

INTrain Newsletter

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Newsletter

April 2007

INTrain Mission Statement:

INTrain is a representative group of individuals with developmental disabilities, their families, advocates, service providers from various disciplines and agencies. Our mission is to provide leadership in planning, coordinating, evaluating and updating an effective, comprehensive educational system. By promoting and facilitating access to this system for all members of the individual's Support Team, we seek to ultimately improve the quality of life for all.



Direct Support Professionals Place

Audrey McFarland is a Direct Support Professional that currently works for Independent Residential Living of Central Indiana. She provides community-based services to individuals with developmental disabilities who live in various nursing homes throughout Indianapolis, Indiana. Audrey has been in this field many years and continues to bring positive energy and enthusiasm to the work she does everyday. Especially important to Audrey is bridging the communication gap with individuals who have challenges communicating verbally. According to Audrey, "I really gain a great sense of accomplishment assisting many of the people I work for learn better ways to communicate their needs and wants more effectively". Paramount to Audrey is understanding how she can assist the people she supports lead more meaningful and quality-driven lives. This means taking the time to learn what the individuals want and need in their lives as well as having the ability to assist the individuals in accomplishing those things that are important to them. From aiding people in obtaining art scholarships to playing bingo with friends, Audrey is always seeking how she can help create meaningful experiences for the people she supports. According to one nursing home social services director, "Audrey does a fantastic job matching what is important to our residents with the available community resources".

Audrey is a great example of a DSP that has the willingness and ability to make a positive difference in the lives of the people she supports. Her skills, knowledge and passion for the work she does everyday, all work together in creating dynamic outcomes for people and is an example for us all to follow.

Chris Perry
IRL Inc.

Self Advocates Spot

Self-Advocates of Indiana Hopes to Hear from You!

Self-Advocates of Indiana have been partners in INTrain since the very beginning. As we develop a statewide system of training for professionals and staff who *support* people with disabilities, it is imperative that we include self-advocates every step of the way. With creativity, self-advocates can fulfill many valued roles such as curriculum editors or co-trainers. This quarter we hear from Maribeth Mooney about what self-advocates are and where many of them are located in Indiana.

What is Self-Advocates of Indiana? Self-Advocates of Indiana, Inc. (SAI) is an independent, not-for-profit organization led by and for people with developmental and intellectual disabilities. Our mission is to be *An organization of citizens who speak out and educate for equal rights, respect, and inclusion for all in the community.*

SAI was formed in 1990 by a group of friends at a workshop who started talking to each other about their hopes and dreams for their future. They decided to start a self-advocacy group. From that very small beginning 17 years ago, SAI has grown into a statewide organization. SAI is in contact with 17 local self-advocacy groups in towns across Indiana. Through the years SAI hears of local groups and then loses contact with them. If you are out there, we would like to re-connect with you. New local SAI groups we have heard from are:

- Friendship Union with INPACT in Crown Point
- TEAM Self-Advocates with Opportunity Enterprises in Valparaiso
- One For All Self-Advocates with Passages in Columbia City
- Self-Advocates of Allen County with Easter Seals Arc in Ft. Wayne

Self-Advocates (continued)



It's easy to connect with SAI. You can call Betty Williams at (317) 874-8135 or Maribeth Mooney at (800) 825-4733. You can check out the SAI website (<http://www.saind.org>) to see what all SAI is doing. Do you want to start a self-advocacy group? Give us a call!

INTrain Station

The DDInfoSOURCE website (www.iidc.indiana.edu/training) offers an exciting library collection of training documents, videos, curricula, topic specific articles, and a continually updated calendar of local, state and national training events.

In the past six months we have posted the following items.

- Human Rights - August 23, 2006 (Judy Sides, Southeast Indiana Outreach Services, Regional Human Rights Chairperson) handouts and videos
- Hydration, Constipation & GERD (October 10, 2006) SE Outreach Training - Handouts Training handouts and video
- The Institute on Community Inclusion's Guide to High Quality DSP Training Resources (<http://134.84.215.92/resource/>)
- Sue Gant's "Lessons in Team Process: Strategies to address the challenge of building a strong community Team to support the successful execution of a *meaningful* Person Centered Plan"
- Conventional Antipsychotic Medications: Concise Review for Non-Psychiatrists Treating Individuals with Developmental Disabilities - Dr. Chris Shim, Dir. of Psychiatry - Fort Wayne State Developmental Center - Ft. Wayne, Indiana video and training handouts
- Kim Davis' "An Introduction to Autism: The First Pieces of the Puzzle"

From July 1 – December 31, 2006 the DDInfoSOURCE website had 29,704 visitors who viewed 48,817 web pages.

By: Larry JJ Schaaf— *Indiana Institute on Disability and Community*

Trainer Territory

The Trainers Network, sub group from IN Train, is regenerating steam. This group from IN Train is meeting to focus on a few issues we feel are critical for our state and service providers. The first topics we are going to focus on is to gather more information from all of you, the service providers, on what trainings you offer to your staff and who are the trainers each agency uses and has used in the past. This group will create a survey that will go out to all agencies asking various questions regarding the training provided currently at each agency. The Trainers Network wants to also tackle the challenge at what makes a 'great' trainer. Along with that subject we would like to define what train the trainer is and how to become a trainer. None of these topics are simple answers and our commitment is to combine information needed for our service providers.

We want the State of Indiana to become strong in their training thus making our employees more informed to provide the care we want for those we serve. For further questions regarding the Trainers Network please contact Kristi McCann, Chairperson at: kmccann@stonebelt.org

*Kristi McCann
Stone Belt*

WHAT'S NEW!

"Freedom Self-Advocacy Curriculum"

The National Mental Health Consumers' Self-Help Clearinghouse

http://www.mhselfhelp.org/training/view.php?training_id=7

*Knowing is not
enough; we
must apply.
Willing is not
enough we
must do. -
Goethe*

Mark Your Calendar

Every Issue of the INTrain Newsletter will highlight future trainings that may interest you. Each event is also on the INTrain online calendar (<http://www.iidc.indiana.edu/training>).

In April and May, the ARC of Indiana will be offering regional trainings called *You Have a Medicaid Waiver: Now What?* (<http://www.arcind.org/>)

Contact Us

Do you have ideas and suggestions for INTrain about training you'd like to see in the future? Do you have any questions about our growing system of education and training? Please feel free to contact Mary Held (maheld@indiana.edu).

Library Links

Did you know that INTrain has a growing library of training resources? To see what is currently in the library, go to <http://www.iidc.indiana.edu/training/library.htm>

Borrowing is as simple as emailing maheld@indiana.edu Items will be mailed to you at no cost and all you have to do is pay for the return postage.

Here are some of the newest items!

Gerber, D.L., McAllister, S., & Tencza, C.B. (n.d.). *Challenges in physical management: How to assist individuals with severe physical challenges*. Plymouth, WI: Consumer Care Products. Video

Liaupsin, C.J., Scott, T.M., & Nelson, C.M. (2006). *Functional behavioral assessment: An interactive training module* (3rd ed.). Longmont, CO: Sopris West.

Nuñez, J., & Baladerian, N.J. (2006). *The rules of sex: Social and legal guidelines for those who have never been told*. Los Angeles: Can Do Project.

Attwood, T. (2007). *The complete guide to Asperger's Syndrome*. London: Jessica Kingsley Publishers.

Fouse, B., & Wheeler, M.(2005). *A treasure chest of behavioral strategies for individuals with Autism*. Arlington, TX: Future Horizons.

O'Brien, J., & Mount, B. (2005). *Make a difference: a guidebook for person-centered direct support*. Amenia, NY: Inclusion Press. SOS

Next Issue

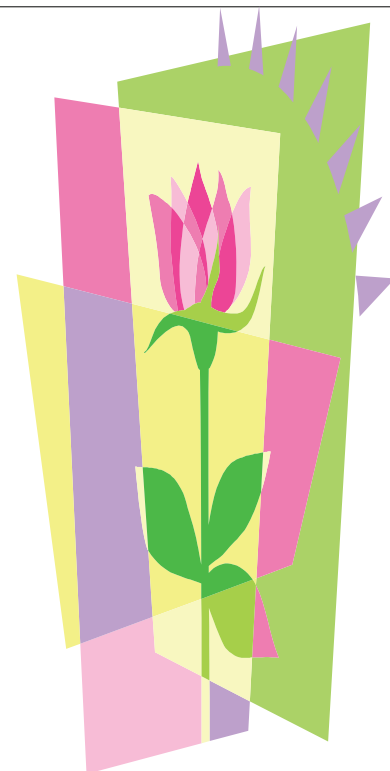
Our next issue will be available in July and we *need your help* to make sure that the newsletter is useful to you.

In order to make the INTrain newsletter both useful and informative, we encourage you to help by submitting an article to us.

The editor reserves the right to edit articles for length, style and content.

Send articles to:
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The beautiful thing about learning is that no one can take it away from you.

BB King

