



Let's Get Connected:
The National Self Advocacy Resource and Technical
Assistance Center
AUCD November 18, 2019 workshop

10:15 Max

Hello everyone, I am Max Barrows from Vermont.

I am the Outreach Director for Green Mountain Self-Advocates. One of my job responsibilities is I work to provide Technical Assistance with the Self-Advocacy Resource and Technical Assistance Center. And one of my favorite jobs is being part of the faculty of the VT LEND program.

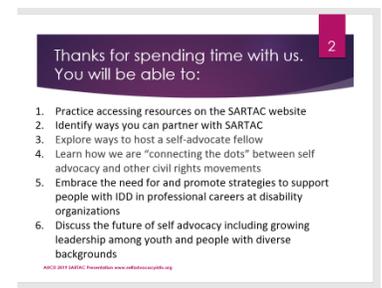
Welcome to our workshop called, Let's Get Connected: The National Self Advocacy Resource and Technical Assistance Center

During this workshop, we will:

1. Learn how to access SARTAC resources
2. Identify ways you can partner with us
3. Explore how to host a self-advocate fellow
4. See how we are "connecting the dots" between self advocacy and other civil rights movements
5. Embrace hiring people with IDD in professional careers
6. Brainstorm with us about future of self advocacy

Now we would like to get a sense of who you are.

- Can I have a show of hands for anybody who is here representing a LEND organization? (10 people)

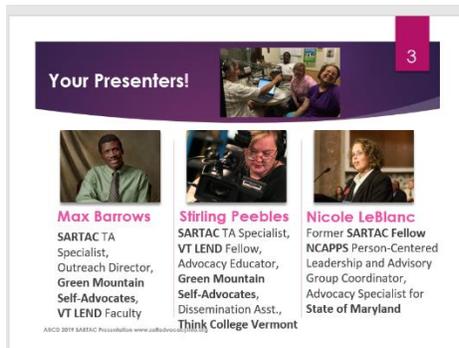


- Now, a show of hands for anybody who works for a University
- What about other kinds of disability organizations? (12 people)
- And those who spend time with youth with disabilities? (4 people)
- How about spending time with adults with disabilities? (6 people)
- Anyone who works directly with self-advocacy groups? (5 people)

Thank you.

Here are my fellow presenters:

Each person introduces themselves



Slide 3: Your Presenters

Max Barrows
SARTAC TA Specialist, Outreach Director, Green Mountain Self-Advocates, VT LEND Faculty

Stirling Peebles
SARTAC TA Specialist, VT LEND Fellow, Advocacy Educator, Green Mountain Self-Advocates, Dissemination Asst., Think College Vermont

Nicole LeBlanc
Former SARTAC Fellow, NCAPPS Person-Centered Leadership and Advisory Group Coordinator, Advocacy Specialist for State of Maryland



Slide 4: Your Presenters

SARTAC
Self Advocacy and Beyond

Karen Topper
SARTAC TA Specialist, Administrative Director, Green Mountain Self-Advocates

Danielle Underwood
SARTAC Fellowships Coordinator, UMKC Institute for Human Development (MO UCEDD)

Nicole LeBlanc, Former SARTAC Fellow, NCAPPS Person-Centered Leadership and Advisory Group Coordinator, Advocacy Specialist for State of Maryland

Karen Topper, SARTAC TA Specialist, Administrative Director, Green Mountain Self-Advocates

Danielle Underwood, SARTAC Fellowships Coordinator, UMKC Institute for Human Development (MO UCEDD)

Stirling Peebles, SARTAC TA Specialist, VT LEND Fellow, Advocacy Educator, Green Mountain Self-Advocates, Dissemination Assistant, Think College Vermont

10:20 Stirling

What is SARTAC? Do you know what it is?

(pause – for the audience)

That is correct. I am asking you to describe

**SARTAC – the national Self Advocacy Resource
and Technical Assistance Center**

**The purpose of the Self-Advocacy Resource and Technical Assistance Center is
for self-advocacy organizations, and the local groups within them, to use us as a
tool to keep their groups going strong.**

The Center is for people with disabilities, run by people with disabilities.

**Self Advocates Becoming Empowered (SABE), is the oldest national self-
advocacy organization in the country. We were awarded a grant in September
2016 from the Administration for Community Living to establish the first-ever
National Resource Center for Self-Advocacy.**

Our resource center is funded as a Project of National Significance.

The center has been our dream for many years.

- **We collect resources made by self-advocates from around the country and
put them on our website.**
- **We have an excellent Fellowship program that is getting us into professional
advocacy jobs.**
- **We provide trainings and technical assistance in person and online.**
- **That way, we can support each other within self-advocacy. It is our way for
peers to keep in touch with each other and stay connected.**





The Project Partners are:

- Self Advocates Becoming Empowered
- Green Mountain Self-Advocates
- University of Missouri in Kansas City - The Institute for Human Development
- Southwest Institute for Families and Children
- TASH
- And Autistic Self Advocacy Network

10:25 Danielle presents Fellowship section – this can be as long as 15 minutes including the interviews with Nicole.

Danielle – asks Nicole - How did being a SARTAC fellow help you get closer to reaching your leadership goals?

Nicole

- It allowed me to gain more experience at a federal level doing disability policy advocacy.
- It helped me further develop my research and analysis skills. It improved my writing skills. I wrote a 44-page toolkit on employment policy. It introduced me



to tools that are out there that we can use to make documents more accessible and in Plain English.

- It provided networking opportunities and events to go to. It increased my presence on the Hill. I was more involved in policy task forces that served as the primary force generating the legislative agenda for the disability community. I loved being involved on the front line with hot issues coming down the pike.
- Lastly this past summer I won the David Joyce Advocate of the Year Award from Autism Society of America. It is an award give to someone who has excelled in advancing the well-being of others on the spectrum.

Danielle – asks Nicole -Why should others self advocates want to be a SARTAC Fellow?

It is a great way for self-advocates to gain experience in professional jobs working for disability organizations as we try and shift the culture from Food, Filth, Flowers and Filling as jobs typically done by People With Disabilities.

It's a great way to help disability organizations address a need they may have in regard to diversity, policy toolkits, legislative advocacy etc. Disability organizations need to embrace Nothing About Us without Us. If we want businesses to hire people with disabilities than disability organizations need to lead the way. This is all about diversity. It is great how siblings and family members have been able to build professional advocacy careers. And now it is our turn to join the ranks.

Danielle - Describe the current call for applications





10:40 Max

Technical assistance with SARTAC is all about Peer to Peer connections.

Peer to peer connections are the heart and soul of the self-advocacy movement. They are one of the best ways SARTAC creates a sense of belonging between self-advocates on a local level with our national movement.

What I mean by Peer to Peer connections is when people with disabilities join a local Self-Advocacy group, they realize that they are not alone when connecting with other peers within it. Once peers connect, it creates a safe and positive atmosphere where people can learn from each other, get support through whatever difficult times that they may be facing.

The peer to peer connection empowers us to become better leaders within the Self-Advocacy movement. For example, people start believing in themselves and in one another because they see capabilities in each other. The effect of the peer to peer connection helps us with discovering strengths of leadership within ourselves.

I am one of several people who provides technical assistance for SARTAC. To give you an idea of what we do we had contact face to face contact with 18 states over the past 6 months and we met with 7 more states thru phone and video conferencing.

- I worked with Darren from Arkansas – he was struggling with involving people with more significant disabilities during local group meetings. We

put together scripts for 10 different activities that Darren's group leaders could use during their meetings to get people with limited communication to participate.

- Another example is in July we sent the president of our VT state group out to Michigan to run a retreat with the board members of their statewide self-advocacy organization. The focus was helping them put together a strategic plan.
- We support a lot of regional networks. For example, there was a 2-day self-advocacy conference in the Midwest where 4 states participated. And we have bi-monthly calls between the state self-advocacy organizations in Northeast.



Clearinghouse Website

10:45 Max

We run a clearinghouse website. There are 273 resources created by self-advocates and self-advocacy organizations. We are proud of our website. On the home page, Right below the logo, there is a menu bar, click on the Resources section, you can use the drop-down menu to find resources. You can also go to the search box on the write and type in what you are looking for. For example, here are a few plain language resources.

10:50 Danielle presents the **Civil Rights** piece.

(video clip of Lydia. Start at 16:51 and play 2 minutes to the end)

10:55 Max

People with intellectual and developmental disabilities often encounter a “glass ceiling” when they try to advance in their careers, even within disability organizations.

They can get stuck in entry-level jobs and few if any self-advocates are considered for jobs that match their desire to do professional advocacy work.

If our disability movement is truly going to embrace the concept of Nothing About Us Without Us, more people with intellectual disabilities need professional jobs.

My experience is that people want to do it – they seem to struggle with how to provide effective job supports.

For me personally, having a professional job has had a really good impact on my life, like through meeting new people and speaking up for what matters, like on issues that affect our lives as people with disabilities.

Before I have the job that I do now, I was in the restaurant business washing dishes. Around that time, I got involved in self-advocacy and the arm of self-advocacy came through the door and pulled me out of the dish pit and put me into this self-advocacy movement as a professional self-advocate.

I didn’t dream of this type of job until it was offered to me.

I spend most of my time working with my peers. It is a real perk to travel the country, like how I’m here today talking with all of you.

Topper – introduces GMSA manual of tips for Including Workers with Intellectual Disabilities in Your Organization



Stirling's accommodations

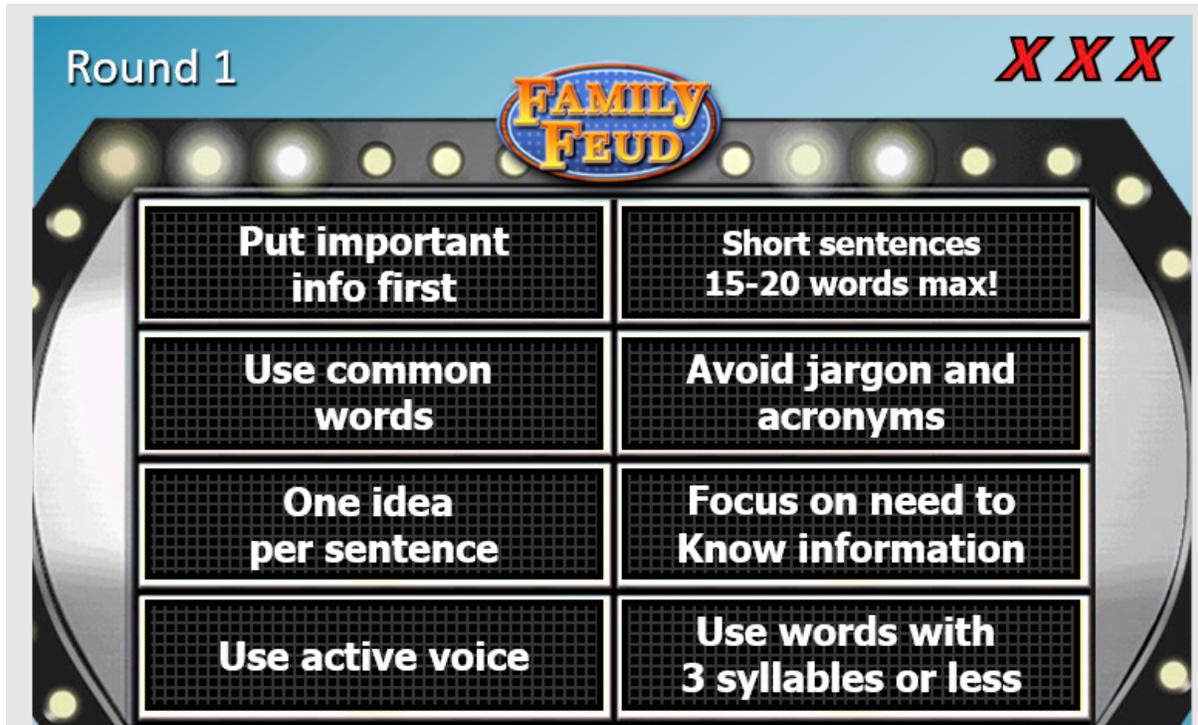
- **My primary tool I use is a to-do list, it keeps me focused**
- **My Job coach assists with brain storming, developing strong writing, time management, staying organized, and reminders to follow-up on communication**
- **Transportation is essential to the success for many professional jobs**
- **Co-workers help me be part of the culture at work, provide emotional support and build confidence**



Max – Here are some accommodations I use

- Keeping **track** of what I need for **appointments** etc.
- Use devices for **live chatting** during meetings
- Writing **prep notes/scripts** to help me keep on point
- While presenting, **keeping track of time**
- **Taking notes** at meetings and events so I can recall details when completing reports.
- **Emotional support**
- **Transportation** to work appointments

Topper will ask Nicole to describe her accommodarions if we have time



11:05 Max – Run the Family Feud game

We are splitting the room into two teams for a quick round of Family Feud.

AUCD has been asking all of us to use plain language throughout this conference.

Our question to you is –

How do you write in plain language?

Team 1 – do you have a guess. (Max give them 3 guesses)

Team 1 – do you have a guess. (Max give them 3 guesses)

Max go back to Team 1 – and keep it going until they get them all correct or run out of answers.

11:13 - Topper will spend 2 minutes describing other outcomes.

11:15 Danielle – Introduces the activity. There are 5 flip charts hanging around the room. Each has a different question/topic. We are looking for success stories, positive examples we can share with others. We want to acknowledge all the wealth of information we have here in the room.

(note to Danielle – I think I do not have all the questions correctly worded. Glad to make any changes.)

1. How do we get youth engaged in self-advocacy?
2. What are your best examples of including People with IDD in Leadership roles? What more could they do?
3. What will self advocacy look like in the future?
4. How can SARTAC support your work as a UCEDD/LEND?

Max – thank everyone and remind them to be in touch.