



The Arc's Webinar Series Presents...



Building a Powerful and Sustainable Self-Advocacy Program

with The Arc of Greater Beaumont



Housekeeping Items

- All participants are muted during presentation
- There will be time at the end for Q&A, but you may ask questions using the chatbox function at any time
- If you are having any technical issues, please send us a chat and we will do our best to assist you
- Please fill out survey at the end of webinar to let us know of future topics you'd like to learn more about



Who are we?



- The Arc of Greater Beaumont, located in Beaumont, Texas, serves 5 surrounding counties
- We have a small staff of 4 employees, consisting of an Executive Director, Program Coordinator, Program Assistant and Advocate Coordinator
- We have three main program tracts: Adult Services, Children and Family Services and our Southeast Texas Self-Advocates

About us: https://www.youtube.com/watch?v=cEMU_A2hws0

Facebook: <https://www.facebook.com/arcofgreaterbeaumont/>

Website: www.arcofbmt.org

Who are we?

- Sarah Hardin, MEd, Executive Director, The Arc of Greater Beaumont
- Mom to Annie, a sweet 10-year-old girl, who just happens to have Down syndrome



Who are we?

- Brenda Sullivan, Advocacy Coordinator for The Arc of Greater Beaumont
- Former Special Education teacher of over 35 years experience
- Serves as our parent advocate and is over our SETX Self-Advocates program



Who are we?

Hi. My name is Lisa Simmons. I am a 1990 graduate of Port Neches-Groves High School. I am the current President of the Arc of Greater Beaumont Southeast Texas Self-Advocates and serve on the leadership team. I am also a Senior Support Specialist in our Peer-to-Peer Mentoring Program. I have been diagnosed with cerebral palsy and Intellectual and developmental disabilities. I currently live in a group home in Hardin county. There needs to be more funding for transportation because most of the time, it is hard for me to get around. In order to reach my goals in life, I rely on resources provided through funding allocated by the state legislature. Learning to use my voice has helped me to reach some of my goals.



Who are we?

Hi. My name is Ashley Sattler, I am 26 years old and I currently live in Beaumont, TX. I have multiple disabilities that include autism, an intellectual disability, dyslexia, learning disorder, and a generalized anxiety disorder. I have a huge passion for arts and crafts. I work with a company that specializes in hiring young adults who also have different disabilities. I work on an I-pad and I submit my design to my co-worker and she's able to put them on t-shirts, blankets, pillowcases, etc.

I work and volunteer at the Arc of Greater Beaumont. I love what I do, and I love everyone there. I help with various events and occasions throughout the years. Also, I am a Senior Peer Support Specialist, which means I help mentor my fellow peers and help them achieve their goals and aim for success in their journey of life. What I am most proud of myself for is that I was able to make my hometown city more inclusive. I decided to make and paint a "communication board" and what that is is that it's a visual representation that displays everyday pictures and words underneath. It's beneficial because if a child or an adult is nonverbal or deaf, they have something that they can read and understand. I think every school, park, building, etc should have this board because it's super useful and it gives either the parent or guardian to that child or the adult the voice that they deserve.



Who are we?

Hi, my name is Katie Sheffield. I have IDD and Autism. I am a member of the Arc of Greater Beaumont. I am Vice President of our Self Advocate Group, a member of our Leadership Program, and a Peer Support Specialist. After high school, I didn't have a lot of opportunities to improve my life. Through the Arc and our Leadership and Self Advocate Programs, I have learned to advocate for myself and stand up for my rights and the rights of others with disabilities.

I would like to live on my own one day. This would require support for employment, housing, transportation and other needs. I am working to get closer to my goals everyday.



Who are we?

My name is Saylor Glenn, and I am the Chaplain for the SETX Self-Advocates.

I was diagnosed with autism at the age of 13. I didn't think anything positive would come by with my diagnosis, since I didn't think anyone would then understand what my problem was at the time.

After I graduated high school from Hamshire-Fannett ISD in 2021, I joined The Arc of Greater Beaumont and recently have become Chaplain for the Southeast Texas Self Advocates on the leadership team. When I joined the Arc of Greater Beaumont, I felt like I finally found a group of people that understand me for who I am. I have found my voice. I can be who I am without having to feel judged because of the disability that I have.

As I get older, I will need some extra support, since I don't want to live with my grandparents forever. I want to live on my own, have my own car, and not have to rely solely on my grandparents to get to places that I want or need to get to.

There are goals that I want to achieve, however, in order for my goals in life to be met, there are things that need to be changed. I will help create that change.



What is the SETX Self-Advocates group?

- The Southeast Texas Self-Advocate (SETX SA) program is for adults with intellectual and developmental disabilities (IDD) age 18 and older. The group is managed by its own members and promotes self-advocacy, leadership and education. Regular meetings are held and host a speaker and/or have a topic that broadens self-awareness and empowers adults with IDD to effectively advocate for themselves in our state and in our nation. This leadership group often supports other activities we have at The Arc and presents on different subjects at conferences around the state. In 2022, the SETX SA Leadership Group and our leadership group had the opportunity to train to be better advocates for themselves and then in turn, to teach their peers how to be better self-advocates and reach their individual goals.

What is the community need that drives our program?

- Our Self-Advocates program is for adults 18 and older with IDD who lack the skills to properly advocate for themselves. This same population needs support and guidance on how to better advocate for themselves and become leaders in their community. Through our peer-to-peer programs our self-advocates have even gained more skills and confidence teaching their peers how to advocate for themselves, which has increased their comfort levels in all different aspects of their life.



What all do the SETX Self-Advocates do?

- Monthly meetings
- Leadership Group
- Peer-to-Peer
- Book Club
- Living and Learning
- Community service
- Advocacy trips to State Capitol
- SETX Self-Advocate Conference
- State and National presentation opportunities
- State Self-Advocate Conference



Monthly Self-Advocates Meetings

- Once a month meetings
- Guest speakers covering various topics
- Self-Advocate paid members get access to special events
- Have the opportunity to join The Texas Advocates, a statewide self-advocacy organization



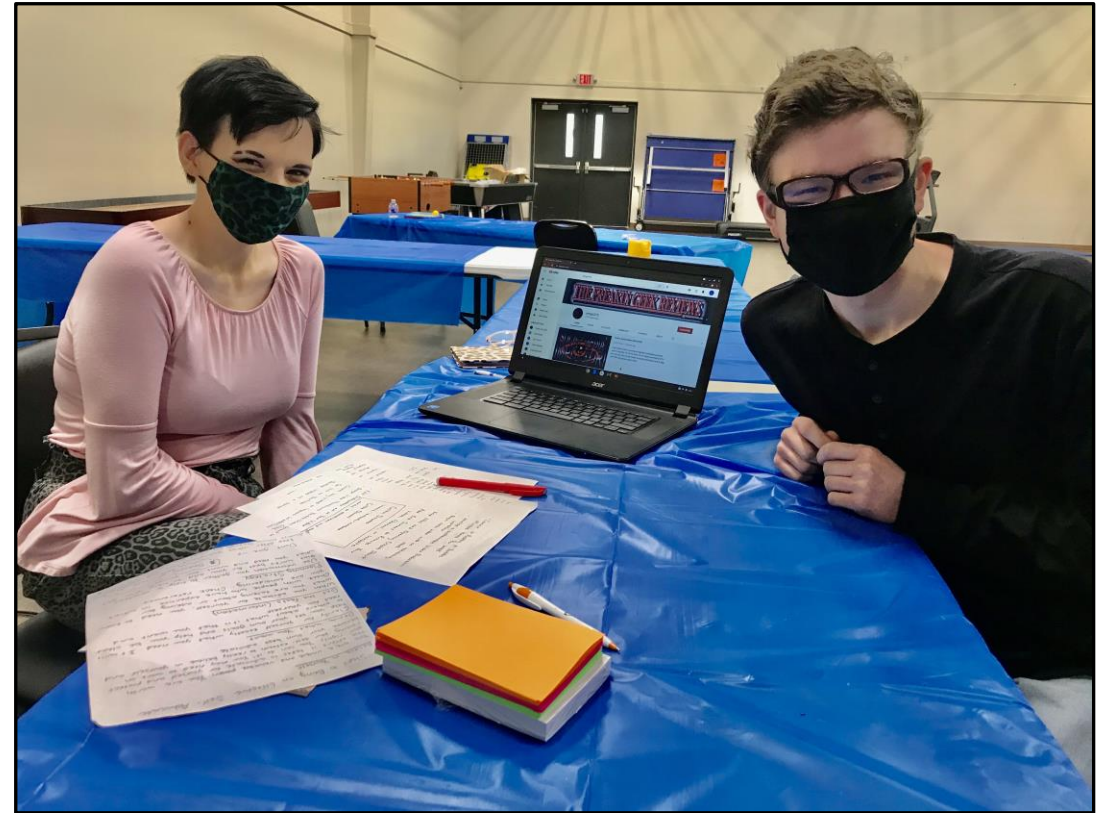
SETX SA Leadership Group

- Leadership opportunities to serve and help others
- Guide our monthly meetings
- Have the opportunity to travel and represent The Arc in the state and nation
- Officers help with Annual Dinner announcements and award presentations



Peer-to-Peer

- Our peer-to-peer mentorship program began out of a grant opportunity to help teach better self-advocacy skills
- Our mentors went through training to prepare them to teach their peers how to better advocate for themselves
- They helped their mentees with setting and completing tasks, setting goals and encourage them to use their voice in their every day lives



Book Clubs

- We started with 1 book club during COVID but now have 3 book clubs
- Topics range from books like *The Diary of Anne Frank* to *Harry Potter*
- Participants take turns reading passages at each meeting



Living and Learning

- Started off as a summer series to educate/refresh important skills for everyday life
- We have been able to bring sessions to our local group homes and dayhabs.
- Topics include:
 - Money matters
 - Social media etiquette
 - Gardening, healthy exercise and eating
 - Hobbies
 - Job Skills



Community Involvement/service

- A goal set by our Self-Advocate leadership this year was to be more of a contributor and less of a consumer
- Our SA group represents The Arc at many community informational events
- We are always looking for ways to collaborate or support other organizations in our community



State/National Advocacy

- Our group takes every opportunity to travel to our Capitol and meet with their Senators and Representatives.
- We often pair our visits with The Arc of Texas to ensure that we are on top of all the new legislation.
- Our group of advocates attended a workshop on how best to tell their stories in preparation of visits



State & National Conferences

- Attends the Texas Advocates Conference each year, often has the opportunity to present
- Submit proposals to present at state and national conferences
- Host a self-advocates conference locally



How do we stay so active?

- We have FUN!
- We try to continue providing activities that our people feel are worthwhile
- We welcome suggestions and opportunities for new topics and relationships
- We give them opportunities to shine in our community and feel their self-worth and potential



Questions????

Feel free to email me or call us:

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