



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome!

Water Safety and Drowning Prevention

Presented by Jillian Mitchell
Cook Children's Center for Community Health

June 9, 2025

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.

meet & greet



Take this opportunity to introduce yourself in the chat box.

- ❖ Who are you?
- ❖ How can you assist?
- ❖ What do you need assistance with?

Welcome

NEW/RENEWING MEMBERS

- ***Individual Members:***

- Joseph Barbarito
- Tammi Creed
- Stephanie Stone
- Rene Aguilar
- Deborah Norris
- Richard Garrett
- Audra Resell

- ***Premier Partners:***

- Cook Children's Medical Center
- Fort Worth ISD (Founding Partner)
- Tarrant County, the office of Judge Tim O'Hare (Founding Partner)

- ***Sponsor Member:***

- Green Oaks Education and Support

- ***Professional Member***

- Macy Davis, Equitable Advisors, LLC

Your Name/Organization Belongs Here

www.IDDCouncil.org/join-us



Intellectual and Developmental Disabilities Council of Tarrant County

All IDD Council members have access to monthly meetings, job fairs, transition fairs, and access to information and resources via our monthly newsletter, social media, and IDD Council website.

ANNUAL BENEFITS AND PRIVILEGES TO MEMBERS

\$5000+ (ALL BENEFITS FROM \$2500 LEVEL, PLUS ALL OF THE FOLLOWING):	\$2500+ (ALL BENEFITS FROM \$1000 LEVEL, PLUS CHOOSE 1):	\$1000+ (ALL BENEFITS FROM \$500 LEVEL, PLUS CHOOSE 2):
<ul style="list-style-type: none"> • Logo with link on website, ability to put our logo on their website with prior approval • Keynote speaker at Celebrating YOU Employer Recognition luncheon OR another premier event • Access to the benefits of the individual membership level for all families/employees affiliated with your organization • Guest feature (e.g., ad, article, profile) in an issue of the IDD Council newsletter 	<ul style="list-style-type: none"> • Organization's name on IDD Council website • Tailored 1-hour training for your organization's staff or stakeholders (CEUs may be offered for an additional fee) • Present at a Caregiver Education session • Recognition in all IDD Council publications 	<ul style="list-style-type: none"> • Monthly social media posts (1 image of your choice) • Speaker spot at a monthly membership meeting • Request of a custom topic for a Caregiver Education session; priority selection over non-member and non-custom requests • Recognition in select IDD Council publications
\$500+ (ALL BENEFITS FROM \$250 LEVEL, PLUS CHOOSE 2):	\$250+ (ALL BENEFITS FROM \$25 LEVEL, PLUS CHOOSE 2):	\$25 INDIVIDUAL MEMBER
<ul style="list-style-type: none"> • Banner with logo at all 4 Making Connections Disability Resource Fairs OR at April Cool's Day • Organizational info table at Sensory Santa • Permission to distribute information at events (e.g., in bags, or at the doorway) 	<ul style="list-style-type: none"> • Organizational info table at one* of the following events: April Cool's Day, CapeAbilities Job Fair, a Caregiver Education session, OR a Making Connections event • Choose 1 topic for a monthly Caregiver Education session from a pre-set list of topics. Priority selection over non-member requests <p>* May select two organizational table events as benefit option.</p>	<ul style="list-style-type: none"> • Free training (non-CEU) • Collaboration and networking among agencies, caregivers, and other advocates • Recognition of membership on website and newsletter • Access to members-only portal with a resource directory and video/audio recordings of select presentations

...additional customized benefits available a-la-carte to meet your organization's needs!

CEUs may be offered for an additional fee at individual events.

Members at all levels will receive a discount on CEUs.



WWW.IDDCOUNCIL.ORG/JOIN-US



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Call for Applications

**for the
IDD Council
Board of
Directors**

The IDD Council is accepting applications from outstanding leaders, self-advocates and caregivers to serve as Board members. Help us to grow and prosper in our work.

<https://www.iddcouncil.org/board-member-info>.



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JOIN A COMMITTEE

- ❖ **COMMUNICATIONS & PROGRAMMING COMMITTEE:** Identifies and schedules topics of interest for Council events and helps create and distribute information important to members of the Council and community through written and electronic media. Meets hybrid as needed.
- ❖ **SPECIAL EVENTS COMMITTEE:** Calling all party planners, entertainers and creative thinkers! Let's plan programs that add value to the community, advocates and creates awareness of IDD. The committee is looking for parents, providers, community leaders and event planners to join us in finding and creating new opportunities. Meets hybrid as needed.
- ❖ **TRANSITION COMMITTEE:** Provides educators the opportunity to collaborate and discover resources to share with families in the path to adulthood. The committee is looking for school counselors, transition specialists, parents and advocates interested in establishing or advancing opportunities for people with disabilities after high school. Help develop strategies that support families and students in schools and secondary education. Meets the 2nd Friday of the month from 9-10:30 a.m.



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GRANT WRITER NEEDED

If you are an experienced grant writer, or if you know of one, please message us or email us.



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SHOP, EAT AND SUPPORT THE IDD COUNCIL



Kroger Shopper Card Community Rewards: <https://bit.ly/2Sw9WX1>

Rosa's Cards \$20 value / \$20 each: Email request with Qty: Rita@IDDCouncil.org

More info and ways to support our mission: <https://www.iddcouncil.org/partners>

PAYMENTS MADE EASY WITH ZELLE, PAYPAL, OR ON OUR WEBSITE!



zelle®



<https://paypal.me/IDDCouncil>



<https://myqrcode.mobi/d2648a48>
(www.IDDCouncil.org/gift)



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MONTHLY MEETINGS

1ST THURSDAY EACH MONTH 9-10:30 a.m.

3136 W. 4th Street, Fort Worth

July 3: No MEETING IN JULY

Next meeting: August 7

TRANSITION COMMITTEE SUMMER MEETINGS

Rosa's Café & Tortilla Factory Locations

June 12: 5000 Overton Ridge Blvd., Ft. Worth

July 10: 2200 Precinct Line Rd., Hurst

UPCOMING EVENTS





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ABOUT OUR PRESENTER



Jillian Mitchell

Lifeguard Your Child

Jillian Mitchell

Program Coordinator

The Center for Community Health



Our Pinky Promise
“Everything for the Child”

Video



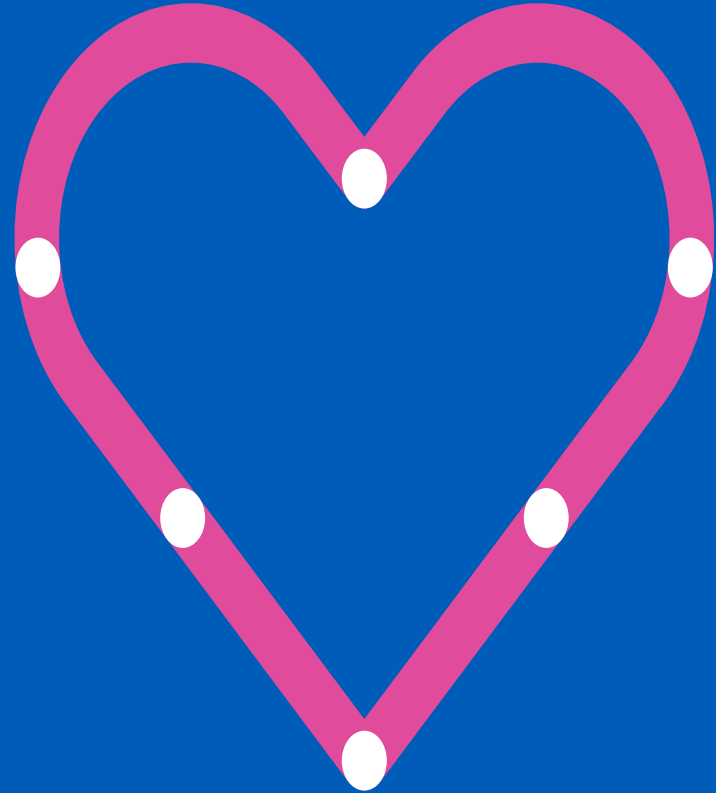
Agenda

Who is at risk?

Where are the risk environments?

Layers of protection

Resources





How is Drowning Defined?

**“the process of
experiencing respiratory
impairment from
submersion/ immersion in
liquid.”**

Drowning is silent

As little as 1-2 inches of water

Can happen quickly

Life altering injuries can and often do occur



● National Statistics ●

80% of drowning victims are **male**.



Drowning impacts all ages, but in particular the **young**.^{28 29}

#1 The leading cause of death among **1-4 year olds**.



#2 The second leading cause of unintentional injury death among children **ages 5-14 years**.



 Drowning death rates for **Black/African Americans** are **1.5x** higher than the rates for White people.



Drowning in **rural** settings is **1.5x** higher than in urban areas.



Children with **autism** spectrum disorder are **160x** more likely to experience fatal and nonfatal drowning than neurotypical peers.



Source: watersafetyusa.org 2023

87 TEXAS CHILDREN
FATALLY DROWNED
IN 2023*

equivalent to 1 school bus full of children



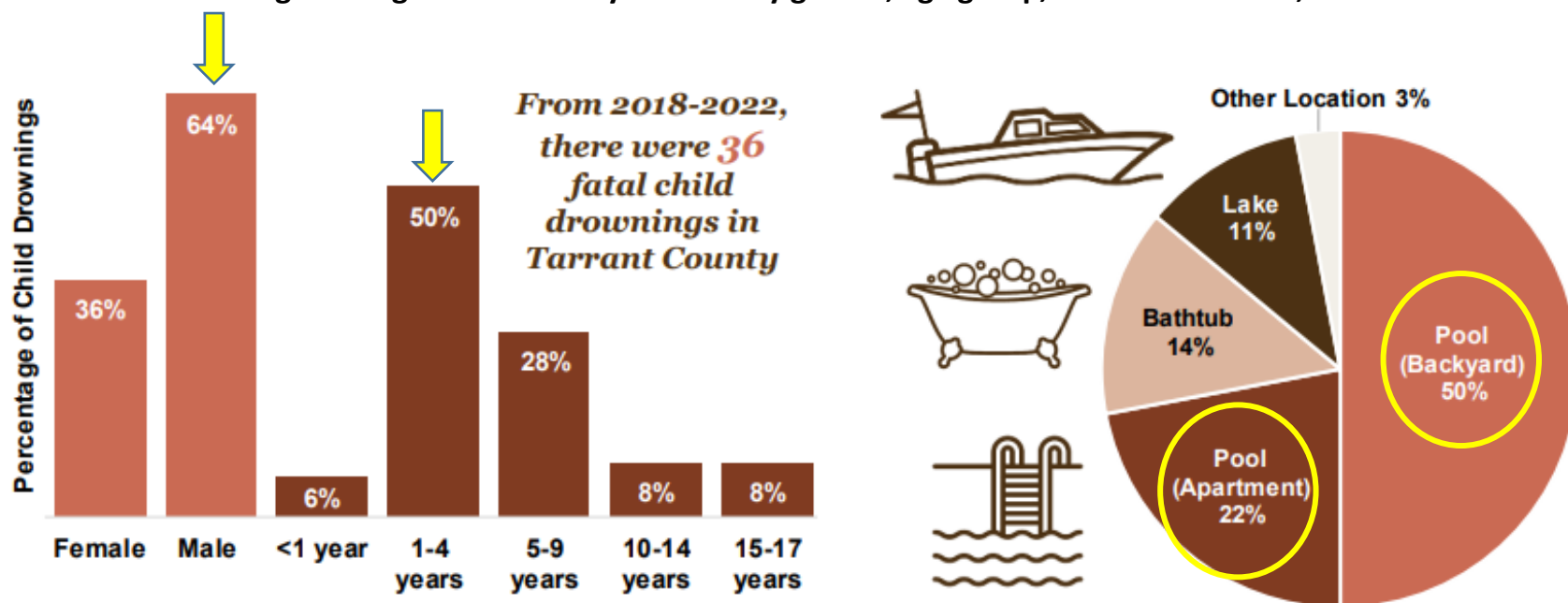
FOR EVERY FATAL DROWNING, THERE ARE 7 NONFATAL DROWNINGS
resulting in long term injuries, emotional trauma, and financial hardship



equivalent to 7 school bus full of children, or 609 children

**statistics derived from Texas Department of Family Protective Services (fatal) and the U.S. Center for Disease Control (non-fatal)*

Fatal drownings among Tarrant County children by gender, age group, and water source, 2018-2022



*From 2018-2022, the **majority** of fatal child drownings in Tarrant County occurred in **pools** and were among **males**, while **half** were among children **aged 1-4 years***

Source: Tarrant County Public Health Data Brief July 2023

Cook Children's Data 2024-2025



Confidential

Layers of Protection...



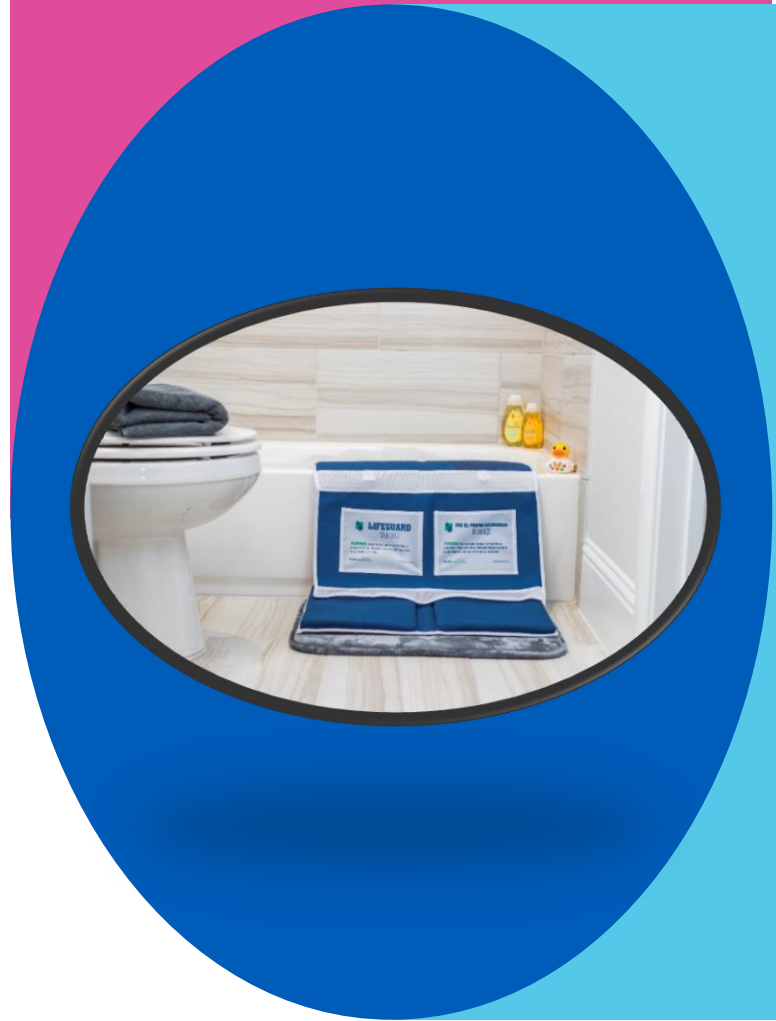
● Always remain in reach

Video / Testimony



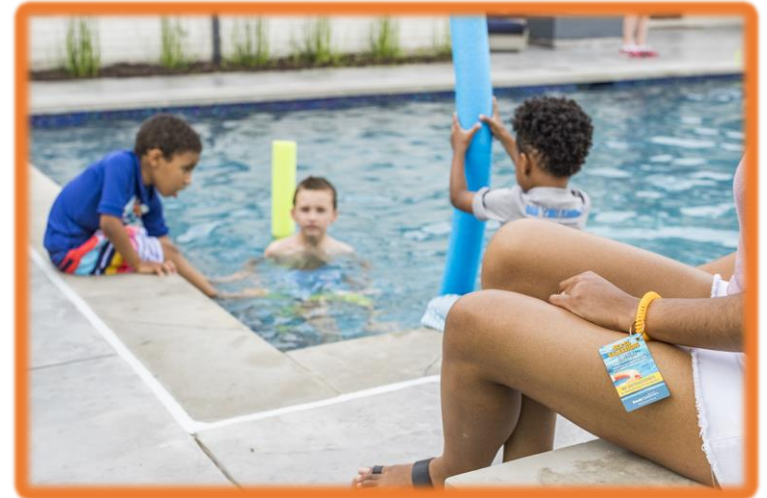
Bath Safety

- Keep supplies within reach
- Avoid multitasking
- Install safety latches on toilet seats
- Use safety latches or door knob covers to keep bathrooms closed
- NEVER leave a infant or small child alone



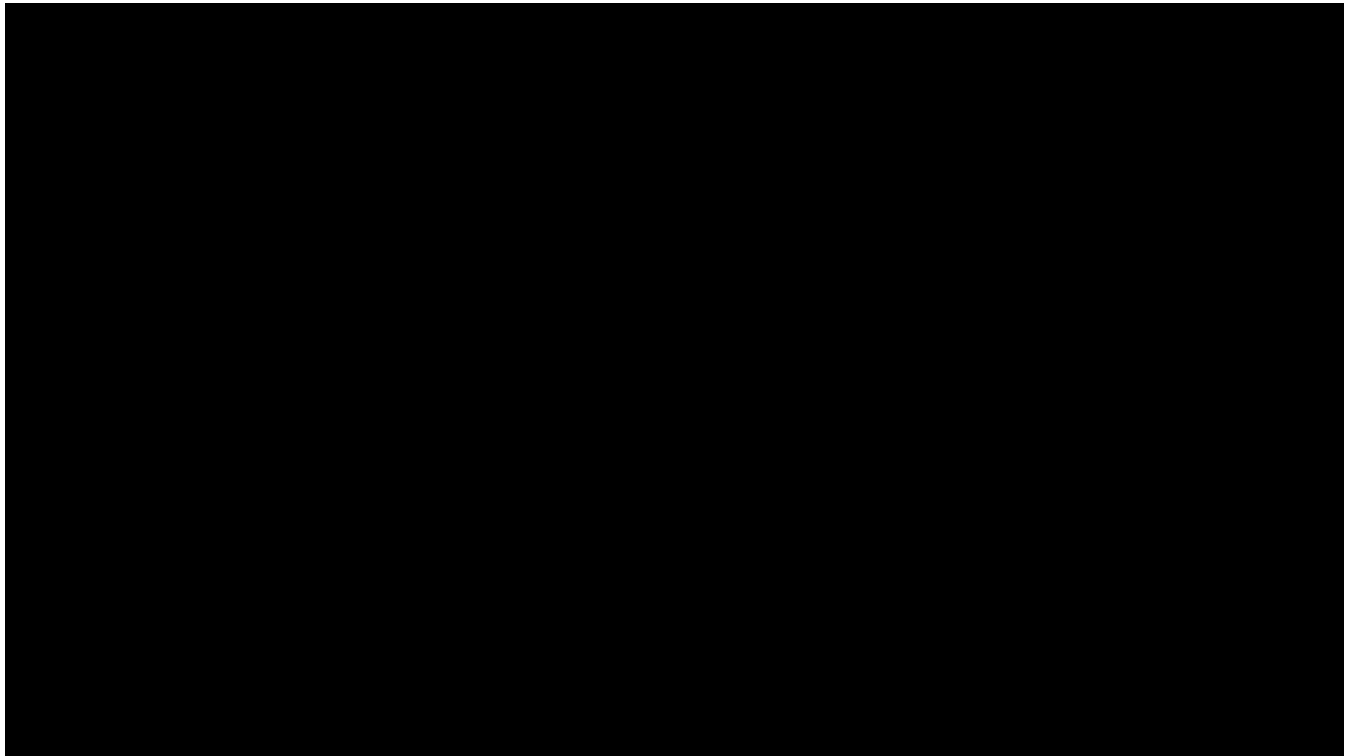
● Layers of Protection Around the Pool

- Four sided fencing
- Window and door locks
- Be aware of potential access points
- Alarm systems
- Remove toys from pool area after swimming
- Supervision
- Learn to Swim



● Xander's Story

Video / Testimony



● Swimming and Autism

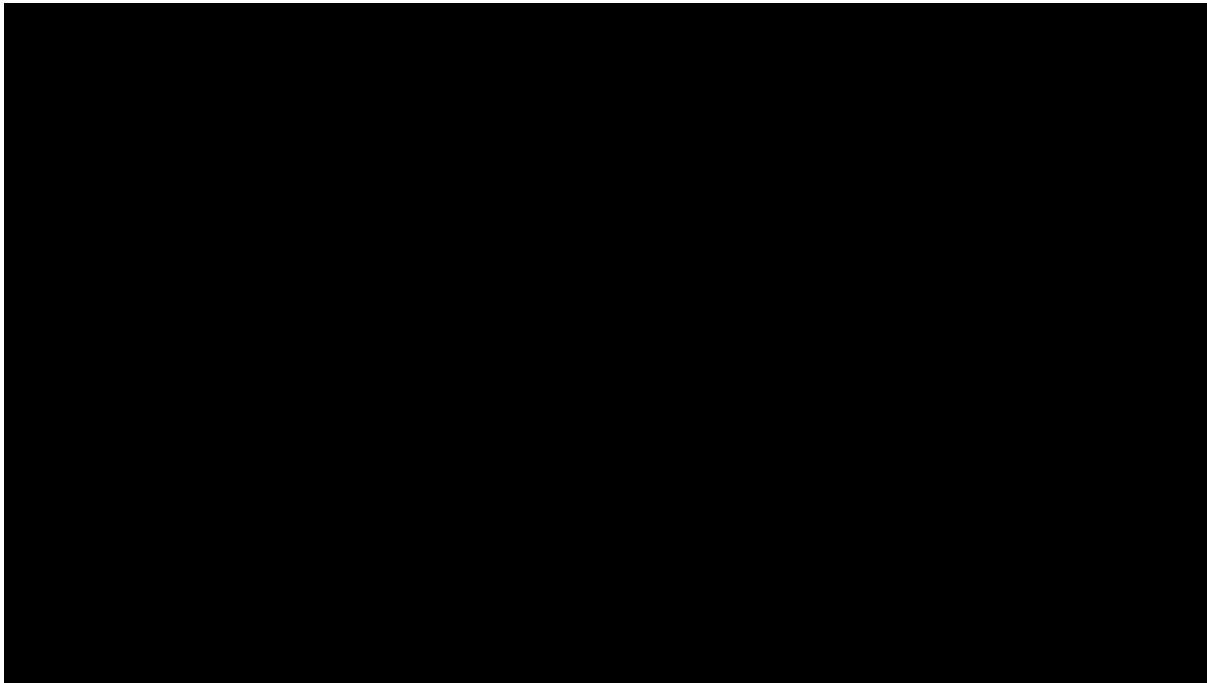
- All prior safety tips apply and then some!
- Find a qualified instructor
- Practice in a calm environment
- Use positive reinforcement
- Be patient and flexible
- Supervision!!



Source: Behavioral Innovations www.StartABA.com

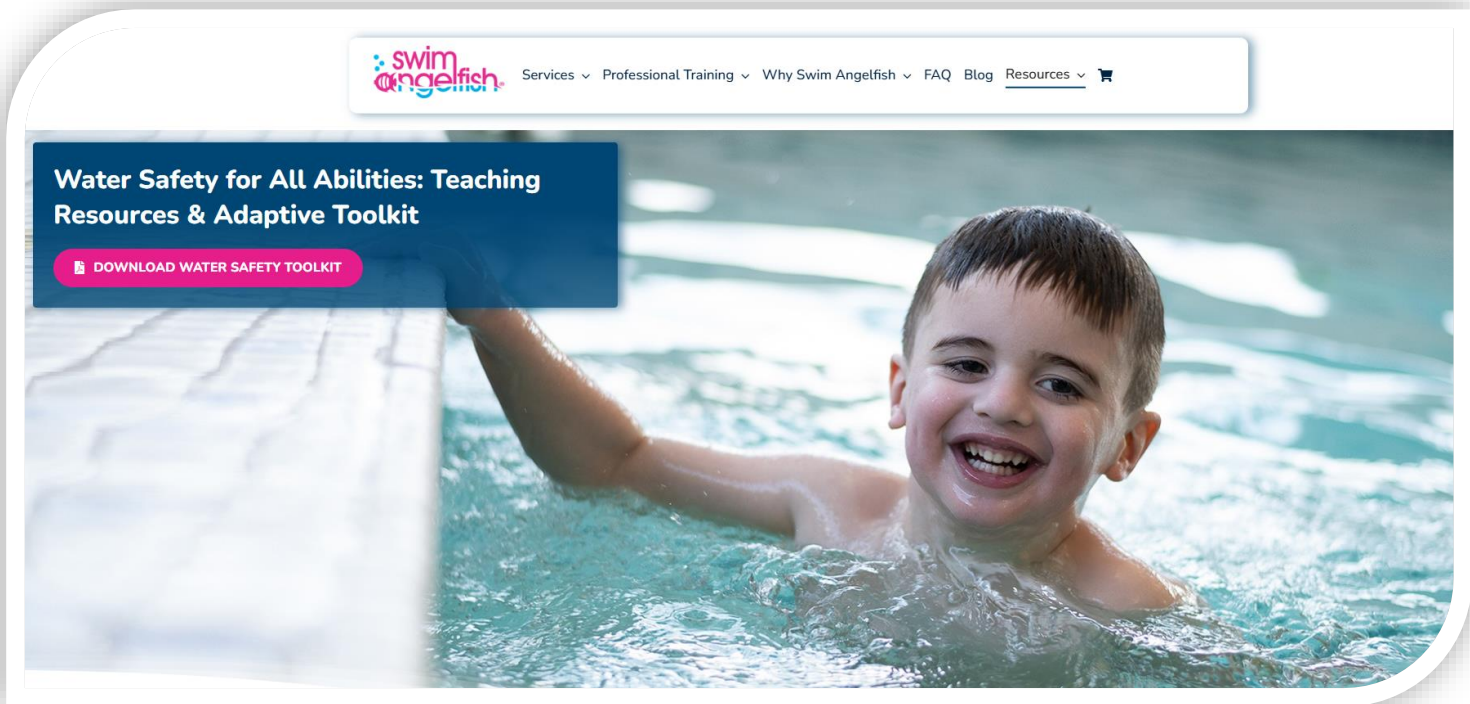
● Practice Rescue ●

Video / Testimony



Source: Swim Angelfish

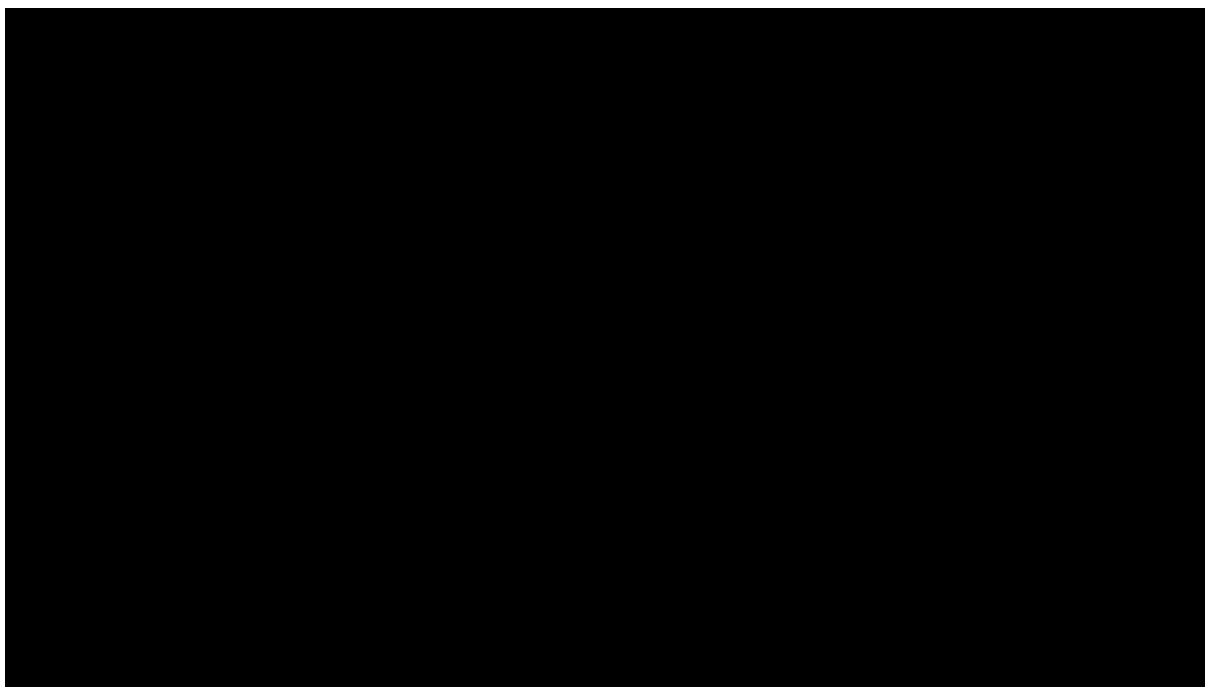
Adaptive Aquatics-Tools for Parents



Source: Swim Angelfish

● Buckle up! ●

Video / Testimony



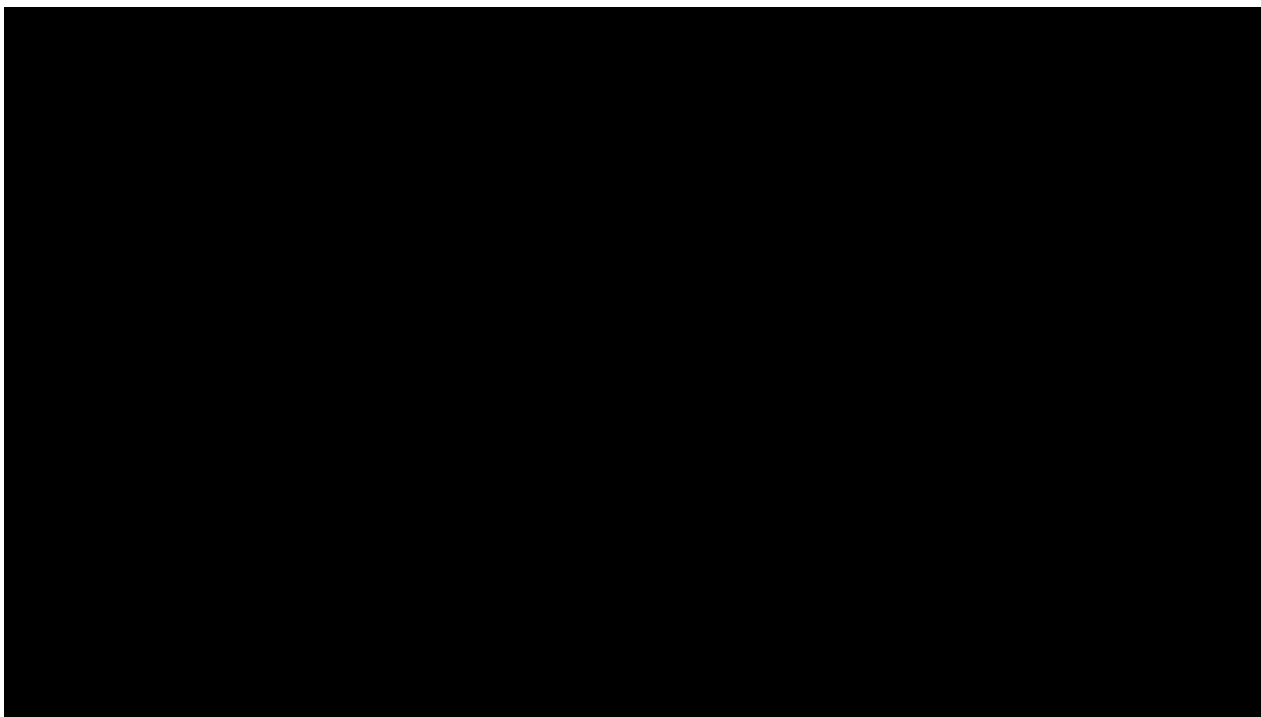
● Open Water Layers of Protection

- Wear a USCG approved life jacket
- Swim only in designated areas
- Never swim alone
- Adult supervision
- Model safe behavior
- Emergency plan



● Conner's Story

Video / Testimony



Life Jacket Proper Fit





Resources

[Pool Safety](#)[Open Water](#)[Bath Time](#)[Get Involved](#)[Prevention Resources](#)[En Español](#)

**88% of drownings occur
with at least one adult
present**

Having an assigned water watcher means avoiding distractions and staying in reach of swimmers at all times.

#lifeguardyourchild





For more information, contact:

Jillian Mitchell

Program Coordinator
Community Health - Child Safety
Cook Children's Health Care System

Jillian.Mitchell@cookchildrens.org

Thank you



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Thank you for joining us today!

**Before you leave, take time to
visit, network, share contact and
program information.**

Rita Stevenson
Executive Director
Rita@IDDCouncil.org
www.IDDCouncil.org