



May 2022

The Knox County Board of DD is committed to providing families with information and resources they can use to support themselves and their family members with a disability. We hope you find these resources valuable to make connections, learn what supports are available, and discover the information you need.



Daily Life & Employment



Transition U

Run by the Knox Education Service Center, Transition U is a transitional program for high school students that provides prevocational and life skills-based education to students between the ages of 18 and 22.

Facebook Page: <https://bit.ly/3s1LBHu>

Chris Kirkhope – ckirkhope@knoxesc.org

BridgingApps

BridgingApps is a community of parents, veterans, therapists, doctors, educators, and people with disabilities who share information on how apps and mobile devices can help people of all abilities reach their highest levels of physical, social, and cognitive development. Over 3,000 apps reviewed!

Link: <https://bit.ly/3s0hJv7>



OACI Transition to Adulthood Guides

Resources for the critical years from middle school to post graduation. Guidelines provided to provide support with tackling issues and goals related to employment, postsecondary edu, and adult living during these years.

Guidelines: <https://bit.ly/38BHefx>



Healthy Living

GeneSight Psychotropic Test

The GeneSight test analyzes clinically important genetic variations in your DNA. Results can inform your doctor about how you may break down or respond to certain medications commonly prescribed to treat depression, anxiety, ADHD, and other psychiatric conditions.

Link: <https://bit.ly/3LtPhth>

Insurance Coverage: <https://bit.ly/3FONTMg>



Celebrate Your Plate

Celebrate Your Plate is here to help Ohioans lead healthier lives by eating more fruits and vegetables. Find recipes, tips on cooking, shopping, and creating tasty, healthy meals your kiddos will actually enjoy!

Kid Recipes: <https://bit.ly/3vSBO7R>

ChopChop Newsletter for Kids: <https://bit.ly/3y1lvrM>



Safety & Security



STABLE Account

Designed for people with disabilities, the STABLE account is a way to save for eligible expenses, invest for future needs, and keep the benefits (SSI, Medicaid) you rely on every day. STABLE provides the tools you need to achieve financial empowerment and prepare for a more independent and secure future

Flier: <https://bit.ly/3LxJmDr>

STABLE Website: <https://bit.ly/3OYbh1J>

KCBDD Video: <https://bit.ly/375fLCw>

Supported Decision Making – An Alternative to Guardianship

Supported Decision-Making is a framework to support people with disabilities to be able to make their own decisions about all aspects of their life. This approach builds on providing information, skills, and guidance to make decisions in the areas where support is needed, just as anyone of us would seek out supporters when we need advice.

More Info: <https://bit.ly/3LxtRv9>



Knox County Board of DD
11700 Upper Gilchrist Rd, Ste A
Mt. Vernon OH
www.knoxdd.com



Support to Families



YMCA Scholarships

Mt. Vernon YMCA offer services for youth, adults and families who desire to participate regardless of their ability to pay the established membership, class, or program fee. Those unable to pay the full amount may receive financial assistance through our scholarships.

How to Apply: Scholarship applications are available for pick up at 103 N Main St, Mt. Vernon

Ohio Parent to Parent Statewide Mentoring & Support Program

Ohio P2P is a statewide matching program that matches parents, family members, or caregivers of a person with a disability or special healthcare need, with an experienced, trained, volunteer support parent.

Learn More: <https://bit.ly/39vH2yV>






Upcoming Information Sessions, Trainings, & Conferences

Date & Time	Description	Presented By
May 5 3:45pm – 5pm	Self-Regulation and Emotional Control <i>(virtual)</i> UW ECHO provides training and the sharing of best practices for educators and service providers to consider, implement and evaluate the use of assistive technology to improve outcomes for students. Registration Link: https://bit.ly/373Fb3m	 Karen Janowski, M.S.Ed Inclusive Tech. Consultant
May 12 8am-4pm	Charting the Lifecourse Ohio Showcase <i>(in person)</i> Join us and learn all about the use of Charting the Lifecourse in Ohio. Conference Website: https://bit.ly/37UyGjI Cost: \$15 - Family/Self Advocate	 Family Resource Network of Ohio
May 12 10am	Alternatives to Adult Day Services <i>(virtual)</i> Learn about supports employment supports, volunteering, school transition programs, and ways to have a meaningful day outside of an adult day service program. Registration Link: https://bit.ly/3FWDAZo	 Bobbi Kirch Employment Manager Knox DD
May 17 6:30pm – 8pm	Ohio Housing Options for People with Disabilities <i>(virtual)</i> Learn from our panel of experts as they share their organization's resources and who may qualify for their housing services. Registration Link: https://bit.ly/3Lv9Nd7	 The Center for Disability Empowerment Panel of Presenters Center for Disability Empowerment
May 18, 25 & June 1 6:30pm – 8pm	Charting the Lifecourse Family Series <i>(virtual)</i> Join us for this 3-part series dedicated to families who experience disability. Hear how you can use the resources and tools to plan and advocate across the lifespan. Registration Link: https://bit.ly/370Snpz	 Barbara Sapharas Ohio Ambassador Charting the Life Course
May 26 7pm – 8pm	SIB Talk: Supporting Siblings <i>(virtual)</i> Join Ohio SIBS for a casual discussion about supporting siblings. Registration Links to be posted at: https://www.facebook.com/OhioSIBS	 Ohio SIBS
June 9	Waiver & Funding 101 <i>(virtual)</i> Learn the basics about waiver and local funds in Knox County and the role of the waiver needs assessment. Registration Link: https://bit.ly/3ETKGfR	 Andrew Taylor SSA Director Knox & Coshocton DD
June 13-17	Ohio Youth Leadership Forum <i>(in person)</i> Ohio Youth Leadership Forum (YLF) is a weeklong career leadership training program, held during the summer, for 11th and 12th grade high school students with disabilities. More info: https://bit.ly/37N9BHz	 The Center for Disability Empowerment Center for Disability Empowerment



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June 15-16	Milestones National Autism Conference <i>(virtual)</i> Experience interactive, evidence-based sessions, engage with experts in the field, and gain valuable professional development all from the comfort of home. Conference Website: https://bit.ly/3vVD21U Cost: \$50 – Family Rate	 MILESTONES AUTISM RESOURCES Milestones Autism Resources
June 22 6pm – 7pm	Ohio Individual Service Plan Information Session for Families <i>(virtual)</i> Learn more about the Ohio Individual Service Plan (OhioISP) that Ohioans with developmental disabilities will use to outline the services and supports they receive. Registration link: https://bit.ly/3y7nURQ	 Ohio Department of Developmental Disabilities
June 25 10am-11am	SIB Talk: Wellness of the Caregiver <i>(virtual)</i> Monthly virtual programming for adult sibling of people with disabilities. Registration Links to be posted at: https://www.facebook.com/OhioSIBS	 OhioSIBS SPECIAL INTEREST SIBLING SUPPORT

Stay Connected

Resource	Link
Knox County Board of DD Website	https://bit.ly/3sWfHgF
Know Your Knox – Monthly Community Event Newsletter	https://bit.ly/3sWLyxP
Knox County Board of DD Facebook	https://bit.ly/3HuloXa
Knox Help Me Grow and Early Intervention Facebook	https://bit.ly/3HD6NJ1
DODD Family Connection Newsletter – Subscribe for Monthly Newsletter	https://bit.ly/3LLSCEH
DODD Family Connection Resources	https://bit.ly/3w9zcC8
DODD 5 Things to Know Video Series	http://bit.ly/2M0Tic6
DODD Family Forum Facebook Group	https://bit.ly/3CED8Nv

