

ACT CENTER for DISABILITY LEADERSHIP SELF-ADVOCACY ACADEMY

- The Self-Advocacy Academy is a weekly program that promotes self-advocacy 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 opportunity for you. ACT Center has been selected the Minnesota Department of Human Services to expand self-advocacy services and has created the Self-Advocacy Academy for this purpose.

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.

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 partner with 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. Your commitment in supporting people to know and exercise their rights helps keep pace with the investment that is needed to match the policy direction.
- The Academy provides critical content for empowering people with disabilities to define a future for themselves. By partnering with the ACT Center, you showcase your commitment to building a future that supports equality and leadership for people with disabilities.
- You get a ready-made curriculum—developed and tested—so that you don't need to develop your own self-advocacy curriculum. The program is designed to help you meet your goals.
- This is a program that cultivates the self-advocacy leadership you want for your organization.

Your role as a partner in the Self-Advocacy Academy

- You provide transportation (in-person) and individualized supports to those you serve who enroll in the Academy.
- You work with them at and between sessions to reinforce ideas and concepts they are learning at the Academy.
- This delivery model enables you to bill for your support services while ACT can bill for delivering the curriculum. Both the Academy and your services are billable services under the Waiver, and services may be delivered simultaneously.
- Our view of partnership means working together for the best outcomes for the people we serve. The Self-Advocacy Academy becomes part of your core service. Those you serve become part of a broader self-advocacy movement and future leaders.

Note: The Academy is available for in-person sessions or distance learning delivery methods. 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.

The Self-Advocacy Academy is also approved as an eligible service to be covered by funds from Waivered Services, CDCS and SILS (Semi-Independent Living Services).

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 Tuesdays or Thursdays 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 may enroll for a full year of programming attending three trimesters per year. If they are accepted, they must commit to attending each session. Sessions run Jan. 4 or 6 through Mar. 31; April 19 or 21 through July 14; Sept. 13 or 15 through Dec. 15.
- The ACT facilitators are trained experts in delivering the curriculum.
- The Academy is an unlicensed market-based service within the Family Training and Counseling services. There is a specific rate set for the Self-Advocacy Academy and ACT will bill directly for the service.
- The Academy curriculum revolves around three goal areas:
 - 1) Building Personal Power.
 - 2) Connecting to Disability Rights; and
 - 3) Building Stronger and More Inclusive Communities.

We know that one delivery model may not always work for potential partners. If that is the case for you, give us a call and we can talk about how we can make this partnership work for you and those you serve.

**contact us at info@selfadvocacy.org
call (651) 641-0297
visit the web site at selfadvocacy.org**