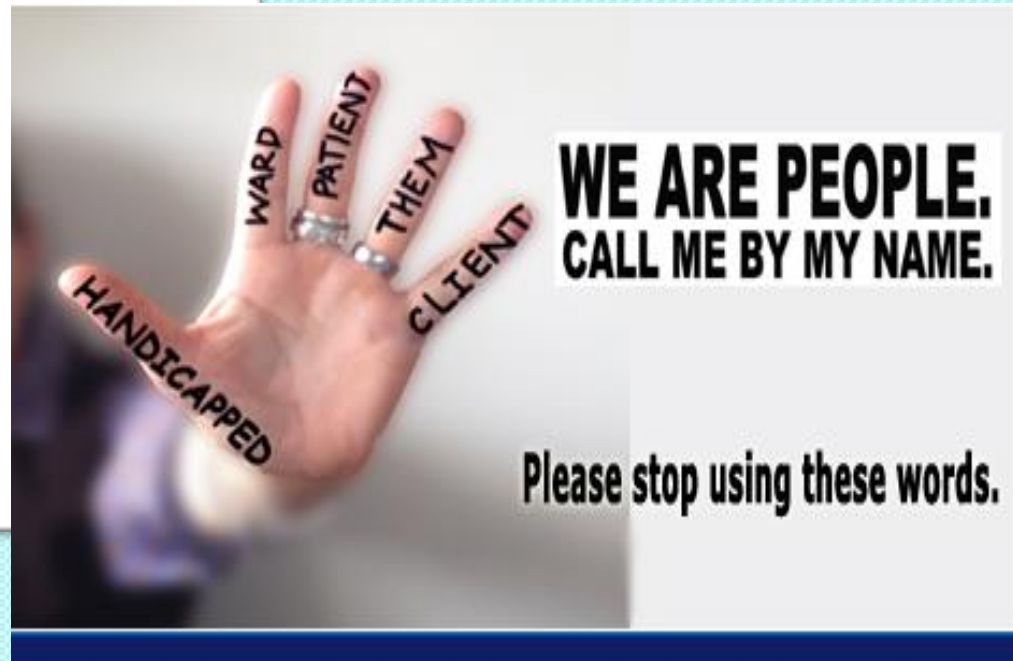


DDS Self Advocate Coordinators

Fiscal Year 16' Report
August 2016





James Louchen



Carlos Colon



Varian Salters

West



Jossie Torres

North



Carol Grabbe



Latasha Linwood

South



Genna Lewis

- Who are the DDS Self Advocate Coordinators?
(SACS)
- Legislature Supported
 - A Voice of the People
 - Making a Difference

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Self Advocate Coordinators At Work

- What do SACs Do?
 - Promote Self Advocacy -Spread the Word!
 - Promote individual involvement
 - Develop leaders
 - Support Regional and State activities



Continue to PROMOTE: WE are People. Call ME by MY Name!

- February 2015 The DDS Self Advocate Coordinators (SACs) unveiled a new initiative, supporting and recognizing “People First Language.”
- We are People –Call Me by My Name campaign - asks everyone to be called by their given name
- SACs Hope to eliminate the words and terms:

"client"

"patient",

"ward"

"them"

"handicapped"

and the "R" word - "retarded".



SACs challenged everyone to Take the pledge!

- SACs invited everyone to take the Disability Awareness Pledge
- Reaffirms a commitment to seeing the person and not the disability.
- **Over 1000 people have taken the Pledge**
- The SACs are challenging each one of us to be the change that makes a difference. – TAKE THE PLEDGE!



Disability Awareness/People First Language Pledge

I PLEDGE:

- To advocate and accept my responsibility to be respectful to the individuals I work with and for.
- To RESPECT and treat all individuals equally.
- To Call each person by their name and refer to them as “INDIVIDUALS/PEOPLE” and stop using the word “CLIENT”
- To Support self-advocacy and stand up for individuals’ human rights.
- To be an advocate for “No More R Word” in my work place and everywhere I go.
- To Assist and make sure that each person that I work with can make their own choices, be part of a community of their choice, and feel accepted to be themselves.
- I will use People First Language, which means seeing THE person NOT the disability, using words and terms that are easier for people to understand.
- To be an ambassador for Self Advocates, Speak up for People First Language, and Be the voice for change that makes peoples’ lives happen!
- To the best of my ability I solemnly swear to live by the this pledge.



know word groups Rights circle support Direct
fulfill boss self whatever mission relationships
empower first advocacy name supports
choice dreaming Responsibilities determined make
speak need independence leadership living
spread community Believe independent language
life respectful direction determination
Healthy people advisors happen control
informed respect Self right learn takes dignity
People Voice Call choices Dreams

Self Advocacy- Building the Voices

- Empowering Others to Speak Up!
 - Developing and Expanding SA Groups
 - Working with all of the CT Private Providers
 - Increasing the number of Self Advocacy Groups and the number of Individuals attending Self Advocacy Groups.
 - SA Groups for individuals in Public supports
 - Developed a Self Advocacy Advisor Manual to share with all of the SA group Advisors



Self Advocacy- Building the Voices

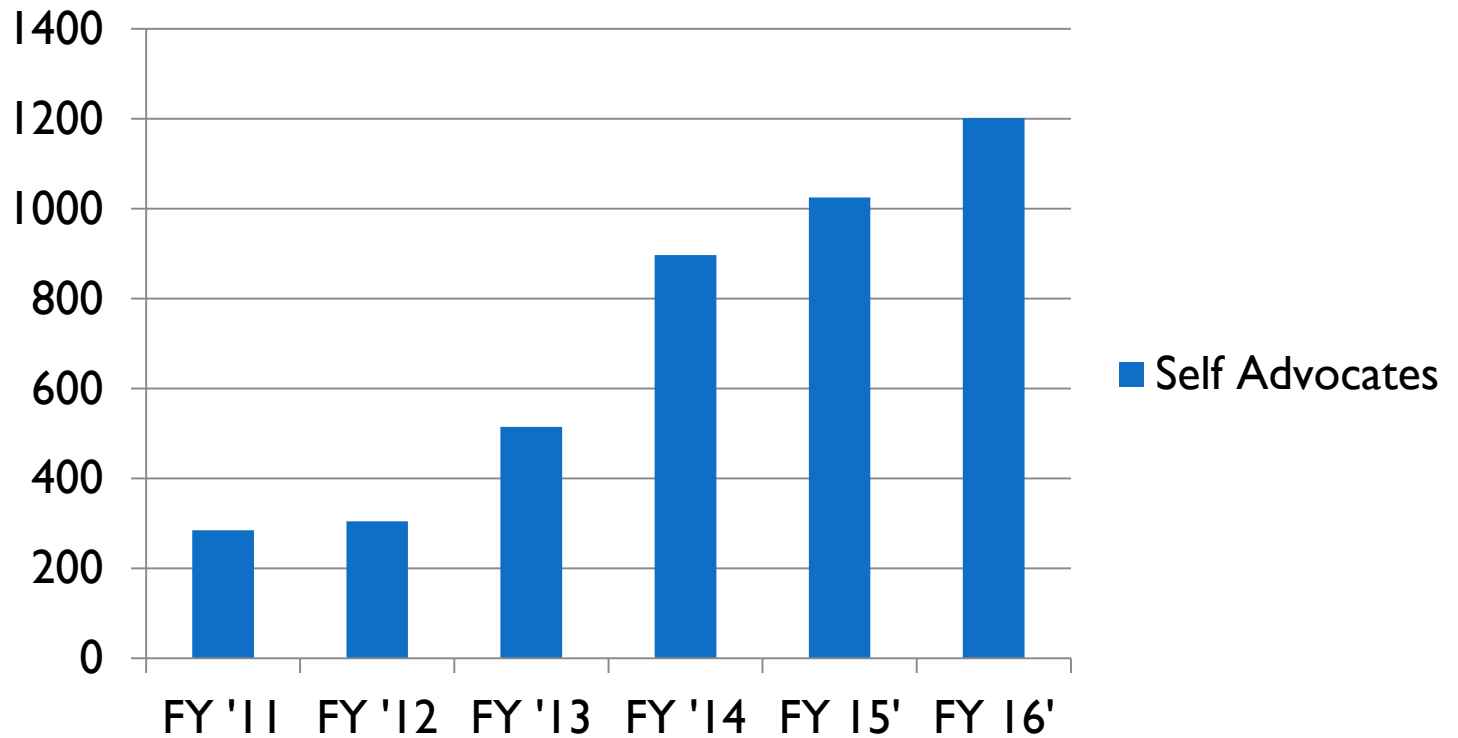


- Empowering Others to Speak Up!
 - Being an IP Buddy and developing IP Buddies to support individual advocacy
 - Developing Self Advocate Volunteers to help Spread the Word!
 - Supporting and participating in “CT Cross Disability Alliance”
 - NCIs – Peer Interviewing and sharing SA Information

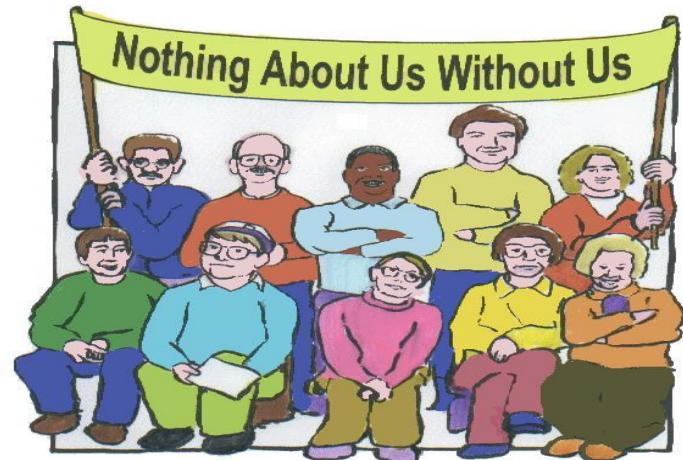
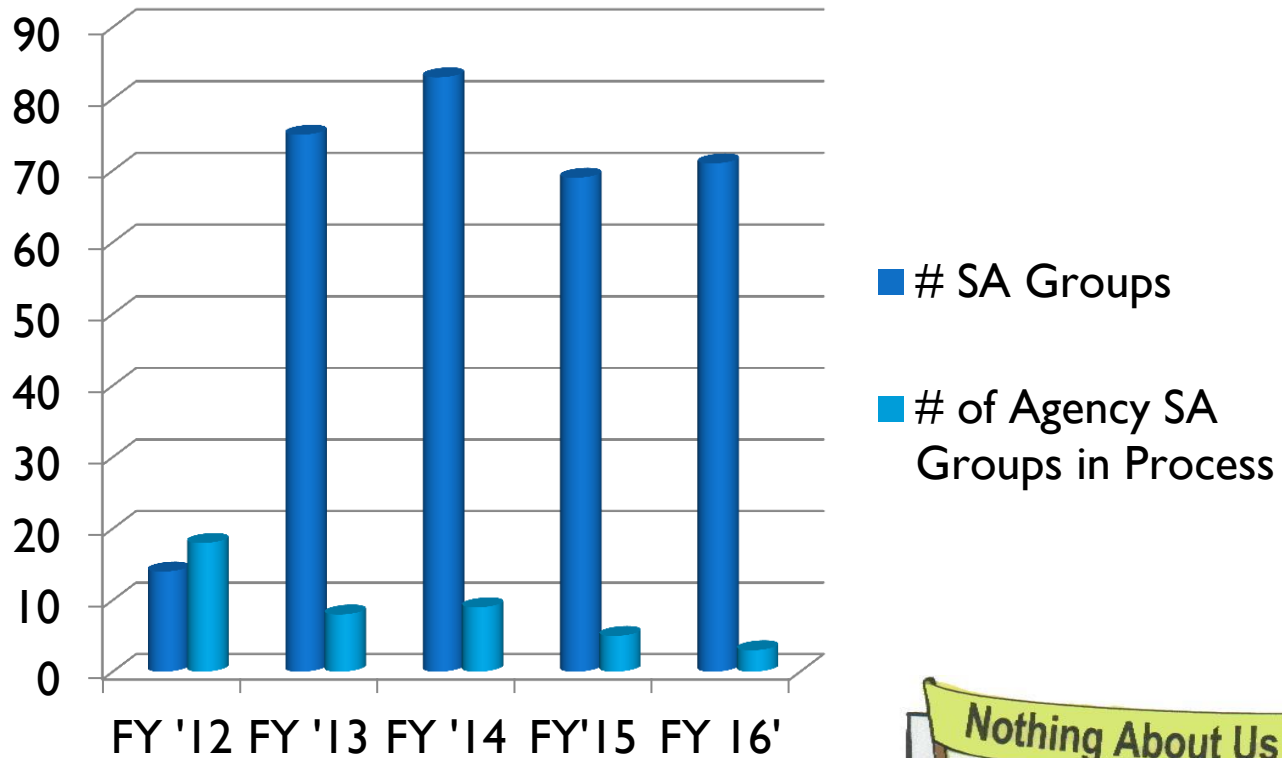


Growing Self Advocacy Statewide

Self Advocates



Self Advocacy Groups



Advocacy in Action

- Changes Happen: SA Groups have gone through some changes which have showed a difference in our “growing” numbers
- 3 Self Advocate Coordinators left and unable to fill positions
- Groups have merged – to support location and transportation
- Staff support has changed
- Agencies have closed – no longer have SA Groups
- Refer SA groups to other local community based organizations who support individuals with disabilities



Promote Self Advocacy

Spread the Word!

Knowledge is Power!

- All SACs have a Focus Area
- Regular meetings with DDS Administration to discuss issues that are important to everyone who receives services from DDS
- **FAB** Topics – Shared with the SA Groups

Fun

Advocacy

Brain Power



SAC FOCUS AREAS



- Leadership Responsibilities – Each of the SACs support all of the Focus Areas and are responsible for “Spreading the Word” with all of the topics. They each coordinate the following Focus Areas:
 - Carlos – Transportation
 - James – Self Advocacy within DDS and Special Olympics
 - Varian – Housing
 - Carol – Health and Fitness
 - Latasha- ADA and Assistive Technology
 - Jossie – Healthy Relationships
 - Genna – Employment



Spreading the word regarding these 3 areas was limited since the position was not filled throughout the full year.

- Youth Advocacy and Transition
- Spreading the Word at STS
- Aging

SAC Focus Area

Leadership



- **LEADERSHIP** - SACs lead the way by Supporting and participating in various Regional and Statewide Committees, conference presentations, general presentations/trainings to individuals, families, providers and DDS staff, and are board members for various organizations
- Some **Committees** include: Healthy Living Conference, Hiring Interview Committees, Qualified Provider interviews, Community Companion Homes, Community Of Practice Committees – all 10 have SAC representation, CT Coalition for Aging and Developmental Disabilities, Aging Committee at STS, Employment Steering, Family & Mentoring Leadership, and DDS various LEAN groups

SAC Focus Area – Leadership

Providing Education/Trainings:

- Regional Leadership Forums
- Cross Disability Lifespan Alliance
- Peer 2 Peer Support
- DDS New Employee Training
- Supporting the DDS Advocates' Corner website
- Developing videos to post on our websites to promote various DDS initiatives
- DDS Council Member
- Job Development Leadership Network
- CT Family Support Network
- Presented for National Webinars – NCI/APSE
- Presented National and State Conference
- Ongoing trainings for Healthy Relationships
- SA Volunteers



SAC Focus Area - Leadership

Education and Training

- Ongoing Trainings Provided – SAC Tool Chest
 - “Peer 2 Peer Support”
 - “10 Steps to Being a Great Self Advocate”
 - “Employment Now!”
 - “Next Steps- Speak Up! School Days to Pay Days”
 - “Speak Up! Speak Out! – Self Advocacy”
 - “Self Determination – Make Life Happen”
 - “We Have Human Rights!”
 - “What’s So Important About Having A Job?”
 - “Degrees of Mean”
 - “I Have an Intellectual Disability: Do I Need a Guardian?”
 - “Employment First – Real Work for Real Pay!”
 - “Provider Orientation”



SAC Focus Area - Leadership – SACS Leading the Way!



- Developed Jet To Success
- Youth Leadership Forum – Counselors
- National Core Indicator Surveys – Interviewers
- Individual Plan Buddies
- Mentoring Day – October 2015
- Presenters at National and State Conferences
- Best Buddies
- People First Conference – “Social Success”



SAC Focus Area

Self Advocacy

Self Advocacy – SPREADING THE WORD!

- **Self Advocacy within DDS-** Developing and supporting SA groups for people living in DDS supported homes and out reach to community SA groups. Promoting to DDS Staff the importance of self advocacy and how it empowers people to “Make their life Happen”!



SAC Focus Area -

Self Advocacy - **SPREADING THE WORD!**

- Public Speaking
 - State Conferences – Aging, People First, Employment First Employer Seminar, Regional and State Trainings
 - Mentoring Day – Promote Employment
 - National Presenter for APSE Conference - Genna
 - Disability Awareness Month
 - Promote DDS Mission and Vision
 - New Provider Orientation Material to promote self direction, self determination, self advocacy and employment!



SAC Focus Area - Self Advocacy - **SPREADING THE WORD!**

Presentation Boards

- Special Olympics summer games, Regional Resource Fairs, DDS Staff Retreats, CT Youth Leadership Project/Forum, Transition Fairs, School Fairs, Family Forums



**Special Olympics –
Spreading the Word!**



SAC Focus Area -

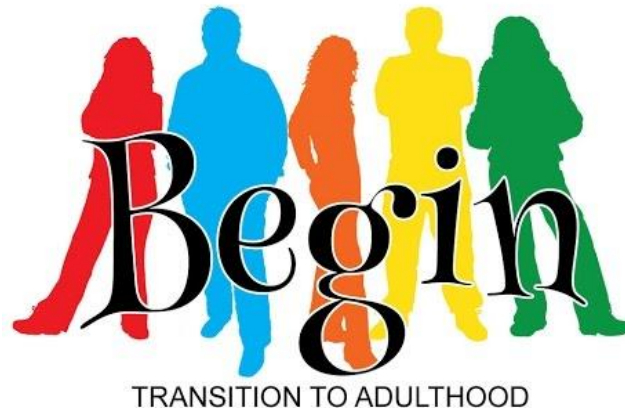
Self Advocacy - **SPREADING THE WORD!**

- **“Making the Connection”**
 - **Advocates’ Corner Website**
 - **Developed JET To Success**
 - **Create and Update Bulletin Boards with FAB topics**
 - **Share FAB Topics with all SA Groups around the state**
 - **Spreading the word through email and social networks**
 - **Brown Bag Lunches to share information**
 - **Sharing with school students how to speak up and advocate!**
- **On Board Training – New DDS Employees and employees who have been out of work for over one year**
- **Collaboration with CT Family Support Network**



SAC Focus Area

- Youth Advocacy and Transition
- Transition Fairs
- Presentations at high schools and transition academies
 - Tips for transitioning into adulthood
 - Promote Employment – Real Work for Real Pay!
 - Information about DDS
 - Promote starting SA groups in High School



SAC Focus Area

Self Advocacy

Self Advocacy - **SPREADING THE WORD!**

- **Sibling Advocacy** -Promoting more involvement with siblings of people with intellectual disabilities and supporting them to advocate together to make a difference
 - Share website information with SA Groups



SAC Focus Area

Self Advocacy - SPREADING THE WORD!

Spreading the Word at STS – supporting individuals living at STS (state institution) to understand their rights and how to advocate for the life they want

- Spreading the Word through – 10 Steps for Being a Good Self Advocate
- Developed 3 advocacy groups each having people with common interests
- SAC is member of the STS Human Rights Committee, Aging and Transition Committee.
- SAC is assisting with people transitioning to community living
- SAC is providing 1:1 self advocacy to promote self esteem and educate.



SAC Focus Area

AGING Issues



Promoting healthy aging and advocating for services as we age across the Life Span

- **SAC Board Member of CCADD**
- **Support the Annual Aging Conference – “Aging Matters”**
- **Spread the word with “Thinking Ahead” –planning for end of life issues – shared material from our friends in CA**
- **Provide information on Money Follows the Person**
 - **Assist individuals to know there are options to move out of long term care**
- **Promote Elder Abuse Awareness Day in June**
- **Promote Older Americans Month in May**
- **Provide materials to support aging in place**

SAC Focus Area

Women's Issues



Women's Issues – Addressing women's issues and advocating for healthy supports and services

- Providing Women's health information and promoting breast exams
- October promoted Breast Cancer Awareness
- Provided monthly information about women's issues in relationship to the FAB topics
- Researched important trends and issues – presented the facts!

SAC Focus Area

Promoting ADA and Assistive Technology

Exploring the world through technology. Voices can be heard if the right support/technology is used. SAC's explored various forms of technology and have shared with individuals, families and staff to assist people to live and work independently.

- Resources:
 - CT Tech Act, NEAT Market Place,
Assistive Living Technology Inc., Sengistix



SAC Focus Area

Promoting ADA and Assistive Technology

Promote:

- ADA Service Animals
- Understanding ADA and Rights
- Technology to promote independence and reduce staff assistance – tech cars/vans, robotics, stair lifts, computers
- The Assistive Technology Loan Program assists CT citizens



SAC Focus Area

Employment

Employment for all- promoting employment goals in IP, increase employment activities and interviews, promote review of benefits with Level Up Counselors, Spread the Word - **Employment is Empowerment!**

- SAC on APSE Board – Association of People Supporting Employment First.
- SACs members of JDLN -Job Development Leadership Networks
- Employment Idol for 2015 Released and Promoted
 - 4 Employment Idols selected



SAC Focus Area

Employment

- Promote employment at Transition Fairs, Family Forums, Private Provider meetings, and DDS Staff meetings
- COP – Employment Steering Committee
- Brown Bag lunches to promote Employment and Show the Employment Idol
- Promote and support American Job Centers, Capital Regional Workforce Partnership, Connect-Ability, and CT Department of Labor
- Always promoting:

**REAL WORK
FOR REAL PAY!**



SAC Focus Area

Healthy Relationships



- Promoted Healthy Relationship Policy that provides the Right of all individuals of DDS to have and enjoy a Healthy Relationship
- Collaborated with PPSNE and DDS to promote health care supports in the PPSNE Clinics in CT
- Established ongoing training collaboration with PPSNE to train Clinic Staff



Planned Parenthood of Southern New England, Inc.

SAC Focus Area

Healthy Relationships

- **Ongoing Healthy Relationship Series**
 - Three 6 session trainings held in each region
 - Up to 25 participants in each session
 - I Series done in Spanish
 - I Series done earlier in the day to support individuals' work lives
 - Peer teaching by SACs with PPSNE Educator
 - PPSNE expanded their educators to meet the demand of the series



Coming this year - FY 17!

- Continue to promote REAL WORK for REAL PAY and Employment for ALL
- Promote Living a Self Determined Life
- Expand Self Advocate Volunteers – Focus on NCI Interviews and IP Buddies
- Continue Family Support Network Collaboration
- Promote the DDS Vision and Mission
- Continue to promote Healthy Relationships for everyone!



Coming this year – FY 17!



- Continue to promote advocacy voices and creation of new Self Advocacy Groups
- Continue to promote “People First Language”
- Continue Campaign to promote WE ARE PEOPLE. CALL ME BY MY NAME
- Update SAC “Focus Areas”
- Support individuals in exploring different living options



Coming this year - FY 17!



- Continue to support NCIs for all individuals and peer interviewing
- Promote DDS Initiatives through DDS Media Center by creating videos
- Promote Peer to Peer Support
- Promote IP Buddy to assist people to

SPEAK UP And SPEAK OUT!



**Working Together
Achieving More**

DDS Self Advocate Coordinators Making a DIFFERENCE!



SPEAK UP AND SPEAK OUT!