

The Resource



**Newsletter from
Families of
Richmond
State Supported
Living Center**

We are a charity devoted to enhancing the quality of life for our loved ones at Richmond State Supported Living Center and keeping our members informed about the facility and its services.

May, 2018

Our next meeting will be Sunday, May 20, 1:30 – 3:00 pm

in the Forever Young building by the chapel. Meetings are scheduled on Sundays so that you can visit your family member AND attend our informative meetings. For those who can't attend, a conference line has been set up. To use it, please follow the instructions below. **PLEASE:**

1. Turn off your television set, radio, and any other background noise.
2. Dial **877-226-9790**.
3. Enter the Access Code: **9 2 0 6 9 1 9** and then press **#**.
4. Press the **"Mute"** button on your phone so we cannot hear what's going on in your house.

Thank you.

Our mailing address: P O Box 1671, Richmond, TX 77406

(This mailing address is for the FAMILY association, not Richmond SSLC or Volunteer Services.)

Please check out our website at FamiliesOfRSSLC.org.

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From President Louise Clay

Hello, everyone –

This has been an eventful two months since the last newsletter. Our last meeting was wonderful and very informative. Sixteen department heads came to meet with us and explained what their groups did at RSSLC. I hope to have more information on this in a future newsletter. Then there was a week-long celebration of the 50th anniversary of RSSLC. And now our group is making efforts to reach out to families who may need comprehensive care for their loved ones. These things will be discussed in detail as this newsletter progresses.

Let's start with the 50th anniversary. The celebration at RSSLC began with a 5K "Fun Run" around the campus on Saturday, April 14, and there were a lot of runners from inside and outside of the RSSLC community. On Sunday the 15th there was a picnic for all the residents, their families, and caregivers. It was catered by The Swinging Door, a barbecue restaurant in the Richmond area. On Tuesday there was a brunch for dignitaries and state officials. The executive commissioner of Texas Health and Human Services (HHS), Charles Smith -- who is retiring this month -- was the featured speaker. Mr. Smith, appointed by Governor Greg Abbott, has been responsible for nearly 40% of the state budget. Also present were Mike Maples, the deputy executive commissioner of HHS in charge of state facilities, and Scott Schalchlin, the associate commissioner of HHS, who is responsible for the SSLCs and state mental hospitals. So it was a very big deal. Among the dignitaries present was State Senator Lois Kolkhorst, who has both Richmond and Brenham SSLCs in her district. On Thursday that week there was the annual Volunteer Appreciation Luncheon. All the events were very pleasant. For the brunch and luncheon there was a beautiful white tent set up on the campus, and the setting was elegant.

The Volunteer Services Council arranged everything for the 50th anniversary and took care of the expenses from funds donated for that purpose. Community Relations Director Shannan Stavinhoa spearheaded the effort, aided by Coordinator of Volunteer Services Nicci Bird and assisted by Brenda Rangel. They did a superb job. Everything went off without a hitch, and it was impressive.

The Volunteer Services luncheon is presented every year to recognize volunteers from inside and outside RSSLC. This year the Maintenance Department at RSSLC was recognized because they do a huge amount of work with the Christmas displays and everything else around the campus.

We are planning some interesting programs in upcoming meetings in the fall. Our vice president, who is also our program chairman, is Peggy Osborne, who has been around RSSLC most of her life. Her sister has been a resident since the early days of RSSLC, and Peggy's family members were major volunteers at the "state school" for years and years before they passed on. Peggy knows RSSLC and all its functions extremely well. It takes a long time to learn how all the parts at RSSLC fit together, and there are many parts.

On a sad note, I am reporting the death of longtime member and former president Jane Fowler. Both she and her husband John (also a past president) have been extremely active volunteers. The screened cabin you see in the park was donated by them some years ago. Jane spent a lot of her time at RSSLC, even though she lived a long way away. She was smart, talented, and dedicated to RSSLC.

I hope all of us appreciate what we have for our family members at RSSLC, because it is very hard for families needing help to find out about the existence of the SSLCs, and if they do find out, then it is extremely hard to get a person admitted. Things always go in cycles, and at this part of the cycle, institutional care is not in vogue. For years the big push has been toward group homes in the "community." The big push now is to get families to take care of their own loved one at home.

Here's something to blow your mind: there is a major effort among misinformed groups with loud voices to put an end to sheltered workshops because these workshops employ only disabled people. These groups think someone with an IQ of 15 or 40 or 65 should be competing in the job market with the non-disabled population for the same jobs! You and I know it's not possible for our family members to win at that game. These misguided efforts could do a great deal of harm – they could put just about the entire I/DD population out of work and shut down all the sheltered workshops. Please read this:

<https://vor.net/news-and-events/press-releases/item/vor-s-position-on-sheltered-workshops?highlight=WyJ3b3Jrc2hvchMiXQ>

and then write your U.S. Rep and two Senators.

On a more cheerful note, we have had a nice, cool, lovely spring, and the campus really looks beautiful and green.

Something we did turned out to be PR magic. One of our members came up with the idea of getting 3-inch Smiley Face buttons that say "Richmond SSLC Proud". We designed them and ordered a bunch of the clip-on type, and then we wore them and distributed them during the celebration. They were a huge hit, and everyone wanted one. We distributed about 200 of them, and we still have almost that many more for future use. All the security people at the gate wore theirs.



That's all for now. Hope to see you at the meeting on May 20.

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Reaching Out to Other Families

One of the things our association is trying to do is to reach out to families whose loved ones with I/DD need comprehensive care of the kind provided by RSSLC. In June there will be a state-wide 2-day convention of "Texas Parent to Parent" in San Marcos, TX (not far from Austin). TX P2P, as they call themselves, is an organization whose purpose is to help families find care. They are aligned with group home providers. We have reserved space in the exhibit hall, and we will have a banner, show slides and other visuals, and hand out literature and cards to people who might be interested in residential care at Richmond or another SSLC. Our purpose is to make sure families know what all their choices are. Everyone has that right, and the existence of the SSLCs should not be a deep dark secret. There are many things the SSLCs provide that no group home or family could ever have. One of the major things is dental care! Add to that doctors, nurses, physical therapy, occupational therapy, music therapy, behavior therapy, Forever Young program, sheltered workshop, gym, natatorium, splash pad, horse arena, wheelchair shop, and on and on. The list is too long to print here. In our next newsletter we will report on how our participation at this convention went.

Chaplain Billy, thank you for always being in Forever Young first to open that beautiful space for our meetings and putting the chairs back in place.

What Happens During Hospitalization

By Margie Vanbrackle, parent

When one of our residents is hospitalized, it can be a confusing and concerning time for families. Quite a bit is going on behind the scenes at the hospital such as lab tests, scans, and consults between doctors. We may not be as aware of what's happening at the same time at RSSLC to ensure the patient's welfare.

Sometimes hospitalization immediately follows a trip to the ER. When the resident is transported to the ER, the unit nurse at the dorm notifies the client services duty officer, the infirmary nurse, and the hospital liaison nurse. If it's during business hours, she also contacts the social worker who notifies the family. Outside of business hours the unit nurse contacts the family and the social worker follows up with family the next business day.

Also on the next business day following admission, the hospital liaison nurse sees the patient in the hospital. She does a quick assessment, speaks to the hospital nurse, and obtains all pertinent information on the patient's needs. Twice a week she examines the patient's skin and reports any issue to the hospital nurse so that the patient can be seen by a hospital wound care nurse. The liaison continues to visit the patient on business days until discharge.

Back at RSSLC, the hospital liaison nurse reports on the patient's condition at the medical morning meeting each day. That information is reported by the chief nurse executive at the integrated multidisciplinary meeting which follows. The RN case manager also contacts the liaison daily. The case manager then meets with the interdisciplinary team to update them and to discuss any special needs or condition changes. On weekends and holidays, the infirmary nurse obtains the daily hospital report via phone.

If your head is spinning after reading this, you're not alone. That's a lot of information because a lot is going on at RSSLC to take care of our residents even while they're hospital patients. And there's more! Check future newsletters for additional details related to this topic.

Minutes from March 18 Meeting

The meeting started at 1:30 with Chaplain Billy Guerrero giving an opening prayer.

A Meet-and-Greet was held with 16 of 22 RSSLC department heads. They shared with us their time at RSSLC and what jobs they have held. They were open with information as to what their job responsibilities are and how to contact take them. Many questions and concerns were brought forward and answered or they would get information to the persons concerned. Refreshments were served.

Louise Clay gave the Treasurer Report.

Cynthia Fannin, Assistant Director of RSSLC, gave an update on things at RSSLC. The 50th Anniversary of RSSLC is April 18th. The week will start with a Homecoming Picnic on Sunday April 15 for all current and past families being invited. On April 17, there will be a Luncheon and VIP tour including public office holders from all the counties that RSSLC serves plus state representatives. On April 18 there will be a volunteer luncheon. There is also a 5K Race for anyone that wishes to support this wonderful milestone.

Cynthia Fannin also reported on the past week's inspection by the Auditors. One department, Behavioral Services, scored very high and is in compliance. Two issues were found in the medical department; those will be addressed and corrected.

The meeting was adjourned at 4:00 pm.

Submitted by Pat Lodder, secretary.

All Those Maddening Abbreviations Used at RSSLC

Most of us wonder just what in the world a lot of the words and acronyms used around RSSLC mean. What is a "Spec," what is a Q or an RC, what does "IDT" mean, etc. So we are going to come up with a glossary. This is going to grow beyond what it was originally meant to be, and after we are finished we will put it on our website. So here's a start:

<u>Positions:</u>	CSDO	Client Services Duty Officer (the person on duty for the entire facility)
	MSW	Professional designation meaning "Master of Social Work"
	Q (or QIDP)	Formerly QMRP - Qualified Intellectual Disabilities Professional; this person is in charge of one home.
	RC	Residential Coordinator (I think) – supervisor of the Specs on a home
	Spec I & II	First-line supervisors of direct care personnel
	UD	Unit director; this person is in charge of an entire group of homes.
<u>RSSLC:</u>	DPC Bldg.	The building behind the administration building. We don't know what "DPC" stands for.
	SIRE	The therapeutic riding organization working at the horse arena
	TJ 5 thru 9	The five residential cottages on Tejas Trail
	VSC	Volunteer Services Council of RSSLC
<u>Treatment:</u>	HIPPA	Health Insurance Portability and Accountability Act (privacy)
	IDT	Interdisciplinary team
	OT	Occupational Therapy
	PT	Physical Therapy
<u>IDD:</u>	DARS	Department of Assistive and Rehabilitative Services
	DD	Developmental Disabilities
	GR-Funded	Funded by state's general revenue
	HCS	Home and Community-based Services
	ICD	Impulse control disorder
	ICF/MR	Intermediate Care Facility / Mental Retardation – "intermediate" refers to a level of care and not as a stepping stone to another type of facility
	IDD	Intellectual and Developmental Disabilities
	IHFS	In-home family support
	LAR	Legally authorized representative – legal guardian
	MR	Mental retardation
	MRA	Local mental retardation authority (Texana, MHMRA of Harris County, etc.)
	PBSP	Positive Behavior Support Plan
	PMAB	Prevention and Management of Aggressive Behavior
	PPAT	Private Providers Association of Texas (group homes)
	PSP	Positive support plan

<u>Various:</u>	ACA	Affordable Care Act (Obamacare)
	BIP	Balancing Incentive Payments – programs which provide increased federal financing to states moving people from institutions to home and community-based settings
	CD&D	Center on Developmental Disabilities
	CRC	Community Resource Centers
	CTD	Coalition of Texans with Disabilities
	DD Act	Developmental Assistance and Bill of Rights Act
	DOJ	U. S. Department of Justice
	DRT	Disability Rights Texas (formerly Advocacy, Inc.)
	HCBS	Home Care Based Services
	NCD	National Council on Disability
	OCR	Office of Civil Rights
	OIG	Office of Inspector General
	TCDS	Texas Center for Disability Studies (U. of TX)
	WIOA	Workforce Innovation and Opportunity Act

<u>Client Rights:</u>	AMED	Annual Review of Psych Medication
	CIP	Crisis Intervention Plan (with restrictions)
	DMSP	Dental/Medical Support Plan
	DNR	Do Not Resuscitate Order
	ER	Emergency Restriction
	MED	New/Added/One-Time Psych Medication
	NA	New admission
	PBSP	Positive Behavior Support Plan (with restrictions)
	RRD	Rights Restriction Determination
	TIVA	Total Intravenous Anesthesia

Families of RSSLC Donations

The Resource is published to provide communications among families and friends of Richmond State Supported Living Center residents. Costs are covered by tax deductible gifts from individuals. Please make checks payable to **Families of RSSLC** and send to PO Box 1671, Richmond, TX 77406. Thanks!

♥ **Our recent donors: Thank you!!** ♥

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We are a 501(c)(3) organization named "Richmond State School Families and Friends, Inc.", a non-profit incorporated in Texas. Our operating name is "Families of Richmond State Supported Living Center", which is an assumed name registered with the state. If you look us up on the internet, be sure to enter the entire organization name as underlined above. An acknowledgment will be mailed for all contributions. If you fail to get yours, please call Louise Clay at (281) 346-0346.



See you on May 20, we hope!