

Northern Highlights

We're on the Web!
www.accessnorth.net

Center For Independent Living of NE MN
Fall 2008

Ticket to Work Basics

Ticket to Work is an employment program created in 1999 by the Ticket to Work and Work Improvement Act and is administered by the Social Security Administration (SSA). The initial program regulations were published in December 2001.

Ticket to Work is a voluntary program that offers beneficiaries age 18 through 64, and who are receiving Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) based on disability, expanded opportunities to obtain the services and supports that they need to work and to achieve their employment goals.

SSA does this by paying providers of services, referred to as "Employment Networks" or "ENs", for assisting beneficiaries in reaching designated Milestones and Outcomes associated with achieving self-supporting employment.

The ultimate goal of this program is to reduce reliance on Social Security disability benefits and to promote increased self-sufficiency for beneficiaries with disabilities through work.

Social Security Administration
Office of Employment Support Programs
SSA Pub. No. 63-029
June 2008



PCA Choice Changes

The Center For Independent Living is starting a new and exciting program that will change the way you will submit your time cards.

CILNM staff are still contacting consumers who are on the PCA Choice Program and training them on the new documentation requirements for recording time worked.

Frequently Asked Questions About...

Vocational Rehabilitation
The Minnesota Vocational Rehabilitation Program**Who is Vocational Rehabilitation (VR) for?**

People who have significant disabilities who want to get or keep a job. People who receive SSI or SSDI benefits and want to work are eligible.

What can VR do for me?

You and your counselor will develop a plan to help you find or keep a job based on any capacity, skills, strengths and/or limitations you may have.

How much does VR Cost?

There is no charge for counseling, job placement, services for keeping a job and several other VR services. For some purchased services a sliding fee schedule, based on family income, may apply. You will be asked to pay part of the cost if you can afford it.

How do I find out if I can get VR services?

They will consider whether you have a physical or mental condition that makes it difficult to prepare for, get or keep work.

You and your counselor will determine if other services at the Workforce Center or other agencies can help you reach your vocational goal, or if you require the services of VR.

The seriousness of limitations caused by your disability will be determined. You and a counselor will talk about any limitations you may have.

For more information:

Alice Prtine is the ILVC Coordinator from CILNM and will meet individually with each VR Staff in AccessNorth's service area and with consumers who wish to participate in this program.

To Contact The State of Minnesota Rehabilitation Services-VR

In the **Hibbing** area:
(218) 262-6777 (V/TTY)
(800) 657-3926
(218) 262-7304 Fax

MN Workforce Center - RS
3920 - 13th Ave East
Hibbing, MN 55746

Or contact the MN Workforce Center near you

1--GET-JOBS (1-888-438-5627)
651-296-3900 or TTY: 800-657-3973

www.mnwfc.com

Upon request, this information is available in alternate formats.

Career Search: Start Charting

By Judy Moses

If your child is in middle school or just beginning high school, it may seem like graduation and the transition to adult life are far into the future. Yet it's during these years that teens can explore interests that may lead to that first full-time job or attendance at a technical school, community college, or university.

By exploring interest now through volunteer work, hobbies, or internships, you can better help your son or daughter decide which career path to take upon graduation.

As a parent, you may have some good ideas about what your son or daughter would like to do after graduation. Talk with your teenager about his or her special interests or passions. These areas may point to potential career paths.

Most youth under the age of 20 are not developmentally ready to think very far into the future. Some will become stressed, angry, or withdrawn if pushed too directly to think about choices outside of their experience.

Yet research shows that if youth can see their dreams as possible paths toward employment, they are more likely to reach their career goals.

Early, ongoing career exploration can help you raise the topic at times when your teenager is most receptive.

Consider these Career Exploration Ideas

Your son or daughter may want to consider participating in formal programs such as:

- apprenticeships
- job shadowing
- community-or faith-based service projects
- programs open to high school students at a community college, university, or technical school
- specialized summer camps

Career exploration also can include informal experiences such as:

- visiting technical schools
- starting a lawn care, dog-walking, or other business
- touring a manufacturing company
- volunteering

Use the Individualized Education Program (IEP) to Prepare for a Career

The IEP should help your son or daughter prepare for future goals. Besides specifying high school courses that will provide a strong foundation, the IEP could include activities such as:

- An evening or weekend course at a community college or an adult continuing education program. Attending such a class might help your son or daughter try out transportation options, experience a new learning environment, use high school accommodations in a new setting, or explore what future careers are really like.
- Internships, part-time jobs, or volunteer and community service opportunities. These activities can provide hands-on experience to help define your youth's career choice.
- Pre-college programs specifically designed for high school students the summer before or after their senior year. The IEP team may be able to arrange financial payment of these exploratory courses if they support their career goals.

Translating your young adult's strengths, interests and dreams into career goals take time & effort.

By taking advantage of some real-life work experiences, your network of friends and associates, and some family-supported career exploration, your teenager may discover options to add to those developed by the IEP team.

These first exploratory steps can be expanded upon and enhanced as your young adult continues on his or her career path.

(PACESETTER – Summer 2008
Call (952) 838-9000)

PACER launches new resource on school discipline

Anyone with questions about school discipline and children with disabilities in Minnesota has a new interactive resource on PACER Center's Web site.

Whether you have a student who is on an Individualized Education Program (IEP), a Section 504 Plan, or you suspect your student may have a disability that affects his or her behavior at school, "School Discipline and Children with Disabilities: An Interactive Guide for Minnesota Families" is for you.

Minnesota's rules for disciplining students with disabilities are specific. Parents and school personnel have had to carefully read through the discipline procedures outlined in the Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act of 1973, the Minnesota Pupil Fair Dismissal Act and Minnesota's special education laws and rules to discern which rule applies. Now, parents and professionals can find information a few clicks away.

The guide:

- Takes both parents and school personnel step by step through the Minnesota discipline process for each type of program (IEP, 504, or suspected disability), behavior, and discipline.
- Provides school personnel with a quick review of the procedures that must be followed for each individual student and helps them feel confident that they are proceeding with consistency and are respecting students' rights.
- Helps parents find answers quickly—day or night. They no longer have to wait to talk to an advocate or read documents to determine what procedures the school must follow and what options and rights they and their children have under various circumstances.

Learn more at www.PACER.org/parent/news.asp

(PACESETTER - Summer 2008)



Through the eyes of teens Youth Board educates schools, community



What's it like to be a teenager with mental health disabilities? What helps youth succeed in school and in the community, and what hinders that success? The members of PACER Center's Youth Advisory Board on Mental Health would like to tell you about it.

By sharing information about teens and mental health, as well as their own personal stories, six middle-school and high-school students hope to lessen the stigma for youth with mental health disabilities.

The Youth Advisory Board started six years ago as a way for youth with mental health needs to develop leadership skills, learn self-advocacy strategies,

and develop a message of hope and support for other youth with mental health challenges.

The six teens meet regularly to create a youth leadership presence in Minnesota, share ideas on existing services, and point to areas for needed improvement. The board tries to live its motto: "Youth having a voice and making a difference. Nothing about us, without us!"

For more information, call Michelle Ulfers, 952-838-9000.

Tips from teens

For parents: How to encourage a teenager to talk to you about their mental health.

Please stay calm. I may be feeling emotions I can't control, and your ability to stay calm helps me keep calm.

For teachers, principals, and school support staff from students with mental health and behavioral disabilities.

Please treat me with respect. Your encouragement helps me feel better about myself. When I lack self-esteem, it is easy for me to believe others' negative remarks about me—even if they are untrue.

For teens: Use your IEP meetings to learn how to advocate for yourself.

Self-advocacy is a key step in becoming an adult. It means looking out for yourself, telling people what you need, and knowing how to take responsibility.

Five Facts

- One in five children has experience with a mental health issue.
- There is relief from symptoms through treatment.
- Approximately two-thirds of all young people with mental health problems are not receiving the treatment they need.
- Seeking help is a positive step. Young people shouldn't let stigma keep them from getting help.
- Youth with mental health issues are contributing members of society and deserve to be understood.



(PACESETTER - Summer 2008)

.....

Recycled/Refurbished AT Program

AccessNorth CILNM is working on a recycled and refurbished program for Assistive Technology and durable medical equipment. We are in need of donations of wheelchairs, mobility scooters, commodes, shower chairs, seated walkers, accessible vans, portable ramps, lift recliners and any other assistive technology that is currently not being used. We need the equipment to be in good working order. CILNM will pick up and provide donors with a tax deductible gift receipt. If you have these items and are not using them, this is a great way to help another person and clean out your closet or garage. Please contact Pam at 1-800-390-3681.



WELCOME

Introduction Story From Catherine

Hello my name is Catherine and I'm the afternoon receptionist at the Center for Independent Living in Duluth. I can't begin to thank the center enough for giving me a chance at employment. I suffer from PTSD, Fibromyalgia and chronic Arthritis. Finding employment that would work with my disabilities was extremely difficult. I was told many times by different agencies that it might be best to take care of my physical as well as mental needs before I gained employment, which was not what I needed to hear and I was becoming very frustrated. I tried using my Ticket to Work Pass and went to DRS; coming up with nothing. Then my rehab worker mentioned possibly going to the CILNM office in the west end to see if I could volunteer and that's where it all began. I started helping out with different mailing projects, helping out the receptionist, learning the phones, and the operation of the Center. Then the center moved downtown and they asked me to fill in a couple hours in the afternoon as receptionist. I was so elated and it was just what I needed. Now I'm happy to say I'm the afternoon receptionist. I have an awesome job and have met so many wonderful people. People like me need a little guidance and independent living skills to live a more productive and fulfilling life. I have such wonderful co-workers and enjoy the office atmosphere. Now I wake up knowing I have a place to go to where I'm needed and appreciated. I would like to thank our director Roberta Cich for giving me a chance and the opportunity to be part of the CILNM staff.

Region II Assistive Technology Network

CILNM Programs and Services

- Information & Referral - We provide information & referrals for AT services & devices.
- Assistive Technology Education/Awareness and Training - We provide education & awareness opportunities on AT
- Individual Advocacy - We provide an advocate to assist in the process of obtaining AT.
- Assistive Technology Lending & Demonstration - We are able to lend devices for you to try before you buy & instruct you on how to use it properly.
- Refurbished Computer Program - We occasionally offer refurbished computers for \$20.00 to offset costs.
- Reuse & Recycle Program - We take donations of used AT & durable medical equipment.
- On Demand Lending Library - When possible we will assist consumers with a small grant to get needed AT.

New Web site makes finding affordable housing easier

For people struggling to put a roof over their head, HousingLink introduces the newest way to find affordable housing in Minnesota - hList. With hList, anyone with Internet access can search for affordable rentals by location, rent amount and bedroom size. Key features include: listing properties with accessible units, free access, and easy-to-sort, easy-to-print results. Before hList, HousingLink offered two ways to find affordable housing online: the Private Market Vacancy Report (PMVR) and Online Directory of Affordable Rental Housing. hList integrates the best of both resources to create a powerful and intuitive new search tool.

[Source: www.housinglink.org]

For a list of activities and groups in your area, contact your local CILNM Office.

Range Area Groups:

Multiple Sclerosis Support Group
Coffee / Crafts Group
Fibromyalgia and Chronic Pain Support Group
Men's Group
TBI Support Group - Virginia & Hibbing

Duluth Area Groups:

Game of Life (Ages 14-22)
Kids Group (Ages 10-14)
Computer Basics
DTA Bus Training
TBI Group
Vision Loss Support Group
For Women Only
Mental Health Support Group

Aitkin Area Groups:

Hope for the Future
MS Support Group
Coffee & Crafts Group
New Challenge-Assistive Technology Group

Cloquet Area Groups:

Support and Education group for people with disabilities

If you have any needs and/or ideas for a support group, please contact the CILNM Office closest to you and ask them for assistance in setting one up!

Our Offices

Hibbing

2104 6th Ave. E.
Hibbing, MN 55746
Phone/TTY (218)262-6675
(800)390-3681
FAX (218)262-6677

Branch Offices

Duluth

118 E. Superior St.
Duluth, MN 55802
Phone/TTY (218) 625-1400
(888)625-1401
FAX (218)625-1401

Aitkin

210 2nd St. NW
Aitkin, MN 56431
Phone/TTY (218)927-3748
(800)390-3681
FAX (218)927-3749

Brainerd

17025 Commercial Park Dr, Ste 2
Brainerd, MN56401
Phone/Fax (218)829-9567

Coleraine

308 Roosevelt Ave, Box 520
Coleraine, MN 55722
Phone/Fax (218)245-0211

International Falls

MN Workforce Center
1501 Hwy 71 - SC 128
I Falls, MN 56649
Phone/Fax (218)245-0211

Satellite Offices

Cloquet

(218) 879-0375

Pine City

(320)629-8179

Walker

(218)547-3036

Two Harbors

(218)384-6461

Center For Independent Living of NE MN
2104 6th Ave. East
Hibbing, Minnesota 55746

NON PROFIT ORG.
U.S. POSTAGE
PAID
HIBBING MN 55746
PERMIT NO. 274

We're on the Web!
www.accessnorth.net

Center For Independent Living of NE MN

Serving people with disabilities in the
Minnesota counties of

St. Louis
Lake
Cook
Koochiching
Itasca
Aitkin
Carlton
Pine
Cass
Crow Wing

This publication is available in
alternate formats upon request.

OUR MISSION:

To assist individuals with disabilities to
live independently, pursue meaningful
goals, and have the same opportunities
and choices as all persons.

Board of Directors

RoseAnn Pierce
Chairperson

Mary Ribich
Director

Nancy Crane
Vice Chair Person

Diane Krier
Director

Mary Jean Lesch
Secretary

Glenny Jones
Director

Karen Honnold
Treasurer

Erma Stevens
Director

Bob Brown
Ex-Officio

Barbara Walters
Director

Marsha Benolken
Director

James Peterson
Director