

# SFCB NEWSFLASH

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## Inside Our Doors

Currently, we are enjoying taking you all on a journey inside our organization through our Spotlight Series. Each edition showcases a different area of our work and the dedicated people who bring our mission to life. This month, we invite you to step inside our Residential Services Department, an essential part of our organization where compassionate staff provide daily support, meaningful teaching, and a safe, empowering home environment for the individuals we serve.

St. Francois County Board for the Developmentally Disabled is proud to partner with the Missouri Department of Mental Health to provide vital Residential Services throughout St. Francois County. Our team collaborates closely with each individual, their family or responsible party, their service coordinator, and residential support professionals to ensure that every person receives individualized care tailored to their unique goals, needs, and preferences.

Residential Services at SFCBDD include both Group Home and Individualized Supported Living (ISL). Our Group Home is an 8-bed medical-waivered facility located in Farmington, offering continuous 24-hour oversight. Residents receive assistance with self-care, socialization, domestic skills, and their daily medical needs. The environment is structured to promote safety, enhance skill building, and help residents gain confidence across all areas of daily life. Individualized Supported Living, contracted through the Department of Mental Health's Division of Developmental Disabilities, provides support within a person's own home or apartment. ISL focuses on helping individuals build the skills necessary for successful independent living in the least restrictive setting. These supports may include shopping, bill payment, maintaining a household, and using community resources. ISL allows individuals to make choices, direct their own routines, and develop greater independence with the support of caring staff.

While both services share the same mission of fostering independence, the approaches differ. Group Home services provide hands-on care within our staffed facility, where care staff work directly with individuals on daily living skills while also prioritizing medical oversight. ISL, on the other hand, emphasizes teaching and support within the individual's personal home environment, encouraging greater autonomy and self-direction.

Across both settings, individuals have opportunities to learn and strengthen essential life skills such as laundry, cooking, cleaning, personal hygiene, showering, shopping, and maintaining a healthy diet. These skills empower each person to move toward increased independence. Residents also enjoy participating in community activities based on their interests, whether it's recreational outings, shopping trips, or exploring local attractions. These experiences help individuals build confidence, social skills, and connections within their community.

As our Spotlight Series continues, we invite you to join us on the next stop of our journey as we explore another foundational part of our organization and the dedicated teams who make our mission possible. Thank you for joining us as we celebrate the programs, people, and passion that shape the work we do each day. Stay tuned for the next spotlight!

## MARCH FLASHBACKS

### Transition Fair

A group of staff from our programs and TCM participated in Celebrating Differences Transition Fair! What an incredible event!



### Disability & Planning Expo

Thank you Janet Renshaw and LIFE Center for having us at your Parkland Disability Expo. We enjoyed participating and being on your panel provide information on transition planning and our programs.



### State Basketball

All 4 of our Special Olympics Basketball Teams went to Jefferson City to play in State Basketball Tournament! We are so proud of our amazing athletes and coaches!



### Easter Egg Hunt

We highly enjoyed attending LIFE Center's Annual Easter Egg Hunt and Jelly Bean Jamboree! As always, lots of fun amongst hunting for eggs, various games, and much more! Thank you LIFE Center!



# Autism Awareness

*"The world needs different kinds of minds to work together."*

— Dr. Temple Grandin

Throughout the month of April, let us come together to raise awareness and encourage acceptance of Autism. This journey calls for compassion, empathy, and a shared commitment to building a more inclusive world for all. Awareness goes beyond recognizing the challenges individuals with autism may face; it also means celebrating the unique strengths, perspectives, and contributions they bring to our communities.

Autism, or Autism Spectrum Disorder (ASD), encompasses a wide range of conditions characterized by differences in social communication as well as patterns of repetitive or restricted behaviors and thinking. It is important to understand that autism is a spectrum, meaning each individual experiences it in their own unique way, with distinct strengths and challenges. Some individuals communicate verbally, while others may be nonverbal. Some may have intellectual disabilities, while others do not. Likewise, support needs vary greatly, while some individuals require significant assistance in daily life, others may live independently. Every autistic individual's journey is different, and each deserves understanding, respect, and acceptance.

Together, let us honor the unique qualities and talents of individuals with autism, recognizing the meaningful contributions they bring to our world. By fostering education, empathy, and advocacy, we can help create a society where differences are not only accepted but truly celebrated, one where every individual can thrive and be valued for exactly who they are.

# Residential Services



## Coffee Hour

On March 6, we celebrated our amazing employees with a special Coffee Hour in honor of Employee Appreciation Day, and it was a fantastic turnout! Many of us enjoyed delicious specialty coffees and gathered in the board room to relax, connect, and indulge in doughnuts, pastries, fruit, and great conversations. We appreciate everything our employees do each and every day; today was just a small way of saying *thank you*.

A huge thank you to Stomping Grounds Coffee for serving up delicious coffees and specialty drinks!



**Stay Connected!**

