



# The SHEIDD Project

Tools for Building Community Capacity to Support the  
Sexual Health of Youth with I/DD

AUCD Annual Meeting, November 12, 2018

PRESENTED BY: Kiersi Coleman & Lindsay Sauvé, MPH



## Objectives:

- Learn strategies and practice methods that build community partnerships to promote sexual health education and support for young people experiencing I/DD in their communities
- Review the results of the SHEIDD project community needs assessment where we learned from young people with I/DD and support people about how to better meet the sexual health education needs of young people and the training needs of support teams.
- Become familiar with tools and resources that can be used to provide holistic sexual health education to young people experiencing I/DD (including curricula)

# Introductions:

- Presenters:
  - Kiersi Coleman
  - Lindsay Sauvé
  - Thanks to April Kayser and YSHEP team at MCHD!
- Participants:
  - Take a minute to introduce yourself to someone sitting close to you who you don't know

## Collaborative Strategies:

- Participatory Learning Approach
- Human-Centered Design
- Person-centered planning process
- Popular education

## Tool #1: Dinámica:

- Games used in Latin American popular education
- Ice-breaker with a specific purpose or message
- May be movement-based or done seating or standing
- El Pueblo Manda/ The People Rule

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## The SHEIDD Vision

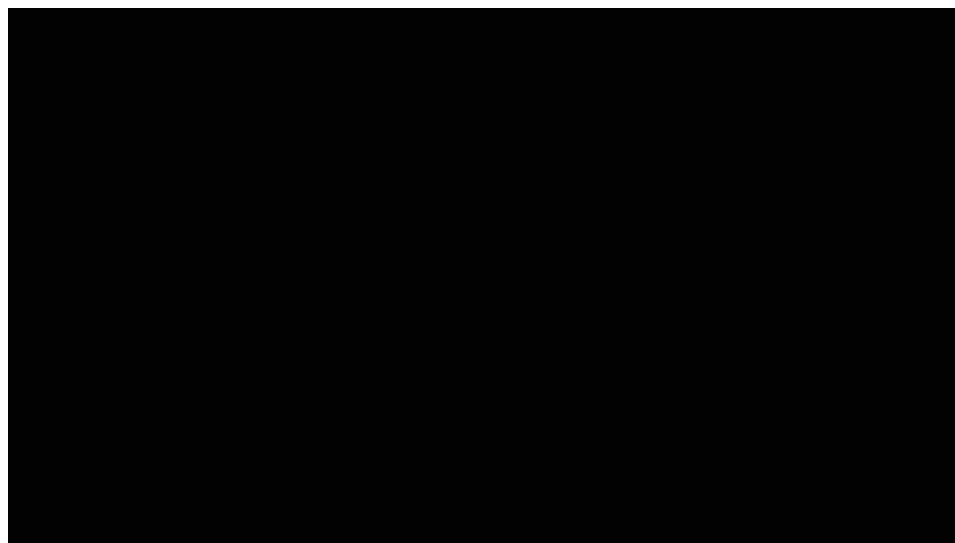
“To promote comprehensive sexuality education and support for young people (ages 14-21) who experience intellectual/developmental disabilities (I/DD) by working together to build the skills of parents/guardians, caregivers, support workers, teachers, health care providers and others to provide sexual health education and support to the young people in their lives.”

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## SHEIDD Video

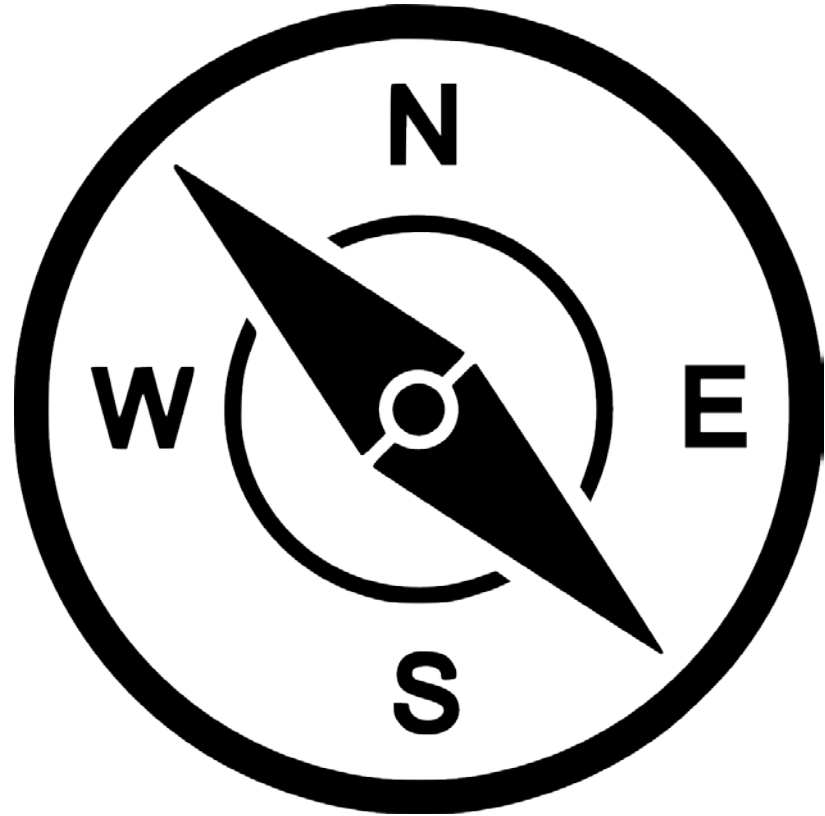


<https://www.youtube.com/watch?v=8ulqagiGFVU&feature=youtu.be>

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We're  
embarking on a  
voyage!

We need a  
compass.





## Tool #2: Think, pair share

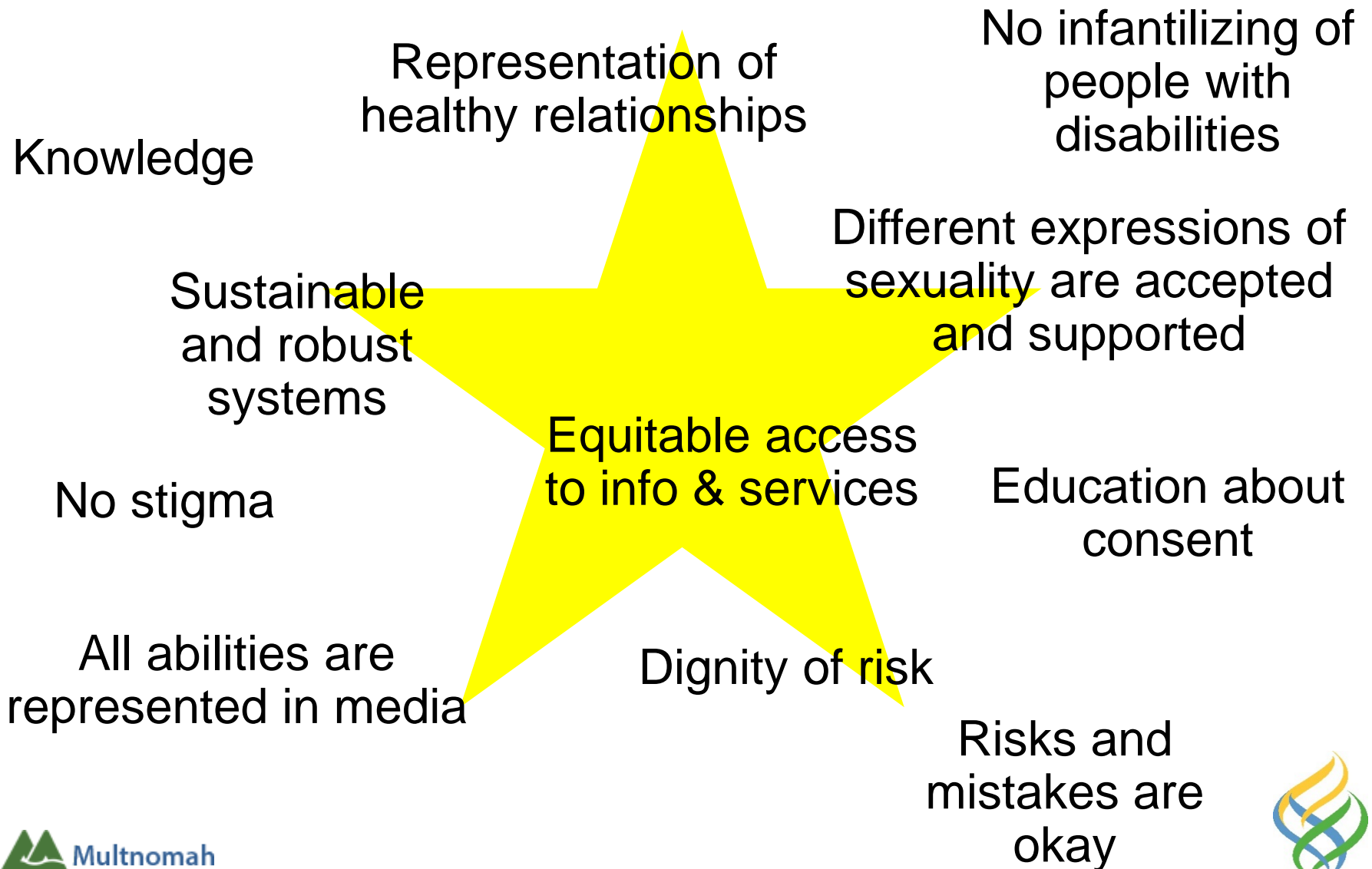
1. Think about the question.
2. Pair with someone and discuss answers.
3. Share with the group.

What does your community have when people with I/DD are fully supported to live healthy sexual lives and have healthy relationships?

- Resources
- Knowledge
- Ideas
- Perspectives



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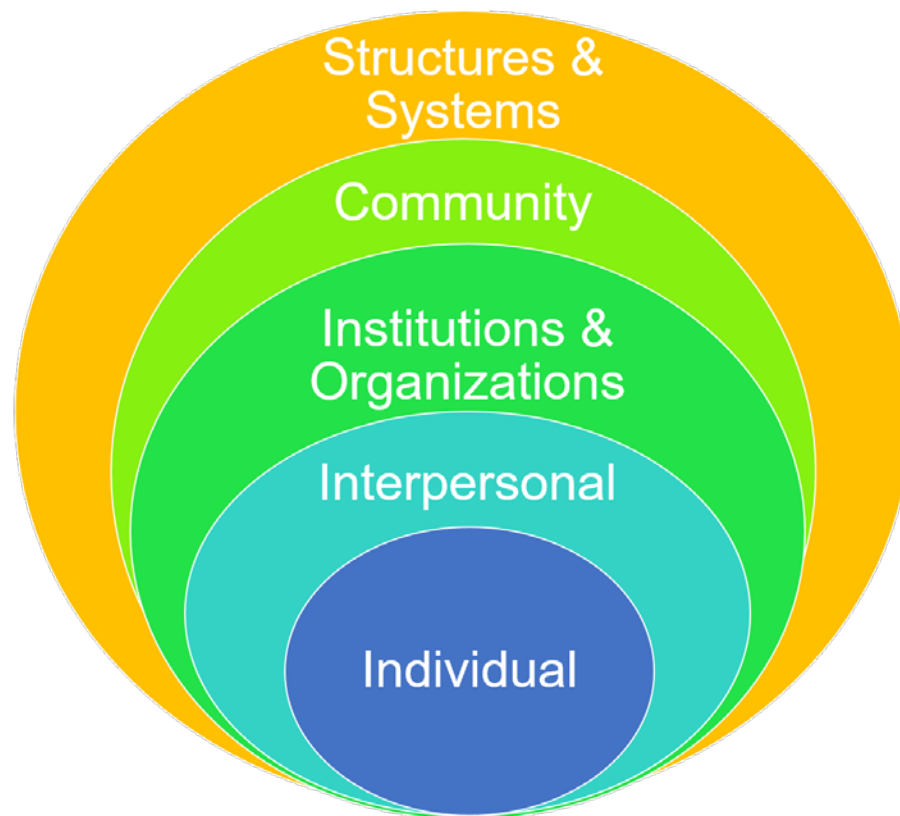
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# We need a crew.



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# Socioecological Model



## Tool #4: Top 100 Partners Exercise

- Create a list of possible champions who may be recruited to promote the sexual health of youth with I/DD
- Start on your own and brainstorm for 5 minutes
- Share your list with someone you don't already work with

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# The SHEIDD CAG





## Tool #5: Building Meaningful Community Partnerships

1. Build Community
2. Designate a Community Advisory Group Coordinator
3. Be Transparent
4. Treat CAG Members as the Experts They Are
5. Be Flexible
6. Find Interactive Ways to Get Feedback
7. Share Power and Resources
8. Celebrate
9. Reflect

We need to chart our course.



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## What Young People in Our Community Want and Need

# Community needs assessment

Questions we asked:

1. Who is the community we serve?
2. What sexual health education and help do young people experiencing I/DD need?
3. What kinds of help do support people need to provide sexual health education and support to young people who experience I/DD?

Surveys and focus groups/sharing sessions with **young people with I/DD** and **support people** (members of support networks)

# Community needs assessment recommendations

Support the Sexual Health of Young People Experiencing I/DD

1. Provide holistic sexual health education to young people experiencing I/DD.
2. Learn about young peoples' goals.
3. Provide regular skill-building opportunities.
4. Facilitate peer connection.

# Community needs assessment recommendations

Build the Capacity of Support People to Provide Sexual Health Education and Support to Young People Experiencing I/DD

1. Put policies and procedures in place to support the relationships and sexuality of individuals experiencing I/DD.
2. Support collaboration around sexual health education and support.
3. Make inclusive and adaptable materials and resources available.
4. Provide training opportunities

## Tool # 6: Gallery Tour

1. Pair with one or two other people.
2. Begin at one of the 8 posters and brainstorm ideas for what you could do in your community to address this need.
  - What existing resources or connections could you build upon to put each recommendation into practice?
  - What “dream project” could help you put each recommendation into practice?
3. Write your ideas on the poster and rotate around the room.
4. When you are finished with all 8 posters, return to your seats.

## How to prioritize

Tool # 7: Impact matrix – sort ideas by most important to least important and most feasible to least feasible

High impact  
Low feasibility

High impact  
High feasibility

Low impact  
Low feasibility

Low impact  
High feasibility



## Tool #8: Head, Heart, ACTION!

- **Head:** After this presentation, what is one thing you're thinking?
- **Heart:** After this presentation, what is one thing you're feeling?
- **Action:** After this presentation, what is one thing you're excited about doing to promote and integrate sexual health into your work?

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