

# DDS

## Self Advocate Coordinators

\* 2018

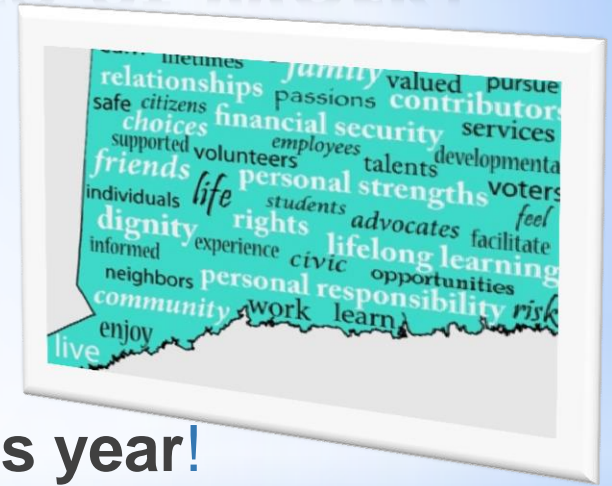
\* End of  
Year Report



# Self Advocate Coordinators at Work!

## Who are the SACS?

- Legislature Supported
- A voice of the people
- Making a difference
- 2 new Self Advocates joined us this year!



## What do they do?

- Promote Self Advocacy -Spread the Word!
- Promote individual involvement
- Develop leaders
- Support Regional and State activities





**James Louchen**

**Yana Razumnaya**



# North

**Varian Salters**



# West

**Kevin Arce**



**Jeremy Powell**



**Jossie Torres**

# South



**Kellie Hartigan**



**Carol Grabbe**



**Genna Lewis**



**Nyrka Soto**

# DDS

# West Region SAC's

## James Louchen

Self Advocate Coordinator

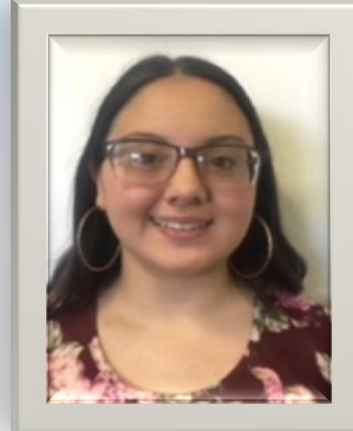
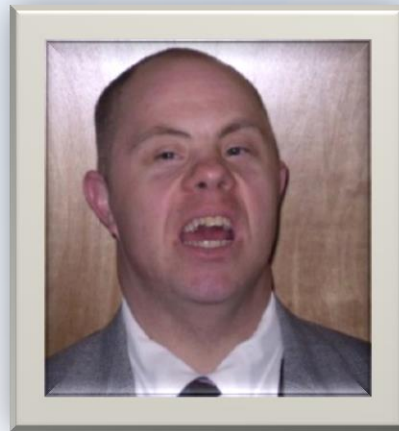
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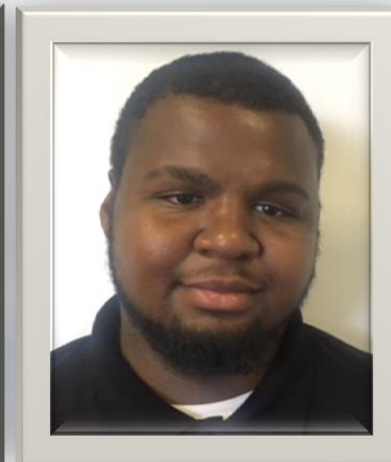
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# South Region SAC's

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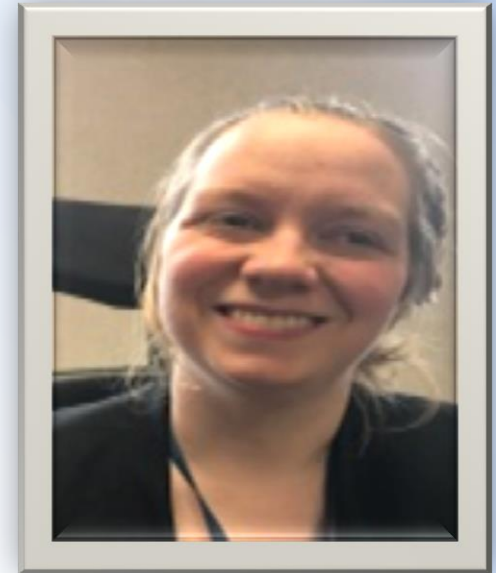
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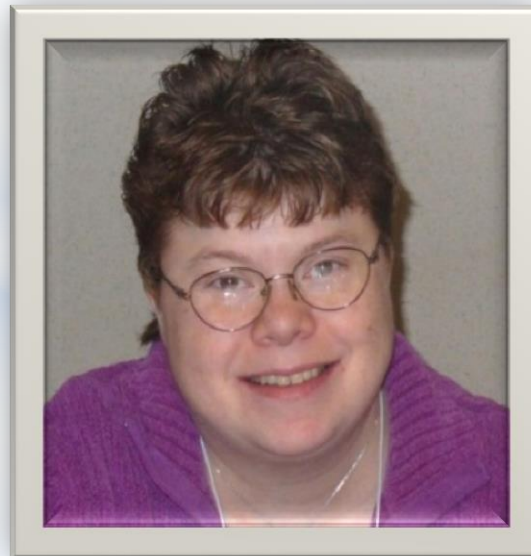
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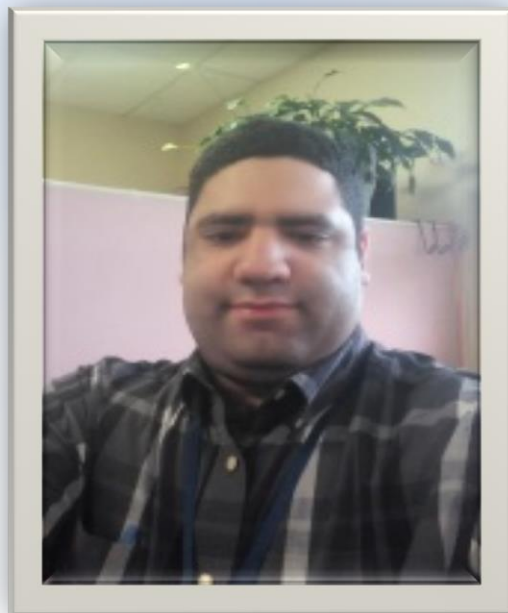
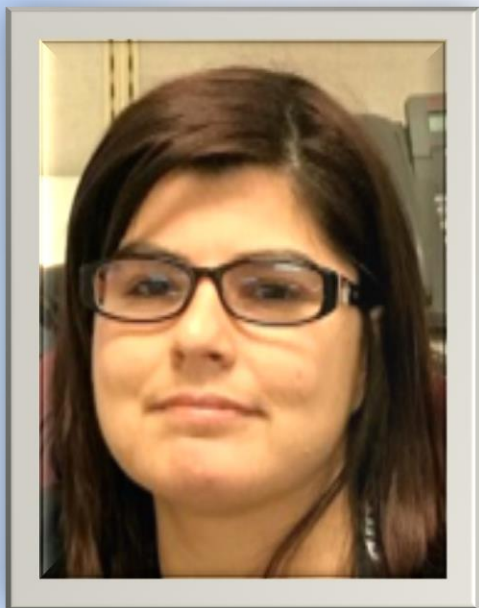
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# North Region SAC's



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# **SELF ADVOCATE COORDINATORS are the VOICE OF DDS !**

- \* **CT Legislature Supported  
DDS in Creating State  
Position – 2004**
- \* **State Employees  
representing the voices of  
the people supported by  
DDS**
- \* **SACs lead the department  
in Making A Difference!**



# 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".





# Self Advocacy- Building Voices



## Empowering Others to Speak Up!

- Being an IP Buddy and developing IP Buddies to support individual advocacy
- Promoting Self Advocate Volunteers to help Spread the Word!
- Supporting and participating in “CT Cross Disability Alliance”
- NCI’s – Peer Interviewing and sharing SA Information
- Developing, supporting, and expanding Self Advocacy Groups in CT
- Working with all of the CT Private Providers to make sure advocates have a voice
- Developed a Self Advocacy Advisor Manual to share with all of the SA group Advisors to support stronger voices
- Trained new and existing Advisors statewide



# SACs continue to challenge people to take the pledge!

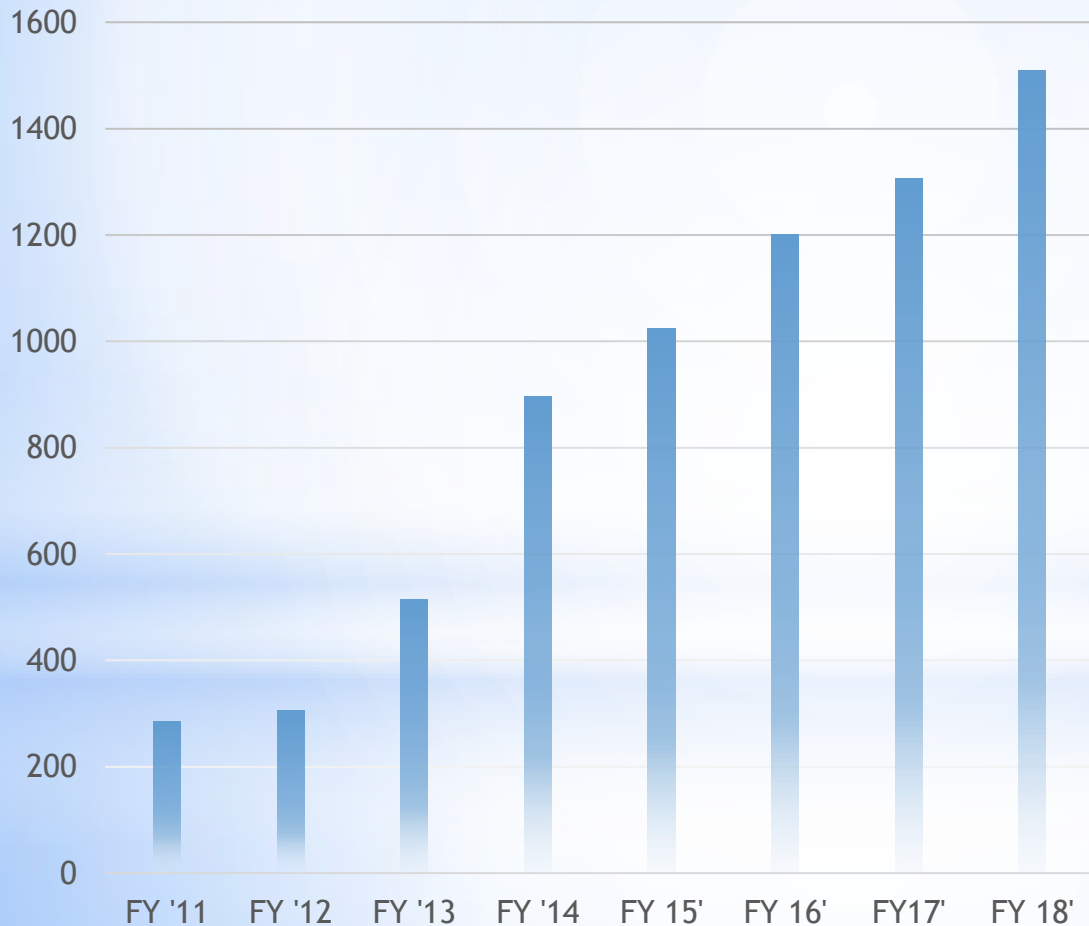
- \*The Disability Awareness Pledge Reaffirms a commitment to seeing the person and not the disability.
- \*Over 2300 people have taken the Pledge!
- \*The SACs are challenging each one of us to be the change that makes a difference.

**Please take the pledge!**

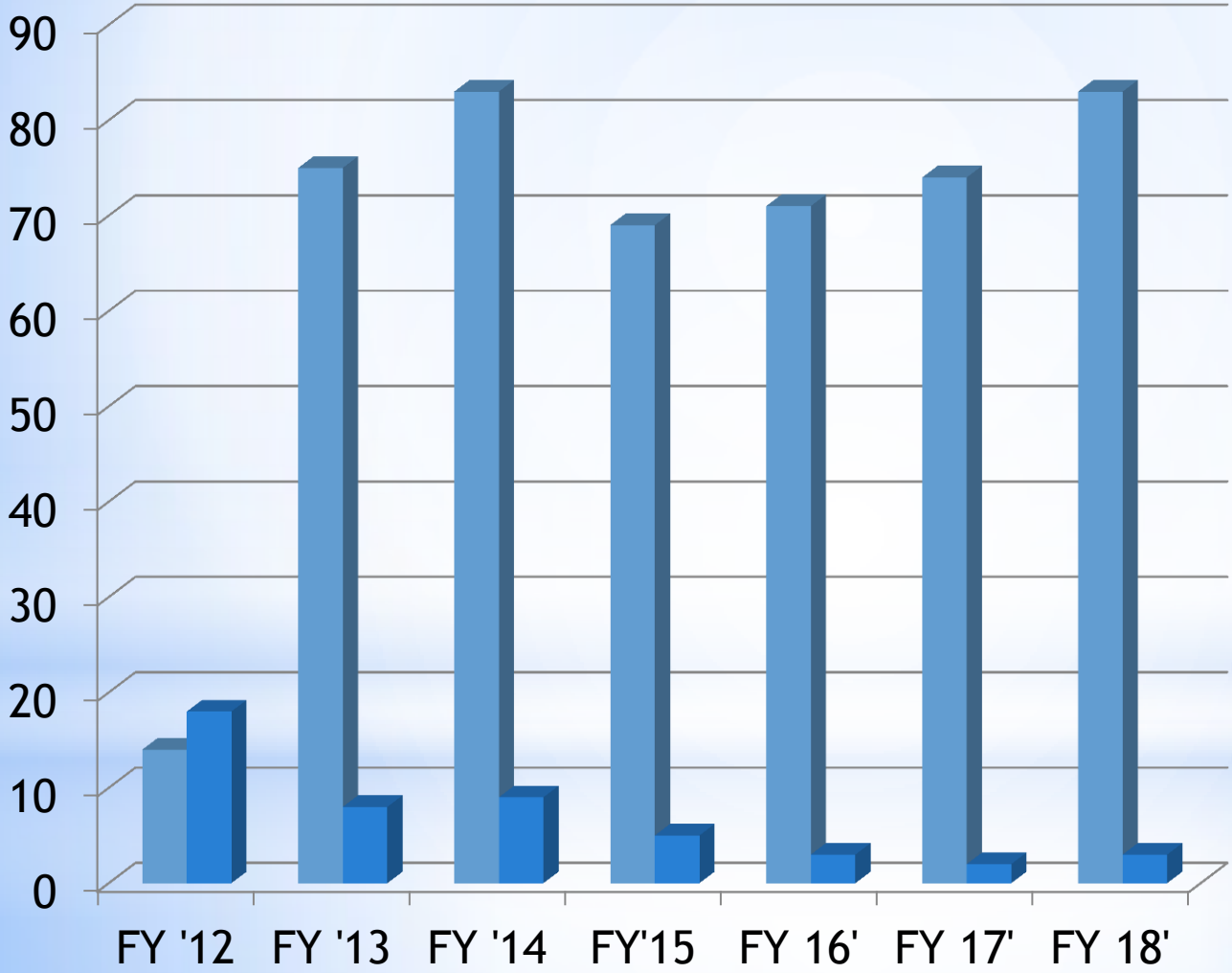
<http://www.ct.gov/dds/cwp/view.asp?Q=561446&A=2645>

# SELF ADVOCACY CONTINUES TO GROW

OVER 1500 SELF ADVOCATES THIS YEAR!



# Statewide Self Advocacy Groups



■ # SA Groups

■ # of Agency SA Groups in Process



# Over the years.....

SACs pushed for the name change from DMR to DDS

SACS CREATED AND PROMOTED THE WE ARE PEOPLE CALL ME BY MY NAME CAMPAIGN

SACs promoted a person's right to all healthy relationships and partnered with PPSNE 2010

SACs have been members of state and regional committees to assure the disability voice is heard

SACs promoted and wrote and applauded the DDS Healthy Relationship Policy approved and put in effect June 2014

SACS SUPPORT HIGH SCHOOL STUDENTS TRANSITION

SACS ATTENDED LIFE COURSE TRAININGS

# 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**



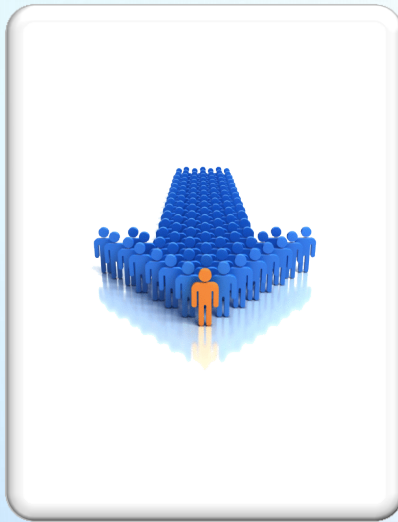
# SAC FOCUS AREAS



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:

- Special Olympics & Healthy Living
- Healthy Relationships
- Housing, CCH, Living Options
- Public Safety
- Employment
- Aging
- ADA/Assistive Technology
- Self Determination/Self Direction
- Transportation
- Self Advocacy





- SACs lead the way by supporting and participating in conference presentations, general trainings and presentations to individuals, families, providers and DDS staff. All SAC's are board members for various organizations and various Regional and Statewide Committees

- Some Committees include: Healthy Living Conference, Hiring Interview Committees, Qualified Provider interviews, Provider Qualification Review Board, Community Companion Homes, Community Of Practice, CT Coalition for Aging and Developmental Disabilities, Employment Steering, Family & Mentoring Leadership, APSE Board, Cross Disability Lifespan Alliance Committee and Abuse and Neglect Oversight Committee & Financial Task Force

# Leadership



# SACs Provide Education & Training

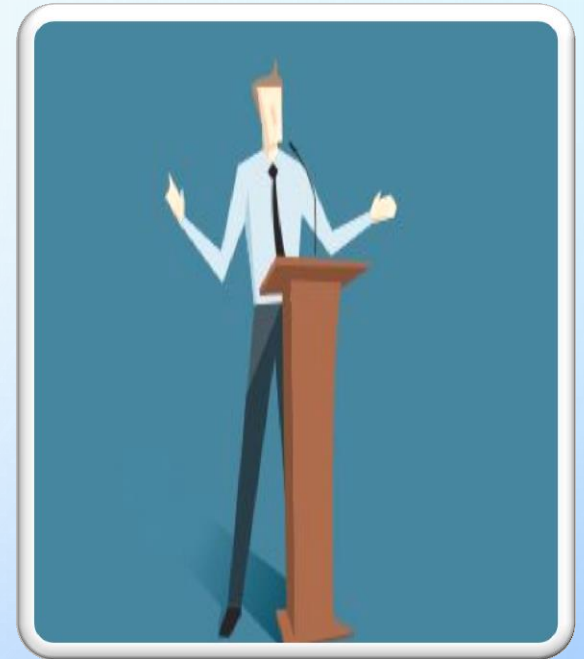
- \* Regional Leadership Forums
- \* Cross Disability Lifespan Alliance
- \* Peer 2 Peer Support
- \* DDS New Employee Training
- \* Supporting the DDS Advocates' Corner website
- \* Developing videos to post on our websites to promote various DDS initiatives
- \* DDS Council
- \* Job Development Leadership Network
- \* CT Family Support Network
- \* Presented National and State Ongoing trainings for Healthy Relationships
- \* SA Volunteers
- \* People First Conference
- \* Developed Success Stories to post on the DDS Advocates Corner Website
- \* Abuse and Neglect Oversight Committee



# Presentations

## \* “10 Steps to Being a Great Self Advocate”

- “Employment Now!”
- “Peer 2 Peer Support”
- “Advisor Training”
- “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”
- Youth leadership
- Housing Options
- MY VOICE MATTERS WHEN I PLAN MY LIFE



# SAC's Teach and Promote the 10 Steps of Being a Good Self Advocate

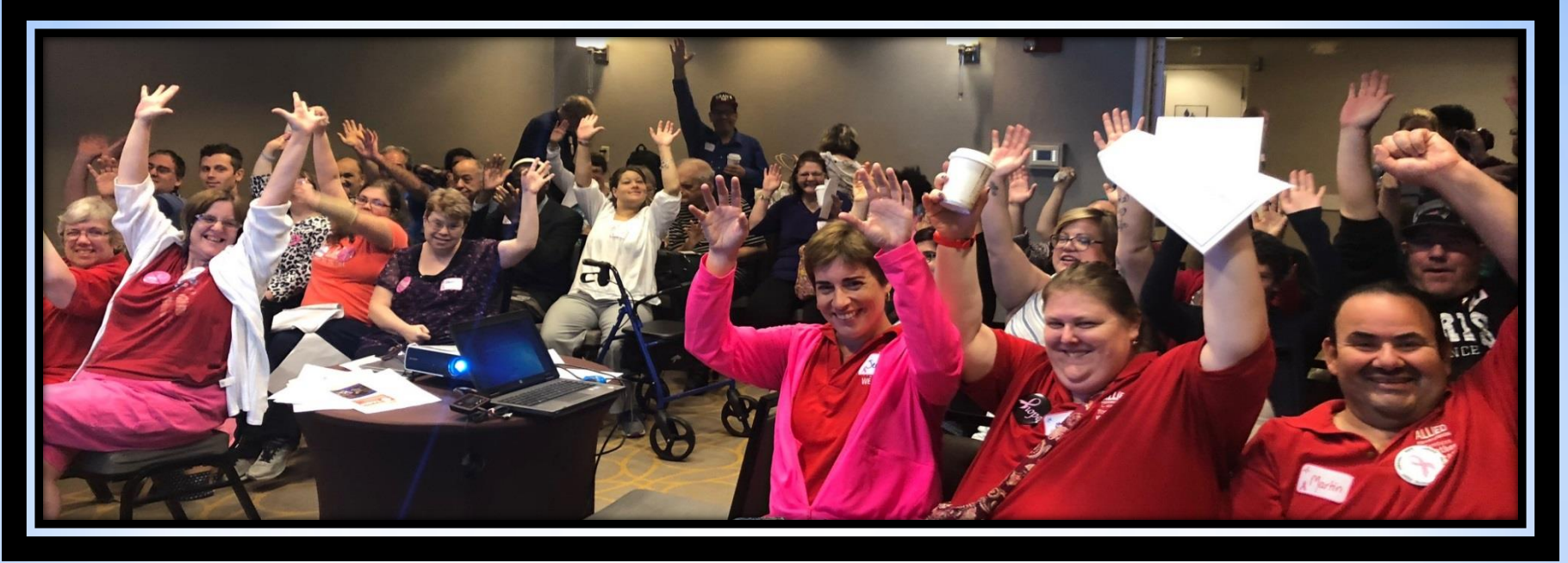
1. Believe in Yourself
2. Realize YOU have Rights
3. Discuss YOUR Concerns
4. Get the FACTS in writing
5. Use the Chain of Command
6. Know your appeal rights
7. Be Assertive and Persistent
8. Use Communication Skills
9. Ask for help
10. FOLLOW-UP



# SACS Leading the Way!



- Developed new *Jet To Success* topics
- Youth Leadership Forum
- National Core Indicator Surveys – Interviewers
- Individual Plan Buddies
- Annual Mentoring Day
- Presenters at National and State Conferences
- People First Conference



# People First Conference 2018!



# Self Advocacy

## SPREADING THE WORD!

**Self Advocacy within DDS- Promoting to individuals and all supporting staff the importance of self advocacy and how it empowers people to**

**“Make their life Happen”!**

### Public Speaking

- \* **State Conferences – Aging, People First, Employment First Trainings, Regional and State Presentations**
- \* **Mentoring Day – Promote Employment**
- \* **Disability Awareness Month**
- \* **Promote DDS Mission and Vision**
- \* **New Provider Orientation Material to promote self direction, self determination, self advocacy and employment!**
- \* **NCI interviewers**



# SPREADING THE WORD!

## Presentation Boards:

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



# Self Advocacy

## SPREADING THE WORD



- **Advocates' Corner Website**
- **Developed new JET To Success topics**
- **Create and Update Bulletin Boards in DDS offices with FAB topic, Advocacy and Employment information**
- **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 high 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**
- **1:1 Advocacy**





# Self Advocacy within DDS & Special Olympics



- \* SAC (J.Louchen.) is the head coach for the Special Olympics Torrington Advocacy Fit Club
- \* Advocacy Fit club members EARNED OVER 17 PINS!
- \* ADVOCACY FIT CLUB received 10 free memberships for all participants at Club 24 in Torrington.
- \* Check out the video made on the S.O Torrington Advocacy Fit Club <https://youtu.be/8qCG5oHslQ8>
- \* SAC attended the Special Olympics CT 50<sup>th</sup> Anniversary Golden Gala.
- \* SAC's had an information table at the summer games in New Haven to spread the word about Self Advocacy

# AGING

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

- \* SAC Board Member of CCADD
- \* Attended the Annual Aging Conference – “Aging Matters”
- \* The Aging Conference celebrated its 30<sup>th</sup> year! The theme was “Aging Matters”
- \* Since 1987 (that’s 30 years!) CCADD has worked to bring the aging and the disability communities together to share knowledge, create opportunities and ideas to support the individuals served, and network to make a difference both on a local and state level.
- \* Increased education and knowledge about senior statewide Centers and Services.



# 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.

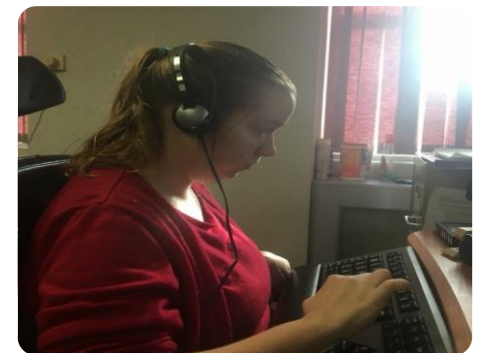
- \* Understanding ADA and Rights
- \* Technology to promote independence and reduce staff assistance – tech cars/vans, robotics, stair lifts, computers

**Kellie Hartigan, SAC attended the Diversibility Job Fair & Disability Summit.**

Resources:

CT Tech Act, NEAT Market Place,

Assistive Living Technology Inc., Sengistix





# JET TO SUCCESS

Spreading knowledge about Employment

**J**ET – **J**ob, **E**ducation, and **T**raining is Success to Employment!

■ Dress For Success



■ American Job Centers



■ Interviewing Skills



■ Workplace Etiquette & Social Skills

■ Networking



■ How to look for a job



■ ADA/Accessibility

■ Internships and Education



■ Volunteering



■ Resume Writing

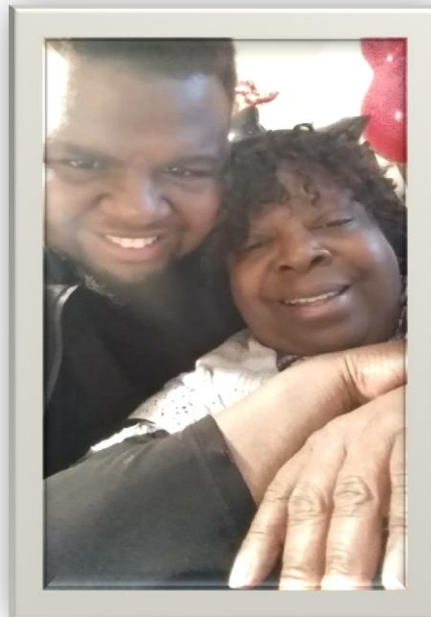




# Housing Options

SACs created a new presentation about housing options for individuals and families.

Presentation promotes a self determined life and includes different housing possibilities for individuals, what rights and responsibilities people have, and stories from individuals about where they live.



# “*No Excuse for Abuse*” Brochure

Brochure educates individuals about different types of abuse, neglect, bullying, and financial exploitation and what to do if you think you or any one you know is being abused.

**NO** EXCUSE FOR  
**ABUSE**



**DDS**



THE  
BEST  
IS  
YET TO  
COME

Fiscal Year

2019

- Promote advocates' voices by expanding and developing Self Advocacy Groups \*
- Promote Living a Self Determined Life
- Promote various Living Options
- Promote Peer 2 Peer and Employment Opportunities as a Peer 2 Peer qualified provider
- Promote and lead by example the New IP and use of the CT LifeCourse Materials
- Promote and Expand IP Buddy Training to support the New IP
- Promote and Train Degrees of Mean for Providers and advocates
- Continue to provide education and training to Individuals, Families, DDS Staff, Providers, and sister agencies in the department initiatives
- Promote YLF with schools, provide support, training and modeling at the Youth Leadership Forum
- Continue to promote Healthy Relationships
- Continue to promote REAL WORK for REAL PAY

# DDS Self Advocate Coordinators

## The eyes, ears and voice of DDS

### Making a DIFFERENCE!



**SPEAK UP and SPEAK OUT!**