

# Become a Self-Advocacy Superhero!



## Leadership Course



An online camp for youth and  
young adults with disabilities



Future Leaders  
of Self-Advocacy



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**Power. Confidence. Kindness. Leadership.**

**These are the things that make a true superhero!**

This workbook will teach you how to be a powerful and confident self-advocate!

With this and other Future Leaders of Self-Advocacy training, you will:

- Build skills that are important in your life
- Learn how to fight for your rights, and
- Stick up for others, too

You'll be a self-advocacy superhero!

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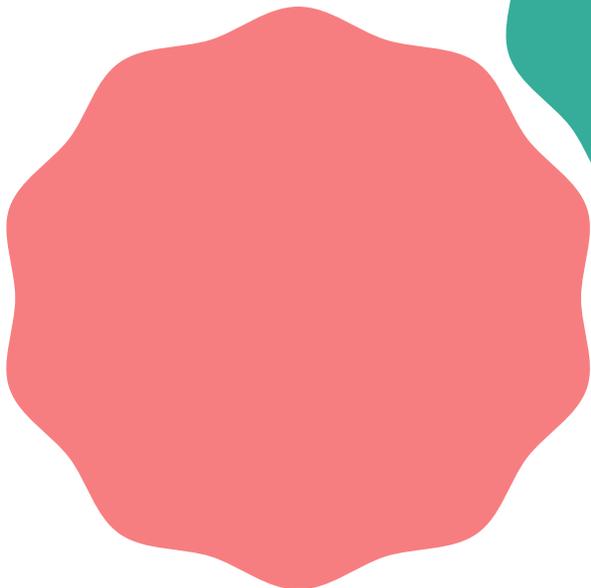
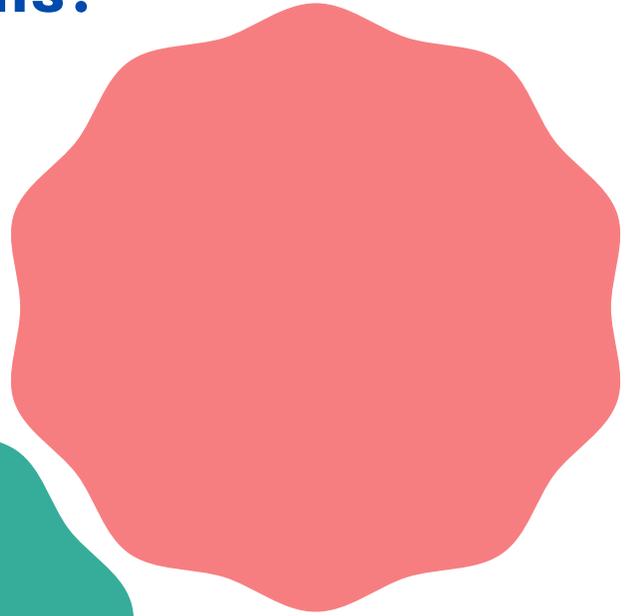
Find all of our Self-Advocate Superhero courses at  
[arcminnesota.org/future-leaders](http://arcminnesota.org/future-leaders)



# LET'S TALK ABOUT YOU!



**What are some of your accomplishments or proud moments?**

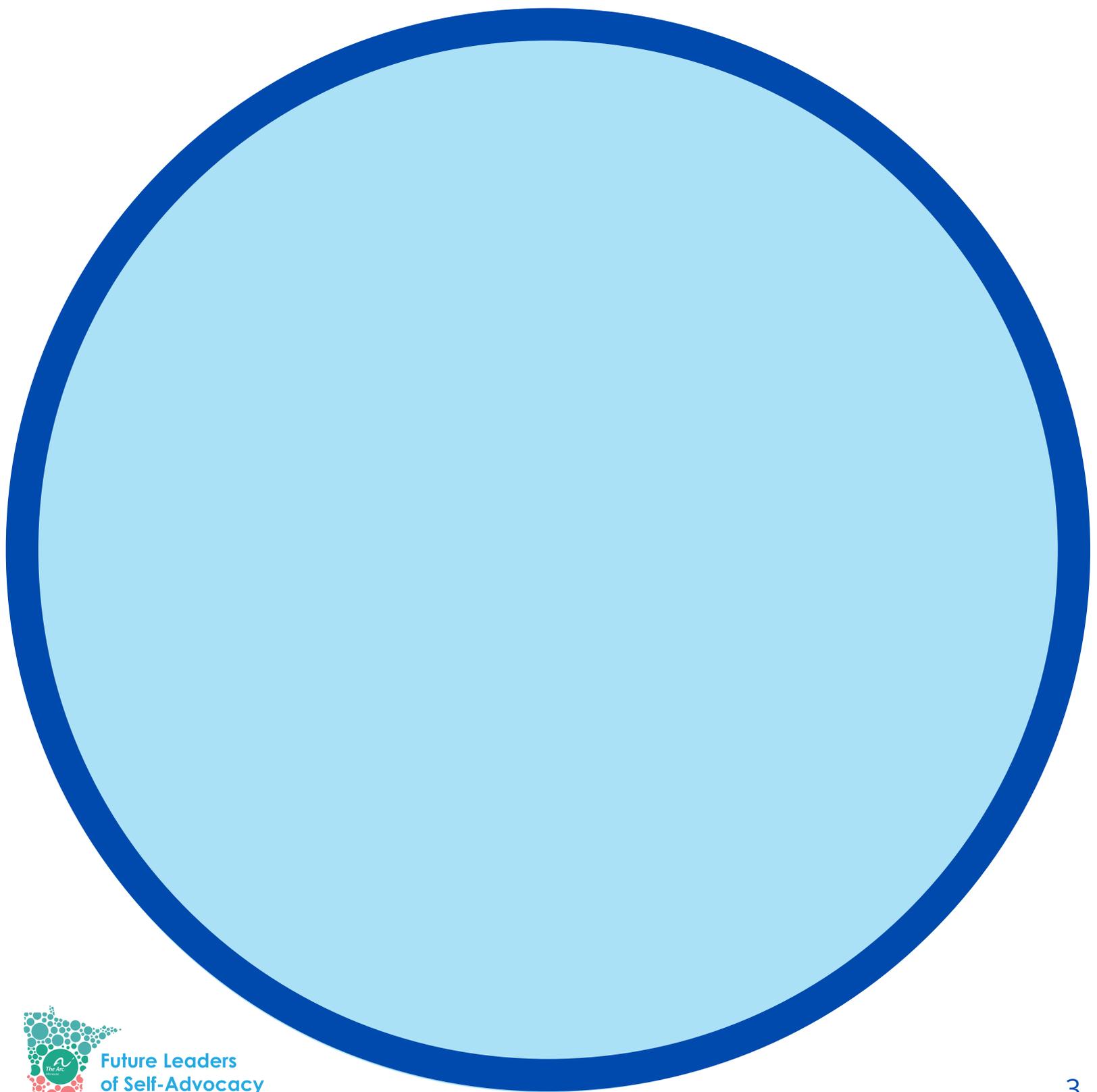


**Wow, you have so many amazing accomplishments!  
We are so proud of you!  
You will be an awesome leader!**

# ADD YOUR STORY



Draw or write about how  
teamwork has helped you.



# Create Your Own Self-Advocacy Group



## Part 1



## Before the Meeting

### You need some sidekicks!

**Reach out to friends about starting a group.**

- Find people that will help create a safe and supportive place for others when starting.
- It's important to set positive energy from the beginning.
- Friends can help you spread the word about the group, help come up with ideas, make agendas, and more.

**Who do you want to be in your group?**

**How will you start the group off with positivity?**

# Create Your Own Self-Advocacy Group



## Part 2

### Plan your meeting!

It is time to decide how you want your meetings to be held. Be sure to think about what works best for your group members. **You have three options.**

#### 1 Meet in-person

Decide where your meeting spot will be. What makes a good meeting spot?

- All people can access the space.
- Easy to find
- Enough room for everyone in the group
- Near public transportation
- Open and available to host your meetings



#### 2 Meet online

If you have your meeting online, you will need to think about...

- Do people need training on how to use the online tool?
- Does everyone have the technology they need?
- What program do you want to use for your meeting? Here are some options:
  - Facebook
  - Zoom
  - GoogleMeet
  - Microsoft Teams
  - Skype

#### 3 Combo! Meet in person and others can join online

You would need to choose a place that would be able to provide technology.

**What meeting type would be best for your group members?**

# Create Your Own Self-Advocacy Group



## Part 3

### Meeting Time

**Decide what time your meeting will take place and how long your meeting will be.**



It's important to ask the group members the day and time that works best for them. Does morning, afternoon, or evening work best?

Make sure to have the same time and day for the meeting every month. This will make it easier for people to remember the schedule.

### Contact Information

**Who will be the main person to contact for information about the group?**

Have your contact information ready. This can include:

- Your name
- Phone Number
- E-mail
- Address of meeting place



At the end of your meeting, ask others for their name and contact information.

**When do you want to meet?**

**How are you going to communicate with your group?**

# Create Your Own Self-Advocacy Group



## Part 4

### Get Ready for the Meeting

#### How will your meeting be organized?

This could be a written out agenda. Some ideas for your meetings are:

- Conversation topics
- Trainings
- Announcements
- Tasks
- Guest Speakers



Begin meetings with a fun activity and to have everyone introduce themselves.

#### How do you want to organize your meeting?

### Do you want an Ally?

**This step is up to you!** Ask your group if they want people to help support the group.

Allies can support you...

- In meetings
- With technical needs
- Finding resources about self-advocacy

Allies can be...

- Parents
- Siblings
- Providers
- Community members
- Or others



#### Does your group want an ally? If yes, who could you ask to help?

# Create Your Own Self-Advocacy Group

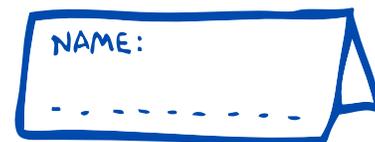


## Part 5

### During the Meeting

#### Pick a Name!

Discuss with the group what the group name should be.



Brainstorm name ideas here:

#### Goals and Values

Ask and talk to your group about:

- What does this group mean to you?
- What do you want to do together?
- What do you want to get out of this group?

An example of some goals and values could be...

- Making sure people know their rights
- Helping people learn advocacy skills
- Learning about the community and how we can help
- Making a difference for others
- Sharing opportunities



Brainstorm or list possible goals and values here:

# Create Your Own Self-Advocacy Group



## Part 6

### Rules

#### What are the group rules?

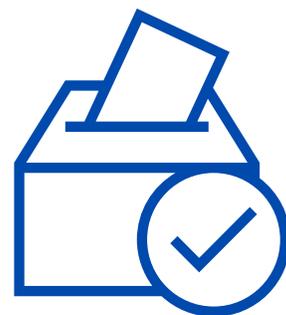
Will you have a meeting to decide what the rules are for the group?

An example of rules are in your training packet called "Guidelines"

### Having a Vote

Talk with your group about how you will make group decisions.

- Will you have the group vote?
- What happens if there is a tie?
- Will you vote with paper so the voting is private?



Brainstorm possible rules here:

### Group Roles

Ask your group if they want group roles.

For example, you group can have a...

- President
- Secretary
- Vice President
- Treasurer



If the group has roles, how long will people be in those roles?

What roles do you need in your group? How long do those roles last?



### After the Meeting

#### Spread the word!

Talk with your group about how you will tell other people about the group. Some ideas are...

- Create a flyer
- Create a Facebook group
- Create a website



Ask group members to tell their friends and family who might want to join.

**Brainstorm ways to spread the word to get more members:**

**We are excited for you to start your own group!**

**Email us if you have started one. We would love to learn about it!**



# Leadership Course



## Mini Quiz



### 1. What is a self-advocacy group?

- a. A group that advocates about things they want to change
- b. A group of people who want to build power together
- c. All of the above

### 2. Is teamwork important when you want to make a change or difference?

- a. True
- b. False

Answers: 1. c 2. a

# Self-Advocate Groups



**Below is a list of self-advocate groups connected to The Arc Minnesota. You can use this list to help you connect to a self-advocacy group. If you do not see a group in your area, give us a call!**

## People First

What is People First?

People First Groups are often known as self-advocacy groups. They are groups of people with disabilities who speak up for themselves and work to improve the lives of their members. The people first movement started during the planning for a self-advocacy conference in 1974. This was held in Oregon in the United States.

## Aktion Club

Aktion Club is the only service club for adults with disabilities. It has more than 12,000 members worldwide. Aktion Club is supported at the district level and by the Kiwanis International Office in Indianapolis, Indiana. It provides programs, literature, and opportunities to relate to individuals with disabilities from countries worldwide.

**Motto:** Where development has no disability.

**Vision:** To develop competent, capable, caring leaders through the vehicle of service.

## The Arc Minnesota

**Mission:** The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities.

## Self-Advocates of Minnesota (SAM)

Self-Advocates Minnesota (SAM) is a network of self-advocacy groups from all around the state. Advocating Change Together (ACT) formed SAM in 2007. Today, more than 50 SAM groups around Minnesota are connected and working together. ACT continues to support, fund, and administer the SAM network and its Leadership Circle. The state is divided into six SAM regions. Each region works with its member groups to build personal power, connect to the disability rights movement, and make community changes. All six regions also meet once a year to share best practices and accomplishments.

# Self-Advocate Groups



## Southwest Region People First Groups

### People First of New Ulm

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com

### People First Martin County

The Arc Minnesota  
info@arcminnesota.org

### People First of Cottonwood County

The Arc Minnesota  
info@arcminnesota.org

### People First of Nobles County

The Arc Minnesota  
info@arcminnesota.org

### People First of Faribault County

The Arc Minnesota  
info@arcminnesota.org

### People First of Redwood County

The Arc Minnesota  
info@arcminnesota.org

### People First of Jackson County

The Arc Minnesota  
info@arcminnesota.org

### People First of Rock County

The Arc Minnesota  
info@arcminnesota.org

### People First of Lyon County

The Arc Minnesota  
info@arcminnesota.org

### People First of Mankato

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com

## Southwest Region Aktion Clubs

### Aktion Club of St. Peter

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com

## Southwest Region SAM

### SAM SW

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com



# Self-Advocate Groups



## Southwest Region Other Groups

### Martin County: Different Drummer Dance Club

The Arc Minnesota  
info@arcminnesota.org

### Attion Club Theatre of Mankato and Fairmont

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com

### Pathstone Living Mankato

Wilbur Neushwander-Frink  
wilburdfrink@gmail.com

## Southeast Region SAM

### SAM SE

The Arc Minnesota  
info@arcminnesota.org

## Southeast Region LIFE

### LIFE Mower County ---SE

Jamey Helgeson: jamey@lifemowercounty.org

## Southeast Region People First Groups

### Winona People First

Cheryl and Sandy Gardner-Ghionzoli  
cherylga@hco.org



# Self-Advocate Groups



## **Metro Area People First Groups**

**People First Big Lake and Buffalo**  
Bev Kaler  
6112 322nd St., St. Cloud, MN 56303  
320-240-9550

## **Metro Area Other Groups**

**Self-Advocacy Advisory Committee (SAAC)**  
The Arc Minnesota  
info@arcminnesota.org

**Advocating Change Together (ACT)**  
Mary Kay Kennedy  
1821 University Avenue, Suite 306-S, St. Paul,  
MN 55104  
651-641-0297  
kennedy@selfadvocacy.org

## **Central Region SAM**

Cambridge, MN 55008  
Maggie Triechel  
651-641-0297  
maggiepeace99@gmail.com

## **Northwest Region SAM**

**SAM NW**  
Carla Tice  
tice.carla@hotmail.com

**SAM NW Region**  
Bev Kaler  
651-641-0297

## **Northeast Region SAM NE**

**SAM NE**  
Meredith Kujala  
mkujala@arcnorthland.org

