LET’S MAKE IT HAPPEN!
DISABILITY RIGHTS ARE CIVIL RIGHTS

Self Advocates Becoming Empowered National Conference
June 7, 2018 – June 9, 2018
Birmingham Jefferson Civic Center, Birmingham, AL
Welcome from the Conference Committee

Welcome everyone to Alabama! We are looking forward to an extraordinary experience to learn from each other about our human and civil rights. Every presentation has been designed to address our need to access rights and create communities that engage and value ALL citizens.

We will learn from each other at the presentations and sharing our meals and hanging out together. We hope that participants will learn the history of our struggles by discovering the lessons of Birmingham and the achievements of the Civil Rights Movement.

Join us Thursday afternoon for a Disability Rights Rally here at the Birmingham Jefferson Civic Center at 2:30. Each of us can declare our determination to access our right to a quality life in the community: education, paid jobs, decent homes of our choice, recreation, and more!

Birmingham Mayor Randall Woodfin, the 36-year-old new mayor, will welcome us at our evening meeting Thursday night. Be sure to check in with conference ambassadors for information about exploring Birmingham’s Civil Rights District to get the full experience. You will also feel welcome to experience the community surrounding the Civic Center.

This is your chance to get to know folks from all around our country and some from around the world who are doing the same work in their own communities. Be sure to check out the exhibit tables. SARTAC is a wonderful new resource we will learn more about during the conference. SARTAC is a way for all of us to share our experiences to help others around the country.

Remember: Disability Rights are Civil Rights!

Katy Johnson
People First of Alabama, President
Conference Committee Co-chair
Welcome to the 2018 Self Advocates Being Empowered “SABE” National Conference!

We are so happy to have you join us in Birmingham this year for our national conference and have worked hard to plan a conference that you are sure to find educational, enjoyable and entertaining.

- Take the opportunity to meet people and hear about their self advocacy organizations.
- Learn about new technology that will help you live independently, stay healthy and connect with friends and family.
- Take the time to learn about the history of the disability rights movement at the Disability History Display that is available during the conference.
- Come hear about the GoVoter Project, an educational toolkit created by leaders in the self advocacy movement. You will learn about voter rights and responsibilities and the importance of voter registration that you can share with others in your community.

I look forward to meeting each of you and hope you enjoy the 2018 SABE Conference.

Darren Morris  
Self Advocate Coordinator  
Disability Rights Arkansas  
Conference Committee Co-chair
2018 SABE National Conference Hosted by the following Organizations

SARTAC
Self Advocacy and Beyond

SELF ADVOCATES BECOMING EMPOWERED

SABE GOVOTER PROJECT
sabeusa.org

PEOPLE FIRST
Self-Advocacy · Empowered · Embraced

PEOPLE FIRST
Of Georgia, Inc.

"We Support One Another"
"In Making A Difference In Our Community"
**Schedule Thursday, June 7, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM – Noon</td>
<td><strong>Self Advocates Becoming Empowered (SABE) Board Meeting</strong></td>
<td>1st Floor East Room C</td>
</tr>
<tr>
<td>10:00 AM – 8:00 PM</td>
<td><strong>Ask a Conference Ambassador</strong></td>
<td>3rd Floor East Lobby</td>
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<tr>
<td></td>
<td>Conference Ambassadors will be available to assist you.</td>
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<tr>
<td></td>
<td>Birmingham Convention and Visitor’s Bureau</td>
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<tr>
<td></td>
<td>Civil Rights Institute (On your own) $10</td>
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<tr>
<td></td>
<td>Use your conference badge or conference flyer for reduced admission to the museum.</td>
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<tr>
<td>All Day</td>
<td><strong>Disability History Exhibit</strong></td>
<td>Skywalk</td>
</tr>
<tr>
<td></td>
<td>Display is in walkway to the conference area.</td>
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<tr>
<td></td>
<td>Learn the story of the disability movement from the beginning.</td>
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<tr>
<td>11:00 AM – 5:30 PM</td>
<td><strong>Registration</strong></td>
<td>3rd Floor East Lobby</td>
</tr>
<tr>
<td>11:00 AM – 2:00 PM</td>
<td><strong>State Banners Registration</strong></td>
<td>3rd Floor East Lobby</td>
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<tr>
<td></td>
<td>Each state needs to bring their banner. States who do not have a Banner may make them at this table.</td>
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</tr>
<tr>
<td>1:30 PM – 5:00 PM</td>
<td><strong>Exhibitors Set Up</strong></td>
<td>3rd Floor East Lobby</td>
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<tr>
<td>2:30 PM – 4:00 PM</td>
<td><strong>Disability Rights Rally</strong></td>
<td>Room M</td>
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<tr>
<td></td>
<td><strong>Open Mic</strong></td>
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<td></td>
<td><strong>Songs of the Self Advocacy Movement</strong></td>
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<tr>
<td></td>
<td>Chester Finn, Steve Holmes, Cheri Mitchell</td>
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### Thursday, June 7, 2018 continued

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>5:30 PM - 6:00 PM</td>
<td>State Banner Roll Call and Line up</td>
</tr>
<tr>
<td>Location</td>
<td>1st Floor Ballroom Lobby</td>
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<tr>
<td>6:00 PM - 8:00 PM</td>
<td>Location: 1st Floor Ballroom A and B</td>
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<tr>
<td>Pizza Party</td>
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<tr>
<td>Opening Session</td>
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<tr>
<td>National Anthem – Anna Calhoun</td>
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<tr>
<td>Parade of States</td>
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<tr>
<td>Welcome</td>
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<tr>
<td>Mayor Birmingham, Alabama Randall Woodfin</td>
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<tr>
<td>Freedom Choir</td>
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<tr>
<td>Tia Nelis President SABE</td>
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<tr>
<td>People First of Alabama and Conference Committee</td>
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### Friday, June 8, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 AM - 3:00 PM</td>
<td>Registration</td>
</tr>
<tr>
<td>Location</td>
<td>3rd Floor East Lobby</td>
</tr>
<tr>
<td>9:00 AM - 10:00 PM</td>
<td>Ambassadors Information</td>
</tr>
<tr>
<td>Location</td>
<td>3rd Floor East Lobby</td>
</tr>
<tr>
<td>7:30 AM - 9:00 AM</td>
<td>Breakfast</td>
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<tr>
<td>Video Highlights</td>
<td>from Thursday’s Rally</td>
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<tr>
<td>Opening Session</td>
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<tr>
<td>Sponsor Acknowledgements</td>
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<tr>
<td>Location</td>
<td>1st Floor Ballroom A &amp; B</td>
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<tr>
<td>9:00 AM - 10:00 AM</td>
<td>Civil Rights are Human Rights</td>
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<tr>
<td>Lydia X. Z., Brown</td>
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<tr>
<td>Location</td>
<td>1st Floor Ballroom A &amp; B</td>
</tr>
<tr>
<td>Time</td>
<td>Event Description</td>
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</tbody>
</table>
| All Day      | **Disability History Exhibit**  
                Location: Skywalk  
                Display in walkway to the conference area.  
                Learn the story of the disability movement from the beginning. |
| 10:00 AM-5:00 PM | **Exhibits**  
                    Talk with people from across the country about their self advocacy organizations and companies that will share ways they can support you.  
                    Location: 1st and 3rd Floor Hallways |
|              | **Relaxation Room**  
                    Are you getting overwhelmed? Try Meditation, Yoga or Just Chill.  
                    Location: 3rd Floor VIP |
|              | **Tell Us Your Life Story**  
                    We want to hear from you! Set up an interview time with Jerry Smith Self Advocacy On-Line  
                    Location: 1st Floor Ballroom Pre-function Area |
|              | **SARTAC: Ask Me Anything!**  
                    Max Barrows and his team from Green Mountain Self Advocates will answer your questions about how to make self advocacy stronger in your state!  
                    Location: 3rd Floor Hallway |
|              | **Wheelchair Repair Station**  
                    Location: 1st Floor Hallway |
| 10:00 AM – 7:00 PM | **First Aid Room**  
                    Location: 1st Floor Ballroom Pre-Function Area |
| 10:30 AM-11:30 AM | **Friday WORKSHOP Sessions – Block 1** |

**Friday, June 8, 2018 continued**
11:30 AM-1:00 PM
Boxed Lunch served at
Regional Meetings to Elect Regional Representatives for the 2018-2020 SABE Board

Region 1 (Alaska, Idaho, Montana, Oregon, Washington)
Location: Room K

Region 2 (Arizona, California, Hawaii, Nevada, Guam, Northern Mariana Islands.)
Location: Room J

Region 3 (Colorado, New Mexico, Utah, Wyoming)
Location: Room D

Region 4 (Kansas, Missouri, Nebraska, North Dakota, South Dakota)
Location: Room L

Region 5 (Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio, Wisconsin)
Location: Room E

Region 6 (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee)
Location: 1st Floor Ballroom A and B

Region 7 (Delaware, Maryland, Pennsylvania, New Jersey, Virginia, Washington DC, West Virginia)
Location: Room O

Region 8 (Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont)
Location: Room B

Region 9 (Arkansas, Louisiana, Oklahoma, Texas)
Location: Room C

1:15 AM – 1:45 PM
Newly Elected 2018-2020 SABE Board Members representing each region meet to get contact information, take photos, and schedule the next meeting date.
Location: 1st Floor Ballroom A and B
<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00 PM-3:00 PM</td>
<td><strong>Friday WORKSHOP Sessions – Block 2</strong></td>
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</table>
| 2:00 PM-4:30 PM | **Songwriting Workshop**  
Chester Finn, Karl Williams, and Steve Holmes,  
Location: Room M |
| 3:30 PM-4:30 PM | **SARTAC Advisory CommitteeAnnual Meeting**  
Location: Room O |
| 3:00 PM-3:30 PM | **Break and Light refreshments**  
Location: 3rd Floor East Lobby |
| 3:30 PM-4:30 PM | **Friday WORKSHOP Sessions – Block 3**                                |
| 6:00 PM-8:00 PM | **Dinner and Cash Bar**  
Location: 1st Floor Ballroom A and B |
|               | **SABE GoVoter Raffle**                                               |
|               | **Songs of the Movement with Chester Finn, Karl Williams and Steve Holmes** |
|               | **Announcement of New SABE Board Members**                           |
|               | **SABE Officer Nominations**  
Officer Speeches |

*Friday, June 8, 2018 continued*
Friday, June 8, 2018 continued

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<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>8:15 PM - 10:00 PM</td>
<td>Lip Sync Battle</td>
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<td></td>
<td>Location: 1st Floor Ballroom A and B</td>
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<td>A lip sync showdown, hosed by “Awesome Mary White”</td>
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</table>

**The Dating Game**: The game is played by asking funny questions about dating. If you win you share a prize dinner date at the conference banquet. “The Dating Game” is sure to provide plenty of flirtatious moments.

**Location**: Room M

**Movie Night: Bottom Dollar** Documentary about sub-minimum wage

**Location**: Room B

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Saturday, June 9, 2018

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9:00 AM-11:00 PM</td>
<td>Ambassadors Information</td>
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<tr>
<td></td>
<td>Location: 3rd Floor East Lobby</td>
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</tbody>
</table>

**7:00 AM – 8:30 AM**

**Breakfast**

Watch Video Highlights from Friday

**7:00 AM - 8:30 AM**

**PF of Alabama Annual Meeting**

**Location**: Room M

**All Day**

**Disability History Exhibit**

**Location**: Skywalk

Display in walkway to the conference area. Learn the story of the disability movement from the beginning.

**9:00 AM – Noon**

**SABE Officer Elections**

**Location**: Room N

University of Florida and SABE GoVoter Project

Members of SABE will elect their new officers by using Prime III Voting Machines provided by the University of Florida.
Saturday, June 9, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 AM – 10:00 AM</td>
<td><strong>General Session Panel</strong>&lt;br&gt;Location: 1st Floor Ballroom A and B&lt;br&gt;“Same Struggle Different Differences”&lt;br&gt;Panel Discussion on Disability Rights and Other Civil Rights Movements and how we can work together&lt;br&gt;Lydia X. Z. Brown Moderator&lt;br&gt;Tia Nelis, Chester Finn, Karen Willis, T. Marie King, and Meta Ellis</td>
</tr>
<tr>
<td>10:30 AM-11:30 AM</td>
<td><strong>Saturday WORKSHOP Sessions – Block 4</strong></td>
</tr>
<tr>
<td>10:30 AM-5:00 PM</td>
<td><strong>Exhibits</strong>&lt;br&gt;Talk with people from across the country about their self advocacy organizations and companies that will share ways they can support you.&lt;br&gt;<strong>Location:</strong> 1st and 3rd Floor Hallways</td>
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<td></td>
<td><strong>Relaxation Room</strong>&lt;br&gt;Are you getting overwhelmed? Try Meditation, Yoga or Just Chill.&lt;br&gt;<strong>Location:</strong> 3rd Floor VIP</td>
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<td><strong>Tell Us Your Life Story</strong>&lt;br&gt;We want to hear from you! Set up an interview time with Jerry Smith Self Advocacy On-Line&lt;br&gt;<strong>Location:</strong> 1st Floor Ballroom Pre-function Area</td>
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<td></td>
<td><strong>SARTAC: Ask Me Anything!</strong>&lt;br&gt;Max Barrows and his team from Green Mountain Self Advocates will answer your questions about how to make self advocacy stronger in your state!&lt;br&gt;<strong>Location:</strong> 3rd Floor Hallway</td>
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<td></td>
<td><strong>Wheelchair Repair Station</strong>&lt;br&gt;<strong>Location:</strong> 1st Floor Hallway</td>
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<tr>
<td>10:30 AM – 7:00 PM</td>
<td><strong>First Aid Room</strong>&lt;br&gt;<strong>Location:</strong> 1st Floor Pre-Function Room</td>
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### Saturday, June 9, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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</table>
| **11:45 AM - 12:30 PM** | **Lunch**  
Location: 1st Floor Ballroom A and B  
What is SARTAC?  
Learn about the National Self Advocacy Technical Assistance Center  
SARTAC and the SARTAC Partners and 2017 and 2018 Fellows. |
| **12:30 PM - 1:30 PM** | **Luncheon Keynote**  
Location: 1st Floor Ballroom A and B  
Get Out and Vote!  
SABE and NDRN GoVoter Project National Panel and Raffle  
Teresa Moore Director of Vote Project and SARTAC  
Michelle Bishop NDRN Tom Hicks U.S. Election Assistance Commissioner |
| **2:00 PM - 3:00 PM** | **Saturday WORKSHOP Sessions – Block 5** |
| **1:30 PM - 4:00 PM** | **SABE Officer Elections**  
Location: Room N  
Vote for your SABE 2018-2020 Officers  
(President, Vice President, Secretary, Treasurer, and Sergeant of Arms) |
| **3:00 PM - 3:30 PM** | **Break and Snacks**  
Location: 3rd Floor Hallway |
| **3:30 PM - 4:30 PM** | **Saturday WORKSHOP Sessions – Block 6** |
| **6:00 PM - 8:00 PM** | **Dinner with Cash Bar**  
**CLOSING CEREMONY**  
**Musical Interlude** by The Petty Brothers  
Logan and Warren Petty |
Saturday, June 9, 2018

6:00 PM-8:00 PM continued
Awards Ceremony
Jeff Ridgeway Award
Roland Johnson Award
President’s Award

Announcement of SABE Officers

Announcement of 2020 National Conference

8:15 PM-11:00 PM
Dance
Location: 1st Floor Ballroom A and B
Come Dance the Night Away with DJ Baker Enterprises

Movie: Miracle Worker
Location: Room B

Keynote For Welcome Ceremony

June 7th
Randall Woodfin is an American lawyer and politician who is the 30th and current mayor of Birmingham, Alabama, after winning the October 2017. Mayor Woodfin is the youngest elected mayor of Alabama, (36 years old).
June 8th Keynote: Lydia X. Z. Brown is an advocate, organizer, and writer whose work has focused on violence against disabled people in schools, institutions, prisons, and by police. They have especially worked to support disabled people at many margins, including people of color and LGBTQ+ people with disabilities. They have worked to transform systems and change the culture through community organizing, public speaking and peer training, policy advocacy, and challenging status quo. Lydia is the lead editor along with Morénike Giwa Onaiwu and E. Ashkenazy of All the Weight of Our Dreams, the first-ever anthology by autistic people of color. They also designed and teach a course on disability and social movements at Tufts University as a Visiting Lecturer.

Lydia is also a founding board member of the Alliance for Citizen-Directed Supports, which advocates for all people with disabilities to have full community integration and control over their services. They are part of the Autism Women’s Network board and the National Disability Leadership Alliance’s task force on racism in disability advocacy. Additionally, Lydia has been Chairperson of the Massachusetts Developmental Disabilities Council from 2015 to 2017. Lydia has been honored by the White House, Washington Peace Center, National Council on Independent Living, and Disability Policy Consortium. Their work has been featured in numerous community, academic, and news media, and they blog at Autistic Hoya.

June 8th, Songs of the Movement Karl Williams, Steve Holmes, Chester Finn

Karl Williams is a singer songwriter who has captured the spirit of the Self Advocacy Movement with SABE by writing, and producing an album released in April 1998 at the Fourth International People First Conference in Alaska. RESPECT became a candidate for a Grammy nomination in the Best Contemporary Folk category in 1998. He spent most of 70s working with kids with cognitive disabilities. In 1985 he wrote a song for the Pennsylvania self advocacy group Speaking For Ourselves - the first song ever written for the movement. When Williams found that his words and music could serve the group’s cause, he began to provide a kind of soundtrack for the daily struggle of those in the movement. Williams' self-advocacy songs are now regularly performed before national, regional, and local audiences in the US, Canada, and Europe; they've been translated, used in books, on websites, in videos, and in plays. Williams' efforts have been recognized outside the movement with several awards from ASCAP (The American Society of Composers, Authors and Publishers).

Steve Holmes is a singer, songwriter and presenter of soulful workshops on the self advocacy movement. He is a former Advisor for Self Advocates Becoming Empowered. He has recently retired as the long standing director of Self Advocacy Associations of New York State (SANYS). SABE looks forward for his return to National advocacy.
Meta Ellis is Director of Montgomery PRIDE United and Co-founder of the Bayard Rustin Community Center in Montgomery, Alabama. She has been a lifelong activist for human and animal rights in Alabama, California, Arizona, Ohio, and Washington D.C. Montgomery PRIDE United is the umbrella organization that represents many local LGBTQ and allied advocacy groups. Montgomery PRIDE United was responsible for reviving PRIDE events in Montgomery. PRIDE United advocate for the rights of LGBTQ people & others and make certain that their voices are heard in the political arena whenever LGBTQ and other rights are being threatened or denied.

T. Marie King an activist and organizer and enjoys helping and advocating for people. She is a native of Birmingham, a film geek and couch potato who has interned at Disney and is videographer. She loves seafood, going to concerts and basketball (Lakers fan).

Karen Willis is an adult with Autism who is a Disability and LGBTQ Rights Activist from Montgomery Alabama. She is the President of the Montgomery Chapter of People First of Alabama and is currently on the Board of People First of Alabama. She is also on the Alabama Interagency Autism Coordinating Council. She is active in many other community organizations which includes the Unitarian Universalist Church. She is also an aspiring model/actress. Karen authored the book My Life Journey with Autism.

Chester Finn is employed by NYS OPWDD (New York State Office for People with Developmental Disabilities). He is a nationally known Disability Rights Activist who served 3 terms as National President of SABE (Self Advocates Becoming Empowered) and is a past President of SANYS (Self Advocacy Association of NYS). He is currently an Advisor for SANYS. Chester was appointed by President Obama to the National Council on Disability. In his free time, he enjoys playing instruments and attends sporting events like the New York Yankees and WWE wrestling. He has Alabama Roots and loves Alabama Football. Chester will also be singing Songs of our Movement for the conference.

Tia Nelis has a 25-year history in the movement. She has co-authored articles on the history of the movement and is a member of the SARTAC team in her role as a policy analyst with TASH. She was one of the initial founders of SABE (Self Advocates Becoming Empowered). She is the current President of SABE. Her past employment includes Self Advocate Specialist – University of Illinois at Chicago, Institute on Disability and Human Development, Research and Training Center on Aging and Developmental Disabilities. She has served as a Co-Principal Investigator with the RRTC on Aging. She is a certified 7 habits facilitator. She has presented numerous workshops and provided technical assistance at the state, national and international level.
Lunch General Session: SARTAC and Vote Project

**Teresa Moore** is the Director of the SABE GoVoter Project and the SARTAC Project. She has over 23 years’ experience working with individuals with developmental disabilities. Teresa received a Certificate in non-profit management from Arizona State University, LodeStar Program. Over 17 year ago, Ms. Moore began Moore Advocacy Consulting. The focus of her consulting is self advocacy, leadership, and grant development. She has been awarded state and federal grants and contracts. Her responsibilities with the SABE GoVoter Project include overseeing the sub-contract with NDRN on three major objectives: working with P&A PAVA staff on increasing the number of voters with disabilities through the Distance Training Webinars, Technical assistance, website resources, and the bi-annual Voter Experience Survey.

**Michelle Bishop** is the Voting Rights Specialist at the National Disability Rights Network, where she provides training and technical assistance to the Protection & Advocacy network on voting rights and access to the vote for people with disabilities. Michelle also works in coalition with the civil rights community in Washington, DC to ensure strong federal policy regarding voting rights and election administration. She is on the board of Non-Profit Vote and the District of Columbia Center for Independent Living, as well as a guest lecturer on disability rights and voting rights for Columbia University and Washington University in St. Louis. She received a Master of Social Work in Social and Economic Development from The Brown School at Washington University in St. Louis and a Bachelor of Arts in Sociology and English literature from the State University of New York at Geneseo. Follow her adventures on Twitter using @MichelleVotes.

**Thomas Hicks** was nominated by President Barack H. Obama and confirmed by unanimous consent of the United States Senate on December 16, 2014 to serve on the U.S. Election Assistance Commission (EAC). Prior to his appointment with EAC, Commissioner Hicks served as a Senior Elections Counsel and Minority Elections Counsel on the U.S. House of Representatives Committee on House Administration, a position he held from 2003 to 2014. In this role Mr. Hicks was responsible for issues relating to campaign finance, election reform, contested elections and oversight of both the Election Assistance Commission and Federal Election Commission. His primary responsibility was advising and providing guidance to the committee members and caucus on election issues. Mr. Hicks has talked with Americans in every state about their voting experiences. In addition, he has worked with state and local election officials across America to address critical election concerns.
## Workshop Descriptions Block 1 Friday, June 8, 2018 10:30 am—11:30 am

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Location</th>
<th>Presenter(s)</th>
<th>Description</th>
</tr>
</thead>
</table>
| **1.1** | How Find Your Dream Job | Room A | Kyle McGee and Matthew Foster | What you will learn:  
1. How to use systems for support in employment?  
2. Who do you contact in your state? |
| **1.2** | Alabama’s Young Emerging Leaders Self Advocacy Program | Room B | Katy Johnson, Colby Spangler, and Karen Willis | What you will learn:  
1. How to recruit youth with developmental disabilities.  
2. How to successfully educate youth in self advocacy.  
3. How to support youth to become active in organizations and community leadership. |
| **1.3** | Taking Control of Your Health | Room C | Samuel O. Jenkins | What you will learn:  
1. How your doctor should communicate with you directly.  
2. Patient rights.  
3. Patient responsibilities. |
| **1.4** | Exercising Our Civil Rights via Self-Advocacy | Room D | Andrew S Tydingco, Erlinda (Lynn) Tydingco, and Christine S Madarang | What you will learn:  
1. The importance of self advocacy and self-determination.  
2. The importance of having a seat at the table and working with policymakers to ensure that our civil rights are addressed and protected. |
| **1.5** | Nothing About Us Without Us: Maryland Passes Legislation to Phase Out Sub-Minimum Wage Use | Room E | Ken Capone, Mat Rice, and Tami Goldsmith | What you will learn:  
1. How the statewide self advocacy group took the lead to bring together stakeholders from around the state.  
2. Legislator education process.  
3. Important lessoned learned through the process – pitfalls and successes. |
| **1.6** | What do you do when it just doesn’t feel right? | Room F | Justin Hiske, Heather Kickery, Bret Pederson, Cindy Roan Eagle, Kandie Ronfeldt | What you will learn:  
1. To trust the internal odd feeling you get when around a bad situation, such as abuse.  
2. To recognize and spot the differences between simple, lighthearted playing around or a serious situation that requires action |
<table>
<thead>
<tr>
<th>Workshop Description</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>What you will learn</th>
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<tbody>
<tr>
<td><strong>1.7 How to Use Social Media for Advocacy</strong></td>
<td>Room G</td>
<td>Jacob Bouma-Sims</td>
<td>1. How to use different tools on different social media sites.</td>
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<td></td>
<td>2. Advice for how to interact with and connect with people on social media.</td>
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<td>3. Why social media should be used for advocacy.</td>
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<td><strong>1.8 How to Navigate Abuse and Neglect Towards People with Developmental Disabilities</strong></td>
<td>Room I</td>
<td>Sorretie Joro, Noah Seidel, and Tim McCue</td>
<td>1. What abuse and neglect are and what it might look like in our community along with building more respectful communities.</td>
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<td>2. The prevalence of abuse and neglect towards people with Developmental Disabilities.</td>
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<td>3. Ways to support people who are experiencing abuse and neglect.</td>
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<td><strong>1.9 Multi-Humor and Its Impact on Self-Advocacy and Education</strong></td>
<td>Room J</td>
<td>Ludwik Kozlowski</td>
<td>1. Utilizing your unique, positive traits to share your views.</td>
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<td>2. Tips on Multi-media presentations</td>
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<td>3. Using the arts to convey positive change</td>
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<td><strong>1.10 The Right to Technology and Information Access</strong></td>
<td>Room K</td>
<td>Cathy Enfield, Shea Tanis, and Amie Lulinski</td>
<td>1. Why is the right to technology important?</td>
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<td>2. What are others doing across the nation to promote the right to technology?</td>
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<td>3. How you can get involved in the movement?</td>
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<td><strong>1.11 Democracy is Not a Spectator Sport – Get Up and Vote!</strong></td>
<td>Room L</td>
<td>Diana Mairose, Arizona Jenkins, Anne Fracht, and Essie Pederson</td>
<td>1. To understand what my role is when voting.</td>
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<td>2. To let others know if my voting experience is or is not a good one.</td>
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<td>3. To learn ways to get involved with the democratic process beyond voting.</td>
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<tr>
<td>Workshop Descriptions Block 1  Friday, June 8, 2018 10:30 am—11:30 am</td>
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<td><strong>1.12 Table Sessions</strong></td>
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<td><strong>LOCATION:</strong> Room M</td>
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<tr>
<td><strong>The Alliance Ambassador Program: A New Approach to Leadership</strong></td>
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<td><em>James Cansler, Tavarus Wesley, Adam Cooper, and Tara Ahren</em></td>
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<td>What you will learn:</td>
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<tr>
<td>1. About leadership &amp; presentation skills.</td>
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<td>2. Participate in activities that will help you advocate for what you want.</td>
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<td>3. About goal setting.</td>
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</table>

**Penalty of Love**  
*Renita Bundrage and Al Lewis*  
What you will learn:  
1. The marriage penalty law.

**How to Treat Others with the Same Rights You Have**  
*Tim Hill*  
What you will learn:  
1. Their basic rights.  
2. Their rights to live independently.  
3. How to ask for your rights in a way that you will get them.

| **1.13 SABE Self Advocacy Startup Toolkit: More Power, More Control Over Our Lives!** |
| **Location:** Room N  |
| *SARTAC Advisory Members, George Garcia, and Juliana Huereña*  |
| What will you learn:  
1. About the role of the SARTAC Advisory Committee in updating Self Advocates Startup Toolkit.  
2. About how to use the Self Advocacy Startup Toolkit in your community.  |

| **1.14 Using Self Advocacy to Better Transportation in Your Community** |
| **LOCATION:** Room O  |
| *Chris Botello, Evelyn Turner, and Raquel Rosas*  |
| What you will learn:  
1. How to get more involved in the transportation process in your community.  
2. How to file a complaint.  
3. Practical steps to better transportation in your community.  |

| **1.15 Leadership Bingo** |
| **LOCATION:** 1st Floor Ballroom A-B  |
| *Kenisha Condett, and Luci Kennedy*  |
| What you will learn:  
1. A leadership fact or tip with each BINGO call.  |
2.1 Panel Presentations
   Room A
   **I Did It, So Can You**
   *Dena Johnson*
   What you will learn:
   1. How to become your own self advocate.
   2. How to identify your support team and build your network.
   3. How to work through barriers.

   **I Love My Life**
   *Matthew Foster*
   What you will learn:
   1. How to succeed while rejecting segregation of all kinds (education, recreation, employment, and more).
   2. How participating in organized self-advocacy enhances his life.
   3. How to become a leader and a life-long learner (never give up).
   4. Will deliver a “Disability Bill of Rights”.

2.2 Movie: SELMA, The Bridge to the Ballot
   LOCATION: Room B
   *People First of Alabama*
   What you will learn:
   1. Learn about the history of the struggles of African Americans in exercising their voting rights.
   2. Learn about how people with disabilities face the same struggles.

2.3 Empowerment: The Key to Improving Domestic Abuse
   LOCATION: Room C
   *Isaac Beavers and Jennifer Rehfeld*
   What you will learn:
   1. Examples of what abuse looks like.
   2. How self advocacy skills can empower victims to act or prevent abuse.
   3. Resources for domestic abuse victims.

2.4 The Rights Card!!
   LOCATION: Room D
   *Tavarus Wesley, Stefani Russo, and Leanne Mull*
   What you will learn:
   1. Your Human and Civil Rights and how to exercise them.
   2. Different ways to use CQL’s Rights Cards.
   3. How to help your friends exercise their rights.
<table>
<thead>
<tr>
<th>Workshop Descriptions</th>
<th>Block 2 Friday, June 8, 2018 2:00 pm—3:00 pm</th>
</tr>
</thead>
</table>
| **2.5 Healing and Supporting Others After Violence**  
LOCATION: Room E  
Julie Petty and Roberta Sick  
What you will learn:  
1. Different types of violence.  
2. The difference between healthy and unhealthy relationships.  
3. What to do if you experience violence. | **2.6 Cultural Diversity Empowerment**  
LOCATION: Room F  
Chaqueta Stuckey, Vicki Wray, Teresa Coleman, Carrie Varner, and Vivian Jackson  
What you will learn:  
1. About the Leadership Institute.  
2. How to appreciate and learn different cultures.  
3. Tips on how to welcome new members. |
| **2.7 You Have the Power to Speak and Stand Up for Yourself**  
LOCATION: Room G  
Darren Morris  
What you will learn:  
1. Speaking and standing up for yourself.  
2. Working together with others. | **2.8 SARTAC Fellows Bring You Self Advocacy and Beyond, the Community Leadership Projects**  
LOCATION: Room J  
Shiloh Blackburn, Cole Browne, Steve Powe, Danielle Underwood, and Teresa Moore  
What you will learn:  
1. How Fellows put together their ideas into a project.  
2. About the Self Advocacy Resource and Technical Assistance Center website.  
3. How to find the resource tools for learning leadership skills.  
4. How hosts supported the Fellow and project. |
| **2.9 Financial Awareness: Understanding Your Money and How It Works**  
LOCATION: Room K  
Jamie D. Junior  
What you will learn:  
1. Why is it important to be financially literate?  
2. Principles of money management.  
3. Financial goal setting. | **2.10 Employment First: What Does It Really Mean?**  
LOCATION: Room L  
Allison Hall, Jason Billehus, and John Britton  
What you will learn:  
1. Why is working in the community important?  
2. What are states doing to help more people with disabilities work in their communities?  
3. What does “Employment First” mean? |
### Workshop Descriptions Block 2  Friday, June 8, 2018 2:00 pm—3:00 pm

| 2.11 Songs for the Movement  
LOCATION: Room M  
Chester Finn, Steve Holmes, and Karl Williams  
What you will learn:  
1. How to write songs about your issues.  
2. Songs of the self advocacy movement. | 2.12 SARTAC Advisory Committee Annual Meeting  
Location: Room N  
SARTAC Advisory Members, George Garcia, and Juliana Huereña  
SARTAC Advisory Committee members will have their annual meeting. The meeting will be closed to the public. |
|---|---|
| 2.13 Enabling Independence Through Technology  
LOCATION: Room O  
Samantha Kilpatrick and Derika Wilson  
What you will learn:  
1. How to advocate for technology.  
2. How to use technology, such as Therap, to live in your own apartment or home. | 2.14 Get Involved in Advocacy with Accessible Toolkits  
LOCATION: 1st Floor Ballroom A-B  
Julia Bascom and Zoe Gross  
What you will learn:  
1. About the accessible toolkits ASAN has made.  
2. How you can use these tools to get more involved in political advocacy.  
3. More ideas from others about what makes materials accessible. |

### Workshop Descriptions Block 3  Friday, June 8, 2018 3:30 pm—4:30 pm

| 3.1 Living Life on Your Terms: Taking Control of Your Life  
LOCATION: Room A  
Josh Whitmire and Heather Sims  
What you will learn:  
1. How to determine and build your “network”.  
2. How to properly deal with set-backs.  
3. How to build confidence in your own skills | 3.2 How the Lessons of the Birmingham Civil Rights Movement Empowers Disability Rights  
LOCATION: Room B  
Nikki Dawson and Bryan Foxworthy  
What you will learn:  
2. What the impact of these activists have had on people with disabilities.  
3. How the current struggles for both these communities converge and work together. |
# Workshop Descriptions

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Workshop Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>3:30 pm—4:30 pm</td>
<td>Room C</td>
<td><strong>3.3 Bullying: Stand Up and Speak Out</strong></td>
<td>Kelly Holt</td>
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<td>What you will learn:</td>
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<td>1. 3 differently types of bullying: verbal, physical and social.</td>
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<td>2. Different ways to handle being bullied.</td>
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<td>3. Different resources that they can use to help themselves or someone else who is being bullied.</td>
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<td>Room D</td>
<td><strong>3.4 Understanding Hate Crimes and Why Report Them</strong></td>
<td>Ian Watlington and Jenny Sladen</td>
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<td>What you will learn:</td>
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<td>1. National Leadership Conference for Civil and Human Rights plan to collect information to share with police about people with disabilities experiences as victims of hate crimes.</td>
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<td>Room E</td>
<td><strong>3.5 Siblings Advocating Together to Make a Better Future</strong></td>
<td>Eric McVay and Amy Halm</td>
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<td>What you will learn:</td>
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<td>1. Ways siblings can support each throughout their lives.</td>
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<td>2. The importance of peer to peer support for EVERYONE in the family.</td>
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<td>3. How siblings can support each other to get involved in advocacy together.</td>
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<td>Room F</td>
<td><strong>3.6 Cultural Diversity Empowerment</strong></td>
<td>Chaqueta Stuckey, Vicki Wray, Teresa Coleman, Carrie Varner, and Vivian Jackson</td>
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<td>What you will learn:</td>
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<td>1. About the Leadership Institute.</td>
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<td>2. How to appreciate and learn different cultures.</td>
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<td>3. Tips on how to welcome new members.</td>
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<td>Room G</td>
<td><strong>3.7 What I Wish I Knew Then: Lessons Learned from Parenting with a Disability</strong></td>
<td>Lindsay Brillhart</td>
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<td>What you will learn:</td>
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<td>1. About organizations that support parents with disabilities, including organizations that promote peer support.</td>
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<td>2. The rights of parents with disabilities and how advocates can work to increase these rights.</td>
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<td>3. Creative approaches to problem-solving in getting the supports needed to parent with a disability.</td>
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<td>Room I</td>
<td><strong>3.8 Get Involved! Using Developmental Disability Networks to Grow Your Advocacy at the State and National Level</strong></td>
<td>Ebony Deloach and Angela Castillo-Epps</td>
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<td>What you will learn:</td>
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<td>1. The multiple ways that the National Association of Councils on Developmental Disabilities (NACDD) supports self-advocacy efforts on the national level.</td>
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<td>2. How to utilize DD Councils and other networks and organizations to get involved in advocacy on the state level.</td>
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<td>3. How to be actively engaged in community involvement and tips on how to get started in self-advocacy.</td>
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<td>Workshop Descriptions Block 3  Friday, June 8, 2018 3:30 pm—4:30 pm</td>
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| **3.9 SARTAC Fellows Bring You Self Advocacy and Beyond, the Community Policy Projects**  
**LOCATION:** Room J  
*Marie Malinowski, Danielle McGill, Robert (Bob) Peterson, Danielle Underwood, and Teresa Moore*  
What you will learn:  
1. How Fellows put together their ideas into a project.  
2. About the Self Advocacy Resource and Technical Assistance Center website to find the resource tools and steps it will take to improve services in their community.  
3. Share how hosts supported the Fellow and project. |
| **3.10 Helping to Design New Technology**  
**LOCATION:** Room K  
*Julian Wang and Shea Tanis*  
What you will learn:  
1. What is technology access?  
2. Why it is important for you to talk with designers and engineers when developing new technologies?  
3. How you can get involved in providing information to technology developers and designers? |
| **3.11 Pennhurst Memorial and Preservation Alliance**  
**LOCATION:** Room L  
*Jean Searle*  
What you will learn:  
1. What is the Pennhurst Memorial and Preservation Alliance.  
2. How we are working with to bring attention to the lives of people who were institutionalized at Pennhurst.  
3. What are our next steps. |
| **3.12 Songs for the Movement...Continues**  
**LOCATION:** Room M  
*Chester Finn, Steve Holmes, and Karl Williams*  
What you will learn:  
1. How to write songs about your issues.  
2. Songs of the self advocacy movement. |
| **3.13 Panel Influencing Positive Change through Self-Advocacy & Partnerships**  
**LOCATION:** Room N  
*Ricardo Thornton, Thomas Mangrum, Jr., Thelma Green, and James Beadle*  
What you will learn:  
1. Ways that self advocates can influence positive change through partnerships.  
2. How to become members of key boards and committees that make decisions that effect their lives.  
3. How to grow their active membership. |
| **3.14 Meditation and Relaxation Class**  
**LOCATION:** Room O  
*Nate Clark and Wilbur Frank*  
What you will learn:  
1. How to relax your mind, body, and soul.  
2. Understand why it important to take good care of yourself.  
3. Learn ways how to relax and meditate. |
### Workshop Descriptions Block 3  Friday, June 8, 2018 3:30 pm—4:30 pm

**3.15 Side-by-Side with Everyone Else**  
**LOCATION:** 1st Floor Ballroom A-B  
**Carol Robinson and Luci Kennedy**

What you will learn:
1. We all belong where everyone else is, whether that’s jobs, housing, school, doctor’s office, or playing golf.

### Workshop Descriptions Block 4  Saturday, June 9, 2018 10:30 am—11:30 am

| 4.1 A Personal Story About My Struggle to Find Meaningful Employment and Financial Independence  
**LOCATION:** Room A  
**Robert Caldwell** | 4.2 How To Sustain Advocacy Efforts/Projects After A Grant Ends  
**LOCATION:** Room B  
**Brittany Gore and Nikki Dawson** |
| --- | --- |
| What you will learn:  
1. People on the spectrum tend to be underemployed, the skills they can bring be unrecognized.  
2. Employers unconsciously or consciously treat people who are a little odd or misfit differently than they do regular people.  
3. Getting along in a working environment can be a struggle for people on the spectrum. | What you will learn:  
1. How to make a sustainability plan to sustain efforts once the grant ends.  
2. Who are your allies and how to work with them.  
3. How you can pay for the things the grant money paid for. |

| 4.3 Social Security, Work, and Employment Law  
**LOCATION:** Room C  
**Wendy Dean and Barbara A. Lawrence** | 4.4 A Road Map to Self-Advocacy: The Journey from Then to Now  
**LOCATION:** Room D  
**Taylor Carley and Rebecca McKeehan** |
| --- | --- |
| What you will learn:  
1. What are Social Security Employment Supports for Beneficiaries of Social Security who want to work?  
2. How will working affect my Social Security benefits?  
3. How the presenter successfully used Social Security employment supports.  
4. What federal laws can assist me in obtaining and maintaining a job? | What you will learn:  
1. About different programs benefiting young adults with disabilities, including transition to adulthood, post-secondary education, community service, volunteerism, leadership, employment, and advocacy. |
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<th>Workshop Descriptions</th>
<th>Block 4 Saturday, June 9, 2018 10:30 am-11:30 am</th>
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<tr>
<td><strong>4.5 Cultural Diversity Empowerment</strong>&lt;br&gt;LOCATION: Room F&lt;br&gt;Chaqueta Stuckey, Vicki Wray, Teresa Coleman, and Vivian Jackson&lt;br&gt;What you will learn:&lt;br&gt;1. About the Leadership Institute.&lt;br&gt;2. How to appreciate and learn different cultures.&lt;br&gt;3. Tips on how to welcome new members.</td>
<td><strong>4.6 From Disability to Diverse-Ability: Embracing Potential from Strong-Minded People</strong>&lt;br&gt;LOCATION: Room G&lt;br&gt;Raul Muñoz&lt;br&gt;What you will learn:&lt;br&gt;1. Develop an awareness of potential of self advocates with physical and developmental disabilities.&lt;br&gt;2. Sensitize professionals in mentoring potential self advocate employees and leaders with physical and developmental disabilities.&lt;br&gt;3. Self advocates with diverse-abilities are able to become empowered and live fulfilling lives with the right attitude and mental training.</td>
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<td><strong>4.7 Helping Managed Care Do Peer Support Right</strong>&lt;br&gt;LOCATION: Room I&lt;br&gt;James Meadours and Patricia Nbbie&lt;br&gt;What you will learn:&lt;br&gt;1. Amerigroup wants to learn from you!&lt;br&gt;2. Attendees will learn of Amerigroup’s plan to implement a Peer Support program in Texas.&lt;br&gt;3. We’d like to get people’s ideas on the training, locations, and what is really important to them as we plan to start this program.</td>
<td><strong>4.8 The Awesome Mary Show!</strong>&lt;br&gt;LOCATION: Room J&lt;br&gt;Mary White&lt;br&gt;What you will learn:&lt;br&gt;1. How to communicate with a person with a disability.&lt;br&gt;2. Why you should hire a person with a disability.&lt;br&gt;3. How to look at the positive side of things!</td>
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<td><strong>4.9 Beyond Tokenism: Serving on Boards and Councils</strong>&lt;br&gt;LOCATION: Room K&lt;br&gt;David Taylor and Mark Friedman&lt;br&gt;What you will learn:&lt;br&gt;1. How to have a voice on community boards and Councils.&lt;br&gt;2. How to help change organizations to better help people with disabilities.&lt;br&gt;3. How to work cooperatively with the organizations.</td>
<td><strong>4.10 My Technology Handbook: Learn about Technology</strong>&lt;br&gt;LOCATION: Room L&lt;br&gt;Carrie Varner and Juliana Huereña&lt;br&gt;What you will learn:&lt;br&gt;1. My Technology Handbook.&lt;br&gt;2. New topics.&lt;br&gt;3. How to start a Declaration event in your state.</td>
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</table>
4.11 My Dream Job  
LOCATION: Room M  
Elise Brunkalla and Dawn Brunkalla  
What you will learn:  
1. How to start a cookie business.  
2. That is never too early to start thinking about dream jobs.  
3. It is good to try, it is good to work hard and it is good to have a vision.

4.12 Not a Lawyer: Intersections Between Latinx Culture and Disability Self-Advocacy  
LOCATION: Room O  
Jeiri Flores and Melissa Pennise  
What you will learn:  
1. Intersectionality.  
2. Our experience/lessons learned training Spanish medical interpreters on disability, including scope of interpreter services, and understanding of their advocacy role.  
3. Community collaboration.

LOCATION: 1st Floor Ballroom A-B  
Thelma Green and Morgan K. Whitlatch  
What you will learn:  
1. What SDM means in practical, everyday terms  
2. Why SDM is important in the lives of people with disabilities  
3. How Project ACTION! has been pushing for its use in D.C. and beyond

5.1 Interacting Safely with Police and Other First Responders  
LOCATION: Room A  
Colby Spangler and Dustin Chandler  
What you will learn:  
1. What to expect when interacting with police.  
2. Safe practices when interacting with police.  
3. How to help ensure fair treatment when interacting with police.
### 5.2 WRAP: Wellness Recovery Action Plan
**LOCATION:** Room B

*Susan Terrell*

What you will learn:
1. The importance of a wellness toolbox in recovery.
2. How to set up a plan to assist in wellness.
3. To set up a crisis plan and a post crisis plan for those times when you are not well that includes use of your support system.

### 5.3 Coming Out of the Closet: How to Start and Run a GLBTQ Group for People with Disabilities
**LOCATION:** Room C

*David Frye and Green Mountain Self Advocates*

What you will learn:
1. How and why to start a GLBTQ group.
2. How to be an ally and support a person who is GLBTQ and has a disability to run the group.
3. Hot topics in the GLBTQ/disability community today.

### 5.4 Home and Community Based Services: What the New Rules Mean for You!
**LOCATION:** Room D

*Adam Cooper, BJ Mendenhall, and Leanne Mull*

What you will learn:
1. What the new rules for HCBS providers include.
2. How to talk to staff and families about the new rules and what you want.
3. How to tell other people with disabilities about the rules.
4. How to make sure agencies are following them.

### 5.5 Make It Happen: Using Data to Advocate for Your Rights
**LOCATION:** Room E

*Tia Nelis and Amie Lulinski*

What you will learn:
1. How Medicaid spending has changed over time.
2. How data can tell a story.
3. Share ideas for how to share data in an accessible way to make the most of their advocacy.

### 5.6 Cultural Diversity Empowerment
**LOCATION:** Room F

*Chaqueta Stuckey, Vicki Wray, Teresa Coleman, Carrie Varner, and Vivian Jackson*

What you will learn:
1. About the Leadership Institute.
2. How to appreciate and learn different cultures.
3. Tips on how to welcome new members.

### 5.7 Can’t Ain’t in My Dictionary
**LOCATION:** Room G

*Bernard Baker*

What you will learn:
1. It is about the attitude of a good self advocate.
2. You cannot take no for answer and you cannot give up.
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</table>
| **5.8 Supported Decision Making and Your Health**  
  **LOCATION: Room I**  
  Cindy Bentley, Marie Massart, and Ginger Beuk  
  What you will learn:  
  1. The definition of supported decision making and the difference between it and guardianship.  
  2. Ways to use your support network to help you make safe and healthy decisions.  
  3. Ways to advocate for your health. |
| **5.9 Getting the Most Out of Partnering with Advisors, Supporters and Allies**  
  **LOCATION: Room J**  
  Thomas Mangrum, Jr., Robert Kennedy, Ricardo Thornton, James Beadle, Thelma Green, Rebecca Salon, and Phyllis Holton  
  What you will learn:  
  1. About all of the things that volunteer and paid advisors and supporters can do to assist self advocacy groups to grow and develop.  
  2. Hear about the different ways that self advocacy leadership can partner with advisors and other supporters.  
  3. Hear from two long-term volunteer advisors to Project ACTION!  
  4. About the support that they have provided over the years and what they have learned from Project ACTION! members. |
| **5.10 You Be the Judge**  
  **LOCATION: Room K**  
  Kenisha Condett and Mary Kay Kennedy  
  What you will learn:  
  1. About the laws that protect your rights. |
| **5.11 Self Advocating for Inclusive Community by Advocating for Housing**  
  **LOCATION: Room L**  
  Cheri Mitchell  
  What you will learn:  
  1. The latest housing trends that can be used to promote inclusive city planning.  
  2. About federal laws that self-advocates can use to remind builders, city or county planners and local politicians that accessibility must be done.  
  3. About the different types of section 8 and online resources that can help in finding affordable accessible housing. |
| **5.12 My Life Plan**  
  **LOCATION: Room M**  
  Anita Rackley and Nadine Daley  
  What you will learn:  
  1. Using person centered tools to develop your life plan.  
  2. What is advocacy?  
  3. How advocacy changes lives. |
**Workshop Descriptions** Block 5 Saturday, June 9, 2018 2:00 pm-3:00 pm

5.13 What is a Board of Directors?

*LOCATION: Room O*

Coleen Mackin, SANYS Board Members, and staff

What you will learn:

1. What a board of directors does.
2. Why board engagement/participation is important for self advocates.
3. Other opportunities for self advocate leadership within organizations and communities.

5.14 Building a National Partnership to Identify Mental Health Priorities

*Town Hall: Mental Health Needs and Priorities of Young Adults with I/DD*

*LOCATION: 1st Floor Ballroom A-B*

Jacob Bouma-Sims, Ben Bernhart, Jessica Kramer, Ariel Schwartz, and Juliana Huereña

What you will learn:

1. About a group of advocates, professionals, and researchers who are working together to find out the most important mental health needs of young adults with I/DD and mental health conditions.
2. Have a chance to share your biggest needs and concerns about mental health care for young adults with I/DD and mental health conditions, like depression, anxiety, and schizophrenia.
3. What other advocates think about mental health care for young adults with I/DD.

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**Workshop Descriptions** Block 6 Saturday, June 9, 2018 3:30 pm—4:30 pm

6.1 Communication Insights

*LOCATION: Room A*

Allison Haynes

What you will learn:

1. Self-Advocates will learn the benefits of communicating more effectively to others (in multiple environments).
2. What is assertive communication and why aggressive and passive communication should be avoided.
3. Demonstrate to apply assertive skill techniques.

6.2 We Learned a Lot in that Class!

*LOCATION: Room B*

Edward Jones, Jesse Lucca, and Kristian Ward

What you will learn:

1. How postsecondary education benefits individuals with disabilities
2. Specific experiences of Crossing Points students in academic classes at UA
3. How these experiences helped Crossing Points students reach employment and leisure goals
<table>
<thead>
<tr>
<th>Workshop Descriptions Block 6 Saturday, June 9, 2018 3:30 pm-4:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6.3 Getting Empowered: Healthy Relationships and Abuse Prevention</strong></td>
</tr>
<tr>
<td><strong>LOCATION: Room C</strong></td>
</tr>
<tr>
<td>Alexis Nichols and Allison D’Aguilar</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. How self-advocates were involved in all stages of the LEAP curriculum.</td>
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<tr>
<td>2. The activities in the LEAP curriculum, including the Power Statement.</td>
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<tr>
<td>3. How self-advocates can promote healthy relationships.</td>
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<tr>
<td><strong>6.4 OUR RIGHTS RIGHT NOW!</strong></td>
</tr>
<tr>
<td>Empowering Survivors with Disabilities via the Illinois Imagines Project</td>
</tr>
<tr>
<td><strong>LOCATION: Room D</strong></td>
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<tr>
<td>Tara Ahern and Jae Jin Pak</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. About their rights when it comes to relationships, sex and sexuality.</td>
</tr>
<tr>
<td>3. Skills on how to respond to and support survivors.</td>
</tr>
<tr>
<td><strong>6.5 Let’s Make a Plan: Getting Ready for an Emergency</strong></td>
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<tr>
<td><strong>LOCATION: Room E</strong></td>
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<tr>
<td>Kellyann Zaikis</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. How self advocates in Oklahoma do the training along with other partners.</td>
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<tr>
<td>2. Why it’s important to make a plan.</td>
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<tr>
<td><strong>6.6 Cultural Diversity Empowerment</strong></td>
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<tr>
<td><strong>LOCATION: Room F</strong></td>
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<tr>
<td>Chaqueta Stuckey, Vicki Wray, Teresa Coleman, Carrie Varner, and Vivian Jackson</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. About the Leadership Institute.</td>
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<tr>
<td>2. How to appreciate and learn different cultures.</td>
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<tr>
<td>3. Tips on how to welcome new members.</td>
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<tr>
<td><strong>6.7 Self Direct: My story / My Independence</strong></td>
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<tr>
<td><strong>LOCATION: Room G</strong></td>
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<tr>
<td>Donna Jay and Wanda Burns</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. Use your voice and be your best self advocate and look for staff to support your vision of what you want. Don’t let anyone tell you can’t!</td>
</tr>
<tr>
<td>2. Benefits of living and working Independently in a community and making choices in your life that support what you want it to look like.</td>
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<tr>
<td>3. Hiring your own staff!</td>
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<tr>
<td><strong>6.8 What Have You Been Drinking?</strong></td>
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<tr>
<td><strong>LOCATION: Room I</strong></td>
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<tr>
<td>Lori Jones and Green Mountain Self Advocates</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. A 20-ounce bottle of soda has 16 teaspoons of sugar.</td>
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<tr>
<td>2. The American Heart Association says we should have no more than 5 to 9 teaspoons of sugar per day.</td>
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<tr>
<td>3. Tips on how to “kick the can”.</td>
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<tr>
<td>Workshop Description</td>
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<tr>
<td>6.9 Developmental Disability Abroad</td>
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<tr>
<td><strong>What we learned.</strong></td>
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<tr>
<td>our Amazing Adventure.</td>
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<td>world of civil rights for the I/DD</td>
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<tr>
<td>LOCATION: Room J</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>2. How Australia, Iceland and Ireland</td>
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<tr>
<td>3. About approaches to servicing people</td>
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<td>4. Latest news in the area of disability policy.</td>
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<tr>
<td>6. Steps to take to get ready for an adventure like this.</td>
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<td>6.10 Understanding Guardianship and the Options and Alternatives</td>
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<tr>
<td>LOCATION: Room K</td>
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<td>What you will learn:</td>
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<tr>
<td>2. What are the options and alternatives to guardianship.</td>
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<tr>
<td>6.11 A Conversation On Independent Living</td>
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<tr>
<td>LOCATION: Room L</td>
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<tr>
<td>What you will learn:</td>
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<tr>
<td>2. The importance of self advocacy for independent living.</td>
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<td>6.12 Ability with Pride</td>
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<td>LOCATION: Room M</td>
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<td>What you will learn:</td>
</tr>
<tr>
<td>2. Ways to feel empowered</td>
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<tr>
<td>Workshop Descriptions</td>
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<tr>
<td><strong>LOCATION:</strong> Room 0</td>
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<tr>
<td>Shari L. Cooper and Darren Morris</td>
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<tr>
<td>What you will learn:</td>
</tr>
<tr>
<td>1. How to gain more knowledge to be a leader and a more effective advocate.</td>
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<tr>
<td>2. How to advocate for change through council.</td>
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<tr>
<td>3. How to work with other stakeholders.</td>
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**Color Communication Badges** helps people tell everyone how they want to communicate with you. If you see a badge like this follow the instructions.

A **green** badge means that the person is interested in talking with you.

A **yellow** badge means that the person only wants to talk to people they recognize, but unless you have already met the person face-to-face, you should not approach them to talk.

A **red** badge means that the person probably does not want to talk to anyone, or only wants to talk to a few people. But unless you have been told already by the badge wearer that you are on their “red list”, you should not approach them to talk.

![Color Communication Badges](image-url)
Exhibitors

Location: East Meeting Rooms on 1st and 3rd floors

ACT Center on Disability Leadership
Alabama Aging and Disability and Resource Center
Alabama Department of Mental Health
Alabama Department of Rehabilitation Services
Alabama Disability Rights Advocacy Program (ADAP)
Alabama Institute for the Deaf and Blind (AIDB)
Assistance Animals Consulting
Anthem, Inc
Arkansas Developmental Disabilities Council
Boston University
Broken Wings, Inc.
Coleman Institute
Council on Quality Leadership (CQL)
Dennis Pullen, Artist
Dare 2 Dream
Elrod Mobility—Wheelchair Repair
Erech Bro-Looza - Elite Art!
Greater Birmingham Convention and Visitors Bureau
National Disability Rights Network (NDRN)
People First of Alabama
SABE GoVoter
SARTAC Ask Me Anything
TASH
The Full Life Ahead Foundation
The Is-Able Center
Therap
United Cerebral Palsy of Alabama
2018 SABE National Conference Silver Sponsors
2018 SABE National Conference Bronze Sponsors

AAVES Audio Visual
Alabama Association of DD 310 Boards
America First Credit Union
Avadian Credit Union
Autism Society of Alabama
Boston University
Disability Rights and Resources
Lecell Lane Thompson
Southern Impressions
ACCESSIBILITY, SUPPORT AND SAFE SPACE POLICIES

As part of SABE’s work to make sure each person is included at the conference, we have several supports to help you while you are here. We know conferences are busy and the SABE Conference Planning Committee and the volunteer Ambassadors are here to help you!

ONLINE CONFERENCE PROGRAM
SABE has the schedule on the www.sabeconference.org website. You can search the entire conference schedule, find out about the conference speakers, sponsors, and exhibitors. Sorry, no free WIFI at the conference.

LARGE-PRINT AND BRAILLE CONFERENCE PROGRAM
If you requested or need a large-print or Braille program, SABE has them available at the registration counter.

CULTURAL ACCESSIBILITY
SABE works hard to provide conference resources and information are diverse. We encourage presenters to share information that is thoughtful of everyone who attends the conference.
NO FLASH PHOTOGRAPHY

We love it when you to share your experiences at the SABE conference, but please do not use your flash when taking pictures or use any other strobing devices. For many people with disabilities, flashing lights cause seizures.

LOUD NOISE

Some events at the conference will include music, cheers and chats from the excited audience. You may want to bring and use your own cancellation headphones. A few headphones will be available at the conference, on a first come, first serve basis.

FRAGRANCE

This is a fragrance-free event. No perfumes or colognes. Use fragrance free lotion and hand sanitizer. Please use deodorant.

LOW-STIMULATION ROOM

Need a brake?! There will be a relaxation room available to provide a comfortable, quiet, low-light, and calm space where you can spend time away from noise, lights, and other stimuli of the conference. The registration counter and Ambassadors can direct you to the low-stimulation room.

THE CULTURE OF THE SABE CONFERENCE IS EVERYONE’S RESPONSIBILITY

One of the defining features of the SABE Conference is that everyone contributes to making a welcoming, supportive environment. If you see that someone who needs support, please ask for assistance, Conference Ambassador or SABE staff.

We want your feedback, and we thank you for working together to make the SABE conference inclusive, enjoyable, and a positive experience for everyone.
SUPPORT THE STATEMENT OF RESPECT

SABE has a commitment to provide a respectful conference. Free from harassment of all participants. No matter a person’s physical or intellectual ability, appearance, behavior support need, body size, race, national origin, gender and trans identity, sexual orientation, age, family and marital status, veteran status, and beliefs, whether religious, political or otherwise.

Harassment includes, but is not limited to:

- Scaring others
- Stalking anyone
- Taking photos or recordings without asking
- Being rude at sessions and events
- Making disrespectful comments to others
- Making unwanted physical contact
- Giving unwelcome sexual attention

We ask everyone to think about how you treat others – and to remember that harassment is not about you, but how your words or actions make others feel.

BULLYING IS NOT OKAY

By attending the SABE Conference, you agree to keep and support this harassment free space. If you feel that someone is harassing or bothering you or someone else, please tell SABE staff. They will be wearing SABE project shirts.

SELF ADVOCATES BECOMING EMPOWERED