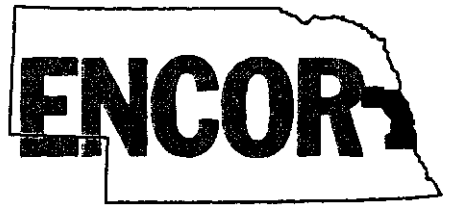


Eastern Nebraska Community Office of Retardation



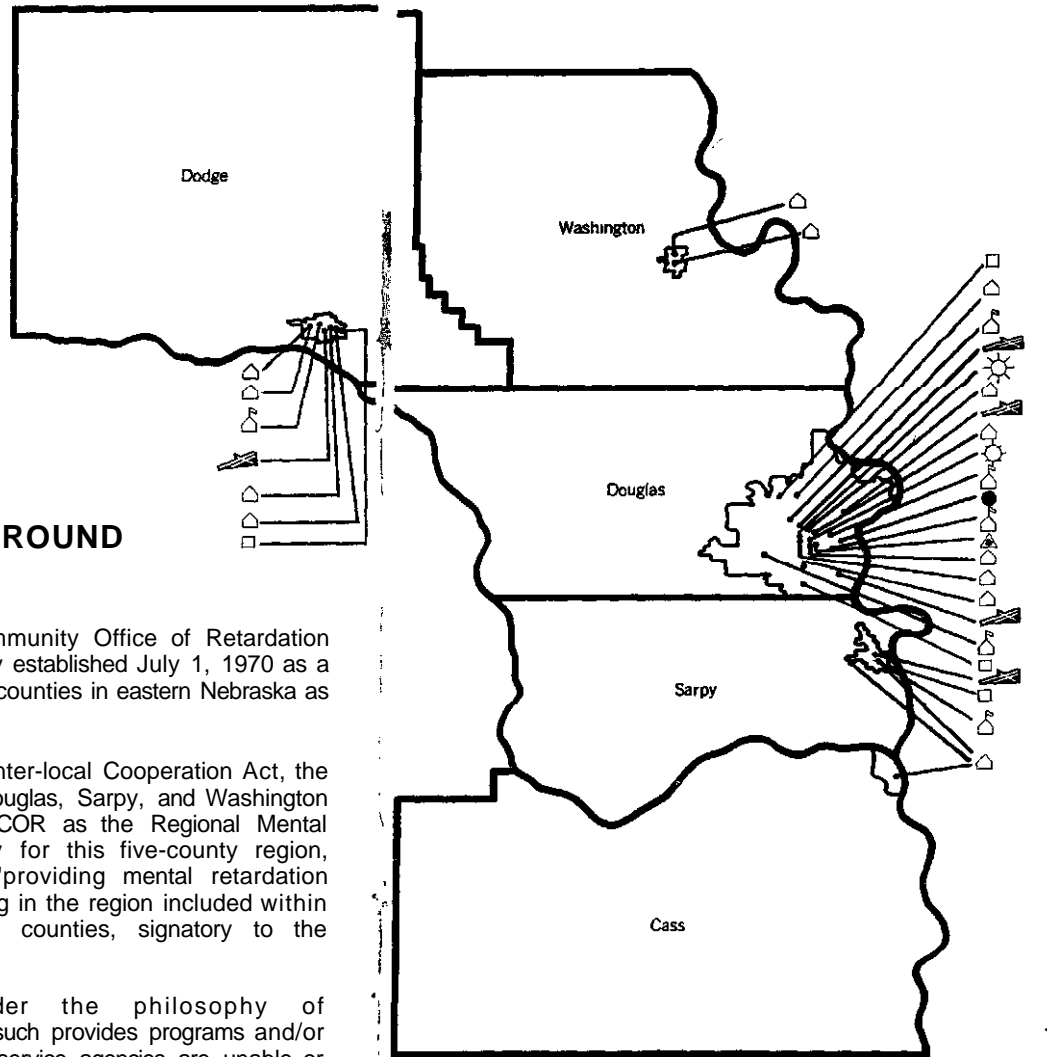
Mental Retardation Region VI

BACKGROUND

The Eastern Nebraska Community Office of Retardation (ENCOR) is a unique agency established July 1, 1970 as a joint venture among the five counties in eastern Nebraska as seen on the adjoining pages.

By means of the Nebraska inter-local Cooperation Act, the counties of Cass, Dodge, Douglas, Sarpy, and Washington have legally designated ENCOR as the Regional Mental Retardation Service Agency for this five-county region, with the responsibility of "providing mental retardation services to individuals residing in the region included within the physical limits of the counties, signatory to the agreement."

ENCOR operates under the philosophy of NORMALIZATION and as such provides programs and/or services only when existing service agencies are unable or unwilling to include the mentally retarded in their programs. Through this method of maximizing the use of existing programs, ENCOR has accomplished two things: 1) helped to eliminate duplication of services; and 2) freed federal, state, and local monies for the development of needed, but heretofore undelivered, programs and services for the mentally retarded.



KEY

- Developmental Center
- Workshop
- Residence
- Crisis Assistance
- Behavior Shaping
- Central Office
- Developmental Maximization Unit
- Family Service Office

Some of these facilities
to be implemented
in FY 73-74,

PREFACE

In the following pages are brief descriptions of the services which are provided for the mentally retarded-multiply handicapped citizens of Cass, Dodge, Douglas, Sarpy and Washington counties by the Eastern Nebraska Community Office of Retardation (ENCOR). These five counties make up region six of the State Office of Mental Retardation and serve one third of the state's population. ENCOR is designed to provide a continuum of services to meet the individual needs of our retarded citizens and provides an alternative which will make institutionalization unnecessary.

All of the services which you will read about are located in communities throughout the ENCOR region, in facilities integrated into neighborhoods across this region. Normalization is the key attitude which underlies all of our programs and services. By normalization we mean that we provide conditions of everyday life which are as similar as possible to the conditions of other citizens in our region. Through these programs and services we provide the training necessary to enable the retarded citizen to function in life as normally as he is able. This normalization attitude is extremely important because it affects every decision which is made regarding programs, and service delivery within ENCOR.

We also believe that all retarded citizens are capable of learning. Therefore, our total service system is built on an attitude of continued development. We believe that each retarded citizen has an individual rate of growth and needs highly personal attention. Accordingly, there is always a next step or goal. If these goals are diminished in any way we are not allowing the retarded citizen to grow and progress to the maximum of his ability. Each program is designed to ready the retarded citizen for the next step of his developmental program, whether it be in a developmental center, public school program, vocational program, employment, training residence, or independent living. There is always a goal or next step for the retarded citizen, his family, and the ENCOR staff to be aspiring toward. Progress and success for the retarded citizen is our responsibility, and lack of progress cannot be blamed on the retarded individual. Only with this attitude can we take pride in the progress which is made by all concerned.

Staff training is another very important aspect of the ENCOR system of services. This training takes many special forms, such as philosophical orientation, attendance at national and local workshops, as well as skill-sharing among staff members. Expertise in the individual staff member's professional endeavor, whether as director, aide, bus driver or speech therapist, is also important. We continually strive to provide the staff with the training necessary to allow for their maximum growth. The concepts of change, flexibility, openness, adaptability, and awareness of new technologies — coupled with a posture of try, try, try again — are important to us. Only with an attitude of sincere concern for change can we stay a viable and effective service system in our five county region.

Active monitoring of the ENCOR service system by external interest groups of consumers and their representatives is extremely important. We work with area Associations for Retarded Citizens (i.e. Cass County Association for Retarded Children, Dodge County Association for Retarded Children, Greater Omaha Association for Retarded Children, and the Washington County Association for Retarded Children) on this most important process. We invite anyone to concern themselves with the way we deliver service and the types of services which are provided. Only through complete openness and cooperation with consumers, with a multitude of avenues to get their ideas, concerns, suggestions, and plans into our Service System, can effective monitoring take place. Provision of viable services must be a combined effort of our Service System and the consumers of these services.

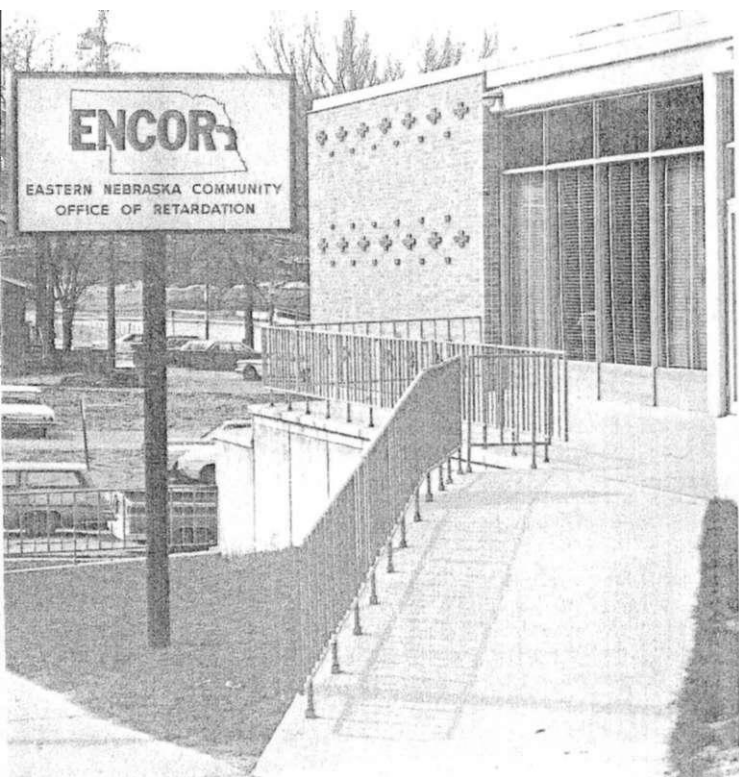
Parents are extremely important to us. We cannot do our job effectively without the active cooperation of parents of the retarded citizens we serve. Together we can make tremendous progress in a united way!

Cost should not be a limiting factor as to whether or not a retarded citizen will obtain services which can make him self-supporting and productive. Therefore, the cost of each service depends on the ability of the retarded citizen or his family to pay. Some services are funded by other agencies and organizations. Possible costs can be discussed with a counselor when application is made, and should not be considered as a hurdle which will dehumanize or infringe on the personal affairs or privacy of the retarded citizen or his family.

I hope that the foregoing information provides an overview of our attitudes, scope of programs, and hopes for the mentally retarded. We feel it is a right for each retarded citizen to be provided those services which allow him to develop to the maximum of his own individual potential. Accordingly, we are committed to provide or obtain any service which allows active movement of the retarded citizen toward this goal.

Please read through this brochure and study the types and ranges of services which are available. If you have any questions or feel we can help you in any way, please let us know. Together we can make a better life for the mentally retarded, multiply handicapped citizens who live with us in this five county region.

Brian R. Lensink
Executive Director



REGIONAL ADMINISTRATION

- Coordination and direction for the development and operation of community-based services is provided by the Central Administrative Office. This coordination and direction is based on these very important principles:
 - a. The services and programs must be integrated both physically and socially into all communities within the Region.
 - b. The programs and services must be dispersed according to population patterns and geographical location throughout the Region.
 - c. The services and programs must be specialized to meet the individual needs of all ages and levels of retardation.
 - d. There must be continuity between all programs and services to insure a smooth developmental flow from one program or service to the other throughout the Service System.
- Provides coordination with generic services throughout the Region in order to insure continuity.
- Provides no service which is better provided by another agency; or, provides programs only until another agency meets its legally mandated responsibility to provide that program.
- The Central Administrative Office provides centralized bookkeeping and accounting, purchasing, personnel functions, program planning and evaluation, public education and information, and volunteer recruitment and coordination.
- Centralized administration provides an effective means for using appropriate cost benefit procedures in making all programmatic and financial decisions.

- *Getting there is
half of it*



TRANSPORTATION SERVICES

SERVES:

Mentally retarded children and adults in the ENCOR service region who would otherwise be unable to attend public or private educational, vocational, or other needed programs or services.

PROVIDES:

- Bus or cab transportation to day programs and services whether public or private with pickups at each individual's home or other predetermined pickup point. It must be determined however, that the client is unable to use public transportation, taking into consideration his age and handicap.
- Help to mentally retarded citizens and their families in establishing car pools when necessary.
- Assistance in preparing mentally retarded citizens to use public transportation as early as possible.
- A public information service to retarded citizens, their parents, public school personnel and others about transportation available within the ENCOR region.
- Special transportation provisions for those retarded non-ambulatory, multiply handicapped citizens or those with special sensory handicaps.



- *To serve the total need . . .*



SPECIALIZED SERVICES

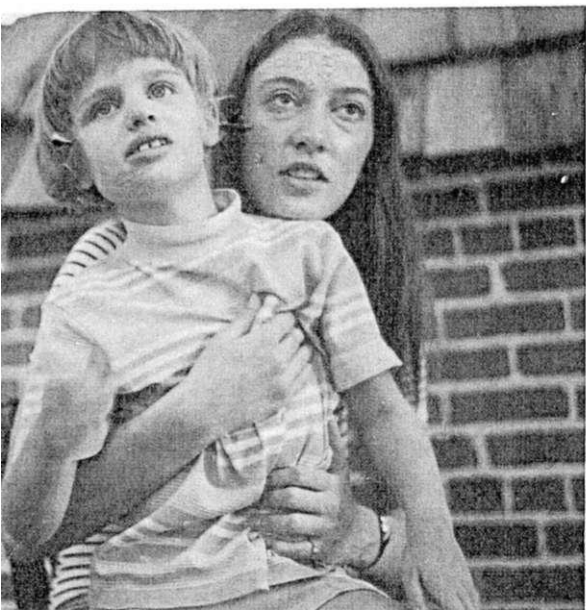
SERVES:

All mentally retarded citizens, while participating in an ENCOR program or service.

PROVIDES:

- Support to all programs within the ENCOR service system in the areas of speech therapy, physical therapy, occupational therapy, medical and psychiatric consultation, as well as psychological evaluation and testing.
- Coordination of speech therapy, physical therapy and ongoing medical care with each mentally retarded citizen and/or his family, family physician, or other public or private service delivery agency.
- Consultation with other ENCOR staff to insure the development of individualized programs to meet the needs of each retarded citizen enrolled in the ENCOR service system.
- Coordination with public schools and other special education programs in order to insure the earliest and best possible placement for all retarded citizens.

- *Families have needs, too . . .*



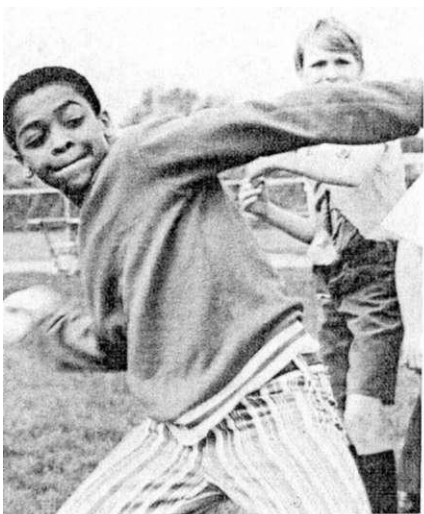
GUIDANCE SERVICES

SERVES:

All retarded citizens and their families within the ENCOR service region.

PROVIDES:

- A central point for referral where any mentally retarded citizen or any family can seek information about ENCOR programs or other public and private programs, make application to these programs, or be referred to the proper program or service.
- Counseling services for mentally retarded citizens and their families in time of stress, or to help with future planning and problem solving.
- Individual program planning for each retarded citizen and his family so as to insure proper coordination between all ENCOR services and other service agencies.
- Client follow-through services to assure proper program and service delivery, employment stability, and appropriate residential placement and functioning.
- Assistance to mentally retarded citizens in personal, social, legal and other matters which may affect their future functioning and integration within the community.



● *There's a time for all things*



DEVELOPMENTAL RECREATION

SERVES:

Mentally retarded citizens of all ages and levels of retardation in the ENCOR service region.

PROVIDES:

- The opportunity to learn social and physical skills through educational recreation programs which will make future use of community leisure time activities possible.
- The opportunity to learn the appropriate use of leisure time in order to gain independence in the community or to make independence a more pleasureable, exciting and rewarding experience.
- The opportunity to build self-confidence and friendships through teamwork and friendly competition, as well as social integration and personal inter-action with all citizens.
- Diversified year-round recreational opportunities in existing regular community facilities and programs, including:
 - Cultural Activities** — Art, plays, music, crafts, and dancing.
 - Athletics** — Bowling, swimming, competitive sports, and Special Olympics.
 - Social Activities** — Parties, camping, field trips, social clubs, and Scouting programs.
 - Personal Skills** — Hobbies, physical fitness, homemaking, and children or adult games.



● *School can be fun, too*



CHILD DEVELOPMENT SERVICES

SERVES:

Children ages 18 months to 16 years of age whose developmental retardation precludes attendance in any other, more appropriate educational or developmental public or private program.

PROVIDES:

- A five day per week developmental/educational program with extended hours possible for families needing further day care services.
- Individually tailored educational programming depending on the needs of the child and the needs of his family.
- Educational objectives within the developmental program focused upon the following areas:
 - a. Training in both gross and fine motor development and coordination.
 - b. Training in daily living skills, such as eating, dressing and undressing, grooming, toileting, and personal hygiene.
 - c. Perceptual and sensory discrimination development.
 - d. Development of social skills, such as cooperative group inter-action.
 - e. Speech and language development.
- The tools of Precision Teaching to monitor and evaluate each child's progress towards prescribed objectives more effectively, and provide more sensitivity to changes in individual performance.
- Practical techniques to help parents in the behavioral development, education and planning for their children.



VOCATIONAL SERVICES

SERVES:

Mentally retarded adults sixteen (16) years of age and older whose primary disability is mental retardation.

PROVIDES:

- An industrial setting where training opportunities for the real world of work are provided through contract agreements with local business and industry.
- Comprehensive evaluation of social, academic and vocational skills performed in a real work situation.
- Short term job training geared specifically to develop work skills and habits for competitive employment.
- Job related instruction required to maintain a job placement or to assist in the training program.
- Work Activity Center for those individuals who can not presently profit from short term training but who need extended training in social and work skills.
- Job placement in the community upon completion of either the long or short term training program.
- Follow-up services as needed to insure that the individual maintains his competitive employment in the community.
- Supervised employment and training in various Work Stations in Industry throughout the community.
- Basic educational instruction through evening classes at the vocational service centers.

● *Home is the hub . . .*



RESIDENTIAL SERVICES

SERVES:

Mentally retarded citizens of all ages and functioning levels.

PROVIDES:

- An alternative to institutionalization.
- A continuum of residential facilities provided for training retarded individuals for more independent living, ranging from highly structured developmental residential units to less structured independent living residences. These residential service types include:

Infant Nursery

Family Living Residences

Adult Training Residences

Board and Room Homes (minimal supervision)

Cluster Apartments

Co-resident Apartments

Counseled Apartments

Independent Living (counseling provided)

- Residential settings which offer a homelike family atmosphere where retarded citizens receive emotional support and training in everyday independent living activities.
- Specialized residential facilities which provide the training necessary to meet each individual's needs, taking into consideration age, functional level, degree of social adaptive ability, degree of medical supervision needed and degree of physical limitation.
- Small family living residences serving children and adolescents on a 5 or 7 days per week basis.
- Family type training hostels, serving retarded adults 16 years of age and over, programmed primarily for training residents for more independent residential living situations in the future.
- Board and room homes for individuals needing minimal supervision in residential living.
- Supervised apartments in which retarded citizens would be provided with emotional support and final training programs needed to render them capable of complete independent living.



Developmental Homes

SERVES:

Children from infancy to 18 years of age who need a comprehensive residential program which could best be provided at this point in a family home setting.

PROVIDES:

- An alternative to institutional placement.
- A family home in which a child can be provided with the necessary love and family inter-action as well as developmental stimulation.

Volunteer Services

SERVES:

All programs operated by the Eastern Nebraska Community Office of Retardation (ENCOR) which can effectively use volunteers, and also serves the community by providing opportunities for volunteers.

PROVIDES:

- Orientation and training programs for individuals interested in volunteering their services to ENCOR.
- Personnel to determine the best placement for each volunteer within the Service System.
- For the accounting of volunteer man hours so as to properly recognize active, effective, interested volunteers.

Crisis Assistance Unit

SERVES:

Any retarded individual or his family who needs special or emergency short term residential care.

PROVIDES:

- A short term solution to a stressful situation which otherwise may result in long term institutionalization.
- Assistance to retarded individuals and their families during a personal family crisis.
- A homelike residential setting for retarded citizens in a crisis who need a short term residential placement in order to foster normal family functioning.
- Continuity and stability during a stressful portion of a retarded citizen's life while assuring continuity in his developmental program.
- Relief to families for periods when rest is needed and deserved.

Behavior Shaping Unit

SERVES:

Severely retarded individuals with major behavior problems, destructive behavior, and minimal social or self-help skills.

PROVIDES:

- A transition residential and developmental program operated on a strict behavioral management methodology in order to prepare these retarded individuals for more normalized day programs and residential settings.
- A high staff-to-student ratio in a 24 hour per day program in order to accelerate the individual's development and hasten the time when he can move to a more normalized program.
- Parent training, whenever possible, in order to maintain skill development following the time the individual leaves the unit.

Developmental Maximation Unit

SERVES:

Severely retarded citizens who may initially be non-ambulatory, and have multiple handicaps including seizures, physical impairments, and special sensory handicaps. Many of these children were viewed as hopeless in the past.

PROVIDES:

- A combined residential and developmental program geared to basic developmental stimulation and to foster acquisition of self-help skills, ambulation, social-personal awareness and small group interaction.
- Services to children who have complex medical challenges which need treatment and/or management models (such as intensive physical therapy) to further embellish their developmental potential.
- Stimulation of the child's development so he can move on to and participate in more advanced programs in the future.

ENCOR GOVERNING BOARD

Regular Members

Norman A. Magnusson, Chairman, Sarpy County Commissioner
Grant Roberts, Vice Chairman, Cass County Commissioner
Daniel Lynch, Douglas County Commissioner
LaVerne Marquardt, Dodge County Supervisor
Floyd Triplett, Washington County Supervisor

Alternate Members

Jerry Gilbert, Sarpy County Commissioner
James Hancock, Washington County Supervisor
P. J. Morgan, Douglas County Commissioner
Walter Mruz, Dodge County Supervisor
Martin Zoz, Cass County Commissioner

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Mr. Robert Clark, Admin. Coord.
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Office of Mental Retardation
Mrs. Amos Gramlich, Director
Dodge County Welfare Department
Frank J. Menolascino, M.D.
Nebraska Psychiatric Institute
Mr. D. O. Wolf, Interested Citizen

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Mr. Alfred Beckman
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DOUGLAS COUNTY
Mr. Leighton Goodrich
Mrs. William Wills
Mr. Robert Perske

SUMMARY

The preceding program descriptions provide a basic understanding of the services which are provided by the Eastern Nebraska Community Office of Retardation (ENCOR). If you desire further information in regard to any one or a combination, of these services, please contact:

(ENCOR)

Eastern Nebraska Community Office of Retardation
Central Office
116 South 42nd Street
Omaha, Nebraska 68131

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