

When self-directing supports you and/or your designated representative is required to train your employees. The College of Direct Support can be used as a tool to assist you in doing this training. *In order to enroll in class you must complete the Optional College of Direct Supports Form found on the SDS page of the Divisions website.*

1. Civil Rights and Advocacy

This four-lesson course will help you understand your role in supporting a person with a disability as he or she stands up for his or her rights. You will learn what it takes to be an effective advocate for those you support. You will learn how to work with each person to overcome the challenges faced in exercising his or her civil rights.

- Your Role in Effective Advocacy
- History of the Disability Rights Movement
- Disability Rights and Legislation
- Challenges and Strategies for Exercising Civil Rights

2. Community Inclusion

Learn key strategies through this course to help people with disabilities grow into active members of the communities in which they live and work. You'll also learn key strategies for enhancing inclusion.

- The DSP Role in Community Inclusion
- Matching Community Resources with Individual Interests
- Community Bridge Building and Networking
- Natural Supports

3. Individual Rights and Choice

This course will give you critical knowledge of the legal rights of individuals with disabilities. You will be equipped to ensure those you support can balance appropriate risk and choice with the right to be protected from harm. This course can be modified to reflect local or state laws that DSPs may need to know.

- Overview of Individual Rights
- Restrictions of Individual Rights
- Overcoming a Past of Barriers, a Future of Risks, Choices, and Solutions
- Your Role in Supporting Expression of Rights and Facilitating Choice

4. Maltreatment Prevention and Response

Learn to identify abuse, neglect, and exploitation, and how to protect a person you support. You will learn to document and report suspected abuse. The course will also introduce you to advocacy, ombudsman services, and other agencies that deal with abuse and neglect situations.

- Overview of DSP Roles
- What is Maltreatment?, What is Abuse?, What is Neglect?, What is Exploitation?
- Balancing Rights with Protection
- The Ethical Role of the DSP
- An Overview of Risks for Maltreatment
- Characteristics of Caregivers that Affect Risk, Characteristics of Situations that Increase Risk, Characteristics of People Supported that Affect Risk
- Reducing Caregiver Risk of Maltreating
- Engaging and Supporting Protective Factors in Individuals
- The Role of Documentation and Systems in Prevention
- Engaging and Supporting Protective Factors in Organizations and Communities
- Responding to Potential Maltreatment
- Where to Report Potential Maltreatment, How to Report Potential Maltreatment, Follow-Up to Potential Maltreatment Reports

5. Person-Centered Planning and Supports

Get a historical perspective on person-centered planning. This course will introduce you to five different types of person-centered planning and how to bring these plans to life. You will learn how to create solutions that solve the most common challenges to person-centered plans.

- Foundations of Person-Centered Planning
- An Overview of Person-Centered Approaches
- The Person-Centered Planning Process
- Bringing Person-Centered Plans to Life



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MISSOURI DEPARTMENT OF MENTAL HEALTH

Improving lives THROUGH
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THAT FOSTER self-determination.

SELF-DIRECTED SUPPORTS OPTIONAL TRAININGS FROM COLLEGE OF DIRECT SUPPORTS

6. You've Got a Friend: Supporting Family Connections, Friends, Love and the Pursuit of Happiness

Discover the importance and meaning of human relationships in the lives of all people through this valuable four-part course. You will learn about the value that healthy family and community relationships bring to life. You will also learn how prejudice and stigma can get in the way of these relationships for those you support.

- The Importance of Relationships
- Barriers, Challenges and Opportunities for Friendships
- Strategies for Building and Maintaining Relationships
- Supporting Family Networks
- Working with Families and Support Networks
- This course will help you learn to develop strong working partnerships with families and other support networks.
- Understanding Support Networks
- Family Networks
- Creating Partnerships with Support Network Members
- Problem Solving within Support Networks

7. Supporting Healthy Lives

This course will help you show the people you support how to make healthy choices about eating and exercising. It reviews health-related issues across the life span and gives advice on working with health care providers. This course also includes a lesson on recognizing the signs and symptoms of illnesses and how to take care of someone who may be sick.

- Living a Healthy Life
- Health through the Age Span
- Individual Health Needs
- Care of Common Health Care Conditions
- Recognizing Signs and Symptoms of Illness
- Working with a Health Care Provider

8. Cultural Competence

Get an overview of cultural competence and its importance in providing quality support to people with disabilities. You will learn about valuing diversity and recognizing your own culture and the culture of others. You will also learn skills that allow you to adjust your behavior based on the needs of a situation or individual.

- What Is Cultural Competence?
- Understanding Your Own Culture
- The Culture of Support Services
- The Cultural Competence Continuum
- Cross-Cultural Communication
- Cultural Competence in Daily Support
- DSP Roles in Culturally Competent Organizations

9. Safety

Balancing risk, choice, and safety is a big responsibility for direct support professionals. You may already know that individuals with disabilities have the right to make choices even if these seem risky or unsafe to others. This course will help you learn to balance the risks with those you support, and to support safety. Each lesson addresses specific safety strategies for various support situations. You will learn how to promote safety in different areas of the home. You will learn about fire prevention and keeping people safe from fire danger. In addition, you will learn about being safe in the community. This includes promoting motor vehicle and community transportation safety. And when accidents or incidents do happen you will learn how to handle these, too.

- What is Risk?
- Balancing Risk with Individual Safety and Choice