

Empowering Persons With Disabilities To Live Independently

LINC



INC

Grant Funds Expands Agency Services

LINC was awarded two grants that will expand the programs and services provided by the agency. A grant from the National Council on Independent Living (NCIL) and the U.S. Administration on Aging was awarded to **LINC** to implement intensive technical assistance and peer-to-peer mentorship to ensure inclusion and collaboration between aging and disability organizations. Additionally, the agency is excited to receive its first grant from the St. Clair County 708 Mental Health Board. The grant was awarded to further and enhance, our mental health recovery-based program offerings.

NCIL has been working with the Administration on Aging to bridge the gap between the disability community and the aging community. In 2007, NCIL members, the Administration on Aging and AARP came together to offer an opportunity for dialog between the Aging and Disability Resource Center (ADRC) and the independent living community. NCIL was later awarded a grant from the Administration on Aging. The grant funds are to be used to promote dialog, encourage positive relationships, and strengthen ADRCs for all local residents, especially people with disabilities.

LINC was one of five mini-grants of \$4,000 granted to develop plans for collaboration, education and exchange of information and resources among the independent living community, the aging community, and ADRCs.

"Many seniors do not identify themselves as having a disability so they do not access our services," according to Erica Edwards, **LINC** executive director. "This grant is an exciting step towards bringing the aging groups to **LINC** to not only receive services that would keep them living independently,

but to advocate alongside their younger counterparts with disabilities for equal rights and equal access in our society."

The grant includes funding for an Aging and Disability Resource Specialist. Danika Wilson has been hired to oversee the program. She currently works at the **LINC** office and assists with Medicare Part D and Circuit Breaker applications for the Area Agency on Aging. Danika also did her internship at **LINC** to complete her B.S. in Social Work.

For more information on this new collaboration and opportunities available visit our website at www.lincinc.org.

The St. Clair County 708 Mental Health Board awarded **LINC** a \$7,500 grant to expand it's current mental health recovery programs.

The funds will provide a 12-week course on recovery steps for those diagnosed with a mental illness, Freedom to Self Advocacy workshop series, and a IL Certified Mental Health Recovery Specialist who will teach the new programs and work to reduce the time period between hospitalization and taking the first steps toward their recovery.

(Continued on page 2)



To register for the 2nd Annual East-West Roll on the River 5k and 1-mile Fun Run, visit www.ewrollonriver.com.

**SUMMER OFFICE HOURS: LINC's office will be open
Monday-Thursday 8:30am-5:00 pm and
Friday 8:30am-12:00pm. These are
LINC's summer hours Memorial Day through Labor Day.**

Grant Funding continued

Pathways to Recovery, a 12-week course uses evidence-based practice of a Strengths Approach. This practice utilizes a person-centered, self-help approach toward their recovery. This is the first time this course has been taught in St. Clair County.

A 3-week workshop series, Freedom Self Advocacy has been made possible by this grant. The workshops will be held in early 2009. The series focuses on how to protect the rights of those with mental illnesses and assert their own preferences. Participants will learn how to advocate for themselves by combating discrimination and inadequate or harmful treatment.

Funding from the grant also allows for a Mental Health Recovery Trainer to work one day a week. Anita Overturf, one of **LINC's** Certified Recovery Support Specialists, currently oversees the agency's mental health offerings and will perform the duties as required within the grant. Six presentations in St. Clair County on Recovery will take place to service providers and organizations focusing on mental health. Anita will be teaching the 12-week course as well as the workshop series. Additionally, she will be available to provide information and referrals to available resources within the county for mental health consumers; build awareness of mental health legislation and advocacy efforts; and provide one-on-one peer counseling when not provided through area support services.

Register to VOTE!

You can register to vote at **LINC** on Monday, Tuesday and Wednesday from 1-4:00pm.

If you need to make special arrangements please call Tammy at the **LINC** office.

GENERAL ELECTION- NOVEMBER 4, 2008 Absentee Voting:

September 25, 2008

First Day to Apply for Absentee Application by Mail

October 27, 2008

Last Day to apply for Absentee Application by Mail: Military

October 30, 2008 Last Day to

apply for Absentee Application by Mail: Civilian

November 3, 2008 Last Day to Vote Absentee in Person

LAST DAY TO REGISTER TO VOTE: OCTOBER 7, 2008

GRACE PERIOD

REGISTRATION & VOTING

October 8, 2008 First Day

October 21, 2008 Last Day

EARLY VOTING FOR

ELECTION:

October 14, 2008 First Day

October 30, 2008 Last Day

Remember, for convenience, you can register to vote at LINC on Monday through Wednesday from 1-4:00pm.

WRAP Class Graduates

Twelve people graduated this spring from the Wellness to Recovery Action Plan (WRAP) course held by **LINC**. WRAP is one of the first recovery-based courses designed for people diagnosed with a mental illnesses. The plan was developed by Mary Ellen Copeland, PhD., a renowned leader in recovery research and author. Like other medical conditions mental illness does not go away. However, individuals can work toward not allowing their illness to rule their everyday life.



*Pictured above is WRAP facilitator Sandy Payan with graduate Lori Arterburn.
Pictured on the left are Jaclyn Peterson, Sandy Payan, Anita Overturf and Diane Pisko at the graduation.*

Afghanistan Advocate Visits LINC

Firoz Ali Alizada, the advocacy officer for Handicap International in Afghanistan, recently visited with **LINC** staff. Alizada has been sponsored by the Starkloff Disability Institute to further his knowledge on disabilities and advocacy programs in the US to help move their country forward with inclusion of those with disabilities in the community.

Afghanistan has a population of 25 million people with 1 million individuals who have a physical disability. Approximately 17 percent of the disabled population in their nation have been maimed by land mines, according to Alizada.

An overwhelming stigma against people with disabilities exists in Afghanistan, much like Americans experienced 60 years ago. Alizada reported funding is practically nonexistent for disability programs and with wages averaging \$1 a day personal contributions are impossible.

Alizada said that after meeting with many of the disabled in our nation he has hope that his homeland can overcome the same problems we have faced in the past.

Tell the State of Illinois what you want and need to become employed, and to stay employed. A committee of individuals with disabilities, employers, and disability advocacy organizations have joined together to help people with disabilities find and keep a job. Staff from several Illinois state agencies are assisting the committee in their work.

We need your help to identify the challenges, opportunities, strengths, and needs that you face when you are looking for a job, or trying to keep the job you have. Let us hear from you in an on-line survey! Click on the link below:

If you are a **person with a disability**, go to:
<http://www.surveymonkey.com/migconsumer>

If you are a **parent of a transitioning student**, go to:
<http://www.surveymonkey.com/migparent>

If you are a **service provider**, go to:
<http://www.surveymonkey.com/migprovider>

Legislation Update

Bill to Halt Medicaid Regulations Forward

The Health Subcommittee of the Energy and Commerce Committee approved H.R. 5613, a bill that would impose moratoria on seven separate Medicaid regulations until April 1, 2009. These Medicaid regulations, including one on the rehabilitation option and one on target case management, would limit the ability of states to provide services to people living with serious mental illness, many of whom are homeless.

A similar bill, S. 2819, has been introduced in the Senate by Senators Jay Rockefeller (D-WV), Olympia Snowe (R-ME), and Edward Kennedy (D-MA). The Senate bill would not only place moratoria on the seven Medicaid regulations, but would also provide \$12 billion to states to deal with revenue shortfalls.

Section 811 Bill Introduced

Representatives Chris Murphy (D-CT) and Judy Biggert (R-IN) introduced H.R. 5772, the Frank Melville Supportive Housing Investment Act of 2008, which would modify HUD's Section 811 supportive housing for the elderly program. The bill, which is named after Frank Melville, co-founder and first chair of the Melville Charitable Trust, would make reforms to the current 811 production program and would authorize a new demonstration program on community integration.

"Twenty-first Century Communications and Video Accessibility Act." This legislation is now under consideration. First, it would build on the existing law known as Section 255 which requires telephones to be designed so that they are accessible to people with disabilities. The legislation would also require video description of TV programs and will require that controls like on-screen menus and electronic program guides be made usable by those who can't see the screen. For individuals who are deaf-blind, the legislation enables funds to be used to help pay for braille displays and other technology needed to use texttelecommunications devices and call relay systems. Finally, the legislation also includes several improvements for people who are deaf or hard of hearing.

More information visit www.coataccess.org

Register today for the East-West Roll on the River Race at www.ewrollonriver.com

120 East A Street, Belleville, IL 62220
 Phone: (618) 235-9988
 Fax: (618) 233-3729
 Hours: M-F, 8:30-5:00pm



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LINC is proud to announce the second Annual East-West Roll on the River 5K Race and 1M Fun Run. Get ready to walk, run, and roll with us on Saturday, June 14, in downtown St. Louis on Washington Avenue.

This event is an annual fundraiser for **LINC**, **IMPACT**, and **Paraquad** centers for living. Many of us know from personal experience the important service to the Metro East and St. Louis communities our agencies provide. Our programs work to empower people with disabilities to increase their independence through choice and opportunity. The proceeds from this event will remain in our local community, providing critical funding for consumer-driven services.

By participating as a racer, walker, or just there to cheer them on, your support for people with disabilities to continue in overcoming barriers in our local community is deeply appreciated. You will be helping capable people to become productive members of society and to integrate fully into the community. Please join us as we seek to enable people with disabilities to lead lives of dignity and self-reliance.

To register for the race, visit www.ewrollonriver.com.



Kiwi Creative Services
Telsar Computer & LAN Services, Inc.

- Senator Rita Heard Days
- Stifel Nicolaus
- Ghisallo Running
- Kane Mechanical, Inc.
- SimmonsCooper LLC
- Olin Corporation
- Leonard F. Berg, Attorney at Law
- R.W. Boeker Company, Inc.
- IL Network of Centers for Independent Living
- Holland Construction Company
- P.T.L. Manufacturing
- Memorial Hospital
- Metro East Insurance Group
- Gateway Confluence
- Friend of Bill Haine
- Representative Jay Hoffman