



## 2015 Annual Report

60<sup>th</sup> Anniversary Year

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[www.arc-ad.org](http://www.arc-ad.org)

*For people with intellectual and developmental disabilities*



The Arc Arapahoe & Douglas is a nonprofit 501(c)(3) membership organization. We are driven by our mission, which states:

The Arc Arapahoe & Douglas uses advocacy and education to include all children and adults with disabilities and their families in their community.

### Board of Directors

The Board of Directors for The Arc Arapahoe & Douglas consists of 12 individuals. A board member also represents our chapter on the Board of Directors for The Arc Colorado. This year the board has focused their work on prudent fiscal management and program development.

Board Members
Brad Ancell
Terri Barnhart - VP
Janis DeBaca
Tom Francen - Secretary
Karen Huber
Erin Jones - Treasurer
Joe McCulloh
Susan Mooney
Lisa Noar
Catherine O'Brien Crum
Pam Valvano - VP
Tim Yoakum - President

### Staff

The Arc Arapahoe & Douglas has 7 full-time staff members who focus on Children's Advocacy, Adult Advocacy, and Systems Advocacy. We increased staff this year with a full-time Transition Specialist. Our Office Manager works part-time. Due to the small number of staff, many volunteers support our mission through: participation on various taskforces and committees, office work, building and grounds maintenance, and facilitating social activities.

### Geographic Area

The Arc Arapahoe & Douglas serves people with disabilities and their family members in Arapahoe and Douglas counties, excluding the City of Aurora (which is served by The Arc of Aurora). Best estimates based on incidence

ratios (2.3% with an IQ of 70 or under) indicate there are 6,832 children and adults with intellectual/developmental disabilities (I/DD) living in Arapahoe County (excluding Aurora) and 6,852 in Douglas County.



### Funding

The Arc Arapahoe & Douglas receives funding through a variety of sources including Arc Thrift Stores, membership dues, contributions from individuals and businesses, fundraising activities, and grants for specific projects. This year we recognized donations in the following categories:

#### Diamond Partner

- Arc Thrift Stores
- Developmental Pathways (60<sup>th</sup>)

#### Gold Partner

- Orica

#### Silver Partner

- Colorado Consumer Health Initiative
- Community First Foundation
- John Kearns
- Knights of Columbus - Council 10937
- Knights of Columbus - 3340
- Liberty Gives Foundation
- McCulloh McTavish Foundation

#### Bronze Partner

- Mile Hi United Way
- Catherine O'Brien Crum

## Contributing Partners

Dean & Emily Aarestad  
Aaron & Sandra Abe  
Ability Specialists  
Alliance of Therapy Specialists  
Amazon Smile  
Aaron & Sandra Abe  
Brad & Holly Ancell  
Carolyn & Tara Armstrong  
William & Stephany Austin  
Brad & Laura Ayers  
Bill & Nancy Baesman  
Phil Barenberg  
Ben Barnhart  
Teresa Barnhart  
Timothy & Suzanne Batz  
Wayne Becker  
Joyce Bertram  
Christopher & Barb Boodell  
Conor Buddeke  
Caring Connection  
Susan Carr  
Lola Chalfant  
Jay Clark  
Jack & Carol Clouse  
Brad Coleman  
Terry & Patricia Colip  
Shawneen Cooney  
Peter Cooper  
Cottonwood Community Alternatives  
Hope & Richard Dangremond  
Jim & Frances Delponte  
Judy Duran  
Diane Erickson  
Donna Erickson  
Kirsi Fiedler  
Holly Fiscus  
John Forrester  
Tom Francen  
Dan & Marcia Francis  
Allen & Lorraine French  
Geri Frohne  
Martin & Jane Frumkin  
John & Karen Glenn  
Barb Gross  
Steven & Mary Gumm  
Bruce & Laura Guthals  
Betty Hageman  
Gary Hanes  
Tom & Patty Harding  
Maya Harris  
Stephanie Herdahl

HighPointe Services  
Dianne Holscher  
Franz & Karen Huber  
Randall & Laura Hunt  
Charles and Dawn Hunter  
Grace Iantam  
Eric Jenkins  
Jeffrey Jenkins  
Melinda Jenkins  
Gary Johnson  
Betsey Kirkemo  
Walter & June Klaus  
Robert & Joyce Kruger  
Allyson Kulinski  
Janet Ladd  
Jacqueline Lang  
Rodney Larson & Brenda Horn  
Theodore & Susan Larson  
Andrew Lewis  
LMEPAC Charity Program  
Phillip Lomeo  
Kate Loving  
Karen Lozow  
Nancy Lytle  
Joy MacLeod  
Phillip & Janice Malone  
William & Thadene Malone  
Joy Martinez  
Ralph & Nancy Martinez  
Logan Maw  
Penny Maw  
Lorraine May  
Joe McCulloh  
David & Renee McIver  
Elsa McTavish  
Louise & Mary Meis  
Susan Mooney  
Scott & Lisa Noar  
Jenny O'Donovan  
Dirk & Janet Pasterkamp  
Kian Phair  
Thomas & Laurie Phipps  
Jill Pidcock  
Jerry & Ruth Plybon  
Alison Rangel  
Jim & Susie Record  
Scott Reed & Julie Chambers  
Francisco & Christine Rivera  
Christine Robinson  
William Robinson & Barbara Doerr  
John Roeske  
Forrest & Wendy Rosanova

Dawn Rose  
 Donald & Margaret Roschewski  
 Laura Roy  
 Jay Rubels  
 Marijo Rymer  
 Eddie Sabin  
 R. J. & Elinor Sanderson  
 Samuel Scheck  
 Lisa Scheffel  
 Mark Scherer & Cynthia Carr  
 John Schoonover  
 Stephen & Leslie Secrist  
 Sheri Shoemaker  
 Marjie Shulsinger  
 Alicia Sieber  
 Barbara Silbernagel  
 Carol Silverstain  
 Jeffrey & Holly Sletten  
 Susanna Sontani-Telford  
 Special Olympics  
 Bruce & Kelly Stahlman  
 Elizabeth Stephens  
 Cindy and Robert Stevens  
 John Tate  
 Anne Thomas  
 Pam Valvano  
 Thomas & Caroline Venglar  
 Antonio & Deanne Vizurraga  
 Samantha Waggett  
 Bob Walker  
 Ralphe & Frances Wedgewood  
 Teresa Welsh  
 Martha Wilson  
 Zane Wilson  
 Joe & Liz Wuest  
 Ben Wyckoff  
 Mark Yoakum  
 Tim & Bev Yoakum

Two people donated through “Vehicles for Charity” this year and we received \$1,023.75 in car donations. This year we received an 11% increase in allocations from Arc Thrift stores. We are very grateful that our funding has increased, allowing us to better serve our constituents. In 2015, 95% of our revenue came from the Arc Thrift stores.

An independent auditor reviews our finances every year. Our audit report for 2015 and 990

will be available for inspection in our offices and on our website.

In 2015 we raised a total of \$1,007,447; our expenses were \$762,696, which gave us a net income of \$244,751. Our board has a plan to pay off the mortgage on the building allowing us to have a stable “Home for The Arc” and necessary funding to expand our important programs.



### Systems Advocacy

The Arc Arapahoe & Douglas works to ensure the rights of individuals with I/DD are protected and recognized through participation in and facilitation of many different activities. There are many opportunities to influence appropriate supports for people with I/DD. Here is a partial list of activities we participated in during 2015:

- **CANDO - Colorado Collaborative for Autism and Neuro-Developmental Disabilities Opportunities** - This group is working to implement the strategic plan from the Colorado Autism Commission.
- **Crisis Intervention and Prevention Project** - In collaboration with JFK Partners, The Arc of Colorado, and many other organizations, we finalized the Gap Analysis Report and submitted it to the Joint Budget Committee of

the Colorado Legislature. The report thoroughly outlined the gaps in services for children and adults with I/DD and mental health conditions. In 2015, we advocated for a pilot project to be funded to fill the gaps that were detailed in the report. The JBC approved this measure and the Division for I/DD developed the Request for Proposal.

- **Community Living Advisory Group** - This group finalized their report last year and it can be found at: <http://1.usa.gov/1T6V0XC>. Our staff continues to work on the implementation of this important work.
- **Community First Choice Council** - Staff participates on this council to assist in the development of the Affordable Care Act in Colorado.
- **The Family Support Council at Developmental Pathways** - Staff and members attend these meetings to cultivate the development of family support in our community.
- **Disability Policy Collaborative, Washington D.C.** - This conference provides the opportunity to influence federal legislation as well as collaborate and learn from disability organizations nationwide.
- **Colorado Consumer Health Initiative** - We serve on the Public Policy group that reviews health care issues for all Coloradoans. We also sit on the Advisory Group for the Consumer Voices for Change.
- **Transportation Interagency Councils in Arapahoe & Douglas Counties**-Staff participates in both of these groups to represent the needs of people with I/DD as they relate to public transportation.

- **Metro-Interagency Transition Team (MITT)** - Staff serves on this committee to create the best possible outcomes for students transitioning out of high school.
- **IN! Colorado Initiative for Inclusive Higher Education** - Our staff serves on this committee to support the effort to develop higher education opportunities for people with I/DD in the State of Colorado.
- **Children's Disability Advisory Committee (Medicaid & Kids)** - This collaborative works to solve systemic problems for children that access Medicaid and other services.
- **Waiver Re-Design Workgroup** - Staff serves on this workgroup to develop a single Medicaid waiver for adults with I/DD.
- **RTD Task Force** - Staff brings knowledge of accessibility to public transportation to this entity.

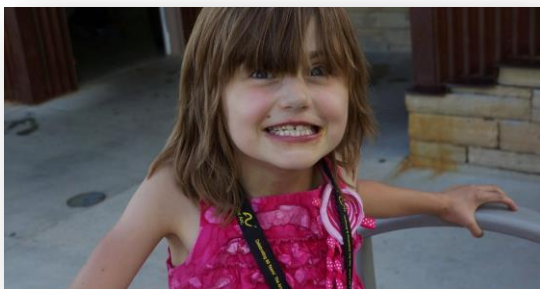
We continued work on the Personal Care Benefit Standard for Children, Private Duty Nursing, and monitored Consumer Directed Attendant Support, Care Coordination and Intake and Eligibility committees. The Colorado Executive Branch continued to implement changes in the way government functions to make it more "efficient, effective and elegant". Staff attended to represent our members at every opportunity.

This year we focused on developing relationships with the mental health service system, and criminal justice system, as many of our advocacy cases require access to these services and supports.

## Individual Advocacy

The Arc Arapahoe & Douglas continues to offer assistance in accessing services for children and adults with disabilities who may be entitled to one or more of the following: educational services, residential services, vocational services, Social Security benefits, and other local, state and federal benefits. Our advocates assist families and individuals with disabilities to access these services through education and individual support. Advocates counsel by telephone, email, or in person, attend meetings with the family or individual, and review documents for accuracy and services appropriate to meet needs.

***This year we were able to assist 149 children or adults with developmental disabilities and their families who were new to our organization (5 % increase). On average, our organization works with 68 children with disabilities and their family members per month and 123 adults per month.***



## Children's Advocacy

The need for advocacy for children continues to require a great deal of our time and attention. Advocacy includes reviewing

documents, attending school meetings, working with parents and students so that they understand the laws, assisting parents with accessing SSI, Medicaid, Medicaid Waivers and other services that their child may need. Many of these advocacy cases are ongoing and require support from our chapter for several months, even years.

Again, this year we are seeing a trend with families who have multiple children with special education needs. High quality inclusive education in middle and high school continues to be difficult to find in our area. Although we have seen a lot of improvement over the years, adequate supports for students with challenging behaviors is still an issue that we work on with the 6 school districts in our catchment area. Since the shooting at Arapahoe High School we are seeing an increase in the number of "threat assessments" that school districts are conducting.

As reported the last few years, the 2008 recession and ensuing budget cuts to education continue to challenge districts in our area. Given that the economy has turned around, and more jobs are available, we are hearing that para-professionals are in short supply for special education students. Psychologists for students with mental health needs in schools and psychiatrists for children are also very hard to find and if the child only has Medicaid to pay, it is extremely difficult to find psychiatry services.

We heard from many families this year who are looking for out-of-home placement for their child with behavioral issues. These placements are very difficult to find and even more difficult to pay for without adequate private insurance.

The Colorado Legislature was able to fully fund the Children's Extensive Support Medicaid Waiver again this year. Our Community Centered Board, (Developmental Pathways) continues to have problems getting children enrolled on the waiver in a timely manner. We have been assisting families to

understand this waiver and the supports that their child and family can now access.

The legislature also tried to end the waiting list for the Children with Autism Waiver, but the Center for Medicare and Medicaid (the federal agency that has to approve changes to the waiver) said that the behavioral services provided under the waiver needed to be provided under Early, Periodic, Screening, Diagnosis and Treatment (EPSDT). So, staff at The Arc of Arapahoe & Douglas has been working diligently to keep people informed and help the Department of Health Care Policy and Financing get these services operational under Medicaid.

### Adult Advocacy

This year resources were easier to access for adults with I/DD. The legislature allocated enough resources so that everyone who needed Supported Living Services (SLS) could get them. Unfortunately, this put a huge burden on case management to get people through intake and eligibility and into services. With the higher demand for services, the providers in our area also had to improve. Although “person-centered” approaches to planning and service delivery are now required for all long-term care, we still see people with disabilities trying to fit into programs rather than programs creating services to meet individualized needs.

Case Management turnover continues to be high and a problem for children and adults with developmental disabilities in our communities.

We continued to see slow, but steady improvement in the number of people in our community working at least part-time. High unemployment has been an area of concern for individuals with I/DD in Arapahoe and Douglas counties for a long time.

The number of people with disabilities living with aging caregivers continues to increase as the baby-boomers move toward retirement. We are seeing a higher number of adults with

I/DD in our community who need more paid support as their parents age.

### Activities

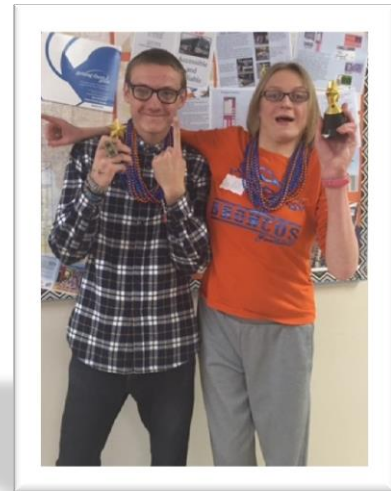
- **Annual Meeting** - Each year our board of directors holds a meeting to elect new board members, share this report, make the audited financials available and honor our volunteers. This year, we also shared our website. Everyone learned how to navigate and find all the great resources we have on the website.
- **60<sup>th</sup> Anniversary Celebration** -The board committee worked for several months to ensure that everyone had food, fun and time to chat with friends old and new. Dancing to the Nacho Men was amazing, and the Broncos Drum Line was an extra-special treat.



- **Peaceful Valley** - 15 adults with intellectual disabilities and friends enjoyed a mountain trip to Peaceful Valley Ranch and Lodge. They enjoyed 48 hours of fun-filled activities during this weekend. We are grateful to have several volunteers who have been supporting this trip for a several years and really know the ropes.
- **Resource Fairs**- In an effort to increase public awareness of our organization in the community, we gave presentations at

several resource fairs during the course of the year.

- **The Giving Tree-** For the ninth year in a row, the King Soopers at County Line and Holly made The Arc Arapahoe & Douglas the beneficiary of their giving tree over the holidays. This is an excellent way to get the community involved in supporting our 13 wards and families during the holiday season. The community was extremely generous and for that we are thankful.
- **Achieve with Us Colorado Film Festival -** This event is a collaboration of the 11 Arc advocacy chapters, The Arc of Colorado and The Arc Thrift Stores. It is a film festival of movie shorts starring people with I/DD, about people with I/DD and some are filmed by people with disabilities. Festivals were held in Denver, Fort Collins and the Pikes Peak region.
- **Pathways to Justice** -28 individuals in the criminal justice arena attended this event. The audience consisted of representatives from law enforcement, public defenders, forensic social workers/case managers, judges, defense attorneys, and elected officials. We collaborated with The Arc US to initiate conversations among professionals about how we can effectively bridge the gaps for people with I/DD in our justice system. Participants were engaged and interested in learning what they could do to be a resource and work with others.
- **Winter Wonderland** -Over 60 people attended our celebration of the season and end to a great year. This year people made scarves to take home and put their wishes for the New Year on a ribbon that was attached to a fresh evergreen.



## Educational Programs

**Learning For Living** - This is a series of informative sessions for teenagers and young adults with I/DD that focuses on learning about relationships. The curriculum explores friendships, boyfriends/girlfriends, and community safety. We believe that this program provides a very important service to our community and look forward to continued growth in this area.

**Step Up Into Life After High School-** This workshop is conducted by our chapter to assist parents and young adults with understanding resources and planning for life after high school. This year we only had a few parents attend, so we are working to ensure that more people have the opportunity to learn about adult services.

**How Do I Get There?** - 33 participants attended this hands-on learning experience for self-advocates and families to learn about using public transportation.

**Family Leadership Training Institute** - We were proud to host this award-winning, evidence-based adult training program that was developed in Connecticut. Although the training doesn't focus on disability, the curriculum was developed to create civic leaders. Understanding our government and how it works is critical for parents who have children with special needs. We are excited to announce that 17 community members



graduated from the 20-week session this year and presented their community projects.

**Know the 10 Signs-** We hosted this workshop in collaboration with Alzheimer's Association. Six participants attended.

**The Basics of Alzheimer's and Dementia -** We worked in collaboration with Alzheimer's Association on this effort that was cancelled due to lack of interest.

**Future Care Planning - Guardianship and Other Alternatives for Your Loved One with a Disability-** 72 participants attended this informative presentation and collaboration with The Arc Pikes Peak.

**Understanding SSI & SSDI -** 61 people attended this workshop we hosted in collaboration with Colorado Disability Benefits Support Program to provide information to families about Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

**Bonding to the Beat-** We hosted a sample music class in collaboration with "Bonding to the Beat" music workshop to engage families with children ages 2-7 with an I/DD, developmental delay or learning disability. Three families attended the sample class and subsequent programming was canceled due to lack of interest.

**Back to School Basics: Special Education, 504s and IEPs -** 22 parents and caregivers attended this workshop we facilitated to help parents of school-aged children with I/DD obtain a better understanding of their rights and available resources.

**Caregiver Wellness Workshop (offered twice in 2015) -** 18 participants attended this collaboration with The Colorado Respite Coalition and Easter Seals to provide parents and adult caregivers the resources they need to manage the demands of their daily routine.

**Fun Fridays -** Self-advocates (ages 15-30) with I/DD were invited to join this social

group formed in the name FUN. Participants were encouraged to hang out and enjoy yoga, cooking competitions, open mic nights, dancing, and more! This program provides an excellent opportunity for young adults with I/DD to explore their community in a safely monitored setting.

**The Two Way Street -** This group of adults gathered once a month to give back to their community and learn leadership skills. They attended the legislative luncheon this year and inspired employment legislation for 2016.



**Get Active with The Arc -** We recognize that obesity is a problem for many individuals with disabilities and learning about how to stay healthy is important for all. Our goal with this workshop is to turn individuals with disabilities into self-advocates for their health!

### **Guardianship**

The Arc Arapahoe & Douglas is guardian for 14 people in our community who have no family or friends who are willing or able to serve in this important role. We have many resources available that provide information to families to learn about guardianship, Power of Attorney, and Conservatorship. Our organization also provides Power of Attorney

services for adults with disabilities when their guardian lives out of state.

### **Information and Resources**

Every day, we receive calls in our office from individuals and families looking for resources or information. All of our staff members are very knowledgeable about the existing systems that support individuals with developmental disabilities and their families. We connect families to supports and services that could be helpful. In 2015, our chapter supported 751 people with information and referral.

### **Education and Counseling**

We also assist families with communication and advocacy strategies that can help them in accessing various systems. Our efforts include but are not limited to extensive telephone and/or email conversations. This year we were able to support 739 people with education and counseling.

### **Communication and Networking**

Over the past few years, we have taken an earnest approach in revising our communication and networking strategies. We consistently strive to improve methods in an effort to earn the trust of our community showing we understand them and aim to meet their needs. Many of the organizations that serve individuals with disabilities and their families are advancing their online presence.

For example, opportunities like the Housing Choice Section 8 Lottery, updates on ABLE accounts in Colorado, and employment opportunities are only available online. Accordingly, we work to keep up with trends by educating families on how to utilize both traditional and online media to stay in the know. Online mediums such as Facebook, Twitter, Constant Contact and The Arc Arapahoe & Douglas Counties' Blog have allowed us to share resources and information with individuals we may not otherwise reach.

### **Snapshot of Our Online Presence**

**Twitter Followers** – 1000  
**Facebook Fans** - 364  
**Constant Contact** – 300 subscribers

**YouTube Videos:**  
**Understanding SSI/SSDI**- 398 views  
**Preparing for the SIS Interview**- 435 views  
**Future Care Planning** – 104 views

### **Grassroots Organizing**

We believe that an educated parent is a great resource to our community, and along with our educational workshops, we keep people informed of legislative and public policy initiatives that affect the lives of people with disabilities through our E-Alerts, Facebook and Twitter.

### **Collaboration**

The Arc Arapahoe & Douglas works with many other organizations to reduce duplication of services and to increase supports to individuals affected by disabilities. Here is a partial list of the organizations that we collaborate with: Chapters of The Arc throughout CO, JFK Partners, The Autism Society of Colorado, Rocky Mountain Down Syndrome Association, Parent to Parent of Colorado, Developmental Pathways, Six School Districts, The Colorado Department of Education, Disability Law Colorado, Colorado Consumer Health Initiative, and PEAK Parent Center.

### **Members**

Currently The Arc of Arapahoe & Douglas has 156 active members, a 6% increase over last year. There are over 1,000 people who are on our mailing list and receive information from us throughout the year.

## Volunteers

Finally, our volunteers are the greatest! Whether working on our Board of Directors, the Newsletter, office activities, or wrapping gifts for our wards and families. They are willing to give of their time and selves to make sure our organization runs smoothly. This year we have been able to document over 837 hours of volunteer time by 47 people. We really appreciate all of our volunteers for their commitment to The Arc Arapahoe & Douglas.

## In Memoriam

This year we said farewell to a dear friend of our organization. Eric Stahlman will always be in our hearts.



Respectfully Submitted,  
Carol Meredith, Executive Director  
December 31, 2015

*Achieve with us.*