



MAINSTREAM MENTAL HEALTH

September 2023/ Issue 42

“What is a reasonable accommodation?”

A change, exception, or adjustment to a rule, policy, practice, or service that may be necessary for a person with a disability to have an equal opportunity to use and enjoy the dwelling.

There must be an identifiable relationship or nexus between the requested accommodation and the person’s disability.”

~Thurman G. Miles

ACCOMMODATIONS

Accommodations are an “alteration of environment, curriculum format, or equipment that allows an individual with a disability to gain access to content and/or complete assigned tasks” (DO-IT). Molly McClusky, LMHP-E and outpatient counselor, talks about mental health disabilities in working at the school. She says, “I would say giving the client breaks, support (by informing the teachers and staff of their mental health issues and concerns.) I would say the school needs to be supportive and encouraging of mental health concerns and how they play a role in the school setting. A school that understands the importance of mental health and how it plays a role and works with our agency is the best possible outcome.”

An Individualized Education Program is a type of accommodation that guarantees necessary support and services to include present levels of educational performance, goals, and special education (Baumel). The IEP team is multidisciplinary for the best benefit from the program. Other examples of accommodations are as follows: extra time on tests, support person or support animal, modified break schedule, identify and reduce triggers, division of large assignments into smaller tasks and goals, additional forms of communication and/or written and visual tools, additional training or modified training materials.

According to the Americans with Disabilities Act (ADA), a psychiatric disability is mental impairment that substantially limits one or more major life activities of [an] individual; a record of impairment; or being regarded as having such an impairment.

DO-IT. (2022, May 24). *What is the difference between accommodation and modification for a student with a disability?* <https://www.washington.edu/doit/what-difference-between-accommodation-and-modification-student-disability>

Baumel, J. (2023, March 7). *What is an IEP?*. Great? Schools.org.

<https://www.greatschools.org/gk/articles/what-is-an-iep/>

BIRTHDAYS

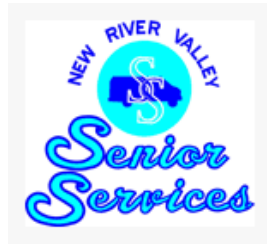
Amy B.
Claudia M.

Cristina M.
Erika S.

Jacquel A.
Kim C.

Sandy R.

💡 NRV SPOTLIGHT 💡



“Serving Seniors throughout the Fourth Planning District”

New River Valley Senior Services is a non-profit organization whose goal is to provide safe and efficient services with major emphasis on serving the elderly, disabled, low-income, and minority community in the NRV. This organization has been serving the NRV since 1976 and is the largest provider of services for the elderly in the New River Valley. Services they provide include MedRide, Medical Transport, Congregate Meals and Homebound Meals.

MedRide

- This service is available for those that have no transportation or cannot afford public transportation. It operates on a sliding scale and there is a minimum \$5.00 fee per trip. This is run by volunteers in the community and is available for residents of Giles, Floyd, Montgomery, and Pulaski County as well as the City of Radford.

Medical Transport

- This is a non-emergency service where NRVSS offers transportation services for those with disabilities (physical or sensory.) It is much like a taxi service, where they will pick you up at your home, and take you to your doctor’s appointment. There are no age limits. Fees for the service are calculated and discussed with clients prior to arranging transport. If you have Medicaid, contact your Medicaid transportation provider as you would not be eligible for this service.
- Contact Medical Transportation 540-980-7720

Homebound Meals

- This service provides a nutritionally balanced meal to people who are confined to their home due to health problems, have difficulty preparing meals, and have no one on a regular basis to prepare meals. Hot meals are delivered Monday through Friday. This provides a good opportunity to frequently check on the recipient’s well-being. In areas that are more remote, frozen meals or canned shelf stable meals can be delivered.
- Contact NRV Agency on Aging at 540-980-7720 or email [nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org)

Congregate Meals

- NRV Agency on Aging has Friendship Cafes throughout the district, and NRV Senior Services provides transportation to the Cafes. There are congregate meal sites located throughout the NRV to provide meals and opportunities for socialization.
- Contact NRV Agency on Aging at 540-980-7720 or email [nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org)

For more information call (540) 980-7720 or email mmusick@nrvss.org

PSR CALENDAR

September Activity Calendar
 Lighthouse PSR
 Wednesday=Store Run

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Talent Show Practice Movie Trivia Family Feud	2
3 Closed No Social Sunday	4 Closed due to Labor Day	5 Understanding Seizure Disorders -Blue Bowling	6 The effect of Therapy Animals-Blue Talent Show Practice	7 Educational movie (what's Eating Gilbert Great) w/Quiz after Make Hand Puppet	8 Games (Scattergories, cards, Connect four, heads, up, video games) Talent Show Practice	9
10 Social Sunday Week 1 NFL	11 Understanding Fire Safety-Blue Blue Fitness /Karaoke	12 Bracelet making w/Shamesha Money Management- can you count your \$-Blue	13 Valley View Mall How does Nature help your Mental Health-Jett	14 Wii Bowling tournament Why does jealousy happen?-Blue	15 Goodwill outlet -Salem In house movie/games (Popcorn)	16
17 Social Sunday Week 2 NFL	18 Juke Box/Karaoke Troutville Park	19 Functional Fitness w/ Paula The effects of heat Stroke.- Blue	20 South County Library How to improve your Self- Esteem -Jett Fire Drill!!!!!!	21 First -Aid Safety -Blue Painting Wood figures/with music Talent Show Practice	22 Fun Friday Birthday celebrations Blacksburg Mall	23
24 Social Sunday Week 3 NFL	25 The effects of heart attacks/strokes- Jett Talent show practice	26 Roaring Run hike /lunch All Day Event	27 Talent Show 11am-1pm Grill out/ cornhole	28 Bowling Why is trust important to you? -Blue Troutville Park	29 Understanding High Blood Pressure-Jett CiCi's Pizza 11:30am \$15 needed	30

