

# ACT Olmstead Academy

## Application Packet: Class of '20

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Minnesota Department of **Human Services**

The lead funder for the  
2020 class of  
the ACT Olmstead Academy  
is the Minnesota  
Department of Human  
Services.

**ACT**  
CENTER for DISABILITY LEADERSHIP  
ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

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### Attention Self-Advocates:

- Do you want to work for human rights in your community?
- Do you want to work to be a leader in our state?
- Are you involved in a self-advocacy group?

If so, read on.

**You are invited to apply, in teams of three, to be part of the 2020 class of the ACT Center's groundbreaking leadership training program, the ACT Olmstead Academy.** Starting in January 2020, the Academy will train 24 leaders from across the state. These new leaders, in teams of three, will spend all of 2020 helping push for human rights for people with disabilities. In particular, they will work on projects that help people in their own communities to be more integrated in the community.

**This packet tells you about the ACT Olmstead Academy and how to apply.** Please read through it. If you are interested, please gather your team of three and apply, by filling out pages 7 and 8 of this packet. The application deadline is October 31, 2019 at 5:00 pm.

Please call me at ACT Center if you have any questions. I look forward to your application. Thank you.

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# Background

## What is the Olmstead Ruling?

The Olmstead Ruling helped spark a nationwide push to make sure that Americans with disabilities are included in the community, not segregated.

In 1999, the US Supreme Court ruled that segregation of people with disabilities is illegal. This “Olmstead Decision” said people with disabilities are best served alongside everyone else. They (we) must be integrated in the community as much as possible, with supports necessary. We all belong where everyone else is, whether that's jobs, housing, school, doctor's office, or playing golf. Full supports for full inclusion.

## The Minnesota Olmstead Plan

The ACT Olmstead Academy is a way for people with disabilities to be a part of the big changes now happening in our state. Minnesota is now under a court-ordered mandate to increase community integration for people with disabilities -- through devising an “Olmstead Plan” with measureable objectives. This focus on integration has given new energy to the state's self-advocacy movement, to frame its ongoing efforts to secure rights for people with developmental disabilities as part of a larger struggle for the human right of community integration.

## What is the ACT Olmstead Academy?

ACT Center has responded to this “Olmstead moment” by launching the ACT Olmstead Academy. The Academy is a 12-month program of classroom and fieldwork through which self-advocates are positioned as leaders within state's Olmstead Plan. Using ACT Center's four decades of experience in leadership building based on the proven methods of popular education, the ACT Olmstead Academy gives participants a hands-on opportunity to learn together and then go help spread the word about integration.

# Background

Working in teams, participants carry out an integration project in their own community, and tell what they need to be more integrated in their own community. The 2019 class of the ACT Olmstead Academy is now carrying out their team projects. This coming December, they will present their project results at a public event in the chambers of US Federal District Judge Donovan Frank.

Bottom line: the ACT Olmstead Academy will train self-advocates to help the state create more and better integration. The Academy graduates will be leaders, working in teams to help their communities, help other self-advocates, and help themselves to be more involved in their community life.

## **How does the ACT Olmstead Academy work?**

Academy participation is by team. Eight teams of three will be accepted for the Class of 2020. Teams will attend two “classroom” sessions at the Mount Olivet Retreat Center in Farmington, then spend time between and after those sessions creating and doing a project in their home community. See p.4 for exact dates.

All aspects of this exciting program will be led by ACT Center instructors and community experts with experience in human rights leadership. Teams will be guided to choose a local project, and then work to implement it between and after the sessions, finishing in September 2020. Each team will be given funds to use for paying expenses that are part of their projects.

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# Timeline

## ACT Olmstead Academy Class of 2020

Applications Accepted: through October 31, 2019.  
Deadline is 5 pm on October 31, 2019.

Acceptance letters sent: November 15, 2019  
Seven teams will be chosen to participate in the 2020 class.

Advance work: December 2019 – January 2020  
Guided pre-work for each accepted team:

- Pay personal lodging fee (see details later in this packet)
- Conference call to welcome you and orientation
- Finalize travel plans to attend Session 1 (see dates and details elsewhere in this packet)

Session 1: Jan 26 – Jan 30, 2020 (four nights Jan 26 – 29)

Session 2: March 15 – 18, 2020 (three nights March 15 – 17)

Project Implementation Period: April 2020 – September 2020

Final Session & Report: Sept. 10 – 11, 2020 (one hotel night Sept 10).

# What You Need to Know

**Teams Apply:** You apply as a team of three (3) people: two self-advocates and one ally. So first create your team, then apply. Team members should have experience working with each other, perhaps in the same self-advocacy group.

**Seven statewide teams accepted:** Teams from anywhere around the state of Minnesota are eligible. Eight teams will be accepted.

**Time Commitment: Please consider carefully.** Participation in the Academy is a big commitment of time, spanning all of 2020. Both individuals and teams must commit to:

- taking part in all sessions, and to
- working 2 – 4 hours per week between sessions, and
- completing their project by September 2020.

**No pre-requisite:** There is no prerequisite; anyone with any experience level is welcome to apply. But when choosing among applications, the Academy staff will give preference to teams and individuals that have experience working with others to make changes in their community.

**Deadline:** The deadline for applying is October 31, 2019 at 5:00 pm.

**Two-Part Application:** The application has two parts:

- one part for teams: tell us about your team and its history and experience working together (one per team)
- one part for individuals: each of your three team members tells about themselves (one per person)
- all applicants will also be interviewed before being accepted

**PreWork (if you are accepted):** If your team is accepted, then you and your team will need to do some preparation in December 2019 and early January 2020, before the first session starts on January 26, 2020. Academy leaders will guide you through this prework, but it will include:

- participating in a conference call led by Academy staff
- finding a host agency who can receive and process your funds on behalf of your team,
- shoring up your transportation to and from

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# FAQs

## Where do Academy participants stay?

The program includes seven (7) nights at the Mt. Olivet Retreat Center in Farmington and one night at the Hyatt Hotel in downtown St. Paul.

January (4 nights): You will arrive at the Mt. Olivet Retreat Center in Farmington on Sunday, January 26th (in the late afternoon in time for 6:00 pm dinner) and check out the afternoon of Thursday the 30th.

April (3 nights): You will arrive at the Mt. Olivet Retreat Center in Farmington the Sunday late afternoon March 15th and check out the afternoon of Wednesday the 18th.

September (one night): you will arrive Thursday September 10, 2020 for a noon lunch, then overnight in the hotel, checking in after the afternoon session. You'll be checking out the next day—Friday September 11, 2020.

Your lodging cost depends on your rooming choice.

Retreat Center (all meals included):

- Single Room, 7 nights: \$972
- Double Room, 7 nights: \$708 per
- Dormitory Style, 7 nights: \$600 per

Hotel (Dec 2020)

- Single room, \$169
- Double room, \$89.50 per

**Where is the Mount Olivet Retreat Center?** The Mt. Olivet Retreat Center is in rural Farmington, about 30 miles south of Minneapolis. The address is 7984 257th Street West, Farmington, MN 55024. Directions can be found on their website: <https://mtolivetretreat.org/about-us/directions>.

**Are meals covered?** Yes, all meals are covered.

**Is transportation covered?** No. Transportation to and from the Mt. Olivet Retreat Center is not covered. There is no charge to park your vehicle at the Retreat Center.

**Total cost to participants.** Participants only pay for their own lodging and meals, see above. (Total participant cost for retreat center and September hotel: approx. \$790 for shared rooms, \$1140 for single room.)

# Team Application Form (part 1 of 2)

(complete this page as a whole team. Use extra blank paper to complete your answers.)

**Team Location:** (in what town/city/area?) \_\_\_\_\_

Team Members:

1. \_\_\_\_\_ (self-advocate)

2. \_\_\_\_\_ (self-advocate)

3. \_\_\_\_\_ (ally)

**About Your Team** (Use separate paper to answer each point with a few sentences or more.)

- **Group History:** Tell us about how your group got started, where you are located, number of members.
- **Group Mission:** Tell us about your group's mission, the types of things you do and your approach to self-advocacy. Tell us what your group is proud of.
- **Group Future:** Tell us where your group is headed and what you hope to accomplish in the next years.
- **Group Work:** Tell us about a time your group worked to take action on something important to the group.
- **Interest Statement:** Tell us why your group is interested in the Olmstead Academy. Why is your group a good candidate for the program.

**Pledge of Commitment.** (please initial each line)

**Yes,** If our team is accepted into the ACTD Olmstead Academy Class of 2020, we commit to each of the following:

- \_\_\_\_\_ We will complete the pre-work items in December 2019 and January 2020, before the start of the first session (with support from Academy leaders)
- \_\_\_\_\_ We will fully take part in all sessions (e.g. not arriving late or leaving early)
- \_\_\_\_\_ We will work together 2-4 hours per week between sessions on our project.
- \_\_\_\_\_ We will complete our project by September 2020, or per other approved timeline.
- \_\_\_\_\_ We will pay our lodging fees (see p.6) by January 15, 2020.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ACT**  
**Olmstead**  
**ACADEMY**

**Class of 2020**

If you want to do your application by phone, please call Mary Kay-651-641-0297

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**READ THIS SECTION CAREFULLY**

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# Individual Application Form

(part 2 of 2)

(make three copies of this page, complete one per team member. Use extra blank paper to complete your answers.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email : \_\_\_\_\_

If you want to do your application by talking -- interview format, please call Mary Kay-651-641-0297

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### About You *(Use separate paper)*

- Your History: Tell us about how you got interested in Self-Advocacy.
- Your Leadership: Tell us about the skills and qualities that make you a good leader.
- Your Goals: Tell us about your goals for your life in the next few years.
- Your Work: Tell us about a time when you worked with others to take action on something important to you.

### Pledge of Commitment. *(please initial each line)*

Yes, If my team is accepted into the Olmstead Academy Class of 2020, I commit to each of the following items:



\_\_\_\_\_ I will fully take part in all sessions, (e.g. not arriving late or leaving early)

\_\_\_\_\_ I will work 2-4 hours per week between sessions on our team project, and work until our project is completed.

\_\_\_\_\_ I will pay my per-person lodging fee (see p.6) by January 15, 2020.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_