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Introducing Ambassador Family for WALK FOR ENVISION

Meet the Hurst Family – Mom and Dad, Lucinda and Darren, and their children, Andy, 16 and Kate, 15. The cute and feisty family dog is Finn, age 2. Not pictured is their son, Jack, who is currently attending Indiana University.

The Hurst’s are excited to be named the “Ambassador Family” for the first annual “Walk for Envision.” They will be the official “face” of the 2019 event and will serve to inspire and motivate participation in this first annual fundraiser.

Lucinda is the Board President of Walnut Hills School and a member of the

Board of the Ken Anderson Alliance, a local nonprofit named after the former Bengal’s quarterback that seeks to create “live, work and play” opportunities for adults with developmental disabilities in the Greater Cincinnati area.

Rolling up her sleeves and getting involved is second-nature to Lucinda. It comes with the territory when you have a child with a developmental disability. In fact, Lucinda possesses the same kind of drive and determination as the parents who founded Envision over five decades ago.

Andy is receiving CITE services through Envision for the second time. His first encounter was more than a decade ago when he needed help with toilet training. Now he’s getting guidance in navigating his bedtime and after-school routines. The latter includes: getting on and off the bus by himself, unlocking the door to his house, texting Lucinda to let her know he’s home (sending an emoji of a house suffices), having a snack, and watching

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his favorite shows on Netflix until his Mom comes home. He’s also learning to perform assigned chores, like taking out the trash each week.

“Andy’s journey has been amazing and Envision has been a godsend,” said Lucinda.

She and Darren understand the importance of preparing Andy for a productive life in the community with as much independence as possible. They also understand the need for nonprofits like Envision to strive for greater financial independence. That’s why the “Walk for Envision” is so important.

“It’s necessary to go beyond government funding in terms of sustainability for Envision. The issues we’re facing now are different than a generation ago. Our children are living longer, more fulfilling lives and they deserve to be an even bigger part of the community. That can’t happen with just Medicaid waiver dollars,” said Lucinda.

“We want to encourage all families served by Envision to consider forming a walk team, setting a fundraising goal, and attending the walk event on Saturday, September 21, 2019 at Winton Woods.”

– Lucinda Hurst

WALK FOR ENVISION

September 21, 2019 | 10am – 1pm
Winton Woods – Rain or Shine



GO THE
EXTRA
MILE

EASY ONLINE REGISTRATION FOR TEAMS AND WALKERS | ENVISIONOHIO.ORG

Grab your walking shoes and join us for Envision's first annual "Walk for Envision – Go the Extra Mile." This is a great way to show your support for Envision and the people we serve. The FAQ below should give you a good overview of the how, when and why the event is so important.

GENERAL

WHERE AND WHEN WILL THE WALK TAKE PLACE?

Walk for Envision – Go the Extra Mile is scheduled for Saturday, September 21, 2019 from 10 a.m. to 1 p.m. at Winton Woods located at 10245 Winton Road, Cincinnati, OH 45231.

WHY DOES ENVISION NEED PEOPLE TO HELP RAISE FUNDS?

Envision's primary funding source is Medicaid. Unfortunately, Medicaid funding rates have been stagnant for years and only cover the most basic services that Envision provides to more than 600 individuals annually. Private philanthropy is critical to add depth and breadth to Envision's programs and ensure ongoing stability and sustainability.

WHAT DOES THE TAGLINE "Go the Extra Mile" MEAN?

Successful organizations and people do more than just the bare minimum. They lean in, reach further and strive for

excellence. Envision has a long history of "going the extra mile" for the children and adults we serve. Since 1963, Envision has been a trailblazer in creating innovative programming to help people with developmental disabilities lead full and vibrant lives. Achieving that has always required help from families and friends whose lives have been touched by our services. We continue to need them to "go the extra mile" to help Envision – and the people we serve – thrive.

IS THE WALK REPLACING THE ANNUAL GALA?

Yes. Although galas are popular fundraising events, they can be very expensive to host. It's not uncommon for a nonprofit to pay 50 cents to raise a dollar. By contrast, the expenses associated with a walk event are very low – as little as 5 to 10 cents to raise a dollar. That means more money goes to supporting Envision's mission, instead of fancy food and decorations at a swanky venue.

REGISTRATION

IS THERE A REGISTRATION FEE?

Walk for Envision doesn't require a registration fee but we encourage all participants to fundraise or make a donation. Participants who individually raise a minimum of \$100 receive a free event T-shirt and lunch.

DO I NEED TO REGISTER IN ADVANCE?

Yes. Registering online (envisionohio.org) gives you access to a number of great fundraising resources and lets us keep you updated on the latest Walk for Envision information. It also gives us an idea of how many people to expect at the event so we can plan ahead for lunch and volunteer staffing.

CAN I PARTICIPATE IN THE WALK IF I'M NOT ON A TEAM?

Yes, you can choose to walk and fundraise individually. But walking with friends, family or coworkers can make attending the Walk for Envision more enjoyable and rally even more support for Envision.

HOW CAN I JOIN A TEAM?

When you register, you can choose to join an existing team or create your own by registering as a team captain.

FUNDRAISING

IS THERE A FUNDRAISING MINIMUM?

No, but we encourage every participant to support Envision by making a donation and fundraising. Every dollar counts! People who raise at least \$100 will receive a free event T-shirt and lunch.

HOW ARE DONATIONS MADE?

Donations can be made via cash, check or online with a debit or credit card. All checks should be made payable to "Envision."

DO YOU ACCEPT EMPLOYER-MATCHING DONATIONS?

Yes, talk to your human resources department to find out if your company participates in a matching gift program. Some employers may double or even triple your fundraising contribution to Envision.

ARE DONATIONS TAX-DEDUCTIBLE?

Yes, all donations to Envision are tax-deductible.

CAN I STILL FUNDRAISE IF I CAN'T ATTEND THE WALK?

Of course! You can choose to sign up as a "Virtual Walker" when you register. This means that even though you won't be walking in person, you'll still run a fundraising campaign and virtually "walk" to support Envision. And, you'll still be eligible for recognition (i.e. Top Individual Fundraiser, Top Fundraising Team, etc.) and fundraising prizes.

CAN I FUNDRAISE AFTER WALK DAY?

Yes, any funds submitted within four weeks of Walk Day are included in qualifying totals for individual fundraising rewards and team awards. Any funds submitted after that are still accepted and although they won't qualify you for rewards, they still go to support Envision's mission.

HOW DO I GET AN EVENT T-SHIRT?

Any participant who raises or donates \$100 or more, on or before Walk Day, will receive an official Walk for Envision – Go the Extra Mile T-shirt.

WHAT KIND OF SUPPORT WILL I RECEIVE?

Envision staff can assist you every step of the way with helpful fundraising resources and other support you may need. Email them at development@envisionohio.org

CAN I EARN ANY PRIZES FOR FUNDRAISING?

Yes! To thank you for your hard work, we're offering some great fundraising prizes. After your final donations are tallied, you can select a prize based on your fundraising total. There are multiple levels starting at just \$250. In addition to these prizes, you can also earn a Walk for Envision – Go the Extra Mile T-shirt when you raise \$100!

WALK DAY

WHAT SHOULD I BRING THE DAY OF THE WALK?

Make sure to bring your completed walker donation form and collection envelope with any cash or check donations. Donations can also be mailed or hand-delivered to Envision beforehand, as you collect them. The address is: Envision, 3030 West Fork Road, Cincinnati, OH 45211.

HOW FAR IS THE WALK?

The route will be approximately 3 miles long. A shorter route will also be available.

WHAT SHOULD I WEAR?

Dress casually and wear comfortable shoes, but make sure to check the weather beforehand so you can dress appropriately.

WHAT IF THERE IS INCLEMENT WEATHER?

The event will take place rain or shine, so it's a good idea to plan accordingly in the case of inclement weather.

CAN I BRING MY DOG?

Well behaved dogs on leashes are welcome to join their owners at the event. Please be courteous of others and clean up after your pet.

WILL THERE BE REFRESHMENTS AT THE WALK?

Yes, plan on having lunch with us. Participants who individually raise a minimum of \$100 can eat for free. All others will be charged \$5 for lunch. Kids under 5 can eat for free.



The Enderle Family (left to right) Owen, Steffanie, Harper, Elliott and Megan.

CITE Equips Parents and Kids and Changes Outlook on Future

Like most parents, the Enderle moms – Steffanie and Megan – have a full plate of responsibilities. Their three children: Owen, 18 months, and 5-year-old twins, Harper and Elliot, are delightful but exhausting – especially after a long day at work. Elliott’s autism amplifies the chaos and noise that naturally ensues when young kids are vying for attention.

Elliot was two when he was diagnosed, and like most kids on the autism spectrum, had a difficult time with potty-training. He was still wearing a diaper at age four, so Steffanie and Megan enlisted the help of Envision’s CITE program. CITE, which stands for Community Integrated Training and Education, provides in-home support for parents of children, teens and young adults (ages 3-22) with developmental disabilities.

“He’s completely potty-trained now. But it was really rough for a couple of months because he didn’t understand and lacked the verbal skills to express his frustration with the process,” said Steffanie.

That process included creating a system of rewards (in Elliot’s case, miniature trains) and interactive visuals that he could relate to. For example, a “Poopsie Bear” was

“fed” bear food and, voila – Tootsie Rolls would magically come out of his behind. Other methods (like an intensive three-hour session after drinking a lot of chocolate milk) evoked tearful tantrums, so the CITE staff would have the two moms retreat to another room to avoid having Elliot associate them with the more unpleasant aspects of the experience.

“It allowed us to not break the level of trust he has with us,” said Megan.

Now that potty training has been achieved, the next goal is to teach Elliot other important life skills, such as safety and socialization. Once again, the training takes place in the Enderle home and community – not in an office setting.

“It’s helpful because the teaching and learning happen in real-life and help us as parents know how to use the tools at home,” said Steffanie.

Meghan Hainer, a Skill Development Specialist with Envision’s CITE program, turned a simple rubber floor mat into a “Waiting Station” when Elliot’s moms told her that he would dangerously dash away after getting out of the car. Soon, he understood that he had to remain on the “Waiting

“Prior to this we asked ourselves: ‘Will he have friends?’ ‘Will he attend school all day and be able to function?’ We had no idea what to expect. But now, after working with CITE, we have a much brighter outlook about his future.”

– Megan Enderle

Station” mat until instructed that it was safe to move off of it. Now, Elliot patiently waits without the use of the mat.

Meghan’s love of music therapy has played a big part in Elliot’s socialization progress. She strums a guitar as he plays with his sister, Harper, and a friend, Allie, who is visiting for a play date. Meghan leads them in a simple song:

“If my friend wins the game, I say: ‘Good game!’
If my friend loses the game, I say: ‘Good game!’
When I finish the game, I say: ‘All done!’”

Bi-weekly play dates with Allie have evolved from side-by-side “parallel play” to interactive play replete with giggles. Doctors predicted that Elliot would never speak. But Meghan’s songs changed that. He began singing along and eventually speaking words.

“Prior to this we asked ourselves: ‘Will he have friends?’ ‘Will he attend school all day and be able to function?’ We had no idea what to expect. But now, after working with CITE, we have a much brighter outlook about his future,” said Megan.

“It’s helpful because the teaching and learning happen in real-life and help us as parents know how to use the tools at home.”

– Steffanie Enderle



Elliott listens intently as Envision’s Meghan Hainer engages him with music therapy.



Elliott relaxes in his sensory chair during a home visit by Envision’s Meghan Hainer.

Envision **LEADS THE WAY** in Delivery of Mental Health Services



Envision's Director of Mental Health, Jon Randol

Social isolation and exclusion – combined with already-existing brain differences and a greater likelihood to be targeted for abuse and neglect – can set the stage for mental illness.

People with Intellectual and Developmental Disabilities Struggle with Depression, Anxiety and other Disorders

Mental health services for people with intellectual and developmental disabilities (I/DD) can be very difficult to find because surprisingly few professionals are trained in this specialty – or even realize how often the two conditions co-exist.

Envision is the only community provider in Greater Cincinnati that is dually-certified by the Ohio Department of Developmental Disabilities and the Ohio Department of Mental Health. The counselors and mental health specialists employed by Envision are trained to identify and treat mental health and behavioral issues that occur alongside I/DD.

All too often, people with I/DD are excluded from social activities and consequently lack social support networks. This can worsen when students with I/DD don't transition into a job after finishing school. Social isolation and exclusion – combined with already-existing brain differences and a greater likelihood to be targeted for abuse and neglect – can set the stage for mental illness.

"Depression and anxiety are the two biggest reasons that people come to us. The third area is "disordered behavior" -- doing something in school, home or the community that is problematic," says Jon Randol, Envision's Director of Mental Health Services.

Envision is struggling to keep up with the growing demand for mental health services. A satellite office in Milford was opened last summer to shorten the waiting list, but it's already near maximum capacity, according to Jon.

Many people with I/DD have limited communication skills which make it difficult – or even impossible – for them to describe their feelings and experiences accurately to therapists.

"Non-verbal clients really require us to be creative in how we provide therapy. Combine that with atypical responses – which are often displayed by our clients with autism – and you can see why our therapists sometimes have to be behavioral detectives," said Jon.

Sensory equipment, toys, games, and drawings are some of the ways that Envision's non-verbal clients "tell" their story and reveal what's causing them pain.

"Our goals are the same, but how we achieve them is different. We want recovery. We want people to return to a level of functioning that makes their lives more content and productive," said Jon.

Sewer Project Needs Private Funding to Keep Envision at West Fork Campus



Let's face it, a sewer project isn't particularly compelling to most funders. They usually want their money to impact programs and enjoy heartwarming stories and pictures of lives being changed.

Yet, without financial support to comply with an EPA mandate to connect Envision's 32-acre West Fork Campus with the municipal wastewater system by the end of 2020, direct services to children and adults served by Envision will likely be negatively impacted. To what extent remains to be seen.

For the past five decades, Envision's septic system has dutifully performed its function without interruption. But the EPA won't renew the septic permit now that Ohio law requires all businesses and homes to connect to a public sewer line if one is available within 300 feet of their property.

Without financial support to comply with an EPA mandate to connect Envision's Campus with the municipal wastewater system, direct services will likely be negatively impacted. "When our campus was constructed between 1966-71, there

wasn't a sewer line nearby like there is today. We'll have to pay approximately \$250,000 for the materials and labor to connect to it," said Jim Steffey, Envision's CEO.

That led Jim and the Envision Board of Trustees to ask the obvious question: "Should we stay or should we go?" They conducted a thorough analysis of the pros and cons of each option and the data clearly indicated that remaining on campus is the best option.

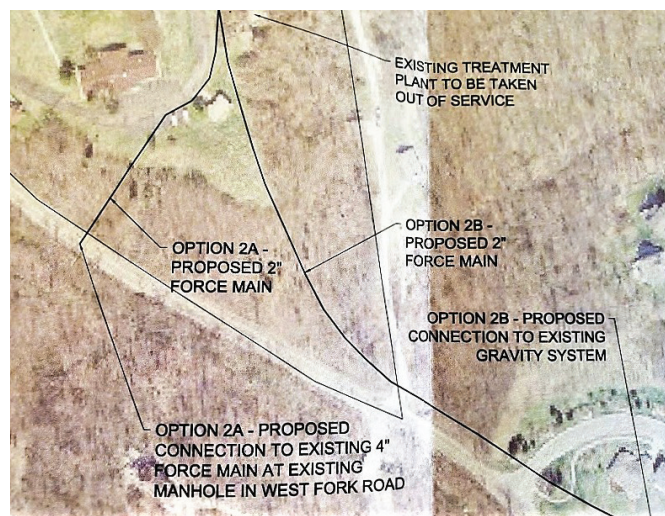
"Our campus was originally built with a federal grant, so there's no mortgage on it. Even with annual maintenance costs and occasional remodeling, it's significantly less than purchasing or leasing a commercial office," said Jim.

Envision's four programs are primarily funded by Medicaid dollars. So when a large project like the sewer connection unexpectedly comes up, there isn't money in the agency's operating budget to cover the expense. That's why private philanthropy – donations by individuals, corporations and foundations – is so vital.

Besides being the more cost-effective option, remaining at the West Fork Campus has other benefits, according to Jim.

"Our campus has a park-like feel to it because it's set far back from the road. It's very therapeutic for the people we serve and makes them feel safe. Another advantage is that we have room to expand existing programs and can investigate starting new ones. If we moved, it would be into a much smaller space that wouldn't have the same growth opportunities," he said.

Donations to support Envision's sewer project can be made online at www.envisionohio.org, or by mailing a check in the attached envelope. For additional information, please contact Susan Berg at (513) 619-2903 or sberg@envisionohio.org.



Proposed plans to replace Envision's septic system with a sewer line connection.

3030 West Fork Road
Cincinnati, OH 45211

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Introducing Envision’s “YOUR CHOICE” | A self-directed option for managing support services



YOUR CHOICE allows a person with a disability, or a member of their family, to play an active role in their Medicaid-waiver support services, which includes the ability to:

- Recruit Direct Support Professionals (DSPs)
- Determine how and when the services are provided to meet goals established in the Individualized Service Plan (ISP)

YOUR ROLE	ENVISION’S ROLE	DSP ROLE
<p>You, or a designated family member, can utilize Envision’s YOUR CHOICE program to access your Medicaid waiver services, including: Homemaker Personal Care, Ohio Shared Living or Agency with Choice. Under the YOUR CHOICE program, you and/or your family member:</p> <ul style="list-style-type: none"> • Recruits, supervises and evaluates DSP(s) • Provides individual-specific training • Arranges work schedule(s) to meet ISP goals and arranges substitute coverage as needed 	<p>Envision supports the person with a disability and/or their family member(s) by being the “employer of record” for their DSP(s). Specifically, Envision does the following:</p> <ul style="list-style-type: none"> • Provides employee training and certification • Provides billing for services authorized in the ISP • Handles all payroll functions 	<p>The Direct Support Professional ensures the health and safety of the person with a disability being served and does the following:</p> <ul style="list-style-type: none"> • Completes all training and background checks required by the Ohio DODD • Reports to and is evaluated by the person served and/or their family member • Implements services defined in the Individual Service Plan

For more information about Envision’s “Your Choice” program, call: (513) 619-2945 or email: referrals@envisionohio.org