

Let's Get Connected:

The National Self Advocacy Resource
and Technical Assistance Center



SARTAC

Self Advocacy and Beyond

Your Partner In Strengthening Self Advocacy

Thanks for spending time with us.
You will be able to:

1. Learn how to access resources on the SARTAC website
2. Identify ways you can partner with SARTAC
3. Explore ways to host a self-advocate Fellow
4. Learn how we are “connecting the dots” between self advocacy and other civil rights movements
5. Embrace the need for and promote strategies to support people with IDD in professional careers at disability organizations
6. Discuss the future of self advocacy including growing leadership among youth and people with diverse backgrounds

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

Your Presenters!



Karen Topper

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



Danielle Underwood

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

What is SARTAC?



What is SARTAC?

We strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership

- Share success stories
- Peer to Peer connections
- Create best practice tools
- Make connections between self-advocacy and other civil rights movements
- Provide 24 self-advocates with policy leadership opportunities
- Clearinghouse website of self advocacy resources
- Provide training and technical assistance



A Project of National Significance

Funded by:



SARTAC Fellowships



UMKC Institute for
Human Development
A University Center for Excellence in Developmental Disabilities



Strengthens The Movement By Providing Fellowships For Self Advocates

- Award 6 Fellowships per year (24 total)
- Individual projects designed by self-advocates to work on policy and leadership topics
- Each Fellow partners with a Host organization
(can be a UCEDD, another DD Network member, Self-Advocacy or Community Organization, etc.)
- builds personal skills needed for careers in policy and leadership

12 Fellows have completed projects



Marie Malinowski
New York



Steven Powe
Washington, DC



Danielle McGill
Florida



Robert Peterson
Illinois



Cole Browne
Kansas



Shiloh Blackburn
Idaho



Samuel Capozzi
California



Thomas Caswell
Vermont



Kelsey Cowley
Indiana



Kevin Greenstein
New York



Sorretie Jaro
Washington



Nicole LeBlanc
Maryland



6 Fellows are working on projects now



Jeff Johnson
Missouri



John McCarty
Georgia



**Michelle
Middlemiss**
Pennsylvania



Christinne Rudd
Florida



Melissa Southall
West Virginia



Julian Wang
Colorado

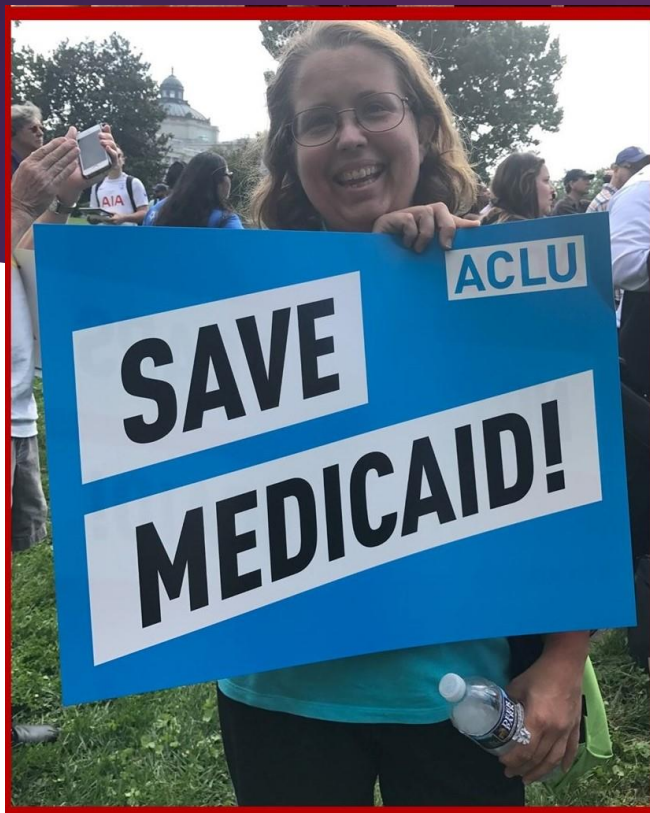
<http://selfadvocacyinfo.org/fellows/>

Current projects

- Confronting Segregated Education and the School Pipeline to Prison
- It's My Life – Expanding Supported Decision Making
- My Safety, My Rights – Training for Law Enforcement
- Sustainability Planning for Self-Advocacy Group Networks
- Overcoming Transportation Barriers in Rural Areas
- Engaging the Younger Generation of Self Advocates

Learn more at: <http://selfadvocacyinfo.org/fellows/>

Nicole LeBlanc SARTAC Fellow



Nicole was awarded the David Joyce Outstanding Advocate of the Year for exceptional work in public policy



A crowd of people holding

Now Taking Fellowship Applications!

2020-2021 Fellowship
Deadline to Apply:
December 18, 2019



SARTAC Fellowships
Self Advocacy and Beyond

SARTAC Fellowship Application Now Open

What is SARTAC?
The national Self Advocacy Resource and Technical Assistance Center (SARTAC) was created to assist regional, state, and local self advocacy groups across the country. It is funded by the Administration for Community Living* (ACL). SARTAC serves as an online clearinghouse for information about the history of the self advocacy movement and best practices, and provides training, technical assistance, and Fellowship opportunities. The lead organization is Self Advocates Becoming Empowered (SABE). Other partners in this effort include UMKC Institute for Human Development (MO-UCEDD), TASH, Southwest Institute for Families and Children, Autistic Self Advocacy Network, and Green Mountain Self-Advocates.

What is a Fellowship?
A SARTAC Fellowship is a one year project designed by a self advocate. Each Fellow works with a Host organization partner to complete the project, which should help the Fellow grow their own skills as a leader. The project might work on finding new ideas to help solve problems many people have. It must end with a report or products others can use after the project is over. The Fellows work on their projects about 6 hours each week. SARTAC pays Fellows \$5,000 to complete their projects. Six Fellows will be chosen this year. This is the fourth round of Fellowships. To see a list of current and former Fellows' projects, visit selfadvocacyinfo.org/fellows. You can also find preparation documents on the same webpage.

Deadline to apply: Wednesday, December 18, 2019, 5 pm (Pacific time)

How to apply: Full information and online form at <https://www.surveymonkey.com/r/SARTAC-Fellows2020>

Want to learn more first to decide if you want to apply?
You may want to join the "How-To" webinar with live closed captioning (will be archived at selfadvocacyinfo.org):

"How To Apply for a SARTAC Fellowship"
Wednesday, November 13, 2019
11:00 am | Central Standard Time (Chicago) | 1 hr 30 mins

By computer, smart phone or tablet: <https://zoom.us/j/197207637>
or dial by closest location: +1 646 558 8656 US (New York) or +1 669 900 6833 US (San Jose)
Use meeting ID: 197 207 637

*SARTAC is a Project of National Significance of the Administration on Intellectual and Developmental Disabilities (AIDD) funded by Administration for Community Living (ACL) Grant Award Number 90DNRC0001-01-00.

2020-2021 Fellowship

Take a flyer ■ Learn more at:
<http://selfadvocacyinfo.org/fellows/>

Technical Assistance

Peer to Peer Connections



Technical Assistance

Does your group or organization need help?

SARTAC is here to answer questions and help you find the information to strengthen your self-advocacy group.

We provide technical assistance on many self-advocacy topics. We answer your questions by email, phone or video conference. We are able to visit your group if funding is available.

Technical Assistance



Max Barrows, SARTAC TA Specialist meeting with peer leaders from 7 states at a National Association of Councils on Developmental Disabilities annual meeting.

SARTAC Clearinghouse Website

273 Resources
created by self
advocates and
their organizations



SARTAC Clearinghouse Website

selfadvocacyinfo.org



**Self Advocacy Resource and
Technical Assistance Center**

HOME ABOUT RESOURCES SELF ADVOCACY SUPPORT CONTACT US



Your one-stop resource for organizing and supporting self advocacy groups



Civil Rights Movements

Our history project includes:

- ▶ [A plain language article](#) about the history of the self-advocacy, African American, and LGBTQ social justice movements
- ▶ recorded interviews with self-advocacy movement leaders
- ▶ recorded interviews with African American movement participants and historians



Self-Advocacy and Beyond Interviews with Leaders of the Self-Advocacy Movement

Lydia
Brown



https://www.youtube.com/watch?v=_NB550wevUc

Tips for Including Workers with Intellectual Disabilities in Your Organization

<https://selfadvocacyinfo.org/resource/tips-including-workers-disabilities-organizations/>





Breaking Glass Ceilings

SARTAC employs 8 self advocates on the management team for SABE and partners. **Fellowships** are opening doors to professional careers.



Tia Nelis Presenting



Thomas Caswell
recording a podcast



Stirling Peebles
Social Media
Specialist



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's Accommodations

- 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





Accommodations - General Tips

- Frequent **staff meetings** to keep everyone on the same page
- During events like conferences or fundraisers: **To Do list** written and printed so everyone knows where to check for the next assignment
- Make an **office culture about emails**
- To Do lists - should be in **order of importance**
- **Debrief** soon after a meeting or event to plan next steps, to talk about important highlights, to answer questions





An aspiring ally can...

- Remind partners to **send out meeting materials** AT LEAST one week **ahead** of time
- If one is not happening, ask for **breaks** in the meeting
- Advocate for **Plain Language** version of materials.
- Support co-workers to speak up - practice asking questions and **discuss** a list of concerns **before meetings**.
- BOTTOM LINE - when things are inclusive and **accessible, all people benefit** not just people with disabilities!!!





Tips for working with someone long distance

- **Zoom meetings** work better than phone meetings.
- Use a **Google Doc** so you can both see notes or what the other people are typing.
- Send an email after a meeting that shares the key points, follow up items, and deadlines
- If you have a long-term project, schedule **check-in's** at least once a week.
- It may be easier to **answer questions with a phone call** rather than an email or text message



Round 1

XXX



**Put important
info first**

**Short sentences
15-20 words max!**

**Use common
words**

**Avoid jargon and
acronyms**

**One idea
per sentence**

**Focus on need to
Know information**

Use active voice

**Use words with
3 syllables or less**

**SHOW
QUESTION**

**HIDE
QUESTION**



Win



Lose



Cheer



Boo



Silence



Other Outcomes





Strengthens the Movement By Creating Tools People Can Use



The federal match can be different depending on the state or the Medicaid program. The federal government also gives more money to states where more people need help.



If a state pays more for Medicaid, the federal government pays more for Medicaid. If a state pays less, the federal government pays less.



States need federal matching for Medicaid. Without federal matching, states would not have enough money for their Medicaid programs.

Easy Read & Plain Language Editions

- Self advocates Guide to Medicaid
- They Work For Us: A Self-Advocate's Guide to Getting Through to Your Elected Officials
- Real Work for Real Pay
- Medicaid Community Settings Rules (To be Released in 2019)



Examples of Collaborative work with AUCD



Sex Talk for Self-Advocates

A webinar series
(5 recorded so far!)

Using real self-advocate questions from a survey, we have three sexuality educators answering questions about sexual relationships.



Other Outcomes

Advisory Committee – created 2 toolkits

- ▶ *“Self Advocacy Start-Up Toolkit: More Power, More Control, Our Lives!”*
- ▶ *“Building Bridges: Using Your Self Advocacy Tools to Build Coalitions”*

Supports **two National Self Advocacy Conferences** that showcases Best Practices in self advocacy
(June 7-9, 2018 and October 1-3, 2020)

Group Activity

Pick a question, discuss it and write your ideas. If you finish move on to another question.



1. Engaging Youth in self-advocacy
2. Growing and Including People with IDD in Leadership roles
3. Welcoming and including people with IDD from diverse backgrounds
4. Efforts to support self-advocacy into the future
5. Seeking out and accepting Technical assistance can be awkward. What are your tips for success and wisdom about what not to do.



Contact Us:

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