

#### **Our Mission:**

Turning Abilities Into Opportunities

#### **Our Vision:**

Abilities First will EXPAND opportunities, EMPOWER voices, and ENABLE citizens with developmental disabilities to REACH THEIR DREAMS

## **Our Values**

- 1. Selfess, Respectful Service
- 2. One Team, One Mission
- 3. Inspire Others
- 4. Be Resourceful, Never Give Up
- 5. Seek Knowledge, Embrace Change





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"Break Down Barriers"

The perfect society is where people have opportunities to enjoy full participation where they live, learn, work, and play, and that people are supported for success in their choices. Whether it means helping someone who wants to work find meaningful employment at a competitive wage, or helping families and individuals find the resources they need, Abilities First is dedicated to ensuring all people have the opportunity to experience full inclusion, acceptance, and appreciation in the community and achieve their vision of a good life.

## **Our History**

In 1978,

the citizens of Greene County
voted to levy a property tax to
support services for people with
developmental disabilities. The
funds are administered by the
Board of Directors of Abilities
First through grant funding of
local non-profit agencies and
direct support services for early
intervention, residential
services, independent living
assistance, employment and
transportation.

## **10-Year Target**

#### Inclusion:

- People have opportunities to enjoy full participation in where they live, work, and play.
- People's activities are age appropriate and are in ordinary places.
- · People are supported for success.
- All people have opportunities for meaningful relationships and experiences.
- Everyone feels that they belong and are viewed by others as members of the group.
- Inclusion benefits everyone involved by bringing together different talents, strengths and perspectives to make a greater whole.

### **Grant Funding**

A Sporting Chance
Art Inspired
Art Inspired Academy
Champion Athletes
Council of Churches of the Ozarks
Developmental Center of the Ozarks
Equilibrium Therapy

Inspired Boutique
Nova Center of the Ozarks
Ozarks Area Community Action Corporation
Southwest Center for Independent Living
Springfield Regional Office
Springfield Workshop Transit Company
SWI Industrial Solutions
The Arc of the Ozarks



#### A Message From **Our Executive Director, Jan Kraft**

When we look at how far we've come as a society regarding perceptions, acceptance, and inclusion for people with developmental disabilities, we can also see how far we still have to go.

This is especially evident in today's job market. It's important for employers to identify and hire people with the right skills, qualities, and abilities to fill open positions and contribute to the companv's overall success. It's also important for a company to have happy, engaged employees, and a positive public image by promoting diversity and inclusion in the workplace.

We do not presume that all employees without disabilities are perfect employees, but rather we accept that they are simply human. Whether or not employees have a developmental disability, we expect that they will have strengths and weaknesses.

perceptions and attitudes that may be associated with people with developmental disabilities, and what they can and cannot do. These are often ingrained misperceptions that we don't apply universally against groups of people who do not have developmental disabilities. In other words, these are stereotypes--particularly dangerous stereotypes. because we can tell ourselves we are protecting people with developmental disabilities and therefore doing the right thing.

As a society, we have a variety of

Here at Abilities First it is our priority to work with our community to provide inclusive opportunities for people with developmental disabilities. Abilities First can be a resource and can also link employers with other resources. Our dedicated professionals are as much a resource to employers and the community in general as we are to people with developmental disabilities.

We can assist employers who may think hiring someone with a developmental disability is too complicated because they do not understand what is actually required of them as the employer. There are many resources available to help employers understand the benefits of hiring people with a developmental disability and to understand any possible accommodations that may be needed. Employers can often get assistance with training and retaining employees with developmental disabilities, at no expense to the employer.

To successfully change perceptions in the workplace, we have to train leaders to lead by example and to treat all employees with respect. When an employer trains their employees about disability awareness, it can improve coworker comfort level and attitudes towards employees with disabilities. Employee training on all levels is crucial in creating a successful inclusive workplace.

It is important to break down the barriers encountered by people with developmental disabilities in the workplace. People with developmental disabilities want to be treated like everyone else. They want the opportunity to work at a competitive wage, in an inclusive workplace, in a job that interests them, to feel valued, and to have a good quality of life.

## 2016-2017 Board of Directors



The Board of Directors of Abilities First is comprised of nine community members who are appointed by the Greene County Commission to serve as board members to administer and oversee agency activities.

mittee meet regularly. All meeting dates,













**Board Member** 



Jennifer Wilson



**Board Member** 

## **2016 Financials**



# 5

## **Programs**

All designed to increase opportunities for our community, especially people with developmental disabilities.



Provides early Intervention from birth to age 3.



Provides support coordination for 3 years and older that leads to people living the lives they choose.



Provides an inclusive opportunity to engage in creative arts.



Creates and sells Innovative and environmentally conscious products in retail store and art gallery.



An up-scale resale shop featuring name brand clothing, shoes, furniture, household items and MORE all at affordable prices.

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## First Steps

First Steps, Missouri's Early Intervention Program, serves children birth to three, who have delayed development or diagnosed conditions that are associated with developmental disabilities. First Steps provides families with the tools they need to help their children reach their highest potential.

Abilities First has operated the First Steps System Point of Entry 8 (SPOE 8) in South Central Missouri since February 2006 through the Missouri Department of Elementary and Secondary Education.

#### First Steps Employs

- 1 Director
- Lead Service Coordinator
- Full-Time Service Coordinators
- Part-Time Service
  Coordinator
- B Full-Time Clerical Staff
- Part-Time Clerical Staff

#### In 2016

55

Average caseload for Service Coordinators including children in the Intake process and those receiving

First Steps referrals received and processed, an averag of 107 per month.

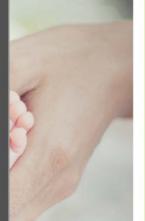
700

ulldren received agoing services each onth, on average, hille 106 children ere in the intake

2.79%

f the birth-3
opulation served by
PDE 8 In our Region,
sceeding DESE's
output 2.2-2.4%

## **Meet Tytan**





Tytan was born five weeks premature after a high-risk pregnancy. He's the youngest of three boys.

"I knew pretty early on that something was different with him. He would cry intensely for 8-10 hours daily from about 3 weeks of age until about 12 months," says mom, Ashley Denham.

Tytan was diagnosed with a feeding difficulty and developmental delay, and he was referred to First Steps at age 9 months. He received intensive services until he aged out at age three in August 2017.

Tytan has made so much progress. "He went from a child that I couldn't take out in public because of sensory issues and melt downs, to a child that I was able to take on a thirteen-hour car trip by myself with just my older two boys.

He went from gagging at most textures to eating a variety of foods, not talking to talking in full and extensive sentences, hiding his face from people to being able to engage with less difficulty."

Tytan started Early Childhood Special Ed in August with an autism spectrum diagnosis, however his teacher said he is doing excellent participating in class activities, therapies, and beginning to play with kids his own age.

That is a huge step for him because he used to hide under tables when kids his age would try to engage him. "I know, beyond a shadow of a doubt, that he would not at all be in the place he is now without all the caring therapists with First Steps.

Tytan is like a totally different child and I feel so blessed to have been a part of this amazing early intervention services."





#### Children between the ages of birth and 36 months who either:

- Have a diagnosed physical or mental condition associated with developmental disabilities (such as Down Syndrome, Spina Bifida.)
- Born with a very low birth weight and at least one other medical concern with a high probability of a developmental delay.
- Functioning at one-half of the developmental level expected for a child of equal age in one or more of the following areas: communication, adaptive, physical (including vision and hearing), cognitive or social/emotional.



#### **First Steps - Survey** First Steps Statewide Summary by Region May 2016 Total Surveys Returned for South Central SPOE: 80 Responses: Stronly Agree 99% 98% I know my First Steps parental rights related to my child's special needs.





It was easy to learn about First Steps

99%

96%

My First Steps

98%

NAME OF TAXABLE PARTY.

99%

part of the team when we meet to discuss my child

94%

am able to help my hild learn new skills because of First

99%

My First Steps roviders are knowl edgeable and professional.

95%

and use the services

96%

## The Next Step

Since 2004, Abilities First has provided support coordination for eligible residents of Greene County through an inter-governmental agreement with the Missouri Department of Mental Health (DMH).

As a result, caseloads are reduced in size allowing Support Coordinators to provide individualized assistance in planning a full and meaningful life for people with developmental disabilities. Support Coordination is free of charge with no income guidelines.

#### The Next Step **Employs**

Senior Support
Coordinators

46 Support

13 Other Staff

## **Meet Yolanda**



On May 4, 2014, Yolanda lost her mother whom she resided with and was supported by. The culture of Yolanda's family is very close in nature, so it was critical that she receive supports from people that she was comfortable

Yolanda, her support coordinator and her family members developed a plan that resulted in Yolanda residing in a shared living arrangement with her sister and brother-in-law. This allowed for all care and support to be provided by knowledgeable family members who became well trained with a willingness to support Yolanda in the way that she chose.

Just a few years later, Yolanda is more self-determined and active than she had ever thought possible. She has a wonderful time socializing, dancing and participating in other varied activities

such as bowling every Monday. Yolanda also reports, with great pride, that she is now able to ride the bus independently!

She has progressed so much that she has decided to make a goal to seek employment. We are so proud of you, Yolanda!





## **Employment**

Employment Is a top priority, and Abilities First believes each person should have the opportunity to seek and obtain employment within the community. Abilities First adheres to the Employment First philosophy, which states that everyone who Identifies a desire for employment has the right to pursue employment of their choice.

Abilities First's employment team assists people seeking employment. By using existing resources in the community such as Vocational Rehabilitation and Community Rehabilitation Providers, the employment team helps individuals find and retain employment in the community at a fair and competitive wage.

The employment team acts as an advocate and mediator to ensure the individual is receiving appropriate services and their employment needs and desires are being met.

Since government benefits such as Medicald, Supplemental Security Income (SSI) and Social Security Disability play such an integral part in the lives of many individuals, Abilities First provides benefits counseling to help individuals fully understand how employment will impact their benefits.

Frequently, individuals and their families have questions regarding the benefit process and employment. Once they understand that employment does not negate benefits, the pursuit of employment is accepted with greater enthusiasm.

In 2016, the Next Step Support Coordinators reported working with 1,169 people of working age (14-64), an 8.46% increase from 2015. The average number of people in this age group who were employed was 240 (a 5.42% increase over 2015). During 2016, there were more employment referrals from the Next Step Support Coordinators to the employment team, and as a result, more people were placed in competitive employment. In addition, there was also a significant increase in benefits counseling sessions.

More than ever before, Abilities First places an emphasis on youth transitioning from high school to employment. This means youth will be greater prepared to enter the work force once they graduate from high school. With all the excitement for employment, 2017 should be a great year for the individuals served by Abilities First!







"Employment is a top priority, and Abilities First believes each person should have the opportunity to seek and obtain employment within the community."

"...everyone who identifies a desire for employment has the right to pursue employment of their choice."





Residents of Greene County may be eligible to receive services if they have a diagnosed developmental disability. Developmental disability is defined in Missouri state statute and federal Medicaid regulations, and eligibility is determined by the Missouri Department of Mental Health. A developmental disability is:

- A mental or physical impairment (excluding mental illness) which presents prior to age 22.
- Results in major difficulties with two or more of the following: walking, talking, self-care, self direction, learning, living independently, getting and keeping a job.
- Is lifelong or of extended duration and requires individually planned and coordinated services and assistance.

\*(See Section 205.968 and Section 630.005 RSMo for complete definitions of a developmental disability.

Contact the Springfield Regional Office of the Division of Developmental Disabilities Department of Mental Health at (417) 895-7400 to begin the process of determining eligibility

## The Next Step - Survey

The Next Step Satisfaction Survey Results, 2016
Total Surveys Returned: 415
Responses: Stronly Agree / Agree





## Art Inspired Academy

The goal of Art Inspired Academy (AIA) is provide an inclusive experience for individuals to participate in the creative arts, including theater, music, movement, and art. Students express themselves through artistic experiences while improving communication, motor skills, social skills, self-control, and confidence.

In 2016, Art Inspired Academy continued to grow with 626 students participating in 52 classes. Students represented Greene, Christian, Webster, Taney, Stone, Polk, Wright, and Lawrence counties. The number of community volunteers also continues to grow thanks to local high schools, universities, and businesses.

With continued growth, AIA hired one new part-time employee to help with the increased class need. Students worked together to write and produce two musical performances and created a mural for a local business. Many students displayed and showed their original artwork in community art shows and at the First Friday ArtWalk.

AlA increased its community presence by forming a partnership with the Springfield Boys and Girls Club. Several art and storytelling classes were held at two Boys and Girls Club sites, bringing AlA students and club members together for the first time.

For many students, these classes have been the first interaction with someone with a disability or a different background. Students have learned that while everyone has their differences, overall "We are all the same."

AIA also partnered with Pigtails and Crewcuts, a local children's salon, to hold inclusive preschool classes. Other classes continue to be held at area churches, universities, and business locations.

For the third year in a row, AIA participated in Give Ozarks Day to raise funds for student scholarships, and received an increase in funding from the Southwest Missouri Autism Project as well. Additional funding for AIA classes comes from the provision of Community Integration services through the Department of Mental Health and family private pay.

In addition, AIA received Honorable Mention for the 2016 Governor's Council on Disability's Inclusion Award. This award recognizes and honors a Missouri resident, organization or business that illustrates excellence in leadership for best inclusion practices.

Students enjoy participating in AIA classes for the friendships and the opportunity to express themselves through art, music, and movement. They also show an improvement in social skills, communication and motor skills, and they learn to work as a group.

In 2016

526 tudent part

tudent participant i creative arts lasses, including neater, music, lovement and art. Classes offered, allowing students to express themselves

## **Meet Jack**



Jack is a young student who has been involved in our music and art classes. Jack is homeschooled and struggles to make relationships with others.

His family was fearful of exposing him to the public due to allergies and illness, which caused him to be very isolated and struggle in any social situation. His parents expressed anxiety about starting AIA classes, but wanted him to have opportunities to meet peers and participate in arts programs.

In music, he worked hard to develop a friendship with another student. Jack says, "This boy is my first friend!"The families visited and now have "play dates" before and after class and in their homes.

Jack began in the AIA preschool art classes where he was the oldest child. Then, with support from Richard, the art teacher, he moved up to the children's classes.

Jack participated in our joint art class with the Boys and Girls Club. It was the first time he was in a structured class situation in a community setting.

At first, Jack and his parents had trouble separating from each other, but after watching another student, he relaxed and began to integrate with others in the class. Jack now says he has more than one friend!



Jack has become creative, more patient and understanding of others. His mother states "These classes really were the starting date of Jack understanding what friendship is. Jack would never do any type of art, but Richard has drawn this out of him and without it we may never have found his artistic ability!"

By spending time in our program and slowly working into new sensory environments, Jack and his family have reached a new comfort level in the community. This is what community inclusion is all about.



## Art Inspired

Art Inspired creates and sells innovative and environmentally-conscious Stone Paper products by recycling paper into furniture, home décor, architectural enhancements and art.

Art Inspired offers a wide variety of products such as homemade candles, benches, planting pots and sidewalk planters, picture frames, and an ever-expanding building materials line including wall panels, retail counters, and desks. Art Inspired also offers a great venue for private parties including birthdays, business mixers, weddings, receptions, and more. There is a full stage area and Karaoke setup included in venue rentals.

In addition, Art Inspired offers a gallery for artists to showcase and sell their works of art. There are permanent artists as well as quest artists featured each month. Art Inspired participates in First Friday Art Walk in conjunction with the Downtown Springfield Association (DSA) and works closely with the DSA and other downtown retailers and businesses to help improve the district and provide more activities for Springfield and the surrounding communi-

In 2016, "Sip & Paint" and "Sip & Create" Studio Sessions continued. Customers enjoyed fun and instructional art, music, and jewelry making in a social setting taught by professional local artists. Art Inspired participated in many events and festivals including ArtsFest, Cider Days, Dirt Days, Queen City Craft Show, and more. Art Inspired continued its partnership with Lilly's Floral, located inside two local Price Cutter stores, by selling hand-crafted cards made from recycled paper.

Art Inspired provides inclusive employment opportunities for people with developmental disabilities at a competitive wage, and in 2016 employed 15 employees, including one store manager, one lead associate, product developer, and 12 associates.











Inspired Boutique is an upscale resale shop featuring name-brand women's clothes, jewelry, collectibles, household items, furniture, and more!

Inspired Boutique offers fine quality, pre-owned merchandise at affordable prices and accepts charitable donations. In addition, Inspired Boutique provides inclusive employment opportunities at a competitive wage for people with developmental disabilities.

The boutique actively participates in the Downtown Springfield Association, and First Friday Art Walk activities by hosting fashion shows and mannequin races, the Downtown Holiday Kick-Off Open House, Small Business Saturday, Cider Days, and a variety of sales such as Downtown Shop Hop and Fill-a-Bag for \$20 Sale. In addition, we were honored to be nominated for Downtown New Retailer of the Year!

In 2016, Inspired Boutique employed one store manager, one assistant manager, and three retail associates.



## **2016 Highlights**



In December, the Missouri winner from state-wide submissions. The winning from our Abilities First opmental Disability Council distributes these posters to promote awareness of and the message of inclusion. Special thanks to our staff. Richard White and





Brayden Campbell was born with infantile spasms, hypoglycemia, sleep apnea, epilepsy and jaundice. "He was so tiny and helpless and so far away from what I had envisioned and prayed for. I was confused, upset and angry," says mom, Tasha. Three years later, she is so proud of how far he has come in his development through the help and support of his First Steps team.

"The amazing people who have made up our personal First Steps team for Brayden have gone so far beyond any expectation I could have ever dreamed of having. The group of women we have had the honor and privilege to be blessed with in our lives are selfless, caring, kind, gentle, self-giving, talented women. Each one has left an everlasting impression in Brayden's life as well as my own," says Tasha.

"First Steps has helped our family with gas to go to doctor's appointments, diapers, and in so many personal and emotional ways." Brayden has come so far, and although he will begin the next step in his journey, "First Steps will forever be a part of our hearts and our family!"



When Matthew was born at 38 weeks, he weighed 4 lbs. 9 oz. After many complications at birth, he was diagnosed with Russell Silver Syndrome (a growth disorder), UPD 7 (a chromosomal disorder), and Renal Tubular Acidosis (the kidney's inability to filter his blood). Despite Matthew's medical issues, he is learning, growing and trying new things. Matthew worked part time at McDonald's while attending Kickapoo High School. He plans to go to college after graduation. His favorite past times are playing Frisbee golf and driving his truck. Matthew has come a long way, and his parents and support team at the Next Step are VERY proud of him!



Abbie moved to a new neighborhood and wanted to ride bikes with her new neighborhood friends. Her family worked with her physical therapist who measured and recommended a bike that provided the supports she needed. With assistance from Midwest Special Needs Trust, Abbie was able to get her new bike and can now ride in the neighborhood with her friends.



with a certificate of 3B years of service at the Springfield Workshop. She continues to work there 5 days per week and was interviewed on the local news regarding potential changes to the workshop's structure. She did a great job speaking to the news crew and showing them her look during at the workshop.

Michelle had been living with her father for 16 years after being injured at work. She has wanted to increase her independence and connected with The Next Step. Michelle wanted to move out of her father's home and become more active in her community, and she was approved for placement and found not only a roommate but also a



Michelle and her new roommate talked on the phone daily after their first meeting to help ease the transition. She moved into her new home in July 2016 and was also able to obtain a bed from the resource coordinators at Abilities First. She is enjoying her new home and has had the "best night's sleep." She is now working on improving her health, so she may reach her goal of

Dakotah found connections in the community and is now part of a community theater group that performs at the Skinny Improv Theater. He played the part of a Cyclops and had three public performances, and was placed front and center of the play poster! Dakotah attended every rehearsal and performance and is looking forward to getting other parts in new plays in the future!





## 2016 Highlights





noticed Whit's eyes and face were asymmetric. Our pediatrician diagnosed him with Torticollis- a condition he got in the womb in which the head is persistently turned to one side. Because the muscles in his neck did not develop evenly in utero, Whit had a difficult time with tummy time which delayed his development pretty much everywhere else. At three-days-old he could already roll over because of the unevenness of his neck muscles. Soon after, Whit qualified for First Steps and his PT Alan Hale began working with Whit weekly. Whit is two now and, I am happy to say, he is at or above age level development in all areas. I really attribute this to First Steps services and most of all his amazing, kind and knowledgeable therapist, Alan!" Abby Morrison (mom)



lan came to the Next Step with primary goals of employment. He was linked to Vocational Rehabilitation and through that chose to work with MERS/Goodwill. After working hard with his job developer, he has landed a position at the Goodwill Thrift Store where he does a variety of tasks.

lan also attends classes at OTC as well. He has been so excited to be working and making some extra money while gaining more independence over his life and has been so successful at it!



## Friends of Abilities First

Friends of Abilities First (FoAF) is a non-profit organization formed to assist with the growing needs and expenses of people with developmental disabilities, that cannot be funded through State, County, or other funds.

FoAF also provides other resources as needed and requested by the service/support coordinators. Advocacy, fundraising, volunteerism, and public education are priorities for FoAF. FoAF is a 501c3 corporation, and all donations are tax deductible.







The first annual RIDE ON Bike Ride took place Saturday, June 4, 2016, at St. Elizabeth Ann Seton Church, in Springfield. The ride was a huge success as over 80 riders chose from three different rides: 13 miles, 25 miles, 53 miles. Afterward, riders and community members enjoyed food provided by Nonna's Italian Café and Springfield Brewing Company. Over 514,000 was raised to benefit people supported by Friends of Abilities First. Thank you to our Presenting Sponsors, Dressler Peters, LLC, Connell Insurance, and Restoring Hope.



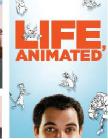
In 2016, "Give Ozarks" donors raised \$3,780 for Art Inspired Academy scholarships, as well as establish the Michael Affleck White Endowment Fund. This was the second year to participate in "Give Ozarks", a one-day, online fundraising event for nonprofit partners of the Community Foundation of the Ozarks.

We also received a matching grant from CFO which enabled us to establish the Michael Affleck White Endowment Fund.











In 2016, Abilities First and The Moxie Cinema hosted the award-winning documentary, "Life, Animated" from Academy Award-winning director, Roger Ross Williams, with a private showing and pre-party red carpet event at Art Inspired. "Life, Animated" is an inspirational story of Owen Suskind, a young man with autism who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films. For every admission to this movie, the law firm of Neale & Newman, LLP donated \$1 to Friends of Abilities First to benefit AlA, and ARC of the Ozarks to help people with autism the community



BILITIES FIRST 370 E. Primrose, Suite A pringfield, MO 65804

Abilities First Fax: 417.882.5400 First Steps Fax: 417.863.9889 The Next Step Fax: 417.886.0405

HOURS MON-FRI 8AM-5PM

Website: abilitiesfirst.net



ART INSPIRED 331 S. Campbell Ave Springfield, MO 65806

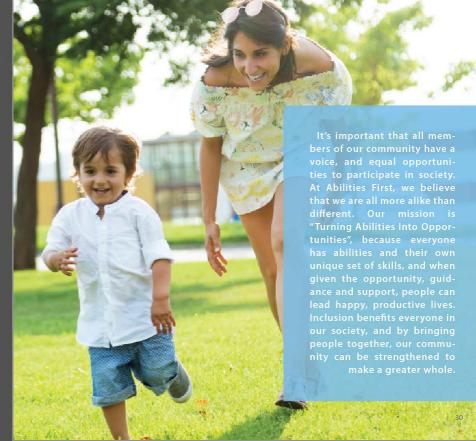
STORE HOURS
TUE-FRI 10AM-6PM



INSPIRED BOUTIQUE 230 S. Market Ave Springfield, MO 65800

TORE HOURS MON-FRI 10AM-6PM







Abilities First has held accreditation from CARF (Commission on Accreditation of Rehabilitation Facilities) since 2012, and is accredited for Community Employment Supports, Community Integration, and Services Coordination. CARF is an independent, non-profit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served.