

## ACT CENTER for DISABILITY LEADERSHIP SELF-ADVOCACY ACADEMY

### ACT CENTER for DISABILITY LEADERSHIP

on intellectual  
and developmental  
disabilities

As Minnesota's only stand-alone self-advocacy organization, ACT Center creates leaders through proven methods that lead to self-determination and community inclusion. We create and deliver curriculum, workshops, services, and other resources designed to help people build personal power, connect with disability rights, and build stronger and more inclusive communities.

Note: The Academy is available for in-person sessions or distance learning delivery methods. The in-person option may be changed to distance learning in response to circumstances of the pandemic. We will assist participants with technology needs if delivery method changes.

Note: The Self-Advocacy Academy is also approved as an eligible SILS (Semi-Independent Living Services) service.

- The Self-Advocacy Academy is a weekly program that promotes self-determination and community inclusion through year-long, interactive, small group learning cohorts.

**Are you looking for meaningful life enriching opportunities and community connections for people you serve?** If so, the ACT Center for Disability Leadership (ACT Center) has a great offering for you to include in their service plans. ACT Center has been selected by the Minnesota Department of Human Services to expand self-advocacy services and has created the Self-Advocacy Academy for this purpose.

#### The Self-Advocacy Academy

- Reshapes how people view themselves, their place in society and what's possible for them.
- Builds assertiveness in exploring and exercising rights.
- Gives participants confidence to try new things.
- Develops an appetite for greater community inclusion and leadership roles.
- Connects people to a growing self-advocacy community.

#### Why the Academy?

- As you know, the service system is changing dramatically with an increasing emphasis on individual choice, community inclusion, self-determination, and personal empowerment. The Academy provides hands-on learning for persons served to explore these concepts and apply them to their lives.
- The Academy provides critical content for empowering people with disabilities to define a future for themselves.

#### Academy Features

Here is some key information:

- The Academy is interactive, designed to engage participants throughout each 2-hour session. Those who don't read or write can easily participate.
- Sessions held weekly, from 10 am to 12 pm either Mondays or Fridays with remote and in-person community-based options. For those attending in-person, they will bring their own lunch.
- Sessions are organized in three trimesters consisting of 13 sessions each with breaks in between as well as during traditional summer and winter breaks. People enroll for a full year of programming attending three trimesters per year. If they are accepted, they must commit to attending each session and will make up sessions they miss.
- The ACT facilitators are trained experts in delivering the curriculum.
- Curriculum revolves around three goal areas:
  - 1) Building Personal Power.
  - 2) Connecting to Disability Rights; and
  - 3) Building Stronger and More Inclusive Communities.

#### Billing and Service Details

- The Self-Advocacy Academy is an approved Waivered Service within the Family Training and Council Community Based Service Manual. It is an unlicensed market-based service. There is a specific rate set for the Self-Advocacy Academy and ACT Center bills directly for the service.
- People are eligible for 500 15-minute units per service agreement each year. The MNITS billing code is S5110
- Participation in this year-long program constitutes 312 billing units (15 minutes)
- This service does not replace any other service. Participates my simultaneously received support from 245D licensed providers to attend the Academy.
- ACT Center can provide language to describe the Academy for your service plans.

**contact us at [info@selfadvocacy.org](mailto:info@selfadvocacy.org); call (651) 641-0297; web site [selfadvocacy.org](http://selfadvocacy.org)**

The Self-Advocacy Academy and other projects of the ACT Center for Disability Leadership are sponsored via contracts with the Minnesota Department of Human Services. This sponsorship does not imply endorsement of products or services developed under these contracts.