

# Herkimer ARC



## Valley Commons



# Herkimer County



Map from Geology.com  
<http://geology.com/state-map/new-york.shtml>

# *What will be covered today*

- Overview and History
- Struggles
- Successes



# History

- The late 70s...  
Family Support  
Contract



The 80s on the move...



The 90s NYS – HCBS

# Herkimer ARC's Valley Commons ...

Is supports and services for parents with developmental disability having or working toward custody

# Valley Commons

## Started

- February 2007
- New York State's *Office for People With Developmental Disabilities*

## Medicaid

- Waiver - Home and Community Based Services. New York State implementation

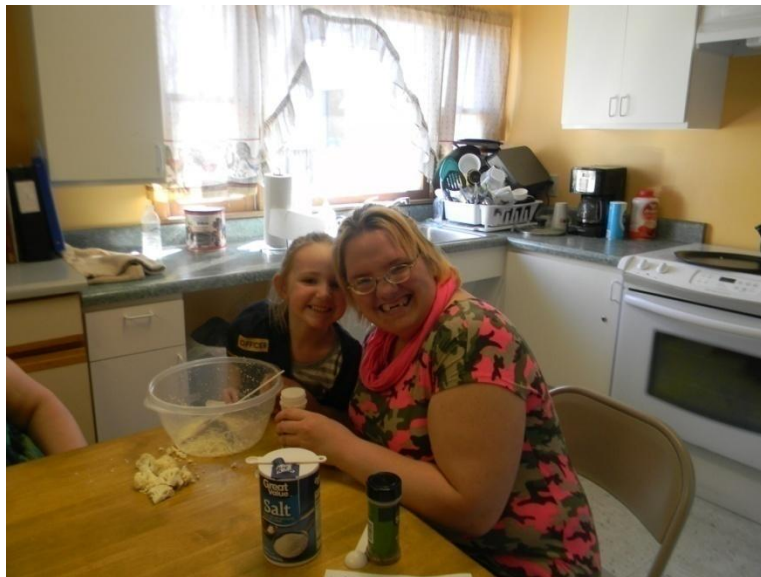
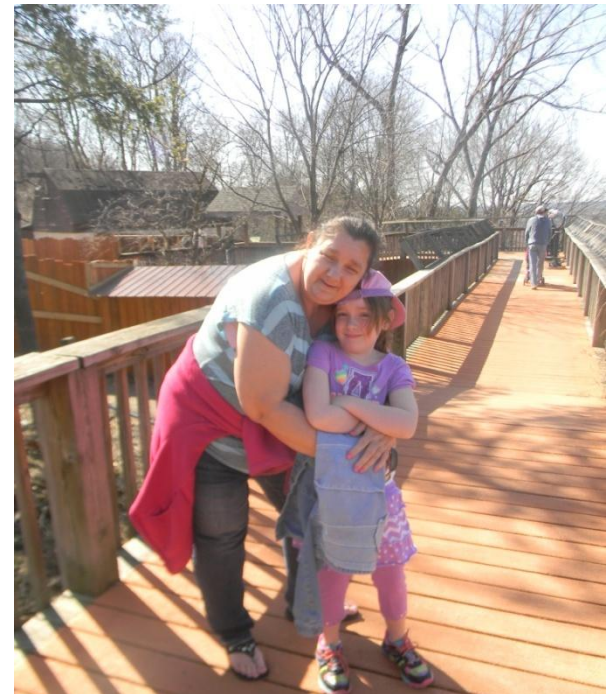
## Mission

- Keep together families headed by a parent with a developmental disability

# By the Numbers

- 1 Learning Center
- 2 houses
- 2 vans
- 5 parents currently enrolled (4 families)
- 14 family members joining the 5 parents
- 3 full time Family Educators 40 hours each per wk.
- $\frac{1}{4}$  FTE project manager 9 hours per week

# Valley Commons Faces



## *Valley Commons is small but ...* *Comprehensive & Intensive*

- Organized and structured individual family services as well as group activities using curricula like *Parent As Teachers*
- Two homes as learning environments
- Resources available to parents- case management, counseling, nursing, psychologist and psychiatrists.
- Person Centered Goal directed with data collection
- Two vans
- 24/7 availability to staff
- Participation by the whole family

# 1 Learning Center



# Learning Center

- Formal Parenting Classes using standardized curriculum
- Informal using the natural learning of play and social gatherings



# Learning Center: develop skills and attitudes

- How your child grows
- Parents role
- Positive discipline
- Teach what abuse is- child & spousal
- Legal responsibilities
- How to present themselves in the community
- How to enjoy your children



**Home is a learning environment**

**-Low rent subsidized by New York State**

**-Rent calculation based on formula similar to HUD**

**-25 hours per week in home service**



# The Home: a learning environment



- Budgeting
- House keeping
- Interpersonal skills:  
how to be good  
neighbor
- Healthy Eating
- Discipline
- School work and  
literacy

# Medical Management

- First aid training
- Child CPR
- Help with appointments
- Helping with medications
- Helping when child is sick
- How to prepare for appointments



# Valley Commons in the Community

- Self Advocacy
- Teach the value of work
- Encourage social participation in the community.
- Teach family planning based on the ethical and religious beliefs of the family



# 3 Family Educators



# Documentation

## Waiver – Home and Community Based Services

- Day Habilitation: certified-site based Monday-Friday
- Supplementation Hab: non-certified evenings & weekends (non-certified)
- Community Habilitation – non-certified in the home & community

Habilitation Plans: based on skills the parent wishes to develop as identified through CQL's Personal Outcome Measures.

Documentation each time address hab plan face to face.



# Daily Summary Notes

## Daily Summary Notes

Agency: Herkimer Area Resource Center

Group Day Habilitation

Community Habilitation

Supplemental Day Habilitation

Consumer Name: [REDACTED]

Month/year of Service: [REDACTED] March 2014

TABS # 103727

Medicaid # AV18514H

Provide a narrative that summarizes the following: implementation of service plans (goals), how that relate to valued outcomes, consumers response, and any issues or concerns.

Valued Outcome: Christina wishes to regain custody of her child

<p>Date: 3/7/14 Staff Name/Title: Michelle Spencer DSP</p>	<p>Narrative: Christina worked on house chores sweeping, dusting. Christina also got activity ready for Amanda's visit. Christina did not have any groceries to do today but wanted to go to Dollar Store also went over budgeting. working on Christina's values of outcome Christina wants to regain custody of Amanda.</p>	<p>Date: 3-7-14 Staff Name/Title: Michelle Spencer Senior Family Educator</p>	<p>Narrative: Christina stated that she was in a good mood. Christina discussed things that she would like to do with Amanda during her visit. Christina stated that she would like to go for a walk with her. I encouraged Christina to assure that she talked with Linda Shepard prior to visit. Christina was pleased as her home was clean when she arrived. Christina wants to regain custody of her child.</p>
--	---	---	--

Monday      Tuesday      Wed      Thur      Friday      Saturday      Sunday

7:00-8:00      7:00-8:00      7:30-12:30      7:30-12:30      7:30-12:30

8:30-1:00      8:30-1:00

10:00-3:00

**40 hours/ wk rents a VC house**

3:30-6:00      2:45-5:30      3:30-6:00      2:00-5:00

7:00-8:15      7:00-8:15      6:45-7:45      7:15-8:00      6:00-8:00      6:15-7:45

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Hab Parent Class 8:30-1:00	Day Hab parent class 8:30-1:00					Supplemental Hab 10:30-3:00
Group 3:30-6:00			Group 3:30-6:00			

20 hours/wk not in VC house

# Dream for your Child

- **Person Centered Planning**

Where do you see your child in the next 5 years

- **Learn planning techniques as key to accomplishing a parent's vision.**

Keep a record as a means to increase reaching end vision. "See it, believe it"

- **Builds future oriented attitudes and skills**

Learn about child development "ages and stages" for realistic planning

Learn about human nature: be prepared that your child may not be as you envisioned or child may disagree with your vision

# Futures Planning for Your Child



# Program Evaluation –

Is Valley Commons accomplishing its mission?

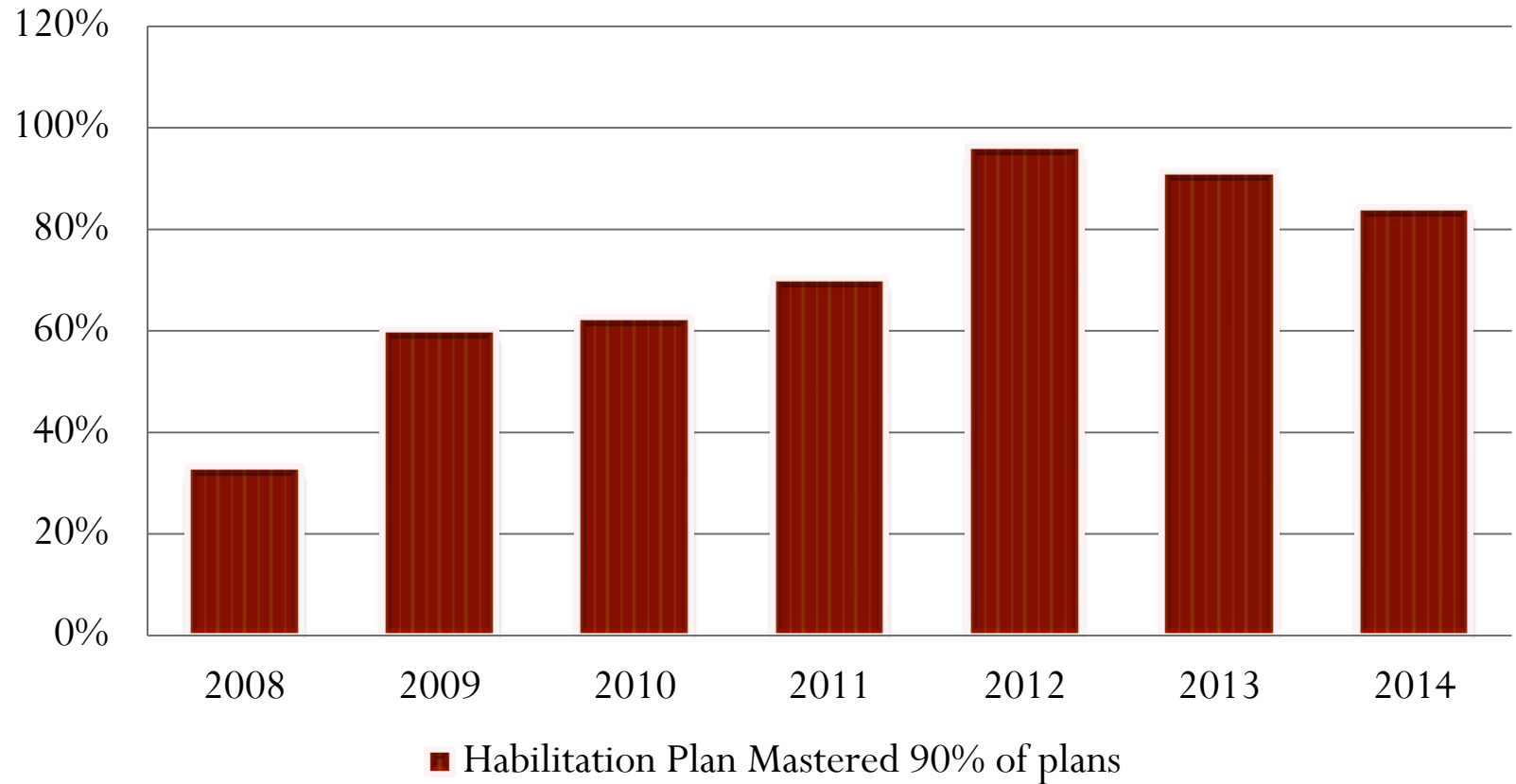
4 indicators

1. Plan attainment
2. Reports to Social Services
3. Complaints by school
4. Satisfaction surveys



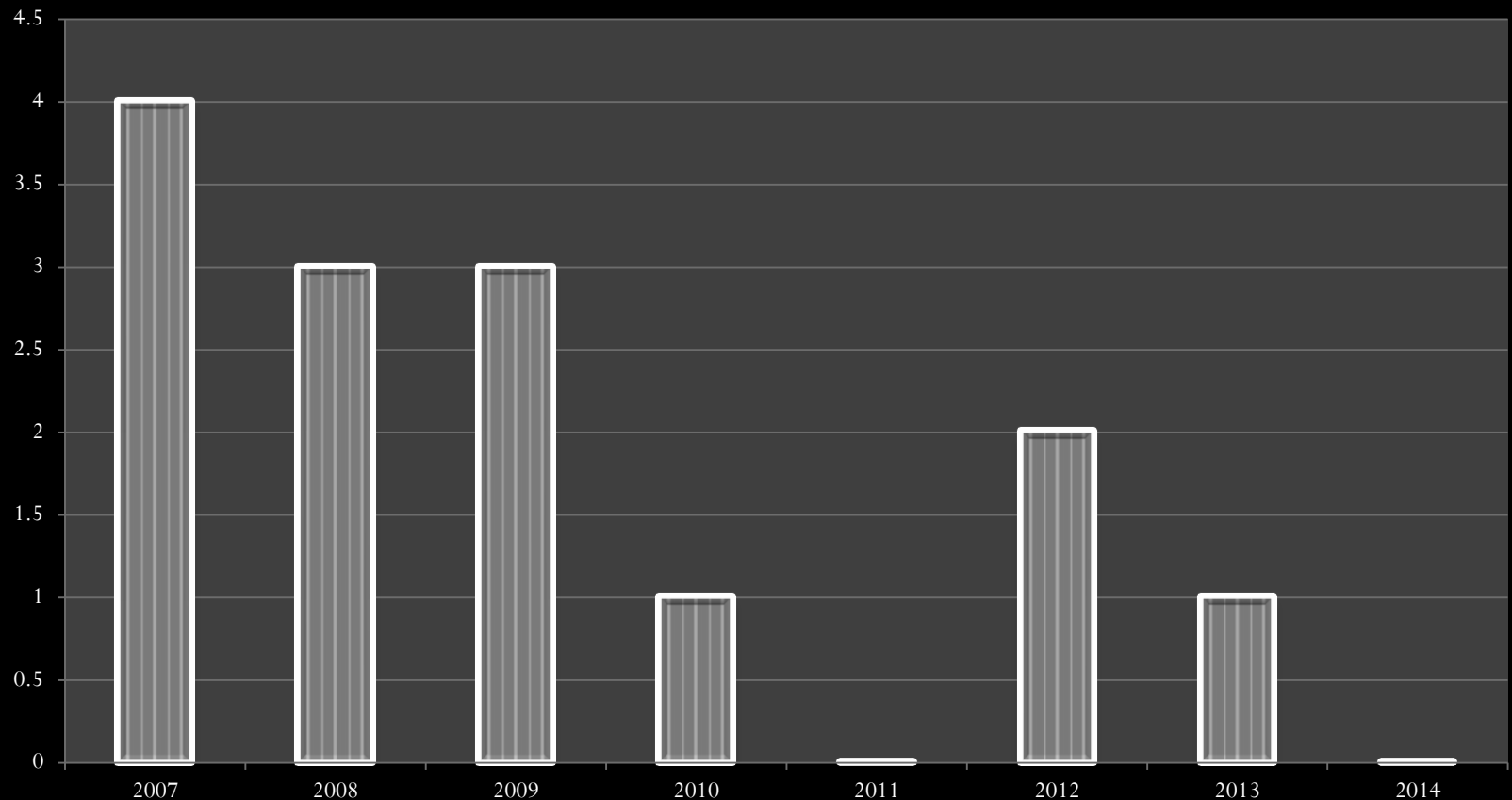
# Habilitation Plans - Attainment

## Habilitation Plan Mastered 90% of plans



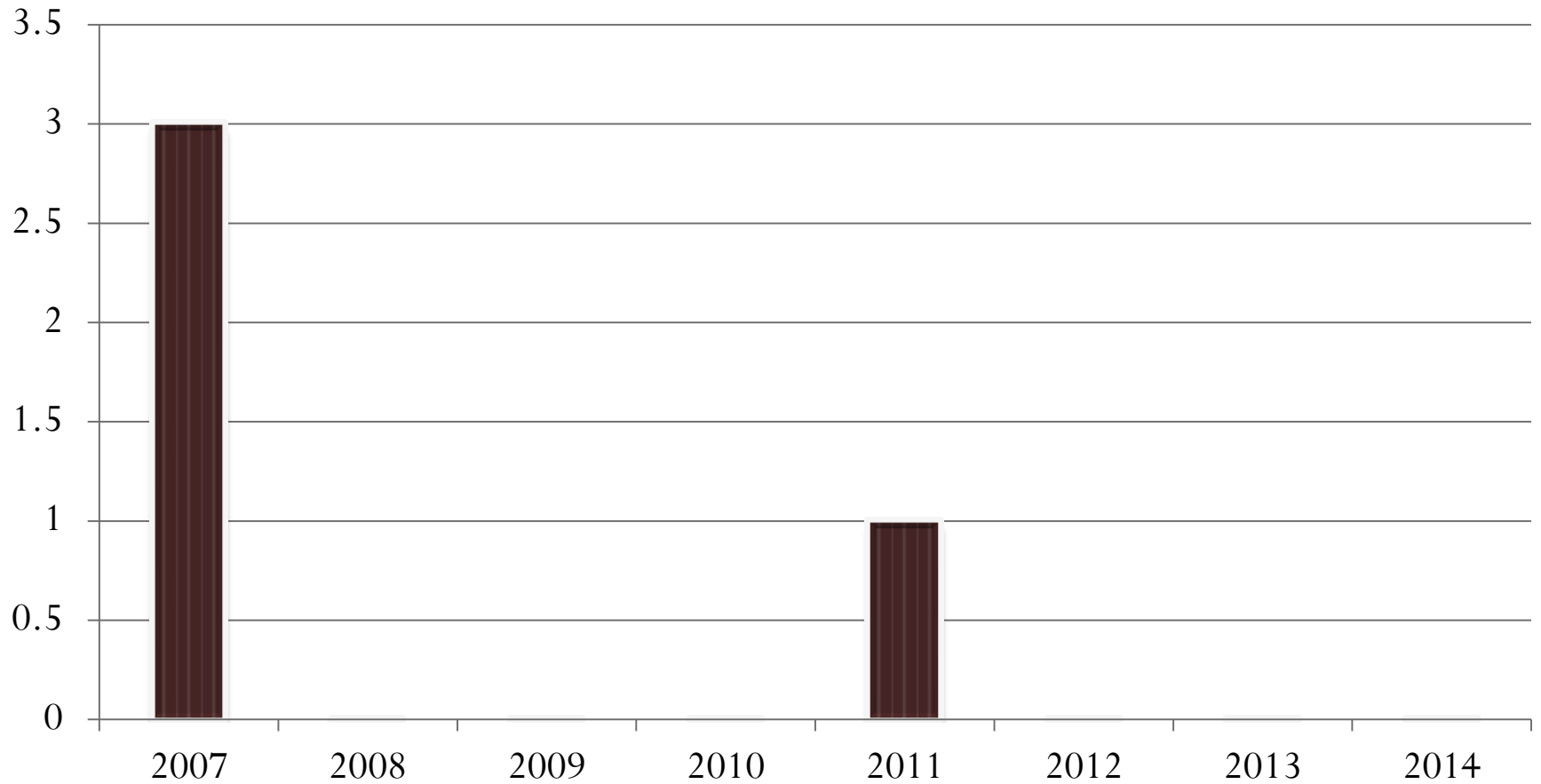
# Reports to Social Services

0 reports of allegations of abuse to CPS



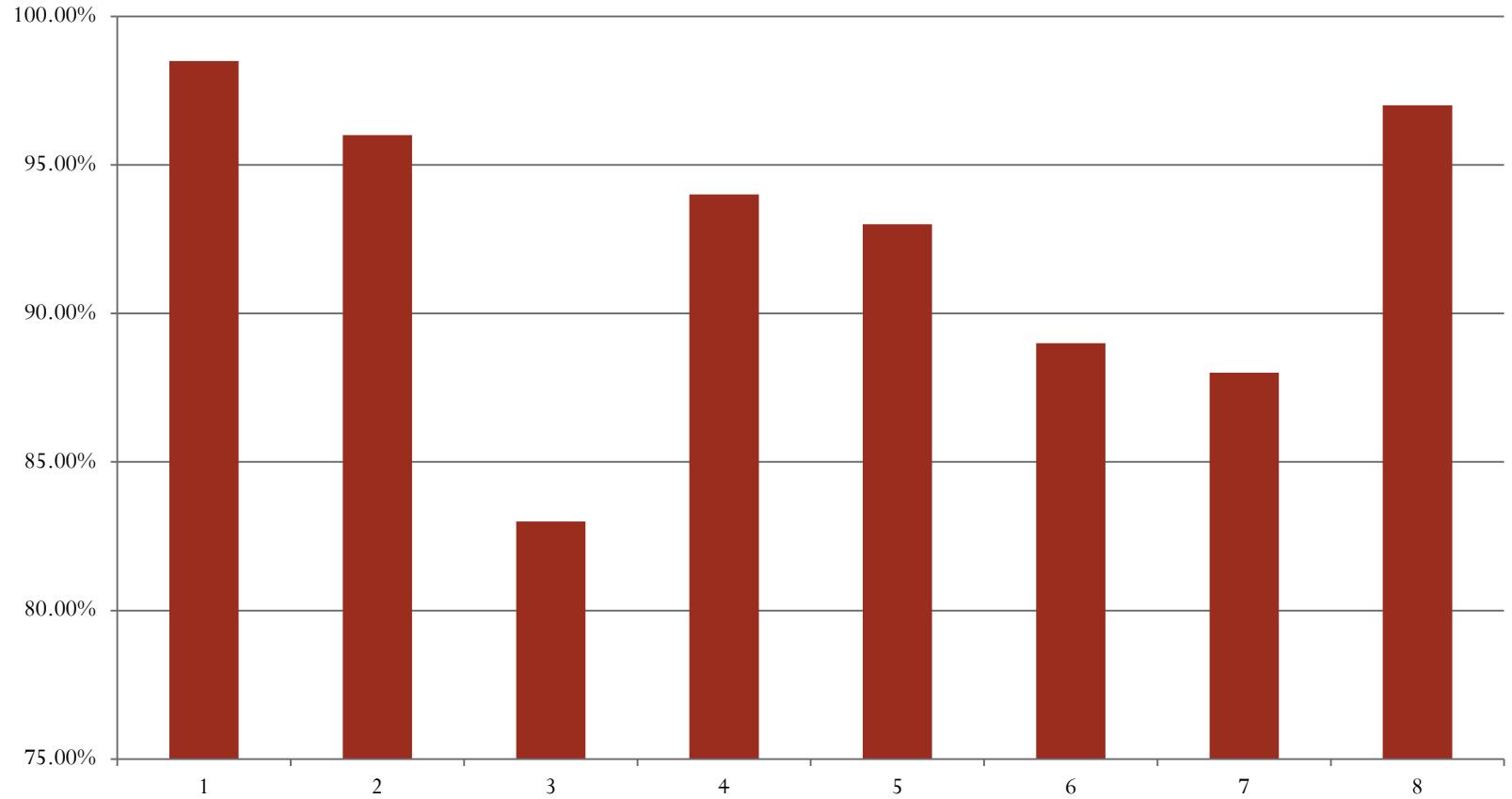
# Complaints from School

**0 complaints from School**



# Satisfaction Survey

## Consumer Satisfaction



# Struggles:



- Funding for homes 3 & 4
- Instruction - more meaningful and longer lasting learning, develop functional teaching lessons and with observational testing
- Providing quality with reduced rates
- Retention parents: never met contract units
- Fathers Participate
- Enrollment process long
- Risk vs. finding another way
- Parents pay rent in full and on time



## Struggle: risk to the child

- Both have issues with anger management-when “fooling around” crosses the line
- No experience maintaining a household, first time away from families
- Grandmother had court ordered custody of daughter at birth
- Court ordered supervised visitation-parenting classes
- No concept of baby development
- Do not appreciate the others parenting style



# Struggles: Dads join



# Successes

- Supervised visitation at Valley Commons
- 3 of 4 supervised visitations: parents granted custody
- Fresh starts: re-enrollment
- Parents As Teachers meaningful to parents
- Transfer temporarily staff to other departments when low parent enrollment = low income

# Budget

## INCOME

**Bill for face to face service hab plan addressed**

**Rent: consumer and New York State**

## EXPENSES

**Staffing**

**Property**

**Vehicles**

**Program equipment and supplies**

**Other: Corporate Compliance, Administration, training**