Welcome to The Mission Project
Meet Amelia
Meet Amelia

- Young adult with Asperger’s Syndrome
- Received an Associate’s Degree from Johnson County Community College
- Outgoing and friendly
- Wants to work and be productive
- Wants to be independent
- But cannot safely live alone
- Parents are involved and want to be supportive
What future?: We looked at these options for our young adults:
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- At Home with Parents
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- **At Home with Parents**
  - Stifling, Not much social life, Never feels independent or “grown up”, Future uncertain: What happens when parents die?
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- **Group Home**
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- **Group Home**
  - Too much oversight, Doesn’t need that much care, Can be expensive, Not enough freedom and independence
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- **Independent Supportive Living**

Wednesday, October 12, 2011
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- **Independent Supportive Living**
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- ** Totally on their Own**
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- **Independent Supportive Living**
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- **Totally on their Own**
  - Too isolated, Too much freedom, Too lonely, Not safe, Spends lots of time “surfing the net”
How about this option?

- Live in a local community where she/he is accepted
- Where she can safely walk to stores and recreation
- Able to live alone in her own apartment
- Access to jobs, and help finding one
- Transportation when needed
- Organized social activities and a group to hang with
- Regular physical exercise and mental stimulation
- Minimal, but effective and protective oversight
- Helpline to call 24/7 answered by someone she knows
- Family involvement in her life, but not intrusive
Welcome to The Mission Project
The Mission Project

- Think of it as –
  - A parent group
  - Dedicated to providing a safe environment
  - Where their adult sons and daughters can live independently
  - With individualized support to meet their needs
  - And providing educational opportunities, fitness activities and an active and varied social life

- Started by three families who spent over a year working through and agreeing on common values and mechanics for moving forward

Wednesday, October 12, 2011
Vision –

“To establish and maintain support structures for persons with developmental disabilities to enable them to live independently in a safe environment with the opportunity to engage in meaningful work, social interaction with peers, educational opportunities, physical activities, training and recreation.”
History

- **2004** — Three couples and parents of young adults with developmental disabilities share concerns about alternatives after high school.

- **Summer 2004** — First participant moves into chosen apartment complex.

- **2011** — 18 participants living in Mission.
Who’s Involved?

- Young adults with developmental and cognitive disabilities
- Parents, families, guardians and friends.
- Dedicated professionals
- Advisory board
- Supporting members in community
What Happens in the Mission Project?

- Young adults with disabilities (participants) are located in apartments within the community of Mission Kansas
  - Live among other members of the community (same-aged peers, young families, older adults)
- Participants receive independent living and job supports that are contracted by individual families
- Participants work in the community with transportation provided by the Mission Project
- Mission Project Steering Committee working coordinates multiple activities to support participants’ growing independence and active involvement in community activities
How The MISSION PROJECT works

- Case Management
  - Each Participant directly contracts with a licensed service provider agency to provide individualized assistance as needed
    - Cooking, cleaning, bill paying, shopping, laundry, finding a job, job coaching, etc.
  - Some Participants require more assistance than others
  - Paid for by Medicaid Waiver, income, family and SNTs
  - Helpful if all Participants use same agency
    - But not required
OTHER CORE VALUES & HOW WE ACCOMPLISH THEM

1. SAFETY – 24 hour help line and regular safety training

2. CONTINUING EDUCATION – Johnson Co. Comm College

3. PHYSICAL FITNESS – Sylvester Powell Jr. Comm. Center

4. SOCIAL ACTIVITIES – organized by parents/guardians, Service Provider, Sylvester Powell

5. PARENTAL INPUT—monthly parent steering committee guides every aspect of the program

6. CONTINUITY—each family has a “successor plan”
Why Mission, Kansas?

- It’s a well-run community that has jobs, services, entertainment and restaurants.
- Close to a community center that offers fitness and recreation activities
- Close proximity to Police and Fire services.
Participants lead busy social lives!

Mission Project Activities Calendar – March, 2011

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>1</td>
<td>BSVP for Olympia on Sunday @ 381-2098 Vesce</td>
<td>Fitness w/ Lee @ SPCC (KF)</td>
<td>Job Club @ SPCC &amp; SCCC &amp; Ass Registration (KF)</td>
<td>SQ Bowling (Haldeman, Roser)</td>
<td>Movie Night @ Sara’s $10 for Subway (KF)</td>
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<td></td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Club MP Karate @ SPCC (Berry escort to apartments) 7:05 - 8:20 pm</td>
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<td>6</td>
<td>Olympiaanza @ Coler (Vesce) 12:45 pm</td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Fitness w/ Lee @ SPCC (KF) 5:45 - 6:55 pm</td>
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<td>Birthday dinner @ Greets (Soltz (2)) 5:30 pm</td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Club MP Karate @ SPCC (Berry escort to apartments) 7:05 - 8:20 pm</td>
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<td>13</td>
<td>Healthwise @ Ben’s 45 (Randall) 4:00 pm</td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Fitness w/ Lee @ SPCC (KF) 5:45 - 6:55 pm</td>
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<td>Smart Class @ Barn Theatre (KF) 4:45 - 6:00 pm</td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Fitness w/ Lee @ SPCC (KF) 5:45 - 6:55 pm</td>
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<td>CLEAP @ XCC (Vesce) 9:00 am - 3:00 pm</td>
<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>Fitness w/ Lee @ SPCC (KF) 5:45 - 6:55 pm</td>
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<td>Rocky Pass Club $10 (Kain) 6:00 pm</td>
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<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>BSVP for Healthwise on Sunday @ 469-9168 Betty</td>
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<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
<td>RSVP to Lauren for Job Club Service Night on April 7</td>
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<td>CLEAR @ Bishop Mikes (MP Staff Drivers) 4:45 - 6:00 pm</td>
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Wednesday, October 12, 2011
6  
- Olympiganza @ Coterie (Vesco)  
  12:45 pm  
- Birthday dinner @ Greg's (Soltz (2))  
  5:30 pm

7  
- Acting Class @ Barn Theatre (KF)  
  4:45 - 6:00 pm

8  
- CLEAR @ Bishop Miege (MP Staff Drivers)  
  4:45 - 6:00 pm  
- Problem Solvers @ Shannon's (Mai)  
  7:00 pm

9  
- Fitness w/ Lee @ SPCC (KF)  
  5:45 - 6:55 pm  
- Club MP Karate @ SPCC (Berry escort to apartments)  
  7:05 - 8:20 pm

10  
- RSVP for Healthwise on Sunday @ 469-9168 Betty

11  
- SQ Bowling (Soltz (2))  
  5:15 pm

12  
- RSVP for Movie Club (Wed.) to Soltz @ 491-0575  
- CLEAR @ JCCC (Vesco)  
  9:00 am - 3:00 pm
Promoting Independence
Promoting Independence

- A goal of The Mission Project is to foster and promote independence and self-governance in the group and individual lives

- Accomplished by –
  - Reinforcing that disabilities are not obstacles
  - Offering opportunities to learn and grow
  - Offering opportunities to take responsibility for actions
  - Allowing Participants to experience consequences of success and failure, except in health, safety and nutrition
  - Providing measurement and feedback regarding progress toward substantial independence
Promoting Independence

☐ As a Group – Focus on Health/Fitness

☐ Healthwise: Ongoing nutrition counseling/encouraging healthy eating and exercise

☐ Membership and Participation at Sylvester Powell Community Center

☐ Special Olympics coordinator
Promoting Independence

☐ As a Group – Focus on Self-Determination

☐ Activities –
- Participants make suggestions and express opinions about proposed activities
- Free to be involved in whichever ones they choose
Promoting Independence

- As a Group — Focus on Recreation
  - Ballroom Dancing

Wednesday, October 12, 2011
Promoting Independence

- As a Group – Focus on community involvement and fun
  - Opportunity to engage in community service: Kiwanis AKtion Club
  - And parties
President Leigh Anna Winds Down Outstanding Year

Leigh Anna Donelson has served admirably as president of the Mission Akktion Club in 2009/10. Under President Leigh Anna’s leadership, the club has participated in various community service projects, including recycling aluminum cans, donating money to the African Well Project, supporting the Celost Westside Clinic blanket drive, decorating meal boxes for the elderly, and partnering with other Akktion Clubs in Kansas to clean up the Great Bend Zoo. The Mission Akktion Club will elect its 2010/11 officers at its September 23, 2010 meeting.
Promoting Independence

- As a Group, Focus on travel
  - Opportunity to participate in Travel Club and go on annual trip. So far, St. Louis …
Promoting Independence

... and Chicago, Caribbean cruise, Rocky Mt. National Park.
As an Individual –

Problem Solvers Class

- Participants meet and discuss any issues with regard to their interaction with one another and others
- Discuss Behavioral Guidelines and how to act appropriately
Promoting Independence

- As an individual
  - Participants work with Job Coaches and work in jobs throughout the community
  - Children’s Mercy Hospital
  - Petsmart
  - Home Depot
  - Applebee’s
  - Mission Medvet
  - Mission Bank
  - KU Med Center Library
Promoting Independence

- As an Individual –
  - Jobs Club
    - Meet and discuss issues arising in the workplace
  - Voting Seminars
    - Help sort out the issues and the candidates during elections
  - “What’s Happening in Mission”
    - Help keep participants aware of happenings in Mission such as construction, businesses opening or closing, local festivals, etc.
Promoting Independence

- As a Group, continued –
  - Regular discussions and drills on safety and emergency responses
  - Involvement in fundraising efforts
  - Opportunity to participate in Acting Class with local live theatre group
  - Opportunity to participate in Movie Club
Promoting Independence

- As an Individual, continued –
  - Participation in Computer Class
  - Meeting with Newsletter Coordinator to publish Newsletter
Transportation

- Currently, Mission Project owns two vans and hires two drivers to transport participants to and from work.
- Parents utilize vans to transport participants to special events outside the Mission area.
Evaluation is showing participants becoming more independent over time
Mission Project Supports Scale

- Success is measured in terms of growth of Participants towards independence, individually and as part of the larger Mission Project community.

- Supports Scale is used to measure individual growth.

- Developed by two Members who are PhD Psychologists.

- This is showing that the Participants are becoming more independent and self-sufficient.
What areas of independence are we measuring?

- **Self care**: Dental hygiene, hair care etc.
- **Home living**: Washing clothes etc.
- **Money management**: Using a checkbook etc.
- **Community living**: Grocery shopping, eating out etc.
- **Employment**: Getting to work on time, interacting with co-workers etc.
- **Personal organization**: Arriving at appointments on time, using a calendar etc.
- **Social engagement**: Calling friends or family, participating in group events etc.
- **Health and Safety**: Eating healthy food, knowing what to do in an emergency
How Independence is being measured

- We are using an adaptation of the Supports Intensity Scale that measures:
  - Type or intensity of support needed (e.g., no support, monitoring, .....full physical assistance)
  - Frequency of monitoring (e.g. once/month...hourly)
  - Daily support time (e.g., less than 30 mins/day...4 hrs or more/day)

- Parents/caregivers are rating each participant at enrollment in Mission Project and every few months.

- We are tracking over time average trends in levels of support needed across participants in various areas.
Things to Know About Scoring

- TOTAL Score is the sum of Type of Support, Frequency and Daily Support Time
- Highest Total Score possible ranged from 0 = Most Independent to 48 = Least Independent
- WHEN SCORES GO DOWN, THAT IS GOOD—MEANS LESS SUPPORT IS REQUIRED
Trends in the data

1. Employment is an area in which participants are continuing to show decrease need for support
2. Greatest decrease in need for support occurs right after individuals move into the Mission Project
3. Overall, change is leveling off over time.
4. Areas in which participants are most independent: Self-care and Employment
5. Areas in which participants need most support: Money Management and Home Living
6. Areas of most growth in independence since beginning MP: Home Living and Employment
7. There are individual differences across participants
Employment

<table>
<thead>
<tr>
<th>At enrollment</th>
<th>Aug '07</th>
<th>Mar '08</th>
<th>Oct '08</th>
<th>Mar '09</th>
<th>Jan '11</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.5</td>
<td>17.0</td>
<td>16.2</td>
<td>17.2</td>
<td>17.0</td>
<td>13.3</td>
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</table>
Home Living

At Enrollment: 38.5
Aug '07: 23.3
Mar '08: 22.2
Oct '08: 22.7
Mar '09: 19.0

Wednesday, October 12, 2011
The Mission Project isn’t for everyone---

But who is it for?
Admission Criteria – For Participants

1. Must function moderately autonomously with some supports rather than full time, 24-hour supports
2. Must demonstrate capacity to participate in activities of The Mission Project
3. Must be able to function in cooperative and non-endangering manner to self and others
4. Must be capable of comprehending and complying with established Behavioral Guidelines for Participants
5. Must contract with a licensed service provider for independent living supports
The Mission Project relies on ACTIVE parent participation

- **Every Parent (Guardian) Member has a job** – some examples are:
  - Steering Committee Officer
  - Fundraising
  - Newsletter/Publicity
  - Recruitment/Membership
  - Transportation
  - Government Relations
  - Education
  - Creation of Calendar of Activities and Social Events
  - Physical Fitness
  - Helpline
  - Liaison to Special Olympics, community organizations

- **At least 4 hours per month is expected**
Mostly funded by fundraising events

- Golf Tournament
- Kentucky Derby Day
- Texas Tenors with the Kansas Symphony at the new Kauffman Center-December 9, 2011
- Grants from foundations--

Private donations accepted!
Funding is used for:

- Transportation—2 vans and 2 drivers that get participants to their jobs across the community
- Part-time employees: job coach, public relations, grantwriter, event planner
- Eventually look to hire an Executive Director
Participants Pay or Arrange For

- Housing and Food
  - Each Participant contracts for and pays own rent
  - Each Participant pays for own utilities and food
- Classes and events they chose to participate in
- Case management and individualized assistance

- Paid for by SSI/SSD, job earnings, Medicaid Waiver, family and Special Needs Trusts
Future of The Mission Project

- Bringing in new families and participants—but careful not to grow too large
- Assisting other groups to replicate the model
- Continuing to work on promoting independence and community involvement of our participants
Sounds of the Season

Benefiting The Mission Project

Bring your family and friends to this magical holiday concert benefiting The Mission Project, a local group helping young adults with disabilities like Down syndrome and autism live and work on their own with minimal support. There is no other organization like The Mission Project - in Kansas City or across the country - yet there are thousands of young adults with special needs right here in our metro area who would thrive in such a program. You can help ensure they get the chance. Buy your tickets today!

Friday, December 9 at 8PM
Kauffman Center for the Performing Arts
816.471.0400 | KCSymphony.org

The #1 Vocal Group in the History of America's Got Talent!

The Texas Tenors

With the Kansas City Symphony
The Mission Project - Programs for Disabled Adults, KS & MO - Mozilla Firefox

The Mission Project - Discovering Independence through Community

The Mission Project enables capable adults with developmental or cognitive disabilities to live independently and safely in community with minimal support.

October 7, 2011

Please join us for the Sounds of the Season Holiday Concert to benefit The Mission Project on Friday, December 9, 2011. The benefit concert features The Texas Tenors and Kansas City Symphony at the brand-new Kauffman Center for the Performing Arts.

Click here to purchase tickets online.

You can also call the Symphony Box Office at (816) 471-0400 or purchase tickets at the Kauffman Center for the Performing Arts Box Office.