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DDD Member Update - December 2024

1 message

Division of Developmental Disabilities DDD <ddd@sfmc.azdes.gov>

Wed, Dec 18, 2024 at 2:00 PM

Reply-To: DDD <reply-febf107573610774-3328_HTML-116764750-514009593-1001@sfmc.azdes.gov>

To: MPollard@azdes.gov

To view this email as a web page, go [here](#).

Member Newsletter - December 2024

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[Click here to read this newsletter online in English.](#)

Division Stakeholder Strategic Planning Survey

The Division of Developmental Disabilities (DDD) mission is to empower individuals with developmental disabilities to lead self-directed, healthy, and meaningful lives. DDD is creating a strategic plan. This plan will identify the work DDD will do over the next five years. DDD wants to align the plan with its mission. DDD wants feedback from members, family members, service providers, and other stakeholders. Please complete the [Stakeholder Strategic Planning survey \(English\)](#) or [Stakeholder Strategic Planning survey \(Spanish\)](#). This short survey is the first phase in the plan's development. The answers will be used as input into the next step. Please complete the survey by Friday, January 24, 2025.

Person-Centered Process Improvements

DDD continues to improve its Support Coordination Program. Using national best practices is one way to improve. DDD is seeking accreditation from the National Committee for Quality Assurance

(NCQA) for Case Management for Long Term Services and Supports (CM-LTSS). NCQA is an organization focused on improving the quality of healthcare through evidence-based standards, measures, and programs.



The Division has been updating and creating policies and procedures to align with the NCQA standards. Some have already been published while others will be published in 2025. Improving the quality of the needs assessment and planning processes is a key focus for these changes. These improvements will be most noticeable during person-centered planning meetings.

Support Coordinators will ask for more detailed information about a variety of topics to better understand members' needs. Planning meetings will still focus on what the member identifies as important to achieving their life goals. Risks and barriers will be identified. A plan to overcome them will be developed if needed. Support Coordinators will work directly with specialty teams within DDD on the member's behalf when needed. These teams will help overcome barriers to ensure care coordination occurs in a timely manner. Support Coordinators will be receiving formal training on these improvements in early 2025.

Diabetes and Eye Health



According to the [American Diabetes Association](#), diabetes is the leading cause of new cases of blindness in adults ages 18-64 in the United States. There are no obvious signs or symptoms of blindness in the early stages. It is important to have a dilated comprehensive eye exam every year. This will help detect issues early. During a dilated exam drops are placed in the eyes to make their blood vessels easier to view. The optometrist or ophthalmologist looks at the blood vessels to check for damage caused by diabetes. Anyone who is diabetic is at risk. However, studies show that Black Americans, Native Americans, and Latinos have a higher risk of blindness. Talk to your primary care physician (PCP) about scheduling an exam.

Governance Committee Volunteers

The Governance Committee includes members enrolled with the Division who are or who have received DDD services. Other Governance Committee volunteers include:

- Family members
- Professionals and advocates
- DDD leaders

The Governance Committee works with Division leaders and staff to guide the Division's strategic planning and identify areas for improvement.

The Governance Committee is looking for volunteers. The Governance Committee meets quarterly. The meeting is held on the last Wednesday of the month it is scheduled for. The meeting is from 10:00 am to 12:00 pm. Volunteers interested in participating should complete this [volunteer interest form \(English\)](#) or [volunteer interest form \(Spanish\)](#).

Avoid the Holiday Blues

This time of year can be stressful. The days are shorter and the nights are longer. There are also several holidays celebrated this month. Some people may feel anxiety or depression because of these changes. As a result, focusing on your overall health is important. The National Alliance on Mental Illness (NAMI) offers the following tips to avoid the holiday blues.

1. Stick to normal routines as much as possible.
2. Get enough sleep. Try to get at least 7 hours a night.
3. Spend time with supportive people who care about you.
4. Do not overeat or drink too much. Limit alcohol if you feel down.
5. Get some exercise daily. Get some fresh air if possible.
6. Make a simple to-do list.
7. Set realistic goals for yourself related to holiday activities.
8. Set a budget and stick to it.
9. Find ways to relax.



Contact a Warm Line and Crisis Line if you are feeling the holiday blues and need someone to talk to.



**NATIONAL
CORE
INDICATORS™
NASDDDS & HSRI**

[National Core Indicators - Intellectual and Developmental Disabilities \(NCI-IDD\)](#) is a collaborative effort between the National Association of State Directors of Developmental Disabilities Services (NASDDDS) and the Human Services Research Institute (HSRI). NCI uses a [series of surveys and in-person interviews](#) to measure member satisfaction and the efficacy of DDD programs and services.

Last month DDD announced Vital Research LLC (Vital) as the new National Core Indicator-IDD [NCI-IDD] Surveys vendor. Vital will contact members, families, vendors, and support coordinators to schedule In-Person Survey (IPS) interviews. They will be scheduled starting in January 2025. Vital Research will send IPS notifications to schedule survey interviews. They will also remind members and families of their scheduled appointments.

The video, "[What to know about the NCI survey](#)", explains key details about the In-Person survey. The video explains the purpose of the NCI survey, the rights and risks of participation, how privacy is protected, and how the survey data is used.

There are also three Family Surveys. Each Family Survey is specific to the member identified on the letter included with the survey. The Family Guardian Survey (FGS), Adult Family Survey (AFS), and Child Family Survey (CFS) can be completed online or on paper. All Family Surveys are anonymous. Vital Research will mail paper surveys to families. The letter will include the steps to complete the survey and a postage-paid envelope. Surveys completed on paper should be returned to the address below.

Vital Research, LLC
[6300 Wilshire Blvd, Suite 860](#)
Los Angeles, CA 90099

The Family Surveys can also be completed online. The letter will include a unique survey code for the website.

Vital Research will send notifications and reminders for the three Family Surveys. Visit the [Arizona NCI Project website](#) for more information.

DDD Town Hall Meetings

DDD hosts public town hall meetings for members, families and providers. You can join by the Internet or phone. Attendees can also ask questions. **The next town hall will be on Thursday, January 2, 2025.** Visit <http://bit.ly/dddtownhall> for the schedule and to join.

Community Resources

DDD has information for local, state, and national groups that support members and their families. The DDD website has links to many of these groups that help with day-to-day tasks and other services that DDD may not cover. [Visit the community resources section](#) of the DDD website or the 2-1-1 Directory at <https://211arizona.org>.

Arizona Warm Lines

Trained peer support specialists are available to provide help if you need it. These warm lines are available to all Arizonans ages 18 and older. Peer support specialists have lived experience with behavioral health challenges. They are trained to listen and support you.

Area Covered	Provider	Phone Number	Hours
All Arizona Counties	NAZCARE	1-888-404-5530	4:30pm to 10:30pm Seven days per week

Area Covered	Provider	Phone Number	Hours
Central Arizona	Crisis Response Network	602-347-1100	24 hours
Southern Arizona - Pima County	Hope, Inc.	520-770-9909	8:00am to 10:00pm Seven days per week, 365 days per year, holidays open 8:00am - 6:00pm
Southern Arizona - All Other Counties	Hope, Inc.	1-844-733-9912	8:00am to 10:00pm Seven days per week, 365 days per year, holidays open 8:00am - 6:00pm

The Family Involvement Center offers a warm line for family members. It offers support to family members of someone with behavioral health challenges. This service is also available at no cost.

- Statewide phone number: 1-877-568-8468
- Hours: Monday - Friday: 8:30am - 5:00pm

Crisis Services

If you, a family member, or a friend have a mental health emergency, seek help right away. Trained crisis staff are available 24 hours a day, seven days a week to help via phone, text, or chat. The crisis lines are at no cost, confidential and open to anyone who needs help. For medical, police and fire emergency situations, always call 911.



National 24-Hour Crisis Hotlines

Phone

- 988 Suicide & Crisis Lifeline: 988
- National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)

Text

- Text the word "HOME" to 741741
- Send a text to 988

Chat

- Chat link for 988: <https://988lifeline.org/chat>

Videophone

- Visit the [988 website](https://988lifeline.org) and look towards the bottom of the page where it states "ASL NOW."

For TTY Users

- Use your preferred relay service or dial 711 then 988

For those who are Deaf, hard of hearing, DeafBlind, and late-deafened, and their families

- Contact [DeafLEAD](#), which provides 24-hour videophone access to crisis interpreters and crisis intervention services
 - Voice Phone: (573) 445-5005
 - Video Phone: (573) 303-5604
 - Text: HAND to 839863

Arizona Statewide Crisis Hotline

- Phone: 1-844-534-4673 (HOPE)
- Text: 4HOPE (44673)
- Chat: [Chat with a Crisis Specialist](#)

Suicide and Crisis Hotlines by County

- Apache County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Cochise County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Coconino County: 1-877-756-4090
- Gila County: Mercy Care, 1-800-631-1314
- Graham County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Greenlee County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- La Paz County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Navajo County: 1-877-756-4090
- Maricopa County: Mercy Care, 1-800-631-1314
- Mohave: 1-877-756-4090
- Pima County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Pinal County: Mercy Care, 1-800-631-1314
- Santa Cruz County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Yuma County: Arizona Complete Health - Complete Care Plan, 1-866-495-6735
- Yavapai County: 1-877-756-4090
- Ak-Chin Indian Community: 1-800-259-3449
- Gila River Indian Community: 1-800-259-3449
- Salt River Pima Maricopa Indian Community: 1-855-331-6432
- Tohono O'odham Nation: 1-844-423-8759

Especially for Teens

- Teen Lifeline phone or text: 602-248-TEEN (8336)

Especially for Veterans

- Veterans Crisis Line: 988 (press 1)
- Be Connected: 1-866-4AZ-VETS (429-8387)

Report Fraud, Waste or Abuse

Medicaid fraud, waste and abuse (FWA) are crimes. Report fraud, waste, and abuse right away. You will not get in trouble or lose services if you report any suspected fraud, waste, or abuse.

You can report FWA to DDD:

- Call DDD at 1-877-822-5799
- Send an email to dddfwa@azdes.gov
- Send a letter to DES/DDD, Attn: Corporate Compliance Unit, 1789 W Jefferson St., Mail Drop 2HA1, Phoenix, AZ 85007
- Complete this [online form](#).

You can also report FWA to AHCCCS

- AHCCCS online reporting form for FWA: <https://www.azahcccs.gov/Fraud/ReportFraud/onlineform.aspx>
- Call the Office of the Inspector General at 602-417-4193
- Report Online at the [AHCCCS Website](#)
- Report Provider fraud by calling:
 - Inside Arizona: 602-417-4045
 - Outside Arizona: 1-888-487-6686
- Report Member fraud by calling:
 - Inside Arizona: 602-417-4193
 - Outside Arizona: 1-888-487-6686
- Submit general questions via email at AHCCCSFraud@azahcccs.gov

Stay Up-to-Date

Previous versions of newsletters are available to view on DDD's website. Visit the [Member Services](#) page and click on the "Member Newsletters" section.

DDD is Here to Help

Please contact your Support Coordinator or the DDD Customer Service Center at 1-844-770-9500 ext. 1 (TTY/TDD 711) if you have questions.

Call the DDD Customer Service Center at 1-844-770-9500 ext. 1, TTY/TDD 711, to ask for this material in other formats. Language help is available at no cost to you.



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