



Center for Self-Advocacy Outreach and Needs Evaluation

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LEND and Capstone Project Mentors

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 - ❑ Social Worker
 - ❑ LEND Faculty Mentor

- ❑ Daniel Ekman
 - ❑ Center for Self-Advocacy Program Manager
 - ❑ Capstone Mentor

- ❑ Lindsay Sloan
 - ❑ Center for Self-Advocacy Outreach Coordinator
 - ❑ Capstone Mentor

Problem Framing

Problem:

- Connecting individuals with disabilities in New Mexico to organizations such as the Center for Self-Advocacy (CSA) to increase their leadership and self-advocacy skills

CSA housed within Developmental Disabilities Council

- Federal five-year goals
- Goal 5- Self-Advocacy and Leadership:
 - “All New Mexicans with intellectual and developmental disabilities will have meaningful opportunities to increase their self-advocacy and leadership skills through programs, outreach, resources, and activities that are supported and funded by the Council.”

Research Questions

Research Question 1:

- Can the CSA increase awareness of its programming through targeted outreach to school staff in the Albuquerque metro area?

Research Question 2:

- What programming offered by the CSA are school staff, who work with individuals with disabilities, interested in?

LEND Competencies

1. Leadership Skills

- 1.1. Lead through practice, research, teaching, administration, and legislative systems change.
- 1.2. Develop effective communication and teaching skills, as well as accessible presentation skills appropriate for a variety of professional and community audiences.
- 1.7. Demonstrate networking and advocacy skills.

2. Interdisciplinary Practice

- 2.4. Collaborate effectively with individuals, families, peers, faculty and other professionals.

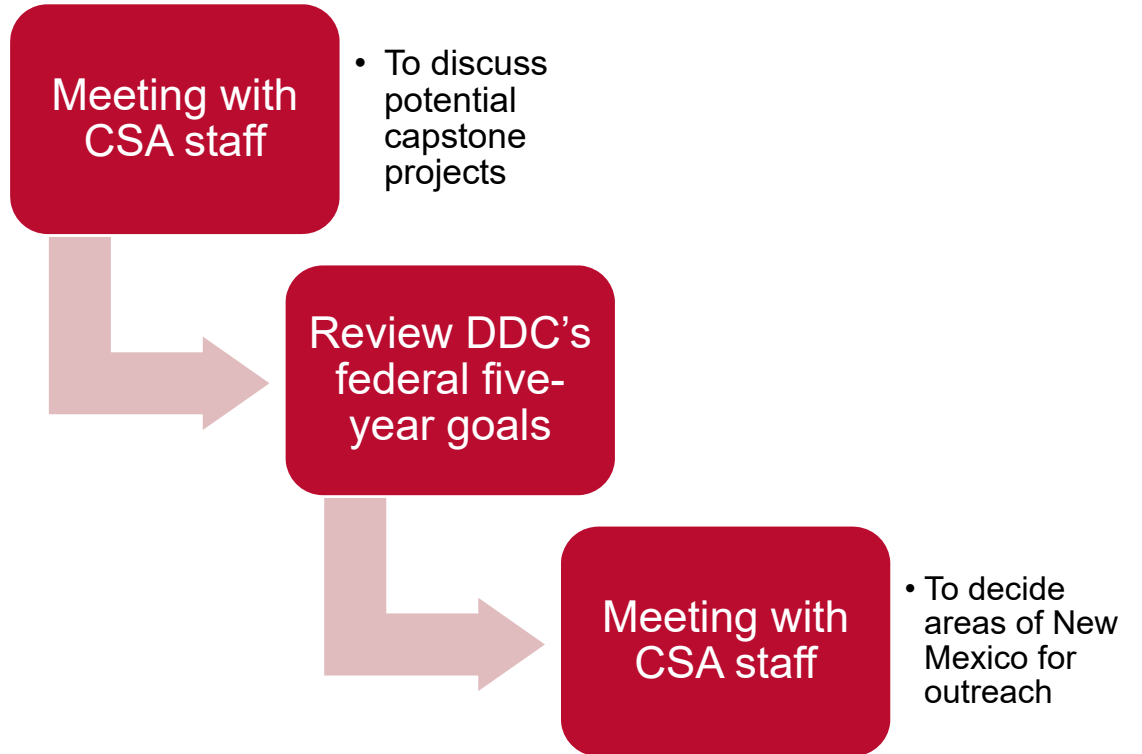
3. Knowledge of Neurodevelopmental and Related Disabilities

- 3.6. Research and disseminate information about the services for MCH populations in New Mexico

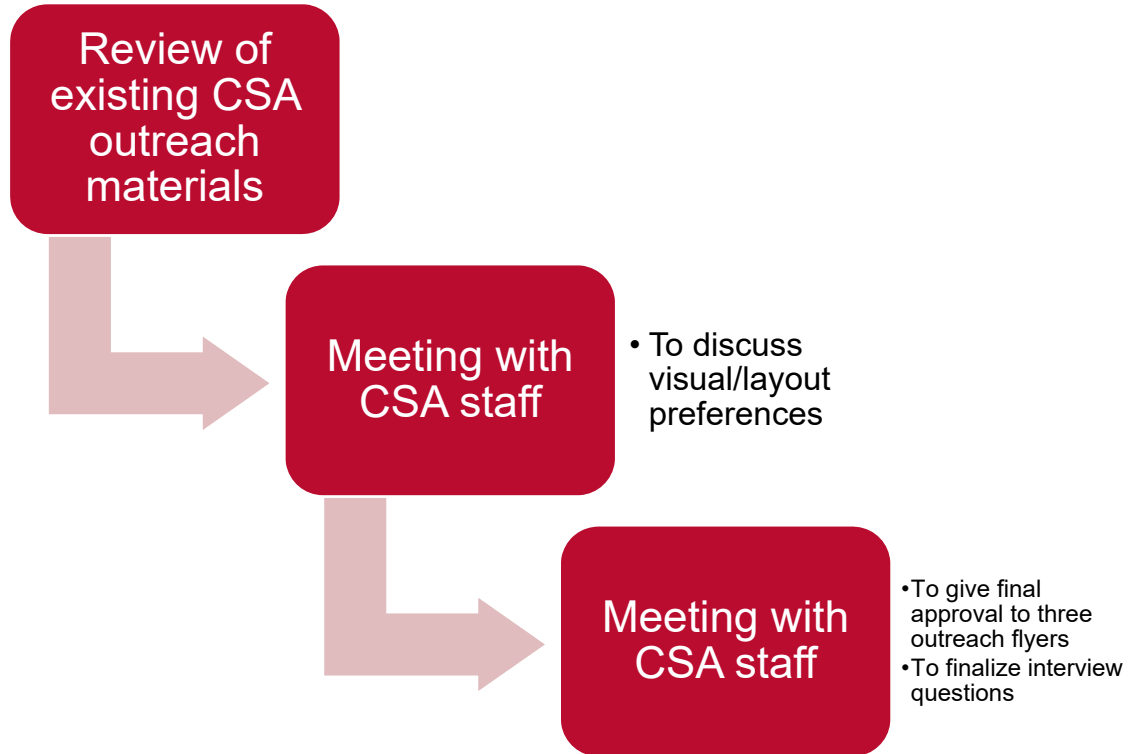
6. Research, Quality Improvement, and Evidence-Based Practice

- 6.2. Understand and critically use data to inform continuous quality improvement efforts in clinical and community-based practice
- 6.5. Gain experience with framing a problem, researching, developing a product, disseminating to relevant stakeholders, and providing a professional presentation

Research



Research



IRB

- ❖ IRB approval determined not necessary
- ❖ Data collected for internal CSA purposes
 - ❖ Quality improvement
 - ❖ Informal program evaluation
- ❖ Only publicly available contact information was utilized for outreach
- ❖ Interview results were made anonymous

Center for Self-Advocacy

The Center for Self Advocacy offers free presentations to the community on a wide variety of topics. Please contact Daniel Ekman at 505-670-5698 or daniel.ekman@state.nm.us to schedule or for more information.

Topic #1: Basic Self-Advocacy

- Self-Advocacy 101
- Youth Leadership Series
- Working Together as One (Self-Advocacy for Middle School)
- Teen Advocacy
- Daily Living for Self-Advocates

Topic #2: Disability Awareness for All

- Disability Awareness
- Human Rights
- I Am Unique
- We're Grown Ups Now
- Understanding Hidden Disabilities
- Hidden Disabilities

Topic #3: Advanced Self Advocacy and Systems Change

- Boards and Committees
- Educating Health Professionals
- How to Schmooze Your Legislator
- Leadership
- Positivity
- Stop the R-Word
- Voting

Topic #4: Employment

- Employment Tips
- Employer Awareness
- Good Employee Employer Relationships
- Problem Solving on the Job
- Starting Your Own Business
- Transferrable Skills



Center for Self-Advocacy

The New Mexico Center for Self Advocacy (CSA) is a place where people with intellectual and developmental disabilities go to meet, organize, work and train others on how to improve their quality of life. Our goal is to help and support people with developmental disabilities in **becoming empowered, making their own decisions, speaking up for themselves and others, taking control of their own lives, creating awareness about disability issues and achieving maximum independence and quality of life.**

What do we offer?

- **Advocate Leadership Academy**
 - Build your leadership abilities through learning and hands-on experiences
- **Trainings/presentations to community**
 - Topics such as: social skills, self-advocacy, disability awareness, and employment
- **Statewide Summit on Advocacy**
 - Learn from self-advocates and professionals about empowerment, independence, waivers, and more!

How can I learn more?

- Contact Daniel Ekman, CSA Program Manager
 - 505-670-5698 or daniel.ekman@state.nm.us
- Contact Lindsay Sloan, CSA Outreach Coordinator
 - 505-259-4013 or lindsay.sloan@state.nm.us
- Visit our website:
 - <https://www.nmddpc.com/csa>



Center for Self-Advocacy Advocate Leadership Academy

What is the Advocate Leadership Academy?

The mission of the Academy is to build and refine leadership abilities in interested persons with diverse disabilities from a variety of communities in New Mexico by providing **learning opportunities, resources, and hands-on experiences.**

Who can attend?

The Academy is for individuals with a disability or their family members.

What will I learn?

- Gain insights into yourself (strengths)
- Network and collaborate with others
- Gain awareness about local and statewide issues facing people with disabilities
- Feel empowered to work to take steps to improve life in your community

When does the Academy start?

The Academy starts every Fall and Spring semester in August or January. The Academy meets weekly on Wednesdays from 2-4pm. The Academy is currently being held virtually over Zoom.

Visit https://www.nmddpc.com/advocate_leadership_academy to learn more and to fill out the application. Contact Daniel Ekman at 505-670-5698 or daniel.ekman@state.nm.us if you have any questions.



Product

THREE OUTREACH FLYERS

Product

❖ 5 Interview questions

❖ Developed with CSA Program Staff

- ❖ 1. What are common needs for your students with disabilities?
- ❖ 2. What resources do students with disabilities need when transitioning to adulthood?
- ❖ 3. What skills are most important for students transitioning to adulthood?
- ❖ 4. What social skills or opportunities are you looking for your students with disabilities?
- ❖ 5. How can the CSA better serve your work with students with disabilities?

Product

- ❖ 7 Interviews completed with school staff
- ❖ Phone, Zoom, and email interviews
 - ❖ School social worker
 - ❖ Special education social worker
 - ❖ Special education coordinator/teacher
- ❖ 10 themes from the interview data
 - ❖ Each open-ended response was coded for repeating themes

Dissemination

Informational email/outreach flyers sent via email

- Approximately 93 Albuquerque Public School District employees
 - Special education social workers
 - School social workers
 - Special education teachers/coordinators/department heads
 - Career transition specialists

Flyers uploaded to LEND database for dissemination

Interview Themes: Questions 1-4

❖ **Employment/Vocational Skills: 21**

- ❖ How to apply for job: 4
- ❖ Resume
- ❖ Interviewing
- ❖ Choosing a career
- ❖ Job training/shadowing
- ❖ Getting along with co-workers
- ❖ How employment impacts social security
- ❖ Applying for vocational school

❖ **Self-advocacy: 12**

- ❖ Navigating systems: 4
- ❖ Self-care

❖ **Independent Living: 9**

- ❖ Housing/rental assistance: 3
- ❖ Hygiene
- ❖ Medial/other insurance
- ❖ Driver's license/state ID
- ❖ Technology
- ❖ Reading
- ❖ Organizational skills

❖ **Financial literacy: 7**

- ❖ Fraud
- ❖ Taxes
- ❖ Debit/checking accounts
- ❖ Credit cards

Interview Themes: Question 5

- ❖ How can the CSA better serve your work with students with disabilities?
 - ❖ Provide information on community resources to students: 5
 - ❖ Provide workshops to students: 4
 - ❖ Contact/collaborate with school staff: 3

CSA Final Recommendations

- ❖ Continue to build relationships with New Mexico high schools and provide programming
- ❖ Share resource sheets on community agencies with New Mexico high schools
- ❖ Hyperlink or embed CSA informational flyers to the CSA website
- ❖ Continue to outreach to other New Mexico high schools throughout the state

Center for Self-Advocacy Capstone Report Spring 2022: Elizabeth Garcia

Interview Questions

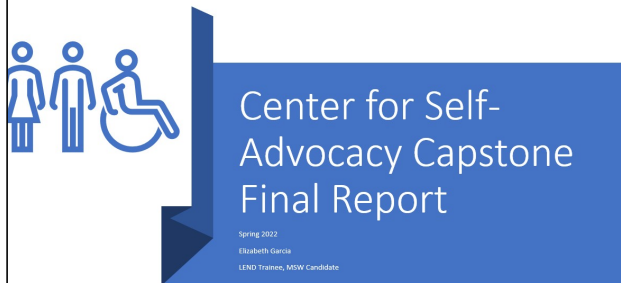
1. What are common needs for your students with disabilities?
2. What resources do students with disabilities need when transitioning to adulthood?
3. What skills are most important for students transitioning to adulthood?
4. What social skills or opportunities are you looking for your students with disabilities?
5. How can the CSA better serve your work with students with disabilities?

Table of Contents

- ❖ Question 1: Page 2-3
- ❖ Question 2: Page 4
- ❖ Question 3: Page 5-6
- ❖ Question 4: Page 7
- ❖ Question 5: Page 8
- ❖ Themes: Page 9
- ❖ Summary: Page 10
- ❖ Conclusions: Page 11
- ❖ Recommendations: Page 11

Dissemination

- ❖ Presentation of data to the CSA on 4/22/22
 - ❖ Daniel Ekman and Lindsay Sloan in attendance
 - ❖ Products:
 - ❖ PowerPoint Presentation
 - ❖ Summary report
 - ❖ Interview Question Data
 - ❖ Themes from Data
 - ❖ Future Recommendations
 - ❖ Excel spreadsheet of Albuquerque high school contacts
 - ❖ For future follow-ups



Reflection

- ❖ Albuquerque high school staff do not have a variety of information about community resources for students with disabilities
 - ❖ Outreach is critical
- ❖ Albuquerque high school staff are interested in resources related to transition to adulthood
 - ❖ Ex. Employment, independent living, financial literacy
- ❖ School staff need regular, updated training on New Mexico disability resources

References

New Mexico Developmental Disabilities Council. (n.d.). *Center for Self Advocacy Program | New Mexico Developmental Disabilities Planning Council*.
<https://www.nmddpc.com/csa>

New Mexico Developmental Disabilities Council. (2021). *New Mexico Developmental Disabilities Planning Council- Fiscal Year 2021 Interim Strategic Plan*.
<https://www.nmddpc.com/media/files/DDPC%20FY21%20Strategic%20Plan.pdf>