



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

Self-Determination in Missouri

**A Training to Increase Understanding of Self-
Determination and Resources Available**



Training Objectives

- 👤 **Understanding Self-Determination and self-advocacy**
- 👤 **Division of Developmental Disabilities Priorities**
- 👤 **Tools available that support Self-Determination and self-advocacy**

What is Self-Determination?

- 👤 **Being self-determined involves choosing and setting goals, being involved in making life decisions, self-advocating, and working to reach goals.**
- 👤 **A person acting in a self-determined way has a voice in the decisions that affect them and is causing things to happen in his or her own life.**

What is Self-Advocacy?

- 👤 Self-advocacy means speaking or acting for yourself. It means deciding what is best for you and taking charge of getting what you want. It means standing up for your rights as a person.

SD Requires a Shifting Patterns for Individuals and Families



From	To
Professionals planning for you	You and your 'Circle of Supports' planning for your supports
Counting on a paid professional who is only temporarily part of your life	Reliance on the lifelong commitment of people you have chosen to be in your life, including your family, friends and other natural supports
A view that only professionals can be responsible	Respect for the fact that you, your family, and your friends have a vested interest in acting responsibly on your behalf
Support Coordination as a means to let people into existing services	Individualized support planning as a way for you, your family, and your friends to organize supports in response to your needs and dreams
The belief that quality is created by relying on regulations, oversight and monitoring	The belief that true quality is created by enhancing your circle of supports and connecting you to your community

Self-Determination Individual Level

- 👤 These steps individuals take to become the **primary decision maker** in their life and the things they do to improve life.

Self-Determination Individual Level

- 👤 Making choices about everyday activities
- 👤 Setting priorities
- 👤 Identifying strengths, interest and preferences
- 👤 Setting goals and identifying the barriers that may be encountered
- 👤 Understanding rights and responsibilities

The DD Act ensures that an individual, with assistance:

- 👤 Has the ability and opportunity to make choices and decisions;
- 👤 Has the ability and opportunity to exercise control over services, supports, and other assistance;
- 👤 Has the authority to control resources and obtain their communities;
- 👤 Has the support, including financial, to advocate, develop leadership skills, become trained as a self-advocate, and participate in coalitions and policy making

The Division of Developmental Disabilities Mission

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.



Fostering Self-determination



Supporting Families



Facilitating Individualized
Services and Supports



Developing Accessible Housing



Promoting Employment First

www.dmh.mo.gov/dd MISSOURI DEPARTMENT OF MENTAL HEALTH

The Division of Developmental Disabilities defines Self-Determination:

- 👤 Individuals are the primary decision maker of their lives, pursue what is important to them and have a meaningful role in the community. Based on 5 principles:
 - 👤 Freedom
 - 👤 Authority
 - 👤 Support
 - 👤 Responsibility
 - 👤 Confirmation

Self-Determination Principles



- 🕒 **Freedom:** Individuals will live a meaningful life in the community and make choices about their lives.
- 🕒 **Authority:** Individuals will have meaningful control over a set amount of dollars that can be used to build the supports that they need by purchasing only what is needed and paying for what is received.
- 🕒 **Support:** Individuals will have support to organize resources in ways that are life enhancing and assist them in reaching their dreams and goals. Individuals have a circle of supports made up of family, friends and both paid and unpaid supports.
- 🕒 **Responsibility:** Individuals assume responsibility for giving back to their community, for seeking employment, and for developing unique gifts and talents
- 🕒 **Confirmation:** Individuals are recognized for who they are and what they can contribute, having a leadership role in developing policies that affect their lives and helping other reach success

Advocacy Specialist



- 🕒 The Division of Developmental Disabilities believes that all of the people served can benefit from learning and using self-advocacy skills.
- 🕒 In 2008, Advocacy Specialist positions were created in each region to help expand and enhance self-advocacy throughout Missouri.

www.dmh.mo.gov/dd/Advocacyspecialists.htm

Advocacy Specialist



- 👤 The Advocacy Specialists are responsible for providing leadership, coordination, role modeling and mentoring of self-advocacy to individuals in their assigned geographic area. They do this by supporting existing self-advocacy groups and helping start new self-advocacy groups; by providing self-advocacy and self-determination training to individuals, staff and families; by creating self-advocacy and self-determination materials that are written for and by people with disabilities, and by participating on division and other statewide committees to influence change that will result in the enhanced empowerment of people with disabilities.

www.dmh.mo.gov/dd/Advocacyspecialists.htm

Resources

Division of DD Guides

DEVELOPMENTAL DISABILITIES *Missouri Department of Mental Health*
DIVISION OF DEVELOPMENTAL DISABILITIES

**A GUIDE TO
MOHEALTHNET
(MEDICAID)
BENEFITS &
SERVICES**



**A GUIDE TO
UNDERSTANDING
MOHEALTHNET SERVICES
FOR INDIVIDUALS WITH
DEVELOPMENTAL
DISABILITIES**

DEVELOPMENTAL DISABILITIES *Missouri Department of Mental Health*
DIVISION OF DEVELOPMENTAL DISABILITIES

**KNOWING YOUR
RIGHTS**



**A GUIDE FOR INDIVIDUALS
WITH DEVELOPMENTAL
DISABILITIES TO
UNDERSTANDING RIGHTS AND
RESPONSIBILITIES**

DEVELOPMENTAL DISABILITIES *Missouri Department of Mental Health*
DIVISION OF DEVELOPMENTAL DISABILITIES

It's My Home!



**A GUIDE FOR INDIVIDUALS
WITH DEVELOPMENTAL
DISABILITIES TO HELP
UNDERSTAND HOUSING
OPTIONS**

Project STIR Training



Project STIR is an 8 week course covering the topics of:

- 1) Knowing Yourself
- 2) Communicating Assertively
- 3) Problem Solving & Negotiating
- 4) Rights & Responsibilities
- 5) Self-Advocacy & Self Determination
- 6) Being a Part of the Community
- 7) Starting a Self-Advocacy Group
- 8) Graduation

Project STIR (Steps Toward Independence & Responsibility) is a peer to peer training which is: designed to empower individuals to become leaders. to increase for self-advocacy and help individuals make choices & decision about their own lives

Lifebooks



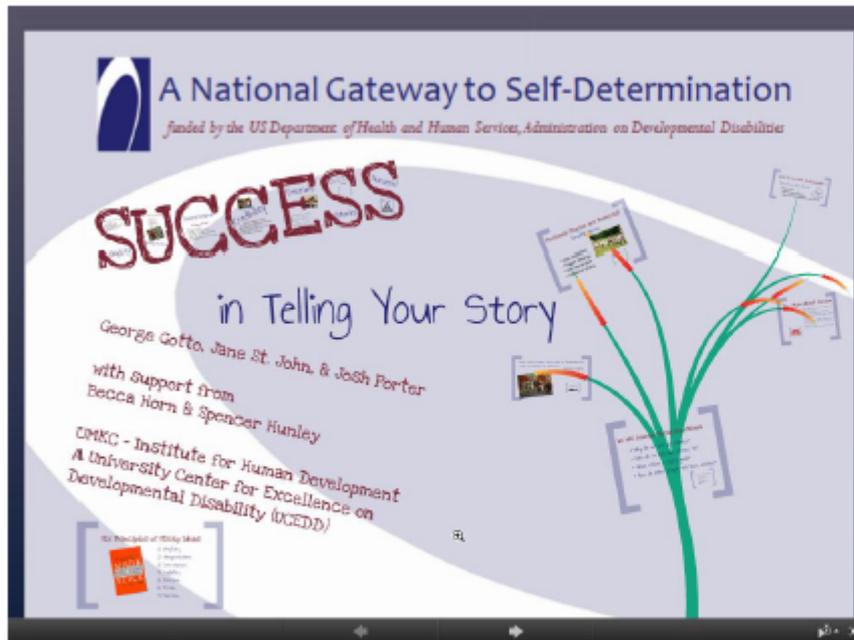
A lifebook is a collection of words, photos, graphics, artwork and memorabilia that creates a life record.

- 👤 Self-advocacy
- 👤 Records information
- 👤 Communication
- 👤 Builds understanding
- 👤 Tool for planning



Resources

Success in Telling Your Story



Simplicity

Unexpectedness

Concreteness

Credibility

Emotion

Story

Training series broken into 7 chapters with story development worksheets, video and train the trainer workbook.

Tools of Choice Training

Tools of Choice are “Universal Strategies” on the Positive Behavioral Support triangle, which all individuals can benefit from. **What do you learn?**

- 🕒 Learn to develop positive relationship with others
- 🕒 Learn to prevent problem situations and de-escalate most behavioral crisis situations and help someone in emotional distress
- 🕒 Learn to teach, promote and encourage desirable behaviors

Resources

Real Voices Real Choices Conference



Who's Invited: Self advocates, family members, friends and professionals

Purpose: Self advocacy, employment, empowerment

Registration Cost : Very affordable! Includes two nights at Tan-Tar-A Resort!!

What will be there?: Excellent Inspirational Speakers, Informative presentations, Prize drawings, Art Room, Karaoke, Exhibits

Resources

People First



People First of Missouri is a statewide organization that promotes equality for people with disabilities so they can live the life they want in the community.

www.missouripeoplefirst.org

Resources

MO Family to Family Resource Center



STATEGIES TO
**SUPPORT
REAL LIVES**



MISSOURI FAMILY - TO - FAMILY RESOURCE CENTER

- MDF2F home
- Text Only
- Site with Images
- Español
- Search Disability Information
- Major Disability Topics
- Sharing Our Strengths
- Support & Advocacy
- Volunteer Network
- Affiliates
- Calendar
- About Us

You Are Not Alone in Your Experience with Disability

Linking You to Information, Parent to Parent Support, Peer Support & Volunteer Opportunities

The Missouri Family to Family Resource Center is one center that provides three levels of support. Whether you want to become more informed, get connected or find ways to volunteer, we offer a network of support options to get you started and support you throughout your journey.



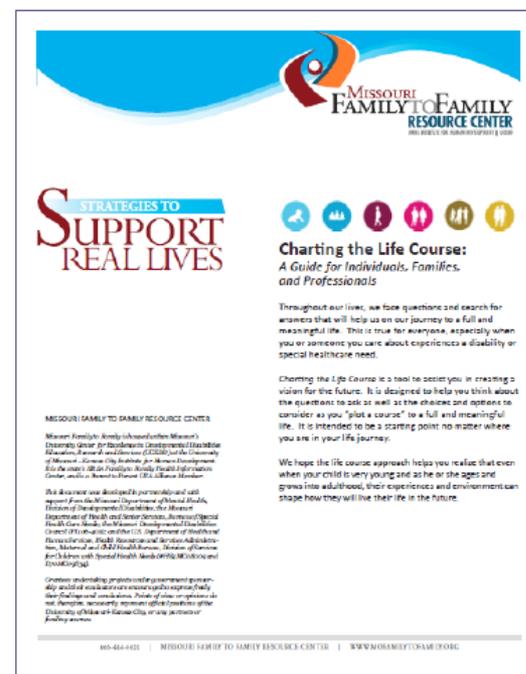
Contact us!

www.mofamilytofamily.org



Charting Life Courses Tools

- 👤 A guide created for individuals, families, professionals and other community members which offers questions in order to plot a course towards a meaningful life and afford opportunities across a lifespan to foster self-determination.



www.mofamilytofamily.org

Resources



National Gateway to SD

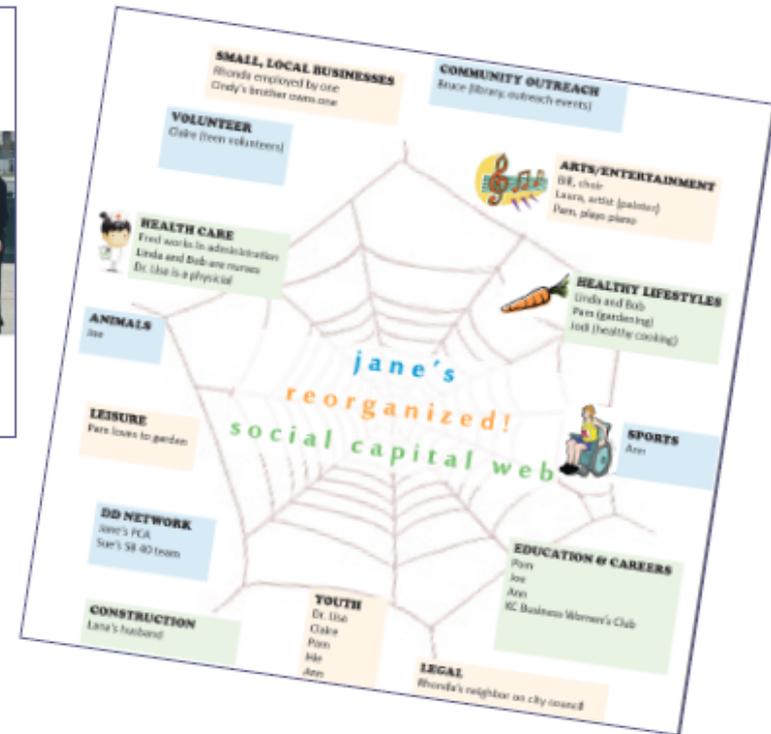
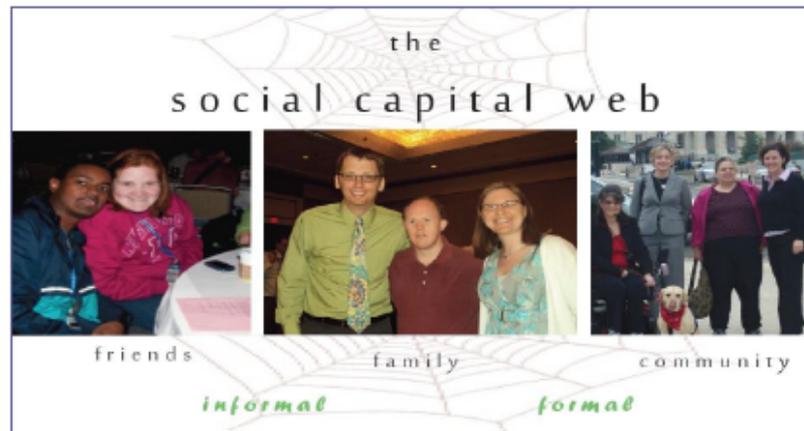
The screenshot shows the homepage of the National Gateway to Self-Determination website. The header includes the logo and the text "National Gateway to Self-Determination Resources. Information. Research to Practice." with navigation links for HOME, ABOUT US, and CONTACT US, and a search bar. The main navigation bar has four categories: Home, For Families, For People with Disabilities, and For Professionals. A central video player shows a group of people. To the right, there are sections for "Find Resources" (listing Resource Guide, NGSD Products, New Products and Resources, and iPad Apps) and "Improve Practices" (listing Research to Practice in Self-Determination Series, Videos, SUCCESS in Telling Your Story, Self-Determined Career Development Model, and NGSD Priority Areas). Two brochures are overlaid on the page: one titled "advising through self-determination" and another titled "Research to Practice in Self-Determination Series Introduction".

www.ngsd.org

Tools to Increase Self-Determination

Resources

Social Capital Web



You may have more Social
Capital than you think!

***Social Capital is the formal and informal support networks
that provide you with access to resources.***

Resources

Disability Benefits 101

Disability Benefits 101

working with a disability in Missouri



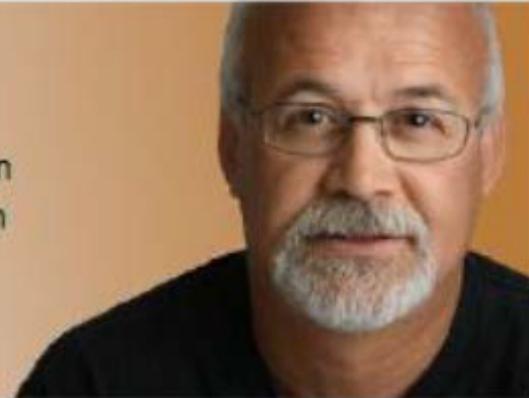
Home

Calculators

Glossary

Working With a Disability

Disability Benefits 101 gives you tools and information on health coverage, benefits, and employment. You can plan ahead and learn how work and benefits go together.



www.mo.db101.org

Resources



MO Housing



Missouri Inclusive Housing Development Corporation* has a website designed to provide information about accessible and affordable housing in Missouri for those with developmental disabilities. Whether you wish to rent or purchase a home, this site provides information to help you live where you desire, in a home that accommodates your needs.

**Funding provided by the Missouri Developmental Disabilities Council under provision of the PL106-402, the Developmental Disabilities Assistance and Bill of Rights Act.*

www.mohousing.com

Resources



Missouri Self-Determination Association MO-SDA



MO-SDA believes that individuals need to be the primary decision maker in their lives, pursue what is important to them and have meaningful roles in the community.

www.mo-sda.org

www.dmh.mo.gov/dd

MISSOURI DEPARTMENT OF MENTAL HEALTH

 For more information on
Self-Determination and Self-advocacy
in Missouri visit:

Missouri Division of Developmental Disabilities

<http://dmh.mo.gov/dd/selfdetermination.htm>



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