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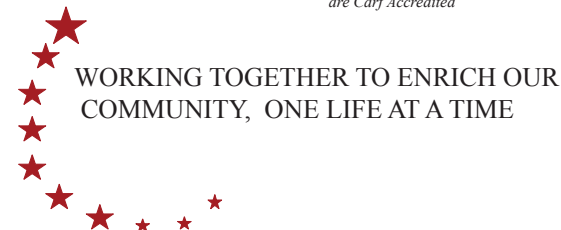
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region ten community services board

A Better Life, A Better Community



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are Carf Accredited



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COMMUNITY, ONE LIFE AT A TIME

Region Ten Community Services Board
500 Old Lynchburg Road, Charlottesville, VA 22903

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Creating Community Crisis Capacity

*Region Ten Serves as Regional Lead Agency for Creating Improved Capacity
to Support People with Intellectual Disabilities & Mental Health Needs*

Emergency Services teams of community services boards have long been aware of the need for community crisis services for individuals with intellectual disabilities. From reports issued by the Virginia Office of Inspector General to statewide recommendations and requirements from the U.S. Department of Justice, the steady drumbeat calling for community crisis interventions aimed at this population hit a crescendo in 2011, culminating in a five million dollar award from the 2011 General Assembly to the Virginia Department of Behavioral Health and Developmental Services to oversee development and implementation of regional crisis services for adults with intellectual disabilities.

The result is the implementation of the START programs across Virginia. START (Systematic Therapeutic Assessment Respite Treatment) is the creation of Dr. Joan Beasley, a licensed mental health counselor who holds a Ph.D. in Public Policy from the Heller School at Brandeis University and currently serves as the Director of the Center for START Services at the University of New Hampshire's Institute on Disability. The Center is dedicated to evidenced based development and implementation of effective services and supports

to individuals with developmental/intellectual disabilities and behavioral health care needs and their families.

Dr. Beasley first developed START services in 1988 with funding from the state of Massachusetts. Programs modeled on START have been implemented nationwide. Cited as a model program in the 2002 U.S. Surgeon General's report on mental health disparities for persons with intellectual/developmental disabilities, START is a comprehensive model of service supports that optimizes independence, treatment, and community living for individuals with I/DD and behavioral health needs.

Region Ten Community Services Board stepped up as the regional lead for this initiative. Acting as the fiscal agent and the lead, Region Ten has issued a Request for Proposal on behalf of the region, that will determine who will provide the START services for our health planning area. Health Planning Region I is the geographic health planning region in Virginia, spanning more than 12,000 square miles, covering CSBs in Lynchburg, Winchester, Lexington, Culpeper, Staunton, Harrisonburg, Charlottesville, Fredericksburg and

surrounding areas. As the lead, Region Ten Community Services Board employs a Regional Implementation Coordinator to oversee the project development. Statewide implementation of the START model will begin the process of fulfilling Virginia's obligations to increase support of the deinstitutionalization process and serve to inhibit the institutionalization of Virginians with intellectual disabilities by providing a system of community alternatives that assist individuals with ID/DD during episodes of behavioral crises.

The Virginia Department of Behavioral Health and developmental Services is in final negotiations of a settlement with the US Department of Justice resulting from citations to Virginia regarding the Commonwealth's operations at Central Virginia Training Center, an institution for individuals with intellectual disabilities located in Lynchburg. Virginia has been cited for failures to promote discharges of individuals from Central Virginia Training Center. In order to begin the process to address this citation, funds have been allocated to regions for the fast track development of programs that provide some services on the crisis continuum.

From the Desk of Robert Johnson



Where We're Heading

As 2012 begins we feel a stronger than usual inner impulse to figure out what's in store for us. Is this "need to know" coming from the difficulties Region Ten experienced a short 3 years ago? Perhaps it's due to the doom and gloom messages that assault us whenever we watch the news. A scandal here, trust lost there, plane crashes, "suicides by cop", the all out war between political parties, dictators falling in the Middle East, all must play a part in this as the only real escape seems to be finding a well stocked bunker to live in and ride out the next few years.

I would say it's all the above and much more on the macro level. Here at home it's the undeniable knowledge that our work life has changed in a radical way. Region Ten had long since transformed beyond a mom and pop operation by the time I was hired. Always responsive to the needs of the community, it identified with the hidden mandate to be all things to all people. Well, it tried. It sometimes succeeded. Ironically, today we are less inclined to pursue this hidden mandate, yet find our agency even more pressed to respond to the needs of the people we are legally mandated by Virginia code to serve. Perhaps we are all reading and listening to too many of the messages from the media. Support from the two community coalitions, mental health and intellectual, have somewhat shifted the burden from our shoulders to the entire community for treatment of those we never had the funding to provide services to. This is a good circumstance in many ways but leaves those we cannot afford to serve, the moderately mentally ill and intellectually disabled adults without the ID waiver, adrift without a well funded provider system. It's like having benefits without funds. For the approximately 6 thousand individuals that are treated in our 60 or so programs at Region Ten, there is funding but it has steadily grown more difficult to obtain it.

Our community probably believes we get the majority of our funds from automatic state grants, not realizing the majority of our funding is from Medicaid (61%). Providing great services, which we do, and getting paid for them is where the game begins. Region Ten has developed a very complex system of checks and balances which include skilled billing staff with the Munis electronic billing and human resources system,

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LOCATIONS

Administration
502 Old Lynchburg Rd.
Charlottesville, VA 22903

Peterson Building
800 Preston Avenue
Charlottesville, VA 22901

Access
Emergency Services
500 Old Lynchburg Road
Charlottesville, VA 22903

Meadowcreek Center
2000 Michie Drive
Charlottesville, VA 22901

Fluvanna County Office
13623 James Madison
Highway
Palmyra, VA 22963

Greene County Office
24 Rectory Lane
Stanardsville, VA
22973

Louisa County Office
107 McDonald Street
Louisa, VA 23093

Nelson County Office
71 Tanbark Plaza
Lovingston, VA 22949

Blue Ridge Clubhouse
100 Burnett Street
Charlottesville, VA 22902

Friendly Oaks Clubhouse
130 Louisa Avenue
Mineral, VA 23117

Horizon Clubhouse
83 Tan Bark Plaza
Lovingston, VA
22949

Dual Recovery Center
310 Avon Court
Charlottesville, VA
22902

Mohr Center
1014 East Market St.
Charlottesville, VA 22902

Wellness Recovery Center
504 Old Lynchburg Rd.
Charlottesville, VA 22903

region ten
community services board
500 Old Lynchburg Road
Charlottesville, VA 22903

(434) 972-1800

regionten.org

Robert Johnson
Executive Director

Caruso Brown
Deputy Executive Director

David Moody, M.D.
Medical Director

Beth Gager
Coordinator of Consumer
Empowerment

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Adult Clinical Services
Linda Hamilton, Senior Director

Adult Developmental Services
Martha Maltais, Senior Director

Adult Rehabilitation & Rural Services
Marcia Becker, Senior Director

Child and Family Services
Neta Davis, Senior Director

Quality Improvement and Standards
Jane Lewis, Senior Director

Contributions to Ten: Thanks to Executive Director Robert Johnson for his quarterly column and contributions to Ten. Thanks to Susan Levi and her article on Animal Therapy. Thanks to Beth Gager and her assistance with the Consumer Recovery Conference recap. Thanks to Michele Hottinger for information and photo regarding the SAMHSA Disaster Technical Assistance Grant.

If you have information to be submitted for publication please contact Martha Maltais, Senior Director of Adult Developmental Services at martham@regionten.org or call (434)970-2131.

Ten is published quarterly by Region Ten Community Services Board.

from page 2

astute clinicians and supervisory staff, an electronic consumer record, and untold meetings about the process in order to confidently bill for services. This merely covers the outside of the onion. Let's not mention Medicaid audits, the soon to come Medicaid shift to care coordination and managed care or their manuals which can challenge even those for whom Medicaid, not English, is their first language.

I wish to impress you with the message that we're heading into a very chaotic year. Expect funding shifts and surprises. "Where did the money go?" some will exclaim while others will high five and shout "Yes!" as their efforts are rewarded with resources that allow them to fulfill their missions in full. Which group have you decided to be in? Yes, it is a decision you can and must make. Chaos always has a subplot of choice, although it may not appear that way when it hits. Yet, it is decisions made before the chaos, decisions such as whether to invest in an electronic record or stay with paper and pencil and hope this electronic buzz goes the way of the VHS tape that make the difference when turbulence hits. It is with foreknowledge of the great potential for turbulence in the financing of our system in 2012, at both the state and local level, that our leadership has pushed so hard for implementation of such things as daily productivity requirements, a new federally certified electronic health record versus the one we are currently using, greater accountability and flexibility throughout our agency and a premium on leadership and vision at all levels of staff.

This is our preparation for 2012. My goal is to have a ready response for each challenge that arises whether it be from the federal government, the state, the general assembly, local government or elsewhere. Region Ten has done well the past 2 years and we were able to provide a modest raise and bonus this past year while continuing to build a reserve to tide us over the rough spots. Our focus will continue to be recovery and quality of life improvements for our consumers. I expect our community to need us more than ever in 2012 and we will be there for them because our staff will be the best prepared to handle the need. One gets the sense of the year ahead as the latest installment of an Indiana Jones plot with peril at every turn. We have one ace up our sleeves. We can be the scriptwriters. Let's script the happiest of endings for our community.

From the Desk of Robert Johnson is a regular quarterly feature of Ten.

Disaster Technical Assistance Grant Helps Louisa County Earthquake Victims

The Emergency Coordination office of the Department of Behavioral Health and Developmental Services, in concert with Region Ten Community Services Board has continued to respond to the needs of citizens of Louisa County in the wake of the August 23, 2011 earthquake, centered in Louisa County. As a result, the Substance Abuse And Mental Health Administration (SAMHSA) Disaster Technical Assistance Center has just trained behavioral health providers newly employed by Region Ten to offer intense counseling services to the community. The program set out to literally send these new Region Ten staff door to door in Louisa County seeking individuals still needing services as a result of the earthquake. This 45 day service to the area was funded by a grant awarded to Region Ten by SAMHSA. Staff were offered core training by SAMHSA on December 19 and 20, 2011 at the Ebenezer United Methodist Church, in Louisa. This round of services is in addition to the counseling services already offered at Region Ten's Louisa Counseling Center.

The training was part of SAMHSA's efforts to prepare States, Territories, Tribes, and local entities in delivering an effective mental health response to disasters.

Region Ten officials commended Ebenezer United Methodist Church for volunteering space to train these new staff.



Disaster Assistance Team, Officials and Contributors: 1st row seated: Rev. Bill Hepler, West Louisa Charge UMC; Michelle Hottinger, Director Louisa Counseling Services; Dr. Charles Law, Virginia Department of Emergency Management; Ed Childress; Middle row; Kelsey Stevens; Beth Kariel; Amanda Welch Back row: Mary Ann Morris, VST support staff; Emily Sampson, VST program manager; Renard Turner; Robert Johnson, Region Ten Executive Director; Jessica Ketola, lead counselor; Guy Greene; Pamela Bland; Derrick George.



Recovery Now!

conference recap

Region Ten's 6th annual Consumer Advisory Recovery Conference, *Recovery Now!*, was held on Friday, October 28, 2011 at the Holiday Inn, Emmet Street in Charlottesville. Topping the list of inspirational speakers was nationally known political cartoonist Scott Nychay, an award-winning visual journalist whose work has appeared on CBS, NBC and in USA Today. He consults, collaborates and creates projects that have a positive impact on the lives of others. His work includes illustrating stories and providing graphics for businesses in multimedia ventures and for charitable efforts.

Nychay shared his story, which chronicled his personal success as a political cartoonist, but also gave a detailed account of his relationship with his late homeless father. Despite years of addiction and living on the streets, Nychay's father possessed significant artistic talent which led him to adorn the walls of a

church he used as shelter. Nychay gave a poignant account of the affects of dealing with a parent with chronic substance use and homelessness.

Another conference highlight was the presentation of a play authored by Region Ten Deputy Executive Director Caruso Brown and acted by Region Ten consumers. The play's focus concerned dealing with behavioral health issues.

Coordinator of Consumer Empowerment Beth Gager led off the event with welcoming remarks offered by Region Ten Executive Director Robert Johnson. Afternoon highlights included remarks from Local Human Rights Advocate Chuck Collins, a presentation from John Pezzoli, Assistant Commissioner from the Virginia Department of Behavioral Health and Developmental Services (DBHDS), and remarks from Region Ten staff Carl Hicks.



Horizon House Continues Winning Christmas Tradition

For the past seven years, members of Horizon House, a psycho-social rehabilitation program operated in Nelson County by Region Ten, have participated in building a float for the Lovingston Christmas Day parade. Not only have they continued this tradition for seven years, they have also won seven first place ribbons.

Constructing the float is a group effort. Work on the float usually begins six week prior to the parade. Horizon House members decide on the theme, sketch the design, and make modifications as the project progresses. Members also begin the process of collecting cardboard for designs, material for clothing and other materials to be used to construct the float. All decorations are handmade. Besides a prize winning

float, the effort brings much enjoyment to program members. Horizon House supervisors observe, "it's so great to walk into the Horizon House and hear the laughter and see so many people working together for a common cause."

Horizon House members react with great pride concerning this project. "While riding on the float, I love to see the children



Horizon House 2011 Christmas Parade Float

smiling and pointing," observed one clubhouse member. Another

mused, "I like it when we go by and I see adults applauding. It lets me know we did a good job." Another member remarked, "I feel like I am giving something to my community."

Float construction and parade participation is an annual event for Horizon House members.

*A Message from Beth Gager
Coordinator of Consumer Empowerment*

I am glad that folks enjoyed "Recovery Now!" as much as I did. We had some great speakers and I think people left inspired. Next year I hope to include an activity that involves each person in the audience. I noticed that people like to have a chance to ask questions and make comments and there wasn't a lot of that this year. So I will be thinking about ways to include the folks that attend in a more concrete way--at least for part of the day. I hope we will continue to involve consumers in creative ways, like we did with the play this year. I welcome your suggestions for speakers and other feedback. I hope to make next year even better! Thanks for supporting this important part of the Consumer Advisory Council's educational outreach efforts.

Beth

For more information or to give feedback regarding Region Ten's annual Consumer Recovery Conferences, please contact Beth Gager at beth.gager@regionten.org or you may reach Beth by calling Region Ten offices at (434) 972-1800 and asking for Beth

Public Policy Priorities of the Virginia Association of Community Services Boards and Region Ten Community Services Board

The Virginia Association of Community Services Boards (VACSB) continues to lead the way in helping Community Services Boards successfully advocate for needed resources. The focus of the current fiscal year's advocacy message is *Investing in People Creates Community Dividends: The Best Return on Investment*.

Region Ten follows suit with this theme, demonstrating that for every dollar spent, \$22.00 worth of services are delivered to our localities. Given the current economic climate, communities need to be ensured that dollars invested are yielding tangible results.

According to the VACSB, in Virginia, there are over two million individuals with a diagnosable mental health disorder, another 231,000 with an intellectual disability, and 693,000 with a substance use disorder. Recent estimates indicate 290,321 youths are at risk of alcohol, tobacco and other drugs.

Locally, Region Ten serves approximately 6,000 individuals.

Region Ten has made the case for services with several costs comparisons. (See Chart below)

In making the case during the upcoming session of the Virginia General Assembly, Region Ten emphasizes the safety net features of community services boards. Community Services Boards have a long and valued history of blending and braiding our separate funding streams including Medicaid, State General funds, local funds, federal funds and self pay. Region Ten serves 1,400 Medicaid consumers and approximately 6,000 total consumers annually because of braided funding.

An example of blending and braiding funds for services has been Virginia's move to utilize Community Services Boards to

Continued page 6

<p>Average Annual Per Person Cost of Incarceration in Charlottesville/ Albemarle Regional Jail (all inmates): \$26,280 <i>Source: Jefferson Area Community Corrections</i></p>	<p>Average Annual Per Person Cost of SA Outpatient Treatment at Region Ten: \$2,000 <i>Source: Region Ten Community Services Board</i></p>	<p>Annual <u>Per Person</u> Savings to Taxpayers: \$24,280</p>
<p>Average Annual Per Person Cost of Institutionalization at CVTC or other State Training Center: \$ 194,000 <i>Source: US Department of Justice, Civil Rights Division, February 10, 2011 letter to Governor Robert McDonnell</i></p>	<p>Average Annual Per Person Cost of Residential Services in a Community Group Home: \$76,400 <i>Source: US Department of Justice, Civil Rights Division, February 10, 2011 letter to Governor Robert McDonnell</i></p>	<p>Annual <u>Per Person</u> Savings to Taxpayers: \$ 117,600</p>
<p>Average Annual Per Person Cost of Hospitalization in a State Mental Health Facility: \$219,730 <i>Source: Virginia Association of Community Services Boards</i></p>	<p>Average Annual Per Person Cost at Region Ten Wellness Recovery Center: \$183,595 <i>Source: Region Ten Community Services Board</i></p>	<p>Annual <u>Per Person</u> Savings to Taxpayers: \$36,135</p>

Cost:Benefit of Long-term Treatment for Mental Illness = \$1 : \$8*

**A statistical analysis of the long-term financial costs and benefits of treating depression, anxiety, and adjustment disorders shows that in the worst-case the costs just about equal the long-term financial benefits, and in the best-cases the financial benefits are at least 8 (and up to 25) times the costs (for the detailed analysis see: Stern & McKeithen, 2007, <http://people.virginia.edu/~sns5r/resint/psychstf/mentalhealthbenefits.pdf>).*

VACSB priorities for 2012 -2014

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Community based services are vital to the citizens of Virginia...

they promote independence and recovery...

they strengthen families...

they offer and restore hope...

they equal dollars saved...

they save lives.

Ensure policy and funding for infants and toddlers to receive critical Part C/Early Intervention services specifically designed to help children from birth to three years of age.

Deliver evidence-based prevention services to keep youth safe and alcohol/drug free.

Intervene with youth and adults to divert from criminal justice involvement.

Divert youth from juvenile detention centers, residential treatment centers and state hospitals to community crisis stabilization and psychiatry services.

Expand effective mental health services to serve additional individuals with acute needs in local settings.

Advance mental health recovery for individuals with serious mental illness through access to recovery focused intensive community services and link to primary care.

Ensure that individuals with intellectual disabilities who are not receiving services have access to critical services that will allow them to remain in community settings, avoid crisis and institutionalization.

Ensure that individuals with intellectual disability can live and work in community settings through funding for ID Waiver slots that address community wait-list needs.

Maintain and expand a viable network of waiver providers through establishment of fair and adequate rates for services.

Invest in local capacity to reduce the time individuals must wait to receive treatment and case management for substance use disorders.

Decrease criminal recidivism and disease relapse for Virginians who otherwise would be incarcerated.

Increase community detox capability and substance use recovery supports.

develop VICAP, a tool to screen children seeking Medicaid services. CSBs' quick and nimble response was to mobilize resources and develop a screening system that is projected to save the Commonwealth 18.5 million dollars. The statewide Community Services Board response has created the kind of accountability that demonstrates the continued value and reliability of Community Services Boards.

Also because of the braiding of various funding sources, Region Ten is able to provide services to 1 out of 4 individuals who are indigent and can pay little or nothing for their services. Maintaining a mission driven state/community system uncomplicated by profit motive also assures that savings are poured back into community services.

Part of the advocacy initiative is taking stock of previous successes as a result of General Assembly actions. Region Ten acknowledges local councilors, boards of supervisors, advocates and our General Assembly legislators for actions that make it possible for CSBs to expand crisis capacity for Virginians with psychiatric emergencies and individuals with developmental disabilities. Also acknowledged are steps taken to preserve vital community services for children, preservation of drug court funds, and enhancing jail diversion funding.

CREDIBLE
Behavioral Healthcare Software

New Electronic Health Record Software Comes to Region Ten

On Friday, December 9, 2011, Region Ten officials announced the signing of an agreement with Credible Wireless Inc. a Bethesda, Maryland based company that provides electronic health record software services to health care providers throughout the United States. Credible has provided software solutions for Behavioral Healthcare and other Human Service providers since 2000. Credible offers software for a wide spectrum of behavioral health services including Youth, Residential,

Adult, Community-based, Crisis, Forensic, Mental Health Court, Clinic, ACT and wrap-around services.

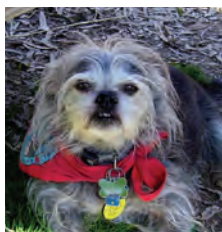
Credible represents the next generation of Region Ten's electronic health record (EHR) system. Region Ten will be the 12th Community Services Board in Virginia to join the Credible family and take advantage of the standard Virginia library of forms, documents and reporting. Full implementation of the Credible system is expected by July of 2012.

Canine Counseling

Animal-Assisted Therapy Grant Expands Pet Therapy at Region Ten

By Susan Levi

The Charlottesville Area Community Foundation (CACF) granted funding to Region Ten Community Services Board to begin an Animal-Assisted Therapy (AAT) program to help consumers with mental illness in their recovery. Region Ten will use AAT by certifying additional dogs and staff handlers to apply therapeutic techniques at their worksites.



Pugsley

mental stimulation and empathy, while reducing isolation, boredom, and loneliness. When consumers and therapy pets work together, consumers often become encouraged and motivated to work toward a quicker and greater recovery. It's difficult for service providers to find ways to motivate consumers to participate in their recovery; research indicates that AAT can provide this motivation.

"Pugsley" has been a Region Ten therapy dog for six years. He began at the Program for Assertive Community Treatment (PACT) and now "works" at the Louisa Clinic and Friendly Oaks Clubhouse. Staff and consumers report Pugsley has been a wonderful asset to consumers by bringing smiles to their faces, encouraging them to talk about their issues, increasing their self-esteem, and hastening their recovery.

Mental illness affects people's ability to function and live independently. Documented research demonstrates that using animals in medical and health related fields could be beneficial to our physical, social, emotional and psychological well being. Clinical depression and substance abuse facilities have discovered that animal therapy can provide healing benefits by creating a sense of safety for traumatized, defensive, or detached consumers.

There is a continued need to generate awareness of the importance of the human/animal interactions and to study the specifics of this phenomenon that has been documented since humans began domesticating animals. The goal of the program is to improve people's quality of life by reaping the benefits of the wonderful gift animals provide.

Pet owners understand the unconditional love and comfort animals provide. Pets promote socialization,

Susan Levi is a Region Ten case manager at the Louisa County Clinic. For individuals interested in participating in the program, you may contact Susan at (540)967-3764.



Working with animals, such as horses, dogs, or cats, may help some people cope with trauma, develop empathy, and encourage better communication. Companion animals are sometimes introduced in hospitals, psychiatric wards, nursing homes, and other places where they may bring comfort and have a mild therapeutic effect. Animal-assisted therapy has also been used as an added therapy for children with psychiatric disorders. Research on the approach is limited, but a recent study found it to be moderately effective in easing behavioral problems and promoting emotional well-being.

-National Institute of Mental Health

Pet therapy, also known as animal-assisted therapy, is recognized by the National Institute of Mental Health as a type of psychotherapy for treating depression and other mood disorders. Being around pets appears to feed the soul, promoting a sense of emotional connectedness and overall well-being.

Reported by Dennis Thompson, Jr., Everyday Health

Animal-assisted therapy (AAT) is a relatively new field of study, although the human-animal bond has existed for thousands of years. AAT is a type of therapy that involves animals as a form of treatment. The goal of AAT is to improve a patient's social, emotional, or cognitive functioning. Animals can also be useful for educational and motivational effectiveness for participants.

- "About Animal Assisted Therapy", American Humane Association.

Animals are tools for therapy because they can make people feel safe and loved when they have been deprived of social interaction or hurt by other people. They do not communicate with words, and so patients afraid of approaching people can comfortably approach an animal. Additionally, a therapist who brings along a pet is viewed as being less dangerous by the patient, and so the previously uncommunicative patient is willing to share more with the professional.* Animals commonly used for therapy include dogs, cats, horses, birds, rabbits, and other small animals.

** Beck, Alan (1983). Between Pets and People: the Importance of Animal Companionship.*



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Albert M. LaFave, Jr., Vice Chair	alafave@dc.virginia.gov	First 6/30/12	Public Policy Personnel Executive
Nancy Gansneder	nancyg@virginia.edu	First 6/30/13	Public Policy
Peter DeMartino	peter.demartino@asgva.org	First 6/30/14	Public Policy
City of Charlottesville			
Maryfrances Porter	maryfrancesporter@gmail.com	First 6/30/13	Public Policy Chair
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Steven Stern, Chair	sns5r@virginia.edu	Third 6/30/13	Finance Executive Chair
Aaron Laushway	laushway@virginia.edu	First 6/30/12	Personnel
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Michael Kelley	michaelkelley8@verizon.net	Second 6/30/12	Personnel

SPROUT FILM FESTIVAL
ENTERTAINING AND MEMORABLE FILMS RELATED TO
THE FIELD OF DEVELOPMENTAL DISABILITIES
HOSTED BY PREP/PARENT RESOURCE CENTER
Vsa International
Organization on
Arts and Disability
FRIDAY MARCH 9, 2012
10:30AM - 12 NOON & 7:00PM - 9:00PM

Save the Date

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TWO UNIQUE PROGRAMS - \$10 SUGGESTED DONATION - MORNING SHOW FREE

You are cordially invited to attend this
free 60 minute financial planning presentation
Wednesday, January 25, 2012 at 6:00 pm in the Conference Center, Region Ten
Community Services Board, 500 Old Lynchburg Road, Charlottesville, VA

Do You Have a Loved One Who Has a Disability?

Planning for your loved one's future requires your thoughtful attention.

Commonwealth Community Trust (CCT)

CCT offers people with disabilities the opportunity to have a trust fund that will not jeopardize government benefits such as Supplemental Security Income (SSI) and Medicaid.

CCT offers two types of trusts: The **Special Needs Trust** that is set up by a family member for a loved one through their estate, life insurance policy, employee benefit plan or sale of property.

The **Paollet Disability Trust** is set up by the person with a disability who comes into a sum of money through an inheritance, social security back payment, personal injury settlement or other means.

The organization is governed by a Board of Directors comprised of parents who have a child with a disability and professionals who work in the field, an attorney, accountant and others that are committed to the mission.

There is no minimum amount to participate.

For More Information Contact:
Joanne Marcus, MSW
Executive Director
(804) 740-6930
(888)241-6039 Toll Free
Visit our website:
www.commonwealthcommunitytrust.org

Have you thought about the following?*

- ◆ A written plan to let others know what you want in the future.
- ◆ I have not asked someone to serve as an advocate or guardian.
- ◆ My estate plan is over 3 years old.
- ◆ My child's inheritance could disqualify him/her from SSI and Medicaid benefits.
- ◆ I do not have a Special Needs Trust to manage current and future resources for my "special"-child.
- ◆ I am concerned about having significant cash or property to care for my loved one with a disability.

Questions to Be Answered:

- ◆ How to set out your instructions on how YOU want your special loved one to be cared for.
- ◆ How can a trust BENEFIT a disabled child.
- ◆ How YOU can SELECT the Trustees to be the caretakers of the money you leave expressly for your special needs child.
- ◆ How to attain PEACE OF MIND by knowing there is cash available for a disabled loved one when you are no longer able to earn the needed funds.
- ◆ How to set funds aside so your loved one will live a COMFORTABLE lifestyle.

Commonwealth Community Trust is a nonprofit organization established in 1990 by concerned citizens and parents of children with disabilities.

Questions? For more information, please call (434)970-2131