

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

OPPORTUNITIES FOR LEARNING AND ENGAGEMENT

Money Follows the Person Meeting

September 10th from 1-3pm

Powerful Tools for Caregivers Class

Thursdays Sept. 11-Oct. 16 from 1-2:30pm

Cognitive Decline and Financial Exploitation in Older Age Webinar

September 14th at 12pm

ND Children's Cabinet

September 16th at 4pm

Department of Justice Stakeholder Meeting

September 18th from 1-3pm

Advocates Leading their Lives Meeting

September 26th at 2pm

Family Voices Parent Leadership Institute

October 3-5th Apply by September 25th

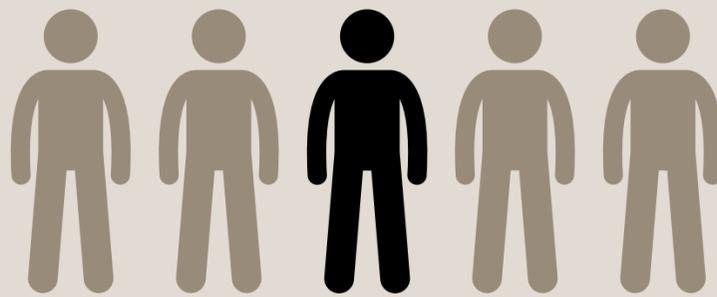
**NEXT OLMSTEAD
MEETING:**

Wednesday, November 12th
1-3pm at Job Service ND
1601 Century Ave.
in Bismarck

Discussion Topic:
Goal #4- Housing

JOIN HERE

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH



More than one in five adults in the U.S. live with a mental illness.

Source: National Institute of Mental Health

YOU ARE NOT ALONE

First Link

FirstLink offers free, confidential 24/7 support and crisis intervention through the 2-1-1 and 9-8-8 helplines and text line 898-211, serving North Dakota and parts of Minnesota.

Suicide and Crisis lifeline

If you're having suicidal thoughts, call 9-8-8 for FirstLink's Lifeline (connected to a national crisis network). Trained counselors provide support and resources.

First Link Directory of Resources

Trainings:

Safety Planning for Suicide Prevention

Sept. 9th at 10 am

Counseling on Access to Lethal Means (CALM)

Suicide Prevention Training

Sept. 10th at 8:30 am

Resources:

- ND Suicide Prevention
- National Alliance on Mental Illness
- ND Suicide Prevention Coalition
- Substance Abuse and Mental Health Services Administration

JOIN IN:

Designer Genes Walk for Down Syndrome

September 27th from 10am-12pm

This is one of the largest disability walks in the state of North Dakota. With more than 2,000 attendees, this event spreads awareness about Down syndrome and inclusion and celebrates individuals with Down syndrome and their families.

Freedom Resource Fair

September 23rd from 11:30am-2pm

This event is a great opportunity to connect with local organizations, learn about valuable services and resources, and explore ways to support independence, inclusion, and accessibility for people with disabilities.

LET'S STAY CONNECTED!

Sign up to receive Olmstead news and updates. Visit our website and social media for more information and resources.



Stephanie Bouche
Olmstead Coordinator
WWW.OLMSTEAD.ND.GOV

