

**Southern Tier**



# Steps to Success!

## For Students with Disabilities

**Volume II,  
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### CONTACT INFORMATION

**Broome, Chenango, Delaware,  
Otsego, Tioga Counties:**

NYS VESID  
44 Hawley St.  
Binghamton, NY 13901  
Ph: 1-800-888-5010  
607-721-8400  
Fax: 607-721-8390  
TTY: 607-721-8408  
vp # 149.10.222.27  
vp # 149.10.222.41

**Chemung, Schuyler, Steuben,  
Tompkins Counties:**

NYS VESID  
244 W. Water St.  
Elmira, NY 14901  
Ph: 1-800-888-5020  
607-734-5294  
Fax: 607-734-6802  
TTY: 607-721-4676

**Alternate formats available  
upon request**

**Questions or comments:**

**Contact Dot Marinaccio at  
721-8403, 734-5294, or e-mail  
dmarinac@mail.nysed.gov**

### VESID's Eligibility Criteria

- \* Individual must have a permanent, documented disability
- \* The disability must pose an impediment to employment
- \* Individual must require services to successfully enter and maintain employment
- \* Individual must be able to benefit from services

The State Education Department does not discriminate on the basis of age, color, religion, creed, disability, marital status, veteran status, national origin, race, gender, genetic predisposition or carrier status, or sexual orientation in its recruitment, educational programs, services and activities.

## Is There a Doctor in the House?

By Susan-Spencer-Kellman, VESID Counselor



When Spencer Gorsline, 29, was referred to VESID eight years ago, he presented as a very emotionally fragile young man who wore long hair (sometimes pink) and numerous facial piercings. When communicating with him, his responses were so quiet and uncertain, he was often asked to repeat himself. He graduated high school with the help of an alternative education program due to the frequent and prolonged absences brought on by severe depression and anxiety which required frequent hospitalizations and ECT (a form of treatment).

With encouragement from family, his therapist and his VESID counselor, he enrolled at Broome Community College where he became actively involved in the Honor Society and organizing campus blood drives. He volunteered at a local hospital and on an ambulance team as an Emergency Medical Technician until relocating to Ithaca where he earned his BS degree in biological sciences. After working as a Research Technician in an HIV laboratory at University at Buffalo, he was accepted into their medical school where he has just completed his second year. Spencer's goal is to be an Emergency Room physician, although he's also considering internal medicine, general surgery and cardiology. When he completes his next two years, he'll be a resident with a case load who works under supervision. Depending on what field he goes into, his training could last another 3 to 8 years.

He told his VESID counselor years ago that it would "be nice to be on the other side", referring to his experiences as a patient of the medical system. Spencer has worked very hard to be where he is today and says "therapy, medications, my family, wife and a desire to help those who are in need are my driving forces."



## May is Mental Health Awareness Month

Looking for info and assistance related to a specific mental condition? Here is a quick alphabetical list of organizations that focus on a specific mental disorder. They offer in-depth information, support groups, and guidance regarding that disability--perhaps the one of concern to you.

**Anxiety Disorders** - [www.adaa.org](http://www.adaa.org)

Visit the Anxiety Disorders Association of America (ADAA).

**Behavior Disorders** - [www.nichcy.org/resources/behaviorexpertise.asp](http://www.nichcy.org/resources/behaviorexpertise.asp)

Visit NICHCY's Behavior suite for a detailed list of resources and organizations addressing behavior disorders and concerns.

**Bipolar Disorders** - If this is your area of concern, try these groups.

**Child & Adolescent Bipolar Foundation (CABF)** - [www.bpkids.org](http://www.bpkids.org)

**Depression and Bipolar Support Alliance (DBSA)** - [www.dbsalliance.org](http://www.dbsalliance.org), Toll-free number: (800) 826-3632.

**Dually Diagnosed: Mental Illness and Mental Retardation** - [www.thenadd.org](http://www.thenadd.org)

The National Association for Dually Diagnosed (NADD) focuses upon the needs and issues of individuals who have both mental illness and mental retardation, and the professionals and families who share concern for these individuals.

**Eating Disorders** - [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

The National Eating Disorders Association (NEDA) works to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.

**OCD, Obsessive-Compulsive Disorder** - [www.ocfoundation.org/](http://www.ocfoundation.org/)

The Obsessive-Compulsive Foundation (OCF) is for people with obsessive compulsive disorder (OCD) and related disorders, their families, friends, professionals and other concerned individuals.

**Post-Traumatic Stress Disorder (PTSD)** - [www.ncptsd.org](http://www.ncptsd.org)

For more info and assistance on PTSD, you'll want to visit the National Center for Post-Traumatic Stress Disorder (PTSD).

From National Dissemination Center for Children with Disabilities (NICHCY), [www.nichcy.org](http://www.nichcy.org)

# WHAT ARE YOU DOING THIS SUMMER???



**YOUR LOCAL NY WORKFORCE IS A GOOD RESOURCE FOR EMPLOYMENT. CONTACT THEM AND INQUIRE!!!!!!!**

- Broome County – 171 Front Street, Binghamton NY (607) 778-2136
- Chemung County - 318 Madison Ave., Elmira NY (607) 733-7131/7132
- Chenango County - 1 O'Hara Drive, Norwich NY (607) 334-2201
- Delaware County, 21 Liberty Street, Sidney, NY (607) 561-7550
- Delaware County, 1 Gallant Ave, Delhi, NY (607) 746-7477
- Otsego County - 12 Dietz Street, Oneonta, NY (607) 432-4800
- Schuyler County- 323 Owego Street, Montour Falls, NY (607) 535-6840
- Steuben County - 20 Denison Parkway, Corning NY 937-8337
- Steuben County - 107 Broadway, Hornell, NY, (607) 324-8388
- Steuben County- 117 East Steuben Street, Bath NY (607) 1-800-553-2033
- Tioga County - 1062 Route 38, P.O Box 108, (607) 687-8500
- Tompkins County- 171 East State Street, Ithaca Center, Suite 241, Ithaca, NY (607) 272-7570

## Did you know?

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According to Mental Health: A Report of the Surgeon General, mental disorders are defined as “diagnosable conditions that impair thinking, feeling and behavior, and interfere with a person’s capacity to be productive and enjoy fulfilling relationships.” The report uses the term mental illness to refer collectively to all diagnosable mental disorders. According to the landmark “Global Burden of Disease” study, commissioned by the World Health Organization and the World Bank, 4 of the 10 leading causes of disability for persons age 5 and older are mental disorders. Among developed nations, including the United States, major depression is the leading cause of disability. Also near the top of these rankings are manic-depressive illness, schizophrenia, and obsessive-compulsive disorder. About 15 percent of the U.S. adult population use some form of mental health service in any year.

*From National Alliance for the Mentally Ill, [www.nami.org](http://www.nami.org)*

## A Resource for Accommodations

The Job Accommodation Network is a service of the Office of Disability Employment Policy of the U.S. Department of Labor. It is a wonderful resource for students, teachers, employers, and employees, and others who are seeking information on how to accommodate a task for a person with a disability, whether it involves a physical or a mental impairment.

JAN’s website, [www.jan.wvu.edu](http://www.jan.wvu.edu), encourages self-directed research by providing a searchable online accommodation resource (soar). This part of the website also provides examples of actual scenarios JAN has been presented with and the recommended accommodation and cost. This can be especially helpful for someone preparing for a job interview who wants to know what solutions may be available to accommodate a work task. Searches can be done on the JAN website based on disability and on the task at hand. Below are suggestions for accommodating individuals with psychiatric disabilities for the following task:

### COMPLETING PROJECTS AND MEETING DEADLINES

People with psychiatric disabilities may have cognitive limitations that impair their ability to complete projects and meet deadlines. Accommodations include:

- Make daily TO-DO lists and check items off as they are completed
- Use several calendars to mark meetings and deadlines
- Remind employee of important deadlines
- Use [electronic organizers](#) - \*the JAN website provides a list of companies that offer these types of devices
- Divide large assignments into smaller tasks and steps



To contact the Job Accommodation Network, call 1-800-526-7234, 1-877-781-9403 (TTY) or email them at [jan@jan.wvu.edu](mailto:jan@jan.wvu.edu).



**HAVE A HAPPY SUMMER!**

### Southern Tier VESID Staff Corner...

**Debra Carson** joined the VESID office in April as the new Regional Marketing Representative. Debra previously worked as the Manager of Employment and Career Services at Association for Vision Rehabilitation and Employment in Binghamton. Welcome Debra!

Check out our website at [www.vesid.nysed.gov/southerntier](http://www.vesid.nysed.gov/southerntier)