



September is Suicide Prevention and Awareness month

September is recognized as Suicide Prevention and Awareness Month, and Oklahoma offers numerous resources for those facing a mental health crisis. One such resource is [988, a three-digit hotline](#) connecting Oklahomans with trained behavioral health professionals, available around the clock. [NAMI Oklahoma](#), a statewide network of families, members, and partners, is at the forefront of advocating for mental health. Additionally, the [Autism Foundation of Oklahoma](#) is also raising awareness and providing statistics and resources regarding suicide within the autism community.

Staff/Faculty Highlight: Dr. Megan Roberts Selected as 1 of 3 US Fellows for International Teaming

Congratulations to our esteemed colleague, [Dr. Megan Roberts](#), for being selected as one of [three US Department of State Professional Fellows Outbound Awardees](#)! Dr. Roberts will join Fellow Eva Chuwa to train educators in Tanzania to develop classroom activities and instructional strategies that accommodate the diverse learning needs of children with disabilities.

COVID19 and Flu Season Best Practices

As COVID-19 continues to circulate and flu season begins, it's important to take precautions to protect yourself and others. [The Center for Disease Control \(CDC\)](#) suggests that wearing masks in crowded places, practicing good hand washing hygiene, and maintaining physical distance can help reduce the spread of the virus. [Staying up to date with vaccinations](#) and avoiding close contact with those who are sick are also key measures.

The State Fair of Oklahoma Offers Accessible Bathroom and Calming Space This Year

The [Oklahoma State Fair](#) and the [Developmental Disabilities Council of Oklahoma](#) are excited to announce the Oklahoma debut of [Momentum Refresh, an accessible bathroom](#) option for fair goers with disabilities. Please note that if you need to use the hoist you will need your own sling. This inclusive amenity is one of several initiatives, including a [calming space found in the Arts Annex](#), aimed at enhancing accessibility and creating a welcoming environment for all visitors during the annual Oklahoma State Fair running through September 22nd in Oklahoma City.

Are You Registered to Vote? It's Not Too Late!

With important elections coming up, now is the time to make sure your voice is heard. [October 11](#) to ensure you can participate in shaping the future of your community and country. Voting gives you the power to influence key issues like education, healthcare, and the economy. Every vote matters, and your participation is crucial in building a government that represents and serves everyone. There are [accommodation options for people with disabilities](#) to ensure voting access. [Take a moment today to register](#). It's quick, easy, and a vital step in exercising your rights as a citizen.

EVENTS AND ANNOUNCEMENTS

September 20th | Using LifeCourse to Plan for Waiver Services | CLL, OFN, ODLC | Noon | Online

Join the Center for Learning and Leadership/UCEDD, Oklahoma Family Network and the Oklahoma Disability Law Center for this **FREE** training on Using LifeCourse to help prepare for waiver services. You will learn about Charting the LifeCourse tools and how they can help you prepare for long-term support. [Sept. 20th Registration is required](#)

September 23rd | Developing a Growth Mindset | OFN | 6:30-7:30pm | Online

[Oklahoma Family Network](#) presents Developing a Growth Mindset. Lauren Alvarez, MA will be discussing what the growth mindset is and the benefits it has for children. In this presentation, we will be learning specific teaching, parenting, and counseling techniques that can build perseverance and a growth mindset in children. If you have any questions, please contact Erin Parks at 918-724-8574 or erin-parks@oklahomafamilynetwork.org. [Registration is required for Developing a Growth Mindset](#).

October 2nd | On the Road: Resources and Supports | Sooner SUCCESS | 9am-2pm | Idabel, OK | FREE

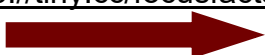
Sooner SUCCESS invites you to learn about resources and supports at their On the Road series taking place in Idabel on October 2nd from 9am-2pm. This is a family perspective conference that will provide information to help you navigate available programs and resources for children with IDD and/or special health care needs. Hear from organizations and agencies across the state and get information at their vendor tables. Educational Respite Vouchers may be available. Lunch is provided and this event is free, but [pre-registration is required for the Idabel On the Road](#).

October 5th | Family Fall Festival | Sooner SUCCESS | 11am-1:30pm | Greater Mt Olive Baptist Church, OKC | FREE

Sooner SUCCESS invites you to their annual Family Fall Festival on October 5th from 11am-1:30pm at Greater Mt. Olive Baptist Church: 1020 NE 42nd St., OKC. There will be crafts, resources, entertainment, and free lunch. For any questions, please contact Sooner SUCCESS at 405-862-5038.

Save the Date: 2024 Oklahoma Autism Conference on November 7-8 at the Edmond Hilton Garden Inn and Conference Center in Edmond, Oklahoma. This year's theme is **"Together We Thrive: Advocacy, Belonging, and Connection for All."** [Visit the website for more information and to learn more](#).

We want to hear from you! Do you have news or an event to share? Please send all information including a link (if applicable) to learn2lead-ucedd@ouhsc.edu. All submissions should be in no later than the fourth Friday of the month before publication (ex: 4th Friday in June for July's newsletter).

Sign-up to receive our free monthly newsletter *focus facts on community living* <http://tiny.cc/focusfacts>
Or use your cell phone camera and point it to this QR code 



The University of Oklahoma advances a diverse, equitable, and inclusive university community by embracing each person's unique contributions, background, and perspectives. OU Norman, OU Tulsa, and the Health Sciences Center recognize that fostering an inclusive environment for all, with particular attention to the needs of the historically marginalized populations, is vital to the pursuit of excellence in all aspects of our institutional mission and enhances the OU experience for all students, faculty, and staff. *focus facts* is published for the University Affiliated Developmental Disabilities Network members. Its purpose is to highlight specific information and data items relevant to developing and sustaining positive community environments. Individual information items are provided for use in this form, or for further circulation. When re-printing information please reference *focus facts* and the month of issue noted below the banner at the top of this page. The name of a contact person for additional information on items referenced in the newsletter is provided for your convenience. If you have data, information or a story to report relevant to community living, please send it to *focus facts* Editor at the Center for Learning and Leadership/UCEDD OU Health Sciences Center, PO Box 2690, Oklahoma City, OK 73126. Please include the information source, by title, a one paragraph (or less) description or story, a contact name who can provide additional information on the subject, and a daytime or evening telephone number for the contact.

If you have questions regarding the format for submissions, please call the Center for Learning and Leadership/UCEDD Headquarters Office at (405) 271-4500. The University Affiliated Developmental Disabilities Network is open to membership by any organization or individual who shares the interests of Network members. The Network is dedicated to identifying opportunities for collaboration and information exchange among its participating members, which leads to improving our statewide, regional or local capacity to provide a better living environment in Oklahoma for people with developmental and other disabilities and their families. The Network is partially supported through a grant from the U.S. Administration on Intellectual and Developmental Disabilities, Department of Health and Human Services, and by the Offices of the Designated Representatives of the Center for Learning and Leadership/UCEDD Collaborating Partners.

If you have a disability (Deaf/hard-of-hearing, Blind/low-vision, mobility, cognitive, etc.), and require accommodations, please reach out to Learn2Lead@ouhsc.edu. It is helpful if you share what type of accommodations will be needed to ensure that you are able to use the resource materials.