

SERVING, EMPOWERING AND
SUPPORTING MISSOURIANS
TO LIVE THEIR BEST LIVES.



MO DDD & You: Overview of the MO Family-to-Family

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD
Colette Canchola-Cox, Director, MO Family-to-Family, UMKC-IHD



September 24, 2024
12:30pm-1:00pm



Webinar Talking Points



- Introductions
- Who is MO Family-to-Family?
- Missouri Open Door Workshops
- Good Life Groups
- Health Linkages Program
- How to contact MO Family-to-Family
- Questions/Answers
- Wrap up

Introductions



Lisa Nothaus, Supporting Families Lead
MO Division of DD
Parent



Colette Canchola-Cox, Director
MO Family-to-Family
Parent



Who is Missouri Family to Family?

A free statewide resource center staffed by experts with lived experience that provide tools, resources, training, and peer support to people with disabilities, their families, and supporters.



Services we provide

- Basic information and referral services
- Help with advanced problem-solving and systems navigation
- Peer matching and mentoring
- Advocacy and leadership training
- Educational opportunities



Services we provide

Basic information and referral services

Think of us as your statewide resource center.

We believe everyone has the right to make informed decisions. If you are an individual with a disability or family member, contact us with any question you have or issue you are facing, and we will connect you with the resources you need.



Services we provide

● Help with advanced problem-solving and systems navigation

- . My child just received a diagnosis, what do I do now?
- . Do I have to get guardianship when my child turns 18?
- . Where do I go for help with behavior support or therapy?
- . What is available for our family in terms of services?
- . I recently moved to Missouri, now what?
- . I need to make a plan for my child's future, where do I start?
- . Our school isn't supporting my child's needs, what can I do?
- . I feel alone and isolated, is there someone I can talk to?
- . And more.....



Services we provide

Peer matching and mentoring

Peer mentoring is a crucial component of emotional support for parents, caregivers and individuals experiencing disability. Peer mentors are everyday people who have the ability to listen, support and share common stories. Mentoring is offered throughout the life course. Whether it's first signs and symptoms, a new diagnosis, you are experiencing a transition period, or moving into adulthood and aging - we are here for you.



Sharing Our Strengths Peer Mentor Program

Sharing Our Strengths (SOS) is a FREE program that connects you to another parent, family member or individual who knows what it's like to experience or care for a child who has a similar disability or special health care need.



Services we provide

Advocacy and Leadership Training

Missouri Leadership Network

MoF2F/CtLC Stakeholder Meetings

Missouri CtLC Nexus Chapter

CtLC in Action

MoLEAP Stakeholders

Charting the LifeCourse Training

Other training workshop topics



Missouri Lay Educational Advocacy Program

The Lay Educational Advocacy Program (LEAP) is an intensive in-person and online training designed to inform families, self-advocates, and community supporters on Special Education law, student and parental rights, and the best way to be heard within the school system.

MOLEAP



Services we provide

Educational Opportunities

Good Life Groups

Peer Mentor Training

Missouri Lay Educational Advocacy Program (MoLEAP)

Charting My LifeCourse or Charting My Families LifeCourse

Missouri Open Door: Technology Series

Missouri Open Door: Benefits Series

Other educational workshop topics



Missouri Open Door Workshops



Benefit Series



Missouri Open Door

2nd Wednesdays of every month
12:30 – 1:30 p.m. CST

- **October 2** – Medicare Open Enrollment Planning
- **November 13** – OAA Caregiver Programs
- **December*** Canceled



Technology Series



Missouri Open Door

4th Wednesdays of every month
12:30 – 1:30 p.m. CST

- **September 25** – Assistive Technology for Mental Health
- **October 23** – AAC and Employment
- **November 20** – Emergency Alert Devices
- **December*** Canceled



Good Life Groups

Good Life Groups are interactive peer learning collaboratives that allow for hands-on learning, to build the capacity of self-advocates and family members to use the framework in their own lives.

Daily Life
Good Life Group

Wednesday, April 19
12:30 - 1:30 p.m. CT

- Building Routines
- Integrating Respite
- Diversifying your Daily Supports
- Navigating Schedule Changes

Join us for a statewide learning collaborative **Daily Life**. In this virtual workshop you will use the **Charting the LifeCourse** schedule to identify and diversify you or your loved one's routines and supports.

Good Life Groups are held for families, by families, to share ideas, support, and resources.

MISSOURI FAMILY TO FAMILY
MISSOURI INSTITUTE FOR HUMAN DEVELOPMENT | UCDIS

NAVIGATE YOUR COMMUNITY WITH TECHNOLOGY
GOOD LIFE GROUP

THURSDAY, SEP 28
12:30 P.M. CT

Join us for a statewide learning collaborative around using the technology portion of the integrated support star to access your community.

Good Life Groups are held for families, by families as a space to share resources and ideas that work.



Upcoming Good Life Groups



- September 26 – Healthy Living Good Life Group
- October 24 – Employment Good Life Group



Health Linkages Program

Missouri Family to Family is proud to serve as the statewide site for the Health Linkages Program, connecting adults with intellectual and developmental disabilities (IDD) across Missouri to vital healthcare and community resources. This year-round, free program is designed to help participants achieve their health goals by providing personalized support and guidance.

Who can participate?

- Adults 18 years or older.
- Missouri residents with an intellectual or developmental disability (IDD).



Missouri Family to Family Link Tree

Scan our [Link Tree](#) QR Code to access important links, current projects and get on our listserv.

<https://linktr.ee/mofamilytofamily>



Contact Us



800-444-0821



mofamilytofamily@umkc.edu



mofamilytofamily.org



Thank you to our funders



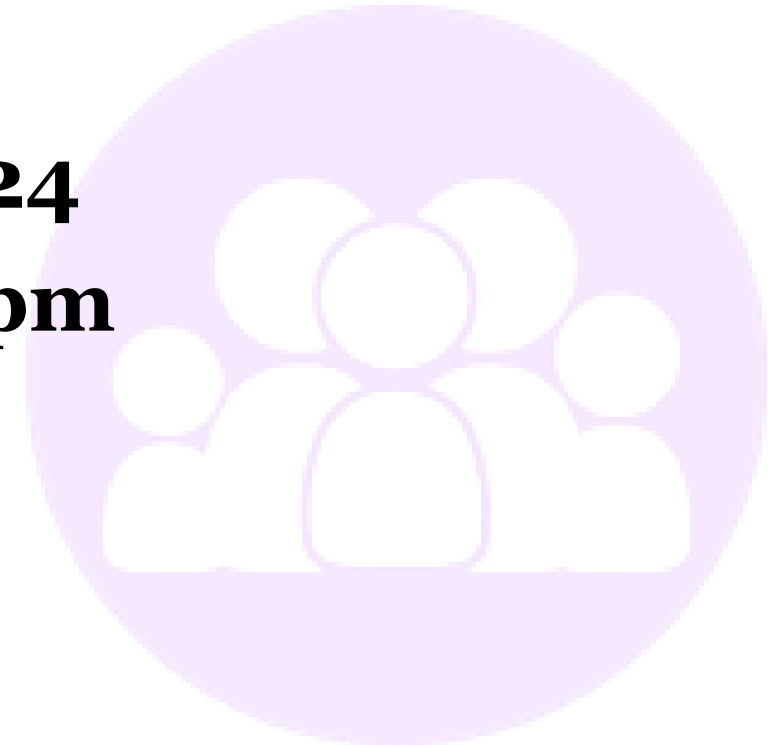
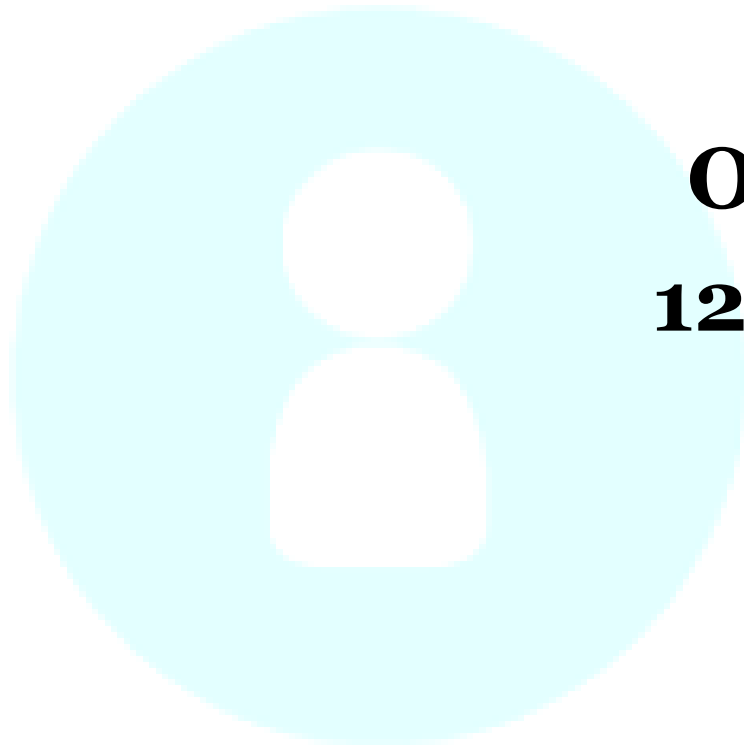
Questions?



Mark Your Calendar

Next MO DDD & You

October 22, 2024
12:30pm – 1:00pm



Connect with Us!

Missouri Department of Mental Health
DIVISION OF DEVELOPMENTAL DISABILITIES





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Thank You