

CMRO Training Newsletter

CENTRAL MISSOURI REGIONAL OFFICE
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September, 2008

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This Training Newsletter is designed to inform people about training opportunities, workshops and resources provided by the Regional Office and other agencies.

This newsletter is sent to all CMRO staff and Provider agencies in the Central Missouri Regional Office catchment area.

CMRO September Training

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1</p>  <p>Labor Day CMRO Closed</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>9:00 Nonviolent Crisis Intervention</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>1:00 Positive Behavior Support Train-the-Trainer</p>	<p>11</p> <p>1:00 Person-Centered Planning Guidelines</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>9:00 Nonviolent Crisis Intervention Refresher</p>	<p>20</p>
<p>21</p>	 <p>Autumn Begins</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>9:30 Ethics of Touch</p>				

SEPTEMBER ACTIVITIES

SEPTEMBER 1 — MONDAY — LABOR DAY — CMRO CLOSED

SEPTEMBER 5 — FRIDAY — 9:00 a.m. to 5:00 p.m. — NONVIOLENT CRISIS INTERVENTION

Central MO Regional Office, Columbia (Conf. Rm. A/B)

Members of CMRO's Quality Support Team will conduct this training for interested CMRO and Provider staff. This is an eight hour intensive and participative workshop in which participants will learn how to recognize the warning signs of escalating behavior and how to use verbal and nonverbal techniques to avoid confrontations. In addition, participants will learn safe, non-injurious restraint and transport techniques and team crisis intervention strategies. Nonviolent Crisis Intervention is a safe, non-harmful behavioral support system designed to aid human service professionals in the management of disruptive and assaultive people.

FEE: \$11.50 — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRO.

ATTENDEES: Staff from EO, Pierce, CV, SSL, Judevine, JP, CMSE, Stubbins & Conrad (***This class is full***)

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRO, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835.

*****Please note: This class starts promptly at 9:00 & late arrivals will not be admitted.***

SEPTEMBER 10 — WEDNESDAY — 1:00 p.m. to 4:00 p.m. — POSITIVE BEHAVIOR SUPPORTS TRAIN-THE-TRAINER

Central MO Regional Office, Columbia (Conf. Rm. A/B)

The Dept. of Mental Health has labeled PBS as "best practice." Chris Bagnell will present her PBS overview, which meets Division criteria for staff training. She will cover the pitfalls of punishment, guiding principles of PBS, environmental conditions that impact behavior, the importance of data collection and various collection tools, antecedents, behavior as a form of communication, prohibited techniques and much, much more.

ATTENDEES: Anyone interested.

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRO, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835

SEPTEMBER 11 — THURSDAY — 1:00 p.m. to 3:00 p.m. — PERSON-CENTERED PLANNING GUIDELINES

Callaway Co. Special Services, Fulton

The Division of MRDD requires that each person eligible for Division services have a person centered plan. These guidelines are to be used by self advocates and their families, regional offices and provider agencies who facilitate and write plans with all persons receiving supports and services from the Division. This training will cover the requirements of the Waiver and the Division.

ATTENDEES: Anyone responsible for writing plans or involved in the planning process.

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRO, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835.

SEPTEMBER 19 — FRIDAY — 9:00 a.m. to 1:00 p.m. — NONVIOLENT CRISIS INTERVENTION REFRESHER

Central MO Regional Office, Columbia (Conf. Rm. A/B)

This program is the annual refresher course needed to remain current. All participants in this class must have previously completed the initial course in Nonviolent Crisis Intervention.

FEE: \$8.00 — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRO.

ATTENDEES: Staff from JP, MISL, BISL & TOA (**There are still several openings available**)

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRO, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835.

*****Please note: This class starts promptly at 9:00 & late arrivals will not be admitted.***

**SEPTEMBER 30 — TUESDAY — 9:30 a.m. to 4:00 p.m. — ETHICS OF TOUCH
Central MO Regional Office, Columbia (Conf. Rm. D/E)**

This training encompasses issues relating to privacy & identifies 5 areas of privacy that must be understood in order to provide respectful service to people with disabilities, the relationship that staff have with the people they serve and the use of affection in these relationships, assisting staff members in identifying issues in the provision of personal care and strategies on how to increase the safety of environments and develop sound practice guidelines, and setting standards of practice to ensure the safety and rights of the people being served.

ATTENDEES: Anyone interested

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRO, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835.

Into The Wild Blue Yonder

Recently, a consumer supported by an agency in Moberly was able to complete a long-term goal of getting in the air to fly in an airplane. With so few local pilots willing to take a stranger in the air, and with the increasing cost of commercial flights, it was looking a little challenging to get that goal met!

A while back, the QMRP caught a news story about the "Barnstormer Show" at the Jefferson City Memorial Airport. This show featured vintage collector aircraft in which the owner/pilots would take customers into the air for an excursion flight at the low cost of only \$50. Home manager Clint had already said that he would go wherever needed to take the gentleman he supports into the air. Reportedly, a fantastic time was had by all. Hooray for him and hooray for the agency staff who support him!!



UPCOMING DATES OF IMPORTANCE

OCTOBER 3—NONVIOLENT CRISIS INTERVENTION

OCTOBER 6—NONVIOLENT CRISIS INTERVENTION REFRESHER @ BCFR

OCTOBER 13—COLUMBUS DAY, CMRO CLOSED

OCTOBER 14—HAB MEETING

OCTOBER 17—NONVIOLENT CRISIS INTERVENTION REFRESHER

OCTOBER 24—KOB

OCTOBER 28—BASIC PROVIDER TRAINING



NURSE'S NOOK

By: Barb Schaefer, RN

STROKE AWARENESS

This article represents the findings and suggestions of the American Heart Association, American Stroke Association, American Academy of Neurology & the American College of Emergency Physicians.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or it actually bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so it starts to die. Stroke is the third-leading cause of death in the United States and a leading cause of disability. However, research shows the public remains unaware of stroke's warning signs and the need for immediate medical attention. Even if the symptoms subside, call 911 immediately and tell the operator, paramedics, or emergency room staff, "I think this is a stroke."

The "Give Me 5" campaign offers a quick stroke check using five short words:

WALK (Is their balance off?)
TALK (Is their speech slurred or face droopy?)
REACH (Is one side weak or numb?)
SEE (Is their vision all or partly lost?)
FEEL (Is their headache severe?)

To check if someone is having a stroke, ask the person to give you five:

WALK IS THEIR BALANCE OFF? Things to look for or ask:

- * Are they able to stand straight and tall? Or do they slump to one side?
- * Do they appear to have lost strength on one side of their body?
- * Are they leaning to one side when they try to walk?
- * Are they veering off to one side?
- * Are they dragging the foot on the side they are leaning toward? Can they tell you whether they can feel the side they are leaning toward?

TALK IS THEIR SPEECH SLURRED OR FACE DROOPY? Things to look for or ask:

- * Are they having problems speaking?
- * Are they having problems "getting their words out?"
- * Do they sound like they have something in their mouth when they speak?
- * Are they saying the appropriate words (do their words make sense) when they speak?
- * Does one side of their mouth droop down?

REACH IS ONE SIDE WEAK OR NUMB? Things to look for or ask:

- * Ask the person to raise both their arms up together. Does one arm begin to fall down?
- * Ask the person to squeeze your fingers with each hand; is one hand weaker than the other?
- * If you ask the person to try to hold something like a pen, can they do it without any difficulty?
- * Can the person feel you touch them on their arm? Lightly touch them on the skin of both arms, and ask them if the feeling is the same on each.

SEE IS THEIR VISION ALL OR PARTLY LOST? Things to look for or ask:

- * Ask the person about their vision. Do they normally wear glasses or contact lenses, or do they normally not use either of these? Ask the person to try to describe any changes in their vision.
- * Is their vision clear?
- * Is it blurry?
- * Can they see everything in their field of vision? Does the person see everything or just part of the visual field?
- * Does the person see double?

FEEL IS THEIR HEADACHE SEVERE? Things to look for or ask:

- * Do they have a headache? On a scale of 1-10, 10 being the worst, ask them to rate their headache.
- * Do they normally have headaches? If so, is this headache any different from their usual headache?
- * Does this feel like the worst headache of their life?
- * Does light bother or hurt their eyes?