

# 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?



**SARTAC**  
Self Advocacy and Beyond

# 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



**SARTAC**  
Self Advocacy and Beyond

**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



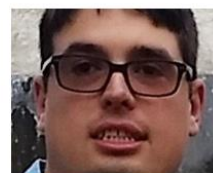
**Samuel Capozzi**  
California



**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

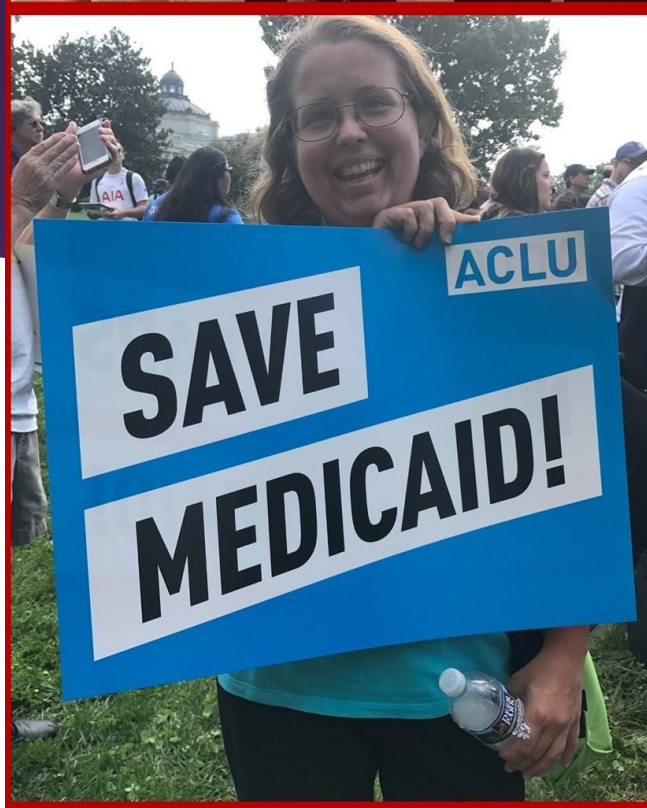
<http://selfadvocacyinfo.org/fellows/>

# 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 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](http://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](http://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 90DNRC001-01-00.

2020-2021 Fellowship

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

Technical  
Assistance

Peer to Peer  
Connections



**SARTAC**  
Self Advocacy and Beyond

# 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](http://selfadvocacyinfo.org)



**Self Advocacy Resource and  
Technical Assistance Center**

**HOME ABOUT RESOURCES SELFADVOCACY 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



<https://www.youtube.com/watch?v=NB550wevUc>



# 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

# Tips for Including Workers with Intellectual Disabilities in Your Organization

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





## Tips and Tools for an Inclusive Work Place

Green Mountain Self-Advocates is a statewide disability rights organization in Vermont. People with and without intellectual disabilities work for us. Overtime we have discovered helpful ways to work together as a team. Here are a few tools we suggest you try to support the inclusion of workers with intellectual disabilities. This is not a complete list. We welcome suggestions!

Assistive Technology Programs .....	2
Dropbox .....	3
Email .....	4
General Tips .....	
Google Docs .....	
Job coach .....	
Job Evaluation .....	
Logs .....	
Meetings .....	10
Presenting .....	11
Scripts .....	12
Schedules .....	13
Set Up .....	14

[@selfadvocacyinfo.org](mailto:@selfadvocacyinfo.org)

search “inclusive organizations”



# 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. 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?



### Contact Us:

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<https://www.facebook.com/SARTAC1/>



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<https://www.facebook.com/SARTAC1/>