

THE INTERMOUNTAIN VIEW

Winter 2009 Volume 8 Issue 1

Woody Approaching His 28th Year with Intermountain

When Shari Lang, Day Program Coordinator in Chino Valley, was asked to identify a client in her program that signifies success, she had a lot of individuals to consider. Both the Day Program and Residential Program in Yavapai County are amongst the finest in the State of Arizona for Developmentally Disabled individuals. But Shari couldn't help picking a gentleman of whom she is terribly proud, Woodward "Woody" Gatewood who has lived in an Intermountain Continuous Care home for almost 28 years! Woody is from the Navajo Reservation where his extended family still resides. He first moved to Flagstaff in 1982 to take up residence with Intermountain Continuous Care providers Manny and Judy Humeyestewa.

Now, approaching his 49th birthday and suffering a great deal from osteoporosis, Woody never slips into a rage nor is he destructive during his Day Program sessions.

Woody, who was also totally blind, exhibited behaviors that were out of control, sometimes several times a day, three to four days a week. He required a stable, controlled environment filled with constant attention. When Manny and Judy moved to Chino Valley several years later, Woody moved with them. He was enrolled in the Intermountain Day Program, as well.

Three years ago, the Bjorklund Family gifted a new Day Program building to Intermountain on their property where the Intermountain Administrative offices are located. Learning of the beautiful new facility, Woody had a conversation with Shari about his destructive behavior and how damaging it would be to the new building's interior. He vowed to take on the responsibility of controlling his own temper and preserving a serene setting for his 17 fellow Day Programmers. Now, approaching his 49th birthday and suffering a great deal from osteoporosis, Woody never slips into a rage nor is he destructive during his Day Program sessions! Maybe because of his blindness, he is especially sensitive to the timbre of voices and chaotic noises. Shari believes that he finds the level and reassuring voices of his providers, the Humeyestewas, and his Day staffers calming and stabilizing. Woody is on a roll with the advent of his 28th year with Intermountain fast approaching and the love and admiration of the Chino Valley staff and participants in the program. His interests in art and communicating with his peers are no longer eclipsed by temper tantrums. Woody is a star!



"Woody" Gatewood has lived in an Intermountain Continuous Care home for almost 28 years.

Inside:



- **Sid Bijou: What a Difference One Life Can Make**
- **The House that Doby Built**
- **Dave Giles: Celebrating 40 Years in the Field**
- **Intermountain Success Stories**
- **Can You Imagine?**

High Five, Aaron!

Aaron, a tall and very athletic young Navajo man, arrived at Intermountain's Kiva House five years ago, full of energy. Dually diagnosed with mental illness and substance abuse issues, his energy was manifest in two activities – pacing and playing basketball. When he wasn't moving, he would sit outside and enjoy the outdoor patios.



During the past five years, Aaron has made successive changes in his life skill set and attained one goal after another. This fall, Aaron is a different person! He is completing his third semester

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at Pima Community College and is pulling straight A's in all of his courses, for the second semester in a row. Aaron also graduated from Kiva House this fall to the Kiva Apartments, where the program allows for much more independence. Rachel Bryant and the Kiva staff are very impressed with the sense of responsibility and self-sufficiency he has developed during his five short years with Intermountain. He is now scheduling all of his own appointments, helps order his medications and fills out his own medication tray for his staff member's approval, does self-transportation on the bus, maintains his apartment and even registered himself for classes this semester. Aaron has proven to be the master of his own destiny and takes his self-care and self-management seriously. Aaron is a walking, talking success story and we are proud to witness the new Aaron. High fives are in order!

Put On Your High Heel Sneakers: Dave Giles to Celebrate 40th Year in Behavioral Health Field



Where's Dave? Southwest Indian Youth Center staff and residents on Mt. Lemmon in 1971 (Dave Giles, 2nd from left, 2nd Row)

This December, Intermountain's Chief Executive Officer and Founder Dave Giles will complete the 40th Anniversary of his considerable body of work in the behavioral health field. In Fall 2010, we would like to invite you to join us in honoring his career with a celebration! Dave graduated with his PhD in Child Psychology/ Human Development from the University of Kansas in 1970.

Following his graduation, he returned to his hometown of Tucson to found the Southwest Indian Youth Center, located in the Old Prison Camp on the Catalina Highway, Milepost 7, to work with behaviorally challenged Native American youth. The SIYC became Intermountain Centers for Human Development in 1973 when the residential services were moved into Tucson proper. The rest is history...with the population being served growing from 90 Native adolescents a year on Mt. Lemmon to over 2,500 individuals of all ethnicities this year in Arizona communities north and south. We'll keep you apprised of the celebration details as Dave's 40th draws nigh. In the meantime, congratulations are in order, Dave. What a career you have had!

Online Donations are Intermountain Reality at ichd.net

Thanks to the addition of Pay Pal on Intermountain's website, www.ichd.net the work of our admirers and supporters just got a whole lot easier. If you've been thinking you would like to further our mission by contributing to the successes you've read about in this newsletter, please check out the Donations tab on our homepage. Other big improvements are in the works, too. Please consider joining the ranks of our very much appreciated donors. You'll get a personal thank you that tells you precisely who received what because of your donation!. Try it! You'll like it!



In Memoriam: Sid Bijou - What a Difference One Life Can Make

Although Intermountain Centers for Human Development has been blessed with many superstars on our Board, none of them could eclipse the impact that their mentor, our mentor, Sid Bijou has had on the world. Sid actually pioneered...created, if you will...the field of applied behavioral analysis, devoting his lifetime to encouraging generations of educators, parents and caretakers to make one behavioral intervention on one challenging behavior at a time over and over until the behavior diminishes or disappears.

He had an amazing career in psychology ranging from being recruited by B. F. Skinner to become his assistant professor at Indiana University, to writing seminal research documents on the behavioral approach to development with Donald Baer, to defining the positive impact of the procedure known as “time-out” and demonstrating the power of a teacher’s attention in improving children’s development with Mont Wolf, to shaping the behaviors of an autistic boy with his colleagues Wolf, Todd Risley and Hayden Mees by using positive reinforcement - and thus, developing the best empirically supported treatment for autism known today.

Sid taught and researched in half a dozen prestigious universities during his very prolific career, and one of them was the University of Arizona where he taught psychology and special education from 1975 until 1993. When he and his wife, Janet, settled into life in Tucson, they sought out an agency that applied behavioral techniques – Intermountain. Proud to see the principles he helped develop being applied in a group residential setting for Native American youth at an old abandoned Prison Camp on Mt. Lemmon, Sid joined Intermountain’s Board of Directors.

He and Janet were staunch and supportive fans of our agency’s work, active in the program development and proud of their association with the staff and other Board members, many of whom were his fellow collaborators like Wolf, Risley, Betty Hart and Jim Sherman. Sid and Janet were uniquely devoted to each other, as well. When Janet passed away in 2000, Sid and his children, Jude and Bob, created the Janet Bijou Memorial Fund within the Intermountain Foundation, to support staff development, and faithfully contributed to it annually.



Photo: Sid and Janet Bijou. “Sid Bijou’s research reinforced and solidified the theories and principles on which Intermountain’s work with adults, children and families is based.”

We all shared the pleasure of Sid’s handwritten notes of support received periodically during the year, and enjoyed knowing that he was closely monitoring our work. We also shared the joy of celebrating his 100th Birthday last year along with his children, at least one cat and the multitude of his dear friends around the world. Rarely does a day go by that Sid’s name isn’t included in an Intermountain conference, training session, management meeting or program staffing session.

Sid Bijou’s research reinforced and solidified the theories and principles on which Intermountain’s work with adults, children and families is based. Sid was an engineer on the Intermountain project, helping us find a way to build a life for each at-risk individual we are referred, with individualized reinforcement designs, one by one, for nearly forty years. What a difference Sid made in the world, and in our Intermountain world of addressing challenging behaviors with our favorite applied behavioral tools and interventions. Sid passed away in his Santa Barbara home on June 11, 2009 at the age of 100.



Our Hero, Sherrill Bushell

The Intermountain staff and members of the Board of Directors and the Intermountain Foundation Board of Directors pay tribute to a dear friend and supporter of all of our causes, Sherrill Bushell, who passed away on September 22, 2009, at home in Lawrence, Kansas. Sherrill knew no strangers and made each of us proud that we knew her. We miss you, Sherrill.



Can You Imagine?

Can you imagine a winter holiday without a single present for any of your family members? How about without a holiday decoration, tree or card? Can you feel the disappointment in not having a holiday meal shared with your family members? How about not having a meal at all on the holiday? Or anything to cook it in or on...no pots and pans or stove? Would not having anything warm to wear on a chilly holiday morning bother you? How about if you had slept on the floor without a bed, cover or pillow? Intermountain serves hundreds of children each year that accept all or part of this description as their reality and it REALLY bothers us all.

Not only do we want to provide the best behavioral health support through access to the basic necessities that every human being should be afforded, but we want every child and adult we work with to have the luxury of something special to unwrap at the winter holiday. We work with over 2,000 individuals each year in Arizona. If you can help us provide one of these gifts or access to a basic necessity, please contact Karen Young at 721-1887, ext. 5239. We'll thank you for it, as we assure families that their neighbors care about them in ways they didn't realize. Happy Holidays and thanks for considering our request for help!

Emails Needed!

The Intermountain View and other Intermountain mailings and holiday greetings are ready to go electronic but we need your help in order to do so. We need your email address so that we can keep you posted in a more timely fashion. If you are interested in receiving the mailings you now receive from us but in an electronic form, please send Karen Young your email at kareny@ichd.net and she'll accommodate your request. Thanks for helping us save time and money to serve our clients with innovative and intensive behavioral health services!



Hats off to Jesse...and Bryan!

Jesse S. came to live with Intermountain Therapeutic Foster Parent Bryan Mistrick at age 9, removed permanently from his family and in critical need of a very structured environment in which to realign his behavioral trajectory. His issues were so challenging that he had to have one-on-one care in school! Still in Bryan's care nine years later, he graduated from Santa Rita High School, having held down a job at CVS Pharmacy for most of his high school career. He was uncertain as to what he wanted to do following graduation and Bryan suggested that he investigate the military. Jesse did and ended up enlisting in the U. S. Army at age 19.

Jesse, at 21 years of age, has designated a percentage of his paycheck to Intermountain, in order to give resources back so the agency can assist other at-risk youth find a new life.

He attended boot camp in South Carolina, special training in Louisiana and currently is serving his first tour of duty in Iraq. Recently home on his first Leave, he visited his "dad," Bryan, and shared his enthusiasm for his new life...one of importance and responsibility, one that has given him much structure and made him feel like he is an asset to his fellow countrymen. Jesse, at 21 years of age, has designated a percentage of his paycheck to Intermountain, in order to give resources back so the agency can assist other at-risk youth find a new life. Nobody is prouder of Jesse than Bryan! They both deserve a big hand!

How the Intermountain Foundation Board of Directors Helps

The Intermountain Foundation was founded in 1999 by five dedicated friends of Intermountain who saw the need to protect the future of innovative programs for seriously emotionally disabled children, seriously mentally ill adults and developmentally disabled individuals of all ages. In ten years, the Foundation Board has grown to a dozen professionals who have established an endowment to preserve funding for Intermountain's programs in times of hardship, develop community awareness of Intermountain's program value, obtain and develop the group homes where Intermountain clients reside, and generate fundraising efforts which will benefit the youth, families and adults that Intermountain serves. The Intermountain Foundation Board has protected and directed the endowment fund beyond a million dollars in holdings since its inception five years ago, and has identified a goal of \$10 million dollars within the next 10 years. If you are interested in participating in a Foundation event or finding out more information about how you can help our Board accomplish their goals, please contact Karen Young at (520) 721-1887, extension 5239. We value our Foundation Board members and their dedication to the work that Intermountain does so well!

Todd Risley's Gift to John VanDenBerg Becomes John's Gift to Arizonans

On March 30 and 31, longtime Intermountain friend and former Board member, Dr. John VanDenBerg presented an Advanced Wraparound Training, "Dealing with Complex Challenging Behaviors" to 150 educators and behavioral health professionals from throughout the Southwest.



Dave Giles, Cheryl Risley and John VanDenBerg

Presented in memory of Dr. Todd Risley, also a longtime Intermountain friend and Board member, the intensive sessions were held at Community Partnership of Southern Arizona's training facility in Tucson. Todd was John's mentor; both were instrumental in taking behavioral analysis out of the laboratory and into community settings. John delighted all of the participants with countless case studies involving children and families that faced challenging behaviors on a daily basis, with an equal number of success stories, and with his "Big Boy Calisthenics." What an enlightening and instructive experience it was for all who attended! Intermountain intends to continue to introduce incredibly talented behaviorists to others who share the agency's interests, in Todd's name. Thanks go to John, Cheryl Risley and CPSA for making those memorable sessions available to such a healthy cohort of workers!

The House that Doby Built, or Re-Built



The remodeled kitchen at Kiva House

In December 2004, Doby Hillenbrand heard about the challenges that the residents of Kiva House faced in enjoying recreation or leisure time outdoors. Kiva was home to approximately fifteen seriously mentally ill individuals, adults in a wide range of ages, cultural backgrounds and interests. Doby was a new member of the Intermountain Foundation Board. She wanted to help make a difference in the lives of people who had fewer options in life than the rest of us, young indigent Native adults and older individuals who had come to Kiva from institutionalized settings. So Doby volunteered to spearhead the revitalization of the common outdoor areas of Kiva House, Kiva Apartments and the adjoining Office Unit. The residents of the two Kiva properties were overjoyed. They had a new sense of freedom. Kiva had been transformed, but that wasn't enough for Doby! She wanted to do more...and took on the remodel of the 30 year old kitchen which served over a dozen clients and a dozen direct care staff, 3 meals a day. The upgrades were scheduled gradually so as not to interrupt meals – and the Hazens helped get the project finished! Doby has given us all many reasons to be thankful for her friendship and the tender loving care she lavished on the residents of Kiva House. Thanks, Doby, for re-building a house with your kind attention!

Jill is the Real Deal

Little did Intermountain administrators realize, when they applied to the Stocker Foundation to create an entirely new Behavior Analysis Trainer (BAT) position in 2009, that there would be such a highly qualified candidate as Jill Emmerich on the horizon! Intermountain had long dreamed of having a nationally certified Behavior Analyst on staff to lead training in that modality, to act as a facilitator and to provide resource support to direct care staff, providers, therapists and parents involved in all of the agency's programs. It was a given that the BAT also would have to be extremely creative, have highly developed problem solving skills, and have many years of experience with children, in educational and therapeutic residential settings; with adults, diagnosed with developmental disabilities, and/or serious mental illness; and as a parent. Having found funding for such an experimental posi-



Jill Emmerich

tion from a charitable force in the Tucson community that seeks creative ideas and projects that are catalysts for strengthening the community and improving the lives of children, youth and families – the Stocker Foundation, Intermountain's Human Resources team began an exhaustive search. Four months later, from Idaho, stepped forward a psychology major from Rutgers University who had 20 years of experience and held a national Behavior Analyst certificate. Jill interviewed for the position, looking forward to bringing her two children to the desert to hike, ride, swim and learn what life is like without winter weather, and the rest is history. She has, along with the caring family members that comprise the Stocker Foundation board, filled our wildest dreams and made the Behavior Analysis Trainer a reality. We couldn't be more delighted to have found the "real deal!"

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