

Association of University Centers on Disabilities
The Power of the Network: Get Connected and Involved with AUCD
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>> Anna Costalas: Hello and welcome to "The Power of the Network: Get Connected and Involved with AUCD." My name is Anna Costalas and I'm the Resource and Dissemination Manager here at AUCD. I'd like to thank you all for joining us today on our Friday afternoon.

Because -- before we begin, I'd like to address a few logistical details. Because of the number of participants, your telephone lines will be muted throughout the call. However, we will unmute your phones one at a time during the Q&A at the end. You will need to press star and pound on the phone to request to be unmuted to ask your questions.

If you are using a microphone on your computer, you can raise your hand by clicking the little icon on the very top of the screen that looks like a little person raising their hand. You can submit questions at any point during the presentation via chat box on your webinar console. We will compile your questions throughout the webinar and address them at the end. Please note that we may not be able to address every question and may combine some questions.

This webinar is being recorded and will be available on AUCD's webinar library. There will also be a short five-question evaluation survey at the close of the webinar. We invite you to provide feedback on the webinar and also to provide suggestions for future topics.

Now please join me in welcoming today's presenter, LaKesha Pettigrew.

>> LaKesha Pettigrew: Hi. How is everyone out there? Fine I hope. Thank you so much for joining us. I want to take some time to welcome you.

Next slide, please.

All right. Thanks so much again. And welcome to all the trainees here joining us today from LEND, UCEDD, and last but not least, IDDRCs. Thank you so much for joining us. As promised, today's webinar is to welcome you all to our network, your network, Association of University Centers on Disabilities or AUCD.

I want to introduce myself. I'm LaKesha Pettigrew, this year's AUCD virtual trainee. And today I want to share with you all some information about myself. I live in Milwaukee, Wisconsin, with my husband and our 8-year-old daughter who is on the autism spectrum. And like many parents of children with disabilities, once my daughter's symptoms became apparent, I immediately became an advocate. Not saying I knew, you know, what I was doing

in the very beginning but I definitely knew what I envisioned for my daughter. And I saw opportunities for improvement in our experiences with certain systems of care. And that's exactly what led me to the LEND Program here in Wisconsin.

So I was seeking more structured learning for leadership in disabilities not only to improve my advocacy skills for my daughter but because I also sought a career change in the field of disabilities. So I knew I wanted to be helpful to other children and families dealing with later identification of developmental disabilities and I wanted to help to improve opportunities for new parents to receive early identification.

So fast forward, one year past my first day of LEND 2016 and I'm here in my second year of LEND and as AUCD's virtual trainee and working as my state's first Autism Family Navigator, a role created by the health resources and services administration, also referred to as HRSA. I'm helping families overcome obstacles and barriers by aiding them and accessing or receiving appropriate care and resources related to an autism diagnosis.

So I'm excited about all that I have going on right now and I'm hoping that you guys can share some things about what you have going on through some outlets that I'll be talking about later in the presentation. But I'm especially happy of being part of AUCD and networking with other trainees and AUCD professionals.

Next I'd like to introduce to you Miss Christine Liao, the Program Specialist with AUCD. She can tell you more about her background and her role here at AUCD.

>> Anna Costalas: Christine, we can't hear you.

>> Christine Liao: Can everyone hear me now?

>> Anna Costalas: Yes.

>> Christine Liao: My name is Christine. I am the AUCD Program Specialist here for the Maternal and Child Health technical assistance team which works with the DDP program and LEND Program. I also provide support to the UCEDD.

I want to share a little bit about my background. I used to be a LEND trainee as well. It was in the LEND program, which is how I ended up here, actually, taking advantage of all of the opportunities that your program has to offer, really getting to know the network and networking with people to figure out where I wanted to be in this network. So I'm very happy to be here with all of you today.

My background is in psychology and social work. And my passion relates to intersectionality. I have a lot of focus on the Deaf community who had additional disabilities, like developmental disabilities and/or intellectual disabilities. So that's my passion there.

And my role here at AUCD is focused on promoting and supporting leadership opportunities among trainees, both current and former trainees, as well as recruiting. Ultimately I am your voice here at the national office. Throughout the year I will be contacting you either virtual trainee or directly or through your directors and training directors to get your input because your voice, your opinion, and your input is what basically informs me of what I'll be doing in the upcoming year.

And I just wanted to make sure that all of you recognize that you are a valuable member of this network. Your connection with AUCD is a two-way street. So feel free to e-mail me anytime if you have any questions or input. I'm always happy to respond.

That said, I would like to introduce our next presenter who was a previous Director of NIDILRR, National Institute on Disability, Independent Living, and Rehabilitation Research. He has spent his career working to improve the health and community outcomes of people with disabilities. Please join me in welcoming John Tschida.

>> John Tschida: Thanks, Christine. I want to begin by extending my thanks to all of you for stepping forward and becoming trainees and really taking a path toward leadership. You may not see yourselves that way but I do want you to consider thinking of yourselves as leaders. You may be a potential leader as a young student. You may already be a leader in your family or your workplace. This experience will give you the knowledge, the tools, and the resources to also become leaders in the disability community; whether you have a disability yourself or not. So welcome to AUCD and welcome to your journey as a new trainee.

So, AUCD, the Association of University Centers on Disability, who are we as an organization? A network. There are three prongs to our network. We have the UCEDDs and we'll get three of the acronyms out of the way right now. Those are the University Centers on Excellence for Developmental Disabilities. There are 67 of those across the country in every state and in seven U.S. territories. We have our LEND Programs, the trainee programs for 14 different disciplines that look at neurodevelopmental disabilities and bring disability competence to those clinical designs as well as self-advocates and family members participating in trainings and that network. And finally, the IDDRCs, the Institute of Developmental Disability Research Centers. And in some places we have a combination of all three. We have those university centers. We have those LEND training programs. And we have the IDDRCs all in one location. They are able to work together and really do great things with and on behalf of individuals with disabilities.

So collectively as a network what is it that we do actually? We've got all of these people across the country, thousands of individuals. Really the monetary value of the programs is about \$650 million. So not an inconsequential economic force but what is it that they actually do? First and foremost, it is growing a diverse and skilled group of leaders. All of you, thousands of you across the country, taking a step forward really in a very different way on that path toward leadership, bringing disability competency to your life, to your profession, really helping us as a disability community generate knowledge, learn new things, challenge yourselves, and really assist us as a network from a broader cultural perspective all across the United States.

Second, conducting and applying research and sharing that knowledge. So we have a broad and diverse group of researchers in all of those UCEDDs and in those IDDRCs the UCEDDs primarily are looking at applied research. How does disability affect individuals as they're living in their home communities? How are they being successful in gaining employment and finding access to education and ensuring that they achieve positive health outcomes for themselves and have access to wellness programs just about any public policy area you can think of is addressed within those University Centers of Excellence?

The IDDRCs are looking at basic research. What are the underlying biological mechanisms that cause disability? And how can we better understand things like brain science, neurology? People within the network are looking at genomic research. So on a very foundational genetic level how can we better understand the way that we are put together as individuals to better understand disability, its causes, and how to address those causes and interventions to assist people living with disabilities again in the community?

Third, we advance policies that improve lives. That's really all about advocacy and engaging within the political process. It doesn't necessarily mean lobbying. We do that here at AUCD, certainly, but we'd love to engage you to help in educating lawmakers and policymakers where that's appropriate; not to influence specific legislation but, again, to better understand the disability context. What is it from your experience base as a trainee, as a

professional, as someone living with a disability that can help contribute to making advances in public policies to better the lives of individuals with disabilities? And certainly that's something we are in strong partnership with other organizations and with people living with disabilities.

And finally, we model inclusion and justice for all. So that is about diversity. That is about cultural competence, whatever subpopulation you want to include within those definitions and terms. But ensuring that we as an organization live that value of inclusion for all regardless of disability, race, ethnicity, linguistic, what have you.

The network that we have is rich and diverse just as you are as trainees, representing a broad array of disciplines that are all connected in some way to the world of disability. Yes, this is a personal journey and an individualized experience but as I mentioned, we really need you to deepen and broaden our cultural understanding of disability and to help others in a professional and personal lives better understand the disability experience.

People with disabilities lead complicated lives, often relying on a complex array of services and supports to lead successful lives in the communities of their choosing. I, myself, joined the disability community four years ago. I fell off a bicycle on my way to work at the State Capitol where I served as an editor for the Minnesota House of Representatives. I sustained a permanent spinal cord injury. And once I was dismissed from my acute hospital care, I needed to fashion a very different life, certainly a rich, fulfilling life that is both exciting professionally and personally but that disability competency that I talked about that all of you are developing as trainees is something that I needed and still continue to need from my health providers, where I expect a level of skill and competency.

We need advocates with the same understanding of disability, others within the community to understand the needs of those of us living with disabilities, to be valued not just for the diagnosis that we might present in a clinical or care setting but to understand us as people living full and enriching lives, as I said. And this program will do that for you. And you won't be doing it alone. You'll have the full support of not just your local centers and the great staff there but the network that I mentioned that has thousands of members across country and every state and territory.

I would strongly encourage you -- and you'll hear this from others on the call today, too -- take advantage of all that is available to you as a trainee. We have tremendous thought leaders, innovators, educators, and leaders, advocates across the country. People like Larry Yin, a pediatrician at U.S.C. in Southern California putting together great programming for kids with developmental disabilities who also have profound mental health issues, but developing interventions and systems to help those kids succeed in life. Wylene Rogers in Indiana, a training director, yes, but also one of the most fierce advocates on behalf of individuals with disabilities that I've ever come across. [Indiscernible] Hiller in Illinois, one of the leading researchers in the area of life transition for individuals with developmental disabilities. Scott Pomeroy, who is doing ground breaking brain research, teaching at Harvard University but also the lead neurologist at Boston Children's Hospital, helping to better understand what individuals, kids primarily, developing brain tumors, how he can help them lead successful and long lives.

So regardless of your area of expertise or focus, you'll find others who will help you, challenge you, and enlighten you as trainees. Stay connected to each other now and in the future. Grow your network as you continue to forage your personal and professional path. We at AUCD will always be here today or 10 years from now regardless of where your path takes you.

I started by thanking you for stepping forward as leaders. This experience will change you in positive ways. You will develop as leaders in formal and informal ways. And I hope you find that possibility exciting.

I wish all of you the best of luck in your program year ahead.

>> LaKeshia Pettigrew: Thank you so much, John, for sharing with us and providing the overview of the AUCD network and also for sharing a little bit about your personal story. Also, I agree with you totally that the trainees are extremely necessary for us helping to build the network. They are a vital piece of that.

So we will go to the next slide.

I'd like to talk a little bit more about what I'll be doing this year as a virtual trainee. Basically, generally speaking, I'm your direct connection to AUCD. So you'll be hearing from me via e-mails, on the listserv, and through especially media posts. And what I'll be doing there is just sharing things that help to keep you informed about what's happening relevant to trainees.

And then also AUCD has a national conference in November that we'll be discussing a little bit later. But hopefully if you've been following us, you've gotten some tweets and a Facebook post or something about the upcoming conference.

And just so you know, in the conference I'll be planning and leading some sessions and some other exciting activities at the conference that are training specific. And they are going to be tailored just for you.

I also provide updates on activities, things like employment and fellowship opportunities via e-mail and the social media, Facebook, and Twitter.

And also I'm here to help build our network, so I'll be working on a project that some trainees will be able to participate in. Hopefully a few of you joining in today can participate. But I'll be able to share more about that really soon. I promise. Just keep your eyes and ears open and you will be sure to be included in the details on that a little bit later on.

Next slide, please.

Some additional things that I'll be working on this year as a virtual trainee. Basically being a spokeswoman for you all by working closely with the trainee liaisons from each program and center, to create initiatives that work towards enhancing the network. And we'll talk more about what is in a moment as well. I promise you. And also, I'll be working with the board trainee to communicate what trainees are saying and doing within the network. We'll talk a little bit about that later, too.

I think most importantly, I'm here for you guys. I can be your voice to the network. So please contact me for anything. And we'll, again, talk more about kind of how you can do those things as well.

Next I want to just go to the next slide. And so here this slide is to keep you informed about how you can stay connected and how you can be involved with your network.

So of course, there's Facebook. And that's at UACD Trainees. Go there, check us out. Twitter at @AUCDvt as in virtual trainee. And then we also have an Instagram at @AUCDpix, Snapchat is @AUCDnetwork. And the listserv is where you can register to be a part of the trainee e-mail roster. You sign up or register to be a part of the listserv at aucd.org. You basically go to resources, find the listserv topic and look for the trainee listserv to register.

What we're hoping that you can do on social media is to maybe just introduce yourself. Talk about your center and maybe talk about the events that you may be involved with or hosting or planning, what you're learning in your lectures, or in clinic. Share pictures

with us. Share pictures of yourself, your cohorts, and share something interesting or inspirational that would be helpful to the rest of our network.

So anything that you would like to share, please do so on Facebook, Twitter, Instagram, Snapchat or you can also send something on the listserv.

And we can go to the next slide, please.

Some of the benefits of being connected are basically that you're going to be getting specific information that's relevant to you as trainees. So there's so much information out on the website that is geared sometimes towards professionals we want to be able to shape what trainees get to see to make sure that you are in the forefront of that information.

Also, we want to keep you up to date on any upcoming events or any pertinent information for you, like the conferences, including the scholarship opportunities that we'll talk about more.

And then also, to stay up to date on any relevant policy information and details about jobs and the network and to share information about anything that you're doing within your center and to learn information that others shared about their centers. It's a good thing to be connected with the network.

Next I wanted to talk more about what you can be doing. So we advance to the next slide, please.

So trainees sometimes are just wondering what they can do. I know last year when I was new to the network, I wasn't exactly sure where to dive in. So this slide is to answer that type of question. You could definitely check out the AUCD newsletters. And these will basically give you insight on stories that are about what's happening in the network, what other members are doing. And also, you'll hear information about funding opportunities and other resources. There are publications related to public health, for example. So if you're interested in that sort of thing, there will be new letters and articles that pertain to those topics.

Also, you could also join a council or a special interest group or SIG. So the councils, for example, we have Multicultural Council, Councils of Research and Evaluation, and there are three others. As far as special interest groups, they're on topics like autism, sexual health, disability studies. There are several others. To get the full list of any of the councils or special interest groups, you could also visit the aucd.org.

And also, we would encourage you to stay connected with faculty and staff from programs within AUCD through our directories and through your registration for webinars. You can also look up archived webinars. If you find anything that is a topic of interest to you, there is usually a video or some type of reference to any past archived webinars.

Next slide, please.

Right now I think it's a good time for us to dive into more about the trainee leadership opportunities that are available to you.

First let's discuss the trainee liaison. I'll get into a little bit more details about it later, as I mentioned, but it is a volunteer opportunity. If you'd like to participate in it, the deadline is September 30. What you need to do is just have your director or your training director e-mail me, the virtual trainee, with your interest. And make sure that you are copied in on the e-mail. So that's pretty much kind of like the piece of how you, if you're interested in it. And then we'll talk more about what it is and what the benefits are and what you get out of that type of role in the next slide.

But I also did want to mention another leadership opportunity as the assistant virtual trainee. This one is a paid leadership opportunity. And you'd get to work with me on like the

annual project, for example. And this is a small time commitment. It's available spring 2008 only, from January to May. And the applications are going to be -- become due around November, December, 2017. So just keep an eye out for it on the e-mail listserv. You probably will get something from me and then we would be posting things on social media. So that's another reason why you would want to stay connected that way, so that you don't miss out on the details of upcoming events and deadlines and, you know, things like that.

Next slide I'll talk about the trainee liaison. Before we get into the details of it, I wanted to direct your attention to the diagram. That basically illustrates how we're all connected. As you can see, it starts with the trainees, to the trainee liaisons, the virtual trainee, and then up to AUCD. And you can see those arrows have -- you know, there's a two-way street basically. So the information and communication is coming from each direction. So it's a way for us to stay, again, connected.

And the benefits of the trainee liaison is basically you'll be able to meet trainees from other membership sites. So there's another opportunity for you to network there. And then also it's an opportunity for you to enhance some leadership skills. And then also represent your program or center on a national level. Some of the responsibilities that will be included in this role is to give that feedback regarding social media and then the other AUCD projects that are happening. So we would be looking for you to provide some insight on that. And also relay information from your program and center to me as a virtual trainee so that we have that combination, that give and take of the conversation and communication.

Also, to participate in the quarterly calls which would include all of the trainee liaisons from every national center. You would submit an AUCD360 news article, attending the webinar that would be scheduled later. And you would obviously receive details on the upcoming happenings regarding trainee liaison in the future. It's basically to help us all encourage the awareness of AUCD and participation on a local basis. So it's a good opportunity. And I hope that we get a representative from each and every center and program.

Next, please, next slide.

All right. Of course we are looking for trainee liaisons if you're interested. You need to contact your director or your training director. And also a reminder about the deadline, September 30. So it's fast approaching. And our goal, again, is to have one at each program or center.

Next slide, please.

Here I wanted to just bring your attention to some upcoming AUCD events. We talked about this 2017 AUCD Conference. It's going to be November 5 through 8 in DC. And another excellent opportunity to network to work on projects -- or to hear about projects, I should say, and also to get insight on jobs, post docs, and also tons of activities including training-specific activities that I'll be working to set up and facilitate.

I'm very excited about it. I went to the 2016 AUCD Conference and I actually got a scholarship to go to that conference. So I want to remind you all that you can get the same opportunity. The scholarships are going to be due soon, though. So September 27 is the deadline. So please check out on the AUCD.org website and fill out the application and just get yourselves in position so you can hopefully be chosen.

And anyone that is already planning to attend, I hope to meet you -- or anyone who does end up attending, I should say, I hope to meet you all and just have a good time at the conference and share information. Just, you know, get to networking and build relationships.

Another event is the Disability Policy Seminar 2018. It's in April. It's also in DC.

There will be more details about this particular event coming up soon but it's really heavy on, like, policy and also networking and advocacy that John did such a good job talking to us about because we do need more advocates. We need more leaders in the field of disability. So if you have an interest in this or just off the top, you can go to that website, disabilitypolicyseminar.org. You can check out what this whole event is about. And I hope that people can attend this one as well. So just want to make sure you're informed about it.

And to the next slide.

Here we just want to make sure that everyone knows that the AUCD 2017 t-shirts are available for pre-order. The date for pre-ordering, the due date, I should say, is Thursday, October 12. You can also purchase them on site but the prices are going to be slightly higher. So I encourage you, if you're interested, just go ahead and pre-order those. If you're not able to attend the conference, that's not a problem. You can certainly have someone pick up your shirt for you because at the conference is where they would be available to you.

Next slide.

So now I just want to give a recap. So previously we talked about what I'll be doing as a virtual trainee and then what you all can do this year within the network. To recap some of the things we'd like to see trainees doing, again, it's social media, posting Facebook or Twitter or both and also register for the AUCD 2017 Conference. The scholarships are available now but they will not be available after September 27. That is the due date. So please get your applications in.

Just to point out, you will need a letter of support for that scholarship from either the director or trainee director at your center or program. So you want to give them enough time to get those prepared and have your application ready to submit for review.

And in our next slide, Christine is going to go over an interactive activity with us.

Thank you.

>> Christine Liao: Hi, everyone. So we have a question for you. We would like for you to name one way, preferably in one word, that you're connected and involved with AUCD. Some examples we mentioned is Facebook, Twitter, newsletter, liaison, and so forth.

So next slide.

We have a way for you to do this. Again, so the question is up there. And we are going to have two ways for you to be a part of this poll. Please text CHRISTINELIA433 to the number 22333 or you can use the website link.

Again, there are two different ways to take this poll. You can join by texting or you can join by the website link and type your one-word answer of how you will get connected and involved with AUCD.

We're going to leave the number up for a couple of seconds. And then Anna will share the screen with us.

Anna, can you please share the screen?

>> Anna Costalas: Christine, you have to open up the poll.

>> Christine Liao: Yes. I'm opening it up right now. I think that everyone can do it now. My apologies.

All right. So it seems like the majority of the people will be connecting with us through Facebook. So we look forward to having all of you follow us and like us on our Facebook AUCD Trainee where you can see posts from the virtual trainee who will share a variety of ways to get connected and involved with that. So I look forward to seeing you all post your stories on there.

And then the next slide is we wanted to open up questions from you all if you have any.

>> Anna Costalas: And if you would like to raise your hand -- if you're using the computer microphone, just raise your hand. It's the little guy with the hand up. And I will unmute your microphone. If you're using your phone, you can press star and pound. Or you can also type it in the chat box below.

>> Christine Liao: So to answer a question in the chat box that our AUCD newsletter sent via e-mail or just posted on the website. We do them both. For example, AUCD360 includes information and stories from our network sent out both through e-mail and posted on the website. We include previous editions or volumes on the website as well.

>> Anna Costalas: I unmuted your mic.

>> Christine Liao: Julia asked a question if the trainee liaisons will be contacted directly by LaKesha for more information. She will send out information about more responsibilities of the trainee liaison.

In addition, this webinar is archived. So if you would like to see the slide that LaKesha posted on the responsibilities of the trainee liaison, it's on there as well.

When you complete the survey at the end of this webinar, we do have a question where you can indicate your interest and put down your e-mail address. And then Kesha will follow up with you directly.

>> Christine, I have a question for either you or our new virtual trainee. And I was wondering if you both could talk a little bit about the trainee activities that will take place at the AUCD Conference.

>> LaKesha Pettigrew: Yes. Thank you for your question. So she was asking if we could talk more about the conference activities that are going to take place specific to trainees.

So we do have a couple of different events. So there will be more details to follow. But it's basically a breakfast that we will be putting together to have trainees bring in their breakfast so we can have discussions and then also we have a networking opportunity where we would have all the trainees together and formulate some topics of discussion and an opportunity for trainees to network.

And what was the third one? I'm sorry. Christine, can you jump in?

>> Christine Liao: Yes. So on Monday we will have a trainee focus group where we will ask your input on what you would like to see in the upcoming year.

And I also wanted to open up to hear from you all, as LaKesha mentioned, a breakfast we will have on Tuesday morning. That breakfast is where we invite career professionals or professionals with a certain area of expertise to come and give you all advice on how you can network for your career. Whether it's a specific discipline or area of interest that you would like to hear from, please let either me or Kesha know and we can make sure that we have someone representing that area of interest that can be there to talk with you.

>> Great. Thanks so much.

>> LaKesha Pettigrew: Thank you.

>> Christine Liao: Are there any other questions?

[No Audible Response]

All right. So we all want to thank you for your participation on this webinar. And, again, welcome to the network. As Kesha described throughout the PowerPoint, we have many opportunities for you to be involved in this network. And she really looks forward to all of you who will be volunteering at the trainee liaison at your program or center. It is a great way to

keep your center or program informed.

We look forward to seeing you at the conference if you are able to make it. And don't forget to pre-order your t-shirt.

>> LaKesha Pettigrew: Yay!

>> Christine Liao: If you have any questions, feel free to e-mail LaKesha at virtualtrainee@aucd.org.

>> LaKesha Pettigrew: Yes, please do. Thank you all so much. I hope you do feel welcome.
Thank you.

>> Christine Liao: There's one last question in the chat box. There is not a maximum number of trainees we are accepting; however, we are hoping to have one trainee per programming center.

All right, everyone. I hope you have a great weekend. We look forward to meeting all of you soon.

>> LaKesha Pettigrew: Thank you.