



California Children Services (CCS) Medical Therapy Unit (MTU)



San Bernardino
County
Department Of
Public Health
CCS

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Newsletter



2013

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Medical Therapy Units are Closed:

- May 27, 2013
Memorial Day
- May 30, 2013
Staff training
all day
- July 4, 2013
Independence Day
- September 2, 2013
Labor Day

A great big **thanks** to all the parents who responded to the parent survey sent out in April. We appreciate all the feedback and comments as we are interested in providing you and your children the best service possible. With your help we can look for ways to improve our service delivery. We will be asking for your feedback on an annual basis from this point forward. We also encourage you to complete the feedback sheets available to you at the MTU at any time you wish to share something with us. Thank you for your partnership in helping your child.

Thank You!

EDITOR:

Laura McLaughlin, MSW

Many Thanks To:

Brad Senti,
Dr. Althea Daniel and
Judy Vigil-Montano

Please note:

If you would like an electronic copy of this publication please email me:

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California Children Services Medical Therapy Units

Manal Kassab, MA, OTR, Supervising Therapist

- Carmack MTU, (909) 880-6611, Sherylle Martin, OTR, Unit Supervisor
- Colton MTU, (909) 433-4752, Scott Medlin, PT, Unit Supervisor
- Fontana MTU, (909) 357-5900, Nivin Ghattas, OTR, Unit Supervisor
- Montclair/Etiwanda MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor
- Ontario MTU, (909) 459-2861, Michelle Morris, PT, Unit Supervisor
- Redlands MTU, (909) 307-2441, Elaine Bauman, OTR, Unit Supervisor
- Siegrist/Barstow MTU, (760) 244-7999, Marleah Moore, PT, Unit Supervisor
- Yucca Mesa MTU, (760) 369-6315, Gus Atwell, PT, Unit Supervisor



“RUN YOUR RACE”



Stephen Donahue's Triumphant Story

Bradley Senti, Occupational Therapist
CCS, Redlands MTU

I keep a copy of my patient caseload for nearly every year of the twenty I have been here at CCS. Many patients and families have come through the Redlands Medical Therapy Unit doors over that time. The names on these lists change with the years for a variety of reasons, however there are a few that have been constants on these lists from almost the beginning of my time here.

One of these, is a young man named Stephen Donahue. Stephen suffered a stroke at birth which left him with a significantly involved right leg and a non-functional right arm and hand. This obviously had a large impact on his developmental and daily living skills. It has been a long journey for Stephen, but he has risen to every challenge that his disability has presented him.

Stephen experienced a delay in walking but by the time he was two and a half years old, he was maneuvering everywhere he wanted to be. A foot orthosis was necessary for controlled walking and since he had very little use of his right arm, it was necessary for him to master tasks using only his left hand. Despite his right sided weakness, Steven decided to join the Running Club at Arroyo Verde Elementary School, which he then continued at Beattie Middle School, and finally at Citrus Valley High School where he was a member of the Varsity Cross Country and Track teams. He has also competed in many 5/10 K races throughout the area.

Stephen will be turning nineteen years old this June and is on track to graduate from Citrus Valley High School in Redlands at the end of the school year. His senior classmates recently voted him "Most Athletic". Stephen believes that he was given this honor because of the effort that his classmates see from him every time he gets on the track. "Obviously, I'm not the most athletic in a class of 600, but they do see me try my hardest every time I run". Even with the accolades that running has afforded him, Stephen says that his greatest triumphs have been in overcoming the small details of daily living. He has had to master tasks, which typically requires two hands, with his single left hand. From tying his shoes, to fixing a meal, to using a game controller, he has never let his disability keep him from doing something that he wanted to or needed to do. His parents, Michael and Barbara, who have always

encouraged him to be as independent as possible, also say that they are most proud of his determination to make himself independent. "If you believe, you can achieve."

Stephen's most recent accomplishment was obtaining his driver's license. He spent many hours driving with an adaptive driving instructor as well as his parents. His car had to be modified with a left-sided gas pedal and a spinner ball mounted on the steering wheel. He reports that it took some time to become comfortable behind the wheel, but he now feels that he is a very safe driver.

His plan after graduation is to attend Crafton Hills Community College for a few years before enrolling in a larger university. Computer game design has always interested him, possibly how game controllers can be developed and incorporated for single hand users. I have no doubt that he will use his same determination to advance this area for other individuals with similar disabilities.

"Run your race" is embroidered on the back of Stephen's Letterman jacket. He says that this is a reminder to him and to others that despite the cards that life may deal you, it is up to you to use what you have been given to achieve your goals.

The inspiration Stephen has been to me throughout his time here cannot be overstated. I have asked him a number of times to speak to families who are just starting out in their journey with their child. It is always very uplifting for these families to see what can be accomplished despite a disability.

Stephen will come off of my caseload when he turns twenty-one. It will be strange looking over my list and not seeing that familiar name. However, on that day I can officially change him from my patient list to my friend list. And that will be a very good day.





WEBSITES FOR STUDENTS WITH DISABILITIES INTERESTED IN GOING TO COLLEGE

Going to College: A Web site for Students with Disabilities Interested in College

Going to College is a Web site with information about college life, designed for high school students with disabilities. It provides video clips, activities, and resources that can help them in planning for college. Video interviews with college students with disabilities offer firsthand experiences of students with disabilities who have been successful. Modules include activities that will help students explore more about themselves, learn what to expect from college, and suggest important considerations and tasks to complete when planning for college.

<http://www.going-to-college.org/>

Planning for Assistive Technology in College (March 2011 Article)

"Planning for Assistive Technology in College," from the National Center for Learning Disabilities, provides information for youth with learning disabilities who use assistive technology and are also planning to go on to college.

<http://tinyurl.com/3jlnv6n>

Off to College: Tips for Students with Visual Impairments (2009 Information Sheet)

"Off to College: Tips for Students with Visual Impairments," provides information on how to make the transition to college, including how to find the best school and visiting their office for students with disabilities, determining whether any accommodations will be needed, communicating with teachers about one's disability, getting books and other materials, and orienting oneself around the campus. Available in pdf (106 KB, 3 pp).

<http://www.c3online.org/PHP-c170.pdf>

College Preparation Checklist (2011)

The College Preparation Checklist is a resource for students and parents on the U.S. Department of Education's Federal Student Aid Web site. It includes a "to do" list to help students prepare academically and financially for education beyond high school. Each section is split into subsections for students and parents, explaining what to do.

<http://studentaid.ed.gov/PORTALSWebApp/students/english/checklist.jsp>

***** This information was taken from: National Center on Secondary Education and Transition (NCSET) April 2012 E-News which can be found at <http://www.ncset.org/enews/>

Interview with Dr. Althea Daniel

**CCS Pediatrician with the Redlands and Colton Medical
Therapy Units**



How long have you worked for CCS? 8 years

How long have you been a doctor and where did you study? I did my medical training at Drew/UCLA Medical School and graduated in 1988. I also spent 3 ½ years in the United States Navy before completing my training in Pediatrics at Loma Linda University Children's Hospital.

What made you want to become a doctor? As a child I spent many hours waiting for immunizations and medical care at a county funded clinic. Then, as a teenager I was able to get care from a private physician. I was inspired to help children by his compassionate, caring nature.

Any hobbies or extracurricular activities? I have three fish tanks (2 saltwater, 1 freshwater) in my home and can spend several happy hours maintaining them and enjoying the activity of the fish and corals that are in them. I also enjoy shopping, reading, and going to church.

What do you like about working with our kids, families and CCS in general? The one thing that I like the most is seeing many of the children learn to walk, and sometimes, even run. I also very much enjoy seeing the children laugh and be involved in as much typical childhood activities as possible. I also believe that learning about the family dynamics is important and so I like listening to their family components during the clinic meetings.

What would you say you have learned in your work with our families? I have learned that in order to make a difference in the lives of these special children, I must focus on their capabilities (not their disabilities) and encourage them to use their capabilities to the fullest.

What organizations are involved in outside of your daily work life? I am very active in my church, St. Paul AME Church in San Bernardino, where I sing in the choir.

What is something that is surprising or unusual about you? I was born in and lived in Barbados, in the Caribbean, until age 12. I am otherwise just a regular person.

What would you like to say to CCS parents and children? I would like to tell the CCS parents and children, that I have incredible respect for the hard work that they do; and that I admire the way they manage to adapt their lives to a society that is not always sympathetic to the needs of individuals with special needs. I also would like them to know that I am so honored to be a part of the team of professionals involved in their care, that it never feels like just work to me.





From the Social Security Administration website:

<http://www.socialsecurity.gov/ssi/text-overpay-ussi>.

WHAT IS AN SSI OVERPAYMENT?

An overpayment is when you receive more money for a month than the amount you should have been paid. The amount of your overpayment is the difference between the amount you received and the amount due.

WHAT CAN CAUSE AN OVERPAYMENT?

- *Your income is more than you estimated.
- *Your living situation changes.
- *Your marital status changes.
- *You have more resources than the allowable limit.
- *You are no longer disabled and continue to receive benefits.
- *You do not report a change to us (on time or at all) as required.
- *We incorrectly figure your benefits because of incorrect or incomplete information.

WHAT WILL WE DO IF THERE IS AN OVERPAYMENT?

We will send you a notice explaining the overpayment and asking for a full refund within 30 days. If you are currently getting checks and do not make a full refund, the notice will: propose to withhold the overpayment at the rate of 10 percent of your total income; state the month the proposed withholding will start; fully explain your appeal rights; explain how you can ask us to have the overpayment reviewed and waived, so you may not have to pay it back; and explain how you can appeal our decision.

WHAT CAN YOU DO IF YOU GET AN OVERPAYMENT NOTICE?

If you believe you were not overpaid, you may request reconsideration. If you ask for an appeal within 10 days of the date on the notice, any payment we are currently making will continue until we make a decision. If you believe that you may have been overpaid, but feel that it was not your fault: ask for a waiver of the overpayment; and ask for and complete form SSA-632 (request for waiver). If necessary, we will help you. You can ask for a waiver at any time. If we grant you a waiver, you will not have to repay all or part of the overpayment. Generally, for us to grant you a waiver, you must show that: It was not your fault that you were overpaid; and you cannot pay back the overpayment because you need the money to meet your ordinary living expenses. You may have to submit bills to show that your monthly expenses use up all of your income and that it would be a hardship for you to repay.

IF YOU ARE NOT SURE WHAT CAUSED THE OVERPAYMENT, YOU MAY ASK FOR A RECONSIDERATION, OR A WAIVER, OR BOTH.

You may ask to see your file to see the information we used in figuring the overpayment. You may have us explain the reason for the overpayment while you are examining your file.

WHAT IF THERE WAS AN OVERPAYMENT AND WE DO NOT GRANT YOUR REQUEST FOR A WAIVER?

You can request a reconsideration of Social Security's denial of your request for waiver. If we continue to deny your waiver request, you will have to pay back the overpayment or have it withheld from your monthly benefits. You can ask us to withhold less than the proposed amount each month, or you can arrange to make monthly payments if you no longer receive SSI benefits. If you no longer receive SSI, we may withhold your overpayment from a Federal Income Tax refund and/or from any future Social Security benefits you may receive. If you become eligible for SSI in the future, we will withhold your overpayment from future SSI payments.

***** This information is general.**

For more information, call 1 800-772-1213 (TTY 1-800-325-0778)

or contact your local Social Security Office.