

Executive Notes

Dear Friends of Arc Northland,

I hope this newsletter finds you recovered from the Thanksgiving snow storms.

I shared in our last newsletter that Arc Northland is working on a new strategic/business plan. Thanks to two grants from the Ordean and Northland Foundations, we were able to hire a professional consultant, Mary Jo Wimmer. Those of you who attended our focus groups were able to meet her. In addition to the three focus groups, Mary Jo conducted two multi-hour planning retreats with the Arc Northland Board and full professional team.

Our process was to use the information gathered from the focus groups, as well as, from the Board and team. We conducted a SWOT Analysis of Arc Northland (Strengths, Weaknesses, Opportunities and Threats); and concluded with identifying three WIG's, or Wildly Important Goals..

Our WIG's are:

1. Develop a comprehensive marketing, outreach and communication plan.
2. Expand funding diversification.
3. Assess current and expand mission-driven programs and services.

Additionally, we worked on how to clearly convey our Mission to others, as well as, shaped our Vision and Values. The team is working on the specific tactics/objectives to meet our identified goals. We hope to have it to the Board by their December meeting, January's at the latest. We will post the approved plan on our website.

I want to thank everyone who participated in the focus groups. Your time and contribution mean a great deal. We value all our stakeholders: individuals, families, fellow providers, county and state. The relationships and partnerships we have and continue to develop build us up to our **greatest** capacities that can then do the most good.

Wishing you a Wonderful Holiday Season that carries through 2020!

Most Sincerely,

Laurie B. Berner, Executive Director



*Happy Holidays
from all of us at
Arc Northland!*

Board of Directors

Ann Roscoe, Chair

Sandy Moore, Chair-Elect

Heidi Zegan, Secretary

Becky Jakubek, Treasurer

Blaze Zenner, Member

How Can You Support the Work of Arc Northland?

On the following page there are important news and updates with Arc Northland's programs and services describing the many good things happening. If you would like to be a part of our work, please use the inserted envelope to make a financial donation or become a supporting member. All proceeds go directly towards Arc Northland's services. ***Thank you for your support!***

Community First Services and Supports

Community First Services and Supports (CFSS) is a self-directed home and community-based service being developed by the Minnesota Department of Human Services (DHS). CFSS is a service for people who live in the community and need help with day-to-day activities.

When DHS begins CFSS, it will replace the PCA, PCA Choice program and the Consumer Support Grant (CSG). CFSS is similar to PCA in many ways, but it will offer participants more control, flexibility, choice and responsibility in how they use the service. Participants using the program will select between using an 'agency model' or a 'budget model' for services. DHS was expecting that the CFSS program will start to replace PCA services sometime in 2020, but we have learned that it has pushed to sometime in 2021.

Arc Northland will keep you updated as more information becomes available. For more info, here is a link to a video DHS has created:

https://www.youtube.com/watch?v=9ANvMmYG_dM&feature=youtu.be

Arc Northland's Relationship with Arc Minnesota

In recent focus groups we held as a part of strategic planning, some participants asked about Arc Northland's relationship with Arc Minnesota since the January 2018 merger. Arc Northland was one of five affiliates that chose to not merge and maintain our autonomy. Arc Northland has been an independent organization since 1951 and our Board of Directors believe that maintaining the local control and connections is important.

The outcome was that seven Arc affiliates chose to merge and are now considered a Branch of Arc Minnesota, four other affiliates chose to no longer be Arc's, and Arc Northland chose to remain an affiliate of both Arc Minnesota and Arc US.

Arc Northland respects and supports the work of Arc Minnesota. We are working on our Affiliation Agreement and are optimistic that our working relationship will continue to evolve to the benefit of the people we support.

Arc Northland's New Intern

Hello! My name is Alex Jost and I am a Graduate student at the College of St. Scholastica in the Social Work program. At 40 years of age I changed careers as a hairdresser to be a future licensed therapist. My journey has been exciting and I look forward to my experiences with Arc Northland.

Arc Northland welcomes interns looking for a wide variety of professional experiences.

People First

~ Meetings are the 1st and 3rd Wednesdays of the month ~

January: Lisa Peterson, Epilepsy Foundation, Seizure First Aid Presentation

February 25th: Disability Day at the Capitol:

~ Program Updates ~

Arc Northland Team:

PCA Choice:

Jenny Kempfert

Jenny Feehan

Naomi Gordon

Adult and Family

Services

Meredith Kujala

Brenda Caya

Tracy Jenny

Sherie Lillie

Housing:

Stacey Nordby

Tracey Montgomery

Regional Quality Council

Lori Moench

Emily Mack

Finance

Rick Sailstad

Reception

Carol Bourdage

Executive Director

Laurie Berner

Adult and Family Services

People First continues to grow and evolve. Members are in the midst of fundraising through the sales of poinsettias and busy planning their 2020 agenda.

The **IEP/504 advocacy** has been very busy this fall. We have been present supporting approximately 80 families and working with schools developing plans that will work towards a student's success.

Healthy Sexuality education continues to grow. The need is evident by the requests coming in. Meredith currently has a waiting list.

Extreme Parenting is a parent-directed support and education group that supports families with mental health differences. It is open to all, includes a light meal and childcare. For more information or to register, contact the Arc Northland office @ 218-726-4725.

Circles of Security Parenting Series starts the first quarter of 2020. Circles is an attachment/relationship based program for improving relationships with children. Group discussions will help us apply these principles to all relationships!

The **Young Adult Club** is hoping to extend our network to all young adults, ages 15-30 looking to meet other young adults, improve social and independent living skills and get out into the community. If you have ideas or are interested in being a part of the future of YAC, call the main office and leave your name and number.

PCA Choice

The PCA Choice program is continuing to grow and serve new individuals/families every month. As of January 1st, we will no longer be required to make quarterly service verification calls when PCAs are working on the clock. We are waiting for an update on when **Electronic Visit Verification** for PCAs will be implemented in Minnesota and will keep you updated as we learn more.

Housing

This fall, Tracey Montgomery rejoined the very busy Housing services department. We are very glad she is back.

During 2019 we have assisted 108 individuals with housing support services. The housing program has been consistently active in networking in the community, building relationships and providing education.

Our newest housing program, Relocation Services Coordination, has hit the ground running and continues to grow weekly. We are also working on expanding our housing programs further, with programs such as Moving Home MN and Supportive Housing.

Regional Quality Council

ARQC's new Program Manager Lori Moench joined the team in November. Lori's background includes quality assurance and person-centered training. We are excited to have her onboard.

During 2019, the Regional Quality Council has conducted 90 interviews and three listening sessions. Outreach continues and has included assistance with forming a tenant's council up in Grand Marais. We will soon be meeting with the Department of Human Services to discuss what is the next phase for the Quality Councils.

Arc Northland
424 West Superior Street
Suite 500
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Chocolate After Dark is moving to April!

We are working on the final date with our new venue.

A "Save the Date" postcard will be sent out once we get the logistics secured--be sure to keep an eye out for it.

Live music, auction items and samplings of unique chocolate dishes and beverages make this a signature event and community favorite.

All proceeds will benefit Arc Northland's Core Services.

Contact Us:

Arc Northland

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www.arcnorthland.org

Like us on Facebook.

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