

# Possibilities

## in Education and Training

Fall 2022



## Corissa Dent Shares the Story of Her Transition to Community Living

By Corissa Dent, as told to Jennifer Johnson-Kernan

Hello! I am Corissa Dent and I live in a beautiful house in Davenport, Iowa. I recently moved from an ICF—an intermediate care facility—where I shared a bedroom and lived with more than 40 other people in the building. I now have my own room in a house that I share with just two people.

I want to tell you a little bit about myself. I grew up in the Chicago area and moved to Davenport. While here, I moved into an ICF/ID. In this place I made friends and connections that were very good for me. I was cared for and taught new skills. I felt safe. My staff person and I became good friends. She is very good to me and is applying to be my guardian. I am very happy about this.

When I was ready to move out of the ICF, my whole team met several times with me to make sure that I had everything that I needed. There were many people in those meetings, including my Money Follows the Person (MFP) Transition Specialist, and they were all focused on making sure that I would do well. I went out to shop for some things with my staff. Other times, I had pictures sent to me to look at and make choices for other things. I made my room exactly how I wanted it! I also got household supplies and towels, a bedroom set, a big bean bag, and other items that I didn't even know that I would need! My MFP Transition Specialist,

Jenn, helped me with those things. She also took me out to pick out a three-wheeled bike.

My new house is in a quiet neighborhood. My roommates and I make dinner and play games and go shopping together or separately. I have staff in my home all the time and they help me to do things that I don't know how to do. They are teaching me to cook new food. I tell them that I want to go to the store, because I ALWAYS want to go to the store, and they take me. I like to do my hair and make-up and dress in nice clothing. They help me with that too. I love being able to pick out the things that I like. I love being able to have my own money to buy what I want.

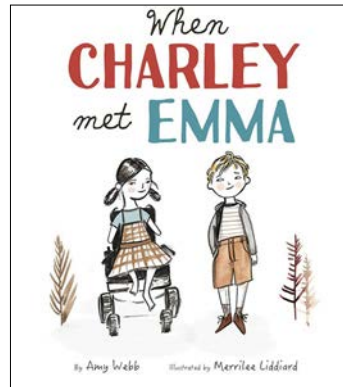
I attend a day program that I also enjoy. I have been going to this program for three years and I have friends and feel comfortable there. We do fun things throughout the day. Sometimes we do crafts or games in the building, and sometimes we find fun things to do in the community.

At my last meeting, we talked about finding a job. I thought about this and decided that I would like to work. I am not sure what I would like to do—maybe work at the Dollar Store. I really love to shop. I will be working on finding a job in the coming months.

I am happy to have so many good changes in my life. I want to live here forever!

The UIHC Center for Disabilities and Development's disability resource library is a free public resource dedicated to supporting individuals with disabilities and their caregivers. As such, it is the library's upmost priority to keep its collection up to date with the most helpful resources within the field.

The disability resource library would like to highlight some of its most recent acquisitions in the list below, all of which are now available for check out. Find out more about the library and explore its collection catalog at <https://uihc.org/childrens/locations/disability-resource-library>. For more information or recommendations of further resources, please contact Mitch DeFauw at [mitchell-defauw@uiowa.edu](mailto:mitchell-defauw@uiowa.edu).

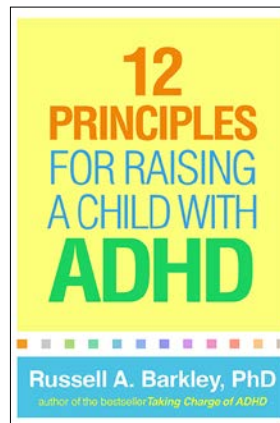


**When Charley Met Emma**  
by Amy Webb

When Charley goes to the playground and sees Emma, a girl with limb differences who gets around in a wheelchair, he doesn't know how to react at

first. But after he and Emma start talking, he learns that different isn't bad, sad, or strange--different is just different, and different is great!

This delightful book will help kids think about disability, kindness, and how to behave when they meet someone who is different from them.



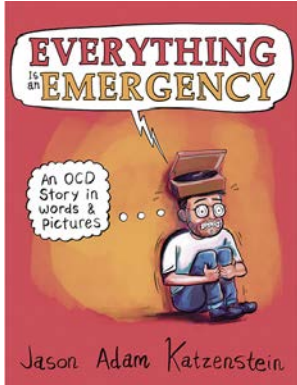
**12 Principles for Raising a Child with ADHD**

by Russell A. Barkley

Over decades of research and work with thousands of families, Russell A. Barkley has become a leading authority on attention-deficit/hyperactivity disorder (ADHD) in kids and teens.

He has learned what a huge difference parents can make in supporting their children's success--as well as how overwhelming it can be.

This concise guide presents 12 key parenting principles for dealing with common behavioral, emotional, and school challenges. By cultivating a mindset of acceptance and compassion--together with an understanding of the executive function deficits of ADHD--you can strengthen your loving connection with your child and help your whole family thrive. Filled with practical suggestions and quick-reference lists and tips, this is the perfect book to read cover to cover or pick up any time you need extra support.



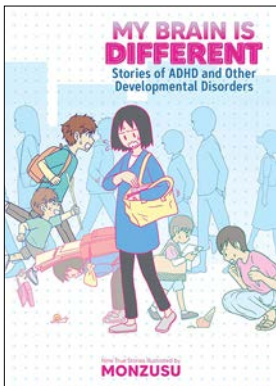
### Everything is an Emergency: An OCD Story in Words & Pictures

by Jason Adam Katzenstein

Jason Adam Katzenstein is just trying to live his life, but he keeps getting sidetracked by his over-active, anxious brain. Mundane

events like shaking hands or sharing a drink snowball into absolute catastrophes. Jason has Obsessive Compulsive Disorder, a mental illness that compels him to perform rituals in order to protect himself from dangers that don't really exist. He checks, washes, over-thinks, rinse, repeat.

Everything is an Emergency is a comic about all the self-destructive stories someone tells himself, over and over, until they start to seem true. In images surreal, witty, and confessional, Jason shows us that OCD can be funny, even when it feels like it's ruining your life.

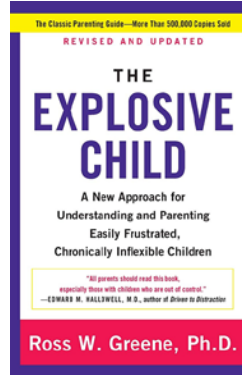


### My Brain is Different: Stories of ADHD and Other Developmental Disorders

by Monzusu

This intimate manga collection follows nine adults with developmental disorders as they outline their struggles and triumphs.

Experience the stories of a high school dropout's new path to education; a person seeing the world through new eyes thanks to their medication; a father and daughter learning to thrive together, and more. This manga illustrates diverse anxieties but also self-empowerment in learning to navigate a world not built with everyone in mind.

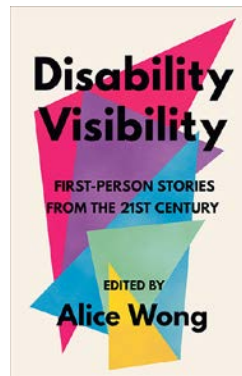


### The Explosive Child

by Ross W. Greene

Throughout this compassionate, insightful, and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences. He explains why traditional

parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.



### Disability Visibility: First-Person Stories from the Twenty-First Century

by Alice Wong

One in five people in the United States lives with a disability. Some disabilities are visible, others less apparent—but all are underrepresented in

media and popular culture. Activist Alice Wong brings together this urgent, galvanizing collection of contemporary essays by individuals with disabilities, just in time for the thirtieth anniversary of the Americans with Disabilities Act.

*Possibilities in Education and Training* is a quarterly publication of University of Iowa Stead Family Children's Hospital Center for Disabilities and Development, Iowa's University Center for Excellence on Developmental Disabilities. It is an outreach initiative of the Conner Training Connection, a program funded by the Iowa Department of Human Services (DHS) to support the transition of individuals with disabilities from congregate to community-based settings.

Walking with a friend  
in the dark is better  
than walking alone in  
the light. **-HELEN KELLER**

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**WEBSITE:** [uichildrens.org/cdd/drl/](http://uichildrens.org/cdd/drl/)

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