

disabilities are more likely be victimized compared to those without disabilities.

Participants will gain an understanding of the following:

- Gain an understanding of what intellectual and developmental disabilities are, what causes them and how to identify if someone has a disability.
- Learn how intellectual and developmental disabilities are different from mental illness and other disabilities.
- Learn that most people with intellectual and developmental disabilities (87%) are mildly affected and are not easily recognized as having a disability.
- Develop practical skills they can use when interacting and communicating with people who have intellectual and developmental disabilities, whether the person is a suspect, witness or victim.
- Learn how to effectively handle situations involving people with intellectual and developmental disabilities who are either suspected of criminal activity and require detention or arrest or are victims of crime and require assistance.

### **Training Materials on Human Relationships and Sexuality**

Available for loan, Circles, a series of trainings that include videotapes, work pages and activities so that persons with intellectual and developmental disabilities understand social and sexual relationships. Families, organizations or agencies can "check out" Circles for two weeks at a time. To schedule any of the trainings above or get more information, contact:

### **Middle and West Tennessee**

Steve Jacobs  
615-248-5878, ext. 18  
1-800-835-7077  
sjacobs@thearctn.org

### **East and Middle Tennessee**

Jenny Kimbrough  
423-231-5772  
jkimbrough@thearctn.org

### **The Arc Local Grassroots Organizing**

Starting a non-profit local chapter of The Arc Assistance with:

- Writing charter and bylaws
- IRS non-profit 501c3 application
- Charitable solicitations
- Affiliation paperwork
- Membership processing
- Board development
- Fundraising

### **The 10 Commandments of Communicating with People with Disabilities**

DVD and VCR formats of this disability awareness training session available for loan.

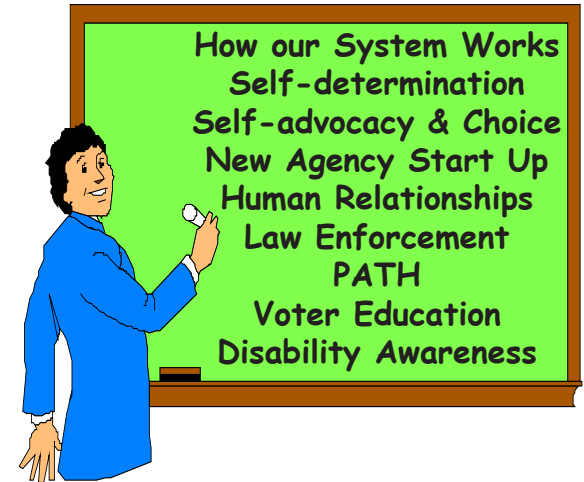
### **Project VOTE Voter Education Training**

This one-day, interactive training is geared toward self-advocates. Participants learn how to register to vote, where to vote, how to find out about candidates, and about accommodations.

For help with starting a local chapter of The Arc or to borrow The 10 Commandments or schedule Voter Education, contact:

Peggy Cooper  
1-800-835-7077 ext. 15  
pcooper@thearctn.org  
151 Athens Way, Suite 100  
Nashville, TN 37228  
www.thearctn.org

# **The Arc of Tennessee**



## **TRAINING PRESENTATIONS AND OPPORTUNITIES**

This project is funded under an agreement with the State of Tennessee.

The Arc of TN values diversity and does not discriminate based on race, ethnicity, religion, age, geographic location, sexual orientation, gender or level of disability.

*Last updated 4/09*

The Arc of Tennessee is pleased to offer a variety of free training presentations. These training opportunities are made possible through the support and financial assistance of the Division of Mental Retardation Services. Our target audiences are individuals with intellectual and developmental disabilities, their families, provider agencies, direct support professionals, and other members of our community.

“At the heart of helping people with disabilities move toward lives of self-determination, companionship and contribution is the need for effective skills in person centered planning, facilitation of circles of support, and other tools that define vision, invite collaboration, and build the energy and commitment necessary to work together on complex problems and issues.” Dave and Faye Wetherow

### **PATH (Planning Alternative Tomorrows with Hope):**

PATH is a team-facilitated graphic planning process that was developed by Marsha Forest, Jack Pearpoint and John O'Brien. PATH combines the best elements of a number of vision-building and future planning tools, adds its own genius, for one of the most useful tools for listening, planning and community-building for people with disabilities and non-profit organizations.”

### **How Our System Works**

Quite often, parents and new agency personnel don't know where to turn for the answers about how our system of supports and services can be negotiated and/or navigated. We work with interested parties in building collaborative networks within the service system.

Wherever possible we utilize self-advocates who have been through the “shifting the power” project to assist The Arc of Tennessee staff with training.

### **Self-Determination**

The purpose of this training on self-determination is to provide information to support Board of Directors, staff and families on how to allow individuals to be more in control of their own lives. Tips and guidelines are provided as well as activities and exercises for implementing this concept into your relationship with people.

Participants will gain an understanding of the following:

- What self-determination means and why it is important,
- Individuals can make their own choices and ways to assist him/her in the process,
- Listening and communicating effectively with individuals,
- Understanding different roles in the service system and how the system can be improved, and
- Effective support plans, i.e. person-centered planning.

### **Self-Advocacy and Choice**

The purpose of this training packet is to help learners become self-advocates. In order to achieve a goal of self-advocacy one must first know about him or herself, be aware of self-advocacy skills, and then practice self-advocacy skills.

Through the course of this training learners will:

- Establish a better understanding of their personal skills and behaviors,
- Endeavor to dream their dreams and make their dreams known to others by speaking up for themselves,

- Seek help from others when necessary, and
- Take responsibility for developing a plan of action to make their dreams become reality.

### **New Provider Agency Start-up**

The purpose of this session is to assist interested families and other citizens of Tennessee in starting an agency that could provide Supported Living, Day Supports, or Supported Employment services for people with mental retardation.

Participants will gain and understanding of:

- How to set up a non-profit corporation.
- Start-up funding and application process.
- How to secure a mentor to assist in developing and implementation of best practice.
- General operational requirements and budget development.

### **Training for Law Enforcement Personnel and Agencies**

The purpose of this training considers that knowing how to effectively interact with people who have intellectual and developmental disabilities may be challenging for those who do not have any understanding of these disabilities. Although people with intellectual and developmental disabilities are not very different from those without disabilities, they may have more difficulty understanding information and communicating. When police do not understand people with intellectual and developmental disabilities, individuals can be needlessly arrested. Such misunderstandings can lead to greater involvement in the criminal justice system if the person befriends criminals unknowingly and after being arrested and/or is placed in police custody. Police must also realize that people with intellectual and developmental