown, most professionals accept that roughly 35% of people with intellectual disabilities also experience mental health challenges.

Therapeutic Interventions for Individuals with Dual Diagnoses (I/DD and Mental Illness)

[Children's Mental Health Wraparound \(CMHW\)](#)- CMHW services provides youth, with serious emotional disturbances with intensive, home and community-based wraparound services that will be provided

within a System of Care philosophy and consistent with wraparound principles.

CMHW services are provided by qualified, DMHA-approved, specially trained service providers who engage the participant and family in a unique assessment and treatment planning process characterized by the formation of a child and family wraparound team. The team will make available to the participant/family an array of strategies, which include, but are not limited to, the following:

1. Behavioral health and support services
2. Crisis planning and intervention
3. Parent coaching and education
4. Community resources and supports

System of Care Coordinator (by county)

Community Mental Health Center - Community Mental Health Center, Inc. is a provider of comprehensive mental health services, offering inpatient, outpatient, home-based, school, and community-based programs to individuals and families in Dearborn, Franklin, Ohio, Ripley and Switzerland counties in Southeastern Indiana. CMHC offers services at 19 facilities located in Lawrenceburg, Batesville, Brookville, St. Leon and Vevay.

Catholic Charities- Individual, couple and family counseling.

Professional counseling is available on a sliding fee scale, based on income. We also accept a variety of private insurances. Professional counseling services are provided for school children along with consultation services for teachers and parents in our Indianapolis Catholic schools. 317-236-1523. *Indianapolis, IN*

Sandra Eskenazi Mental Health Center- Sandra Eskenazi Mental Health Center's primary mission is to serve individuals with serious mental illness and chronic addiction and seriously emotionally disturbed children and their families. Patients of all ages are welcomed, from children to seniors, with a philosophy of care that

stresses strength-based and family- and community-centered treatment utilizing the Recovery Model of treatment. Accepts Medicaid. 317-880-8491. *Indianapolis, IN.*

Franciscan Psychiatric Specialists- Franciscan Physician Network Psychiatric Specialists offers individualized assessment, diagnosis and treatment for patients 5 years of age and older. Offering an intensive outpatient program and partial hospitalization program. Specializing in Attention-Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, and Post Traumatic Stress Disorder. Must have referral from Franciscan physician. 317-781-3488. *Indianapolis, IN*

Centerstone- Our staff of doctors, nurses, counselors, case workers, leaders and support staff are here to help individuals from all walks of life get the treatment they need to live a fuller, happier life. We accept most insurances – including Medicaid, Medicare and many commercial insurance plans. Centerstone of Indiana serves all patients regardless of inability to pay. Discounts for essential services are offered based on family size and income. 877-HOPE123. *Locations throughout Central and Southern Indiana.*

Adult and Child- With 8 locations across Central Indiana, we promote easy access to supports like individual or family therapy, medication, community based supports, transitional housing, employment services, disease management, and much more. A&C Health is happy to accept most major insurances, including Medicaid. We offer an income based sliding fee scale and free access to a Benefits Navigator who can assist you in applying for public benefits. The best way to access behavioral health care services is to call us at **877.882.5122** and learn which location and Open Access time will best fit your schedule. *Central Indiana*

Jane Pauley- Through our Behavioral Health department, we offer a number of services, including consultations, individual counseling, group counseling for children and adolescents, and assessments. We also offer assessments for ADHD, psychoeducational assessments, as

well as psychological evaluations. *Marion, Hancock, Shelby and Madison Counties*

Milestones- Milestones is a certified outpatient mental health clinic offering a wide range of supports. With 20 years of experience, we provide a unique combination of behavior and therapeutic approaches to address mental health needs and provide personal care for each of our clients. Milestones has master's-level clinicians and a variety of support services staff available to meet the needs of children, adolescents, families and individuals with developmental disabilities. *Bloomington and Columbus, IN*

Caregiver Counseling Resources

Be Well Crisis Helpline- The free Be Well Crisis Helpline was established by FSSA's Division of Mental Health and Addiction in direct response to the elevated levels of stress and anxiety Hoosiers are experiencing due to the COVID-19 pandemic. COVID-19 has caused a rise in mental health-related issues across Indiana and the entire country, including new stresses brought on by social isolation and the lack of traditional support systems such as family, friends, schools, religious and other community organizations. For many Hoosiers, anxiety regarding financial stress, grief and loss over bereavement and the loss of one's "normal routine," along with all of the unknowns regarding COVID-19, is overwhelming.

"By calling 2-1-1 (and selecting 3), callers will connect with an experienced and compassionate counselor specially trained to help with issues triggered or worsened by COVID-19," said Jay Chaudhary, J.D., DMHA director. "The trained counselors will be able to listen, provide support and promote personal resiliency." The Be Well Crisis Helpline is funded by a Crisis Counseling Assistance and Training Program grant from the Federal Emergency Management Agency. In Indiana the program becomes part of the state's new Be Well Indiana initiative. Additional information about the mental health resources

available to Hoosiers is available at BeWellIndiana.org

[Agape Counseling](#)- Providing counseling to children, adolescents, couples, families, and individuals who are experiencing mental health, behavioral, or addiction issues. \$90 per 50-minute session. Accepts a variety of private insurances. Reduced fee services are available. 317-886-7404. *Indianapolis, IN*

[Cummins Behavioral Health](#)- Cummins provides a full range of therapeutic services to children in multiple school townships throughout central and western Indiana. Some families will be seen within the community or in one of Cummins office locations. Services to adults with serious and persistent mental illness involves individuals, their families, other natural supports, medical providers, and other community partners involved in the person's recovery. 888-714-1927. *Avon, Indiana.*

[Aspire](#)- Behavioral health services are provided in an Aspire health center, in a home, school, community-based setting, and through Video in Person (ViP) appointments over a computer or mobile device. We accept Medicaid and many commercial insurance companies. We offer a sliding-fee scale for consumers who are uninsured. 317-587-0568. *Indianapolis, Carmel and Noblesville, IN*

[Gallahue](#)- Community Health Network offers the most comprehensive behavioral healthcare system in Indiana - including inpatient and outpatient services for youth (ages 5-18), adults and seniors. Contact us at 317-621-5700. *Indianapolis, Greenfield, Greenwood, Shelbyville, Kokomo, Tipton, Frankfort, and Anderson, IN*

[Choices in Counseling](#)- Private practice offering individual, couples and family therapy to children, adolescents and adults. Owned and operated by Dorian Angebrandt, LCSW who has provided professional counseling services to the residents of Johnson and surrounding counties since 2008. Currently only offering tele-health. 317-346-

6252. *Franklin, IN*

Family Services of Bartholomew County- The Counseling Program involves the provision of individual, marital, family and/or group therapy/counseling to address a wide range of mental health concerns. We are now offering teletherapy via Zoom and are accepting new clients. 812-372-3745. *Columbus, IN*

Bloomington Meadows- Dedicated to helping patients restore their health and get a fresh start. We provide each patient with comprehensive behavioral health assessment. Offering acute inpatient, adult detox, mental health services for children ages 6-17, intensive outpatient, outpatient, and telehealth services. *Bloomington, IN*

Fairbanks- Because every person and every experience with substance use disorder is different, we offer a variety of programs designed to meet individual needs. Upon arriving at Fairbanks, you or your loved one will be assessed to determine the proper course of treatment. While there are different levels of treatment, from inpatient to recovery management, our comprehensive approach supports the mind, body and spirit of every individual we serve. *Indianapolis, IN*

Options- Experienced staff and clinical excellence have made Options Behavioral Health the most recognized mental health and psychiatric disorder treatment hospital in Indianapolis, and we look forward to providing our services for years to come. *Indianapolis, IN*

Valle Vista- Valle Vista Health System offers a wide continuum of specialized mental health services for patients as young as age 5. Our facility, located in Greenwood, Indiana, provides treatment for psychiatric issues such as depression and schizophrenia, as well as drug and alcohol addiction. Levels of care include inpatient, girls residential, partial hospitalization and intensive outpatient programs. *Greenwood, IN*

Median Psychological Associates- (Adult ADHD) We are a community

of mental health professionals with a breadth of training and experience dedicated to excellence in providing a wide range of diagnostic, therapeutic and consultative services. We strive to create a supportive atmosphere for change, growth and development.

Indianapolis, IN



FEMA

Covid-19 Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

Who is Eligible?

To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

If you had COVID-19 funeral expenses, we encourage you to keep and gather documentation. Types of information should include:

- **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
 - **Funeral expenses documents** (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
 - **Proof of funds received from other sources** specifically for use toward funeral costs. We are not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources.
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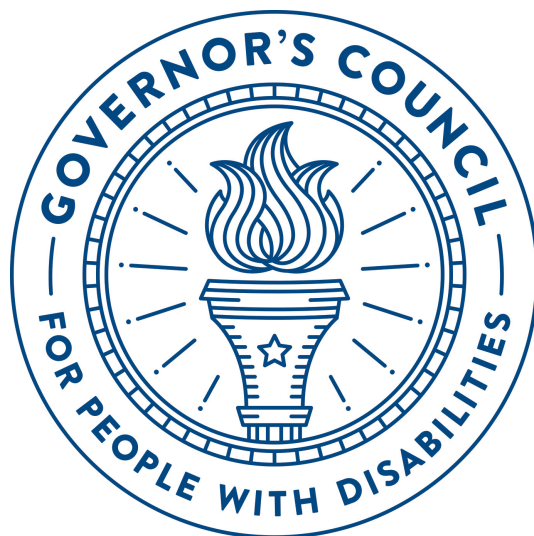
Resources

(Click on any of the links below to be directed to their website)





Down Syndrome
Indiana™



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