

The Olmstead Commission’s goal is to move North Dakota towards greater integration and inclusion for individuals with disabilities.

OPPORTUNITIES FOR LEARNING AND ENGAGEMENT

Rural Mental Health Challenges, Strengths, & Support Strategies

August 6th at 12pm | [Register here for Webinar.](#)

Integrating Family Caregivers as Care Team Partners

August 6th at 1pm | [Register here for Webinar.](#)

Statewide Independent Living Council

August 7th and 8th

ND Children’s Cabinet

August 19th at 4pm

Understanding Depression: Signs Symptoms, and Treatment Options

August 21st at 12pm | [Register here for Webinar.](#)

ND State Council on Developmental Disabilities

August 25th at 10am

NEXT OLMSTEAD MEETING:

Wednesday, August 13th
1–3pm at Job Service ND
1601 Century Ave.
in Bismarck

Discussion Topic:
Goal #7– Employment

OLMSTEAD CONFERENCE:

THE ROAD TO FREEDOM, CHOICE, AND DIGNITY

The Olmstead Conference will take place in Fargo on Thursday, August 14, from 9:00am to 3:30pm at Soul Solutions Recovery Center (1801 38th St. South).

This conference will explore a variety of topics related to Olmstead, including:

- The history of Olmstead and an overview of the Olmstead Commission
- The Developmental Disability Waiver
- Money Follows the Person and TPD Transition Programs
- Technology for Independence
- The 1915(i) Waiver
- Freedom Resource Center
- Mobile outreach and services provided by Arkos Health
- The Arc

Join us for an informative day focused on advancing independence and community inclusion.

Registration Link:



IN THE NEWS:

North Dakota Health and Human Services (HHS) has awarded \$353,983 in community suicide prevention grants to seven organizations across the state:

- **Haugen Performance Consulting** – Engaging collegiate athletes and sports stakeholders
- **Eyes on the Horizon Consulting** – Supporting suicide prevention for farmers and ranchers
- **Minot State University/ND Center for Persons with Disabilities** – Training professionals and serving individuals with disabilities and mental health challenges
- **Cook Center for Human Connection** – Focusing efforts on adolescents and young adults statewide
- **Peer Vision for Mental Health and Assessment and Therapy Associates of Grand Forks** – Providing services for veterans and service members
- **Quality Health Associates** – Reaching older adults in rural and agricultural communities
- **FirstLink** – Strengthening connections and outreach for rural Native American populations.

Mental health was North Dakota’s top chronic health issue last year. 46% of residents live in an area with a shortage of providers.

Blue Cross Blue Shield of North Dakota is working hard to combat these trends at the school level. So far, four area schools, Carrington, Emerado, Manvel and Thompson successfully implemented a peer-led emotional wellness program.

“When we’re empowering students to lead the conversation, these programs really normalize mental health discussions and create trusted, relatable support systems.”

– Amber Blomberg, Caring Foundation Director at Blue Cross Blue Shield North Dakota.

Blomberg added that teaching young people about mental health can build healthy lifelong habits, which is incredibly important for a generation that was raised on social media.

Source: KFYP

LET’S STAY CONNECTED!

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