

In the last five years, every **\$1** invested Federally in our UCEDD has resulted in an average of **\$18** in additional grants, contracts, and projects to serve the state of Oregon.

Our four core functions with impact highlights for FY2025:

Education: 957 participants in 59 continuing education activities	Research: 46 research activities including 420 Interviews with adults for the National Core Indicators project	Service: 1,016 hours of technical assistance provided to national and local organizations	Information sharing: 66 products and publications created and disseminated
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Services in detail:

Across Oregon, the OHSU University Center for Excellence in Developmental Disabilities (UCEDD) delivers practical, cost-effective services that strengthen community health and reduce strain on the broader care system. Our programs and resources equip mental health providers with the skills needed to address persistent care gaps efficiently, expand access to essential health information through education about telehealth appointments, and offer support that helps adults connect to preventive services and manage their own well-being. We invest in community-driven solutions through grants that support local initiatives, provide straightforward tools that help individuals take charge of their health, and offer caregiver seminars that give families realistic strategies they can use every day. Together, these efforts promote independence, improve access to needed care, and deliver measurable benefits for Oregonians with disabilities and the communities that support them.

The following sections highlight a selection of UCEDD programs and services, offering examples of our broader work and the impact it has across Oregon and the nation.

Service: [Mental Health Provider Training Program](#)

Making mental health care more efficient and cost-effective by equipping providers to address service gaps nationally.

The recently launched Mental Health Provider Training Program within the Oregon Office on Disability and Health at the OHSU UCEDD is a two-part, on-demand professional training series designed to strengthen the state’s mental health workforce by improving provider competence in serving individuals with intellectual and developmental disabilities (I/DD). The program incorporates real-world perspectives from people with I/DD and experienced clinicians, and gives practical guidance on improving communication, addressing systemic barriers, applying trauma-informed care, and adapting assessment and treatment strategies. By offering continuing medical education credit and evidence-based instruction, the program helps ensure that providers are better equipped to deliver consistent, high-quality care, thereby reducing gaps in access and supporting more efficient service delivery across the country and for Oregon’s behavioral health system, reducing the need for crisis interventions.



Impact:

Nearly 200 providers have completed at least one training in the first three months of the program so far.

Service: [Telehealth and You Video Series](#)

Increasing health care access in rural areas statewide through Telehealth

In partnership with the Assistive Technology Lab at Community Vision, a community-based disability organization, we secured grant funding to develop telehealth materials during the COVID-19 pandemic. We created video tutorials for adults with disabilities, including support for those with intellectual and developmental disabilities who rely on augmentative and alternative communication (AAC). Videos explain what telehealth is and how to schedule, prepare for, and participate in telehealth appointments.



Impact:

The videos currently have over 9,000 plays, and our webpage has been visited nearly 4,000 times.

Service: [Taking Charge of My Health Care](#)

Giving people with disabilities the tools to speak up, make choices, and take control of their health.

The Taking Charge of My Health Care Toolkit was created in 2020 and continues to equip people with intellectual and developmental disabilities to play an active role in their own care. Co-created by Oregon self-advocates and health care experts, the toolkit builds real-world skills—speaking up during appointments, asking questions, making informed decisions, and finding providers who listen and respect their needs. The materials are designed for individuals, families, and supporters and are offered in easy-to-use formats including videos, worksheets, guides, and printable tools for preparing for appointments and navigating care. This resource helps people move from “patient” to “partner,” strengthening confidence and decision-making in everyday health care situations.



Impact:

Over 19,000 webpage views, over 5,000 video views and nearly 10,000 material downloads to date.

Service: [Community Grant Program](#)

Fueling community-led ideas that help Oregonians live healthier, more connected lives.

Through the Community Grant Program, the UCEDD awards grants to community organizations to support local, community-driven projects that strengthen health and wellness for children and adults with disabilities across Oregon. Grants focus on practical, local solutions that address the root causes of chronic disease—expanding access to whole, healthy foods, increasing opportunities for movement and time in nature, reducing loneliness through in-person connection, and supporting strong, resilient families. Projects have spanned a wide range of wellness priorities, including physical activity (16 projects), family support (11), spirituality (9), nutrition (7), self-advocacy (6), mental health (5), and other identified topics. Together, these initiatives create healthier environments, strengthen social connection, and empower communities to lead change.



Impact:

Since 2013, the program has awarded 62 grants, reaching more than 5,000 Oregonians.

"Thanks to the funding from UCEED, we were able to offer a variety of workshops, all tailoring to different requests from participants living with brain injury. Each workshop gave participants living with brain injury the opportunity to learn new skills, foster connection with others while building community and offered new ways to support participants mental, physical, social and emotional health."

- 2024 grant recipient, ResilientSeed Healing Farm

Service: [The Linkage Project](#)

Improving health for Oregonians with disabilities through efficient access to essential care and skill building to manage one's own health.

The Oregon Office on Disability and Health is a program of the OHSU UCEDD that works to improve health and wellness for people with disabilities in Oregon. The Linkage Project is part of this work and helps adults with disabilities in Oregon access preventive health services more efficiently by identifying unmet preventive care needs and connecting individuals to appropriate providers and community resources. Through a short-term, three-month process, participants meet with a Linkage Specialist by phone or Zoom to identify their health priorities, learn skills that strengthen their ability to manage their own well-being, and receive targeted referrals to medical, dental, mental health, and community resources. These connections help prevent delayed care, reduce later health risks, and strengthen engagement with health programs. As part of a broader multistate partnership with the CDC and Oregon's Office of Developmental Disabilities Services, the project focuses on reducing barriers to essential care while supporting individuals in taking an active role in maintaining their health.

Tom's story:

Tom lives in rural southwest Oregon and was referred to the Linkage Project by his disability services case manager. Tom was one of the 78.4% of Oregon Linkage Project participants that received or made progress toward receiving primary health care. His Linkage Project goals were to 1) find consistent primary care to reduce emergency care, and 2) Seek mental health support for medication coordination. He met with his new primary care practitioner (PCP) twice during his Linkage Project experience. As a result of education provided through the linkage project about health care navigation and his prepared questions, Tom received a referral to Behavioral Health from his PCP. Tom feels his PCP is responsive and respectful. He now manages most of his medications with his PCP and has not needed emergency care.

"I would recommend this project to other people." - Tom



Impact:

69 people with I/DD have enrolled in the Linkage Project since 2023 and they have received 147 referrals to needed preventive health services.

Service: [Educational webinars](#)

Helping families and caregivers build skills, confidence, and connection—together.

One example of our educational webinars is the Caregiver Seminars, which bring together small groups of parents and caregivers of children with disabilities and trusted health care providers for practical, family-centered learning and support. Through interactive workshops and webinars, families gain everyday tools, expert insight, and meaningful peer connection to navigate challenges such as behavior, feeding, routines, and family life.

Recent highlights include:

- **Medical and Educational Evaluations for Developmental Disabilities: What is the Difference?** – helpful advice for families navigating support services for their children.
- **Why Did My Child Do That?!** – a webinar for families of children ages 4–14 exploring the reasons behind big behaviors and sharing simple, effective strategies to reduce meltdowns and power struggles.
- **Supporting Children with Feeding Difficulties** – hands-on guidance to improve mealtime participation and enjoyment for children with and without disabilities.
- **Behavior Support Over Summer Break** – practical ideas to build structure, manage behaviors, and create positive family time when school is out.

These sessions help families feel more prepared, empowered, and supported in everyday life. Like all of our webinars, the session recordings make training widely available on-demand for continued impact.



Impact:

In FY2025, webinars reached over 1,000 attendees through live participation and recorded sessions.