

# People First

← of Missouri  
welcomes you to

 **Spring**  **into**  **Action** 

**2017 Statewide  
Self-Advocacy Conference  
April 21-23, 2017**

**Tan-Tar-A Resort  
Osage Beach, MO**



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### Welcome to the People First of Missouri 2017 Conference: Spring into Action

We're glad you're here. At this conference, we're going to learn a lot and have tons of fun, too. But before we start, what is People First?

People First of Missouri is a self-advocacy organization that was formed by, is run by, and exists for people with developmental disabilities in the state of Missouri. Our membership consists of local affiliated chapters. Right now, we have over 20 local self-advocacy groups all over the state. People First of Missouri is a non-profit organization that promotes equality for people with disabilities so they can live the life they want in the community.

How do we do this?

- We teach and empower people to understand their rights and responsibilities and to speak up for themselves (self-advocacy).
- We stand up for one another to help people live the life they want with the supports they need (advocacy for one another).
- We advocate for community services that allow people to have choices and control over their supports and lives (advocacy at the systems level).
- We work to create change in communities to ensure opportunity and full, meaningful participation for all people (advocacy within the community).

People First helps people with disabilities to learn and grow as people and gain the confidence to set goals in their lives and to work to accomplish those goals.

### Our Speakers

#### Julie Petty

##### Keynote Speaker

A long-time leader in the national self-advocacy movement, Julie is the founder of People First of Arkansas, and was President of Self-Advocates Becoming Empowered (SABE) from 2006-2008. She has served on boards and advisory councils related to disability policy, and co-developed a training curriculum for self-advocates. She has a Bachelor's degree in Journalism.

#### Chuck Graham

##### Featured Speaker

Chuck is the Associate Director of the Great Plains ADA Center at University of Missouri-Columbia, which provides technical assistance and training on the Americans with Disabilities Act in Missouri, Kansas, Nebraska, and Iowa. He previously served for four years as a Missouri state Senator and eight years in the Missouri House of Representatives.

#### Christopher Worth

##### Endnote Speaker

Chris is an activist, community organizer, self-advocate, and team manager at Paraquad. Before that, he worked as a lead organizer for the Enable Project, which focused on improving the social, political, and economic landscape for people with disabilities in Appalachia. Chris also spent 15 years working as a volunteer activist organizer in the environmental movement.

## Friday, April 21

- 5:00 pm Registration - Grand Ballroom Foyer
- 7:00 pm Welcome Reception - Salon C
- 7:30 pm Networking - Salon C
- 8:00 pm Dance and Karaoke - Salon C

## Saturday, April 22

- 8:00 am Breakfast - Salon C
- 9:00 am Registration - Grand Ballroom Foyer
- 9:30 am Welcome and Flag Ceremony - Salon C
- 10:00 am Keynote Speaker - Julie Petty  
followed by Heartland Self-Advocacy  
Resource Network Panel
- 12:00 pm Lunch on your own - Tan-Tar-A property
- 1:15 pm Featured Speaker - Chuck Graham
- 2:15 pm Breakout Sessions A-E - Rooms 60-64
- 3:30 pm Break
- 3:45 pm Breakout Sessions F-J - Rooms 60-64
- 5:00 pm Break
- 6:30 pm Dinner and Award Ceremony -  
Windgate Hall (level 5)
- 8:15 pm Dance - Parasol I & II (level 7)

## Sunday, April 23

- 9:00 am Breakout Sessions K-O - Rooms 60-64
- 10:30 am Brunch and Keynote Speakers -  
Christopher Worth - Salon C
- 12:30 pm Closing Ceremony and Door Prizes

**Be sure to visit the Conference  
Exhibitors in Salon C!**

**A. Charting the Course to Your Good Life**

Room 60

**Rachel Hiles and David Forbes**

Come talk about your vision for a good life and what you are doing to achieve it. By attending this interactive breakout session, you will begin building your LifeCourse Portfolio that you can use to tell others about what is important to you.

**B. PFMO Chapters in Action, Past and Present**

61

**Jeff Johnson, Jason Mize, and Katie Kinder**

Hear leaders from People First of Boone County provide background information on the history of the self-advocacy movement and the formation of its local chapter. Officers of the group will share the different ways in which the chapter participates actively in the self-advocacy movement.

**C. Victimization: The Signs and What to Do**

62

**Ed Thomas, Rusty Warnock, and Myrna Blaine**

Increase your awareness of the problem and prevalence of victimization of adults with intellectual and developmental disabilities. Make a difference in this issue by learning about the Victimization Campaign and how to report a problem you experience or hear of through others.

**D. Anyone Can Lead...That Means YOU!**

63

**Brad Linnenkamp and Stephanie Sanford**

Leadership is not a position but an activity that we all can engage in. Learning new skills and how to use them will help self-advocates lead in their communities. Join us to explore new ways to look at old problems. These presenters have traveled from Kansas to share their leadership knowledge!

**E. Who's in Charge? Self-Directed Supports**

64

**Happy Garcia and Tonda Lain**

Self-Directed Supports are for people who want to take charge and arrange supports to live the good life of their choice. Come listen and learn from someone who has taken on the challenge to make a change in their life by using creative supports to build a life based on individual needs.



**F. Defend Yourself, Part I**

Room 60

**Roger Crome and Amy Plumlee**

The 1Touch Project's system of self-defense is the first fully accessible self-defense program designed specifically with people with disabilities in mind. Vulnerability is a perception, not a reality. We will walk you through the basics to begin to unlock your true power. With these strategies, you need no martial arts background and very little strength. Come join us and begin your journey to unlocking the strong, confident person you know you can be. **This is a two-part breakout session. Participants must attend Part 1 in order to be able to attend Part 2. No exceptions.**

**G. How to Run Great Meetings**

61

**Abria Edwards and Roshanda Bowens**

Learn some tips on running your own People First chapter meetings followed by a group discussion. We will talk about what we are doing well in our meetings now, and how we can use pieces of the workshop to help improve our meetings.

**H. Map Your Money Using the LifeCourse Star**

62

**Georgia Mueller and Candace Cunningham**

In this session, we will explore how the LifeCourse Integrated Supports Star works to help you solve problems. For an applied example, we will show how to maximize your financial resources by using this tool. The Star provides a way to have more productive conversations about what makes your life a Good Life.

**I. Meet the New Project STIR**

63

**Kyla Mundwiller and David Forbes**

Come learn about the newly updated Project STIR (Steps Towards Independence and Responsibility) peer to peer training for advocates. Updates include: new rights information, updated tools and graphics, information about setting and achieving goals, and LifeCourse Tools.

**J. Disability Rights - Take Action**

64

**Chris Worth and Derek Wetherell**

This session will look at how to build community power through organizing by exploring the differences between advocacy and organizing, looking at an organizing case study, and learning the initial tools you need to begin building organizing power in your community.



**K. LifeCourse Tools for Advocacy: Reach for the Star**

Room 60

**Rachel Hiles and David Forbes**

This session will help you learn how to problem-solve so you can reach for the stars and achieve your vision. You will learn how to use the LifeCourse Integrated Supports star to solve day-to-day problems or to help you achieve your life goals.

**L. Spread the Movement: Building People First Chapters**

61

**Kellie Ellerbusch, Hope Frey, and Sherry Stansberry**

This training will help people learn how to build a stronger statewide self-advocacy organization, especially encouraging new chapters to form, and supporting them to get started. This group of presenters has traveled from Nebraska to share their ideas for success - what's actually worked as they rebuilt People First of Nebraska - with us!

**M. On Our Own: Self-Advocates Living Independently**

62

**Kelly Ray and John Burriss**

What does it take to live successfully in the community? This presentation will focus on how self-advocates from different backgrounds and facing different barriers are living in the community today. Presenters will bring their practical experience and wisdom to share with you. Learn where to go to get the services and supports you need, how to find an affordable place to live, and take control of your own money and life.

**N. Defend Yourself: Part 2**

63

**Roger Crome and Amy Plumlee**

Come ready to be active in Part 2. We will be practicing the 1Touch Project moves and skills introduced in Part 1. Unlock your personal self-defense power and self-confidence with these strategies. **Must have participated in Defend Yourself: Part 1 (breakout session 2) in order to safely practice the physical skills involved in this session. No exceptions.**

**O. Reaching Youth Today: The Next Wave**

64

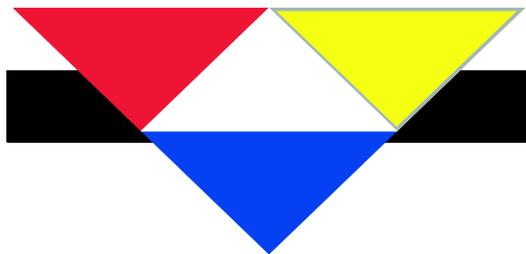
**Daniel Mellenthin**

In the modern era, many established professionals struggle with how to best support (while still staying out of the way of) the next generation of disability advocates. This panel of passionate young advocates will highlight effective strategies to utilize technology, address pressing needs, and uplift the Disability Movement of the future.





**MISSOURI DEPARTMENT OF**  
**MENTAL**  
**HEALTH**



**MISSION**

**Prevention, Treatment, and  
Promotion of Public Understanding**  
for Missourians with mental illnesses,  
developmental disabilities, and substance use disorders.

**VISION**

**Hope, Opportunity, Community Inclusion**  
Missourians receiving mental health services will have  
the opportunity to pursue their dreams and live their  
lives as valued members of their communities.



[WWW.DMH.MO.GOV](http://WWW.DMH.MO.GOV)

**Missouri Department of Mental Health**  
1706 East Elm St., P.O. Box 687  
Jefferson City, MO 65102  
573-751-4122 or 1-800-364-9687

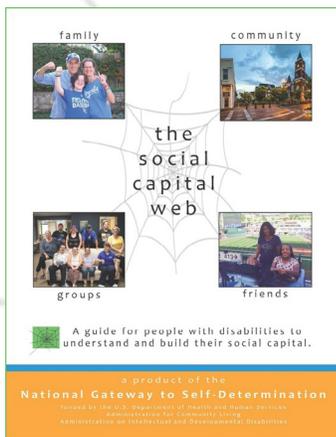


*The Department of Mental Health is an Equal Opportunity Employer; services provided on a nondiscriminatory basis.*

The UMKC Institute for Human Development is proud to support this PeopleFirst Conference. Self-advocacy is a movement that creates a greater, more inclusive and enriched community for everyone.

## The Social Capital Web is now available!

Contact Cindy Beckmann, [beckmanncc@umkc.edu](mailto:beckmanncc@umkc.edu), 816.235.1758 to arrange for a session for your People First organization!

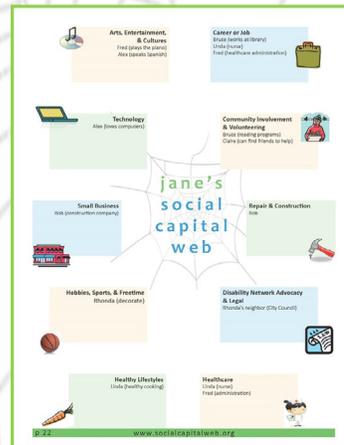


### At the Social Capital Web session you will:

- learn about social capital.
- learn how it can help you reach your goals and have an improved quality of life!
- create YOUR OWN Social Capital Web!

Social Capital can help you with fun little things — like planning an event for your People First group.

Social Capital can help you with more important things — like getting a job or being able to live where you want to live!



After members have created their own Social Capital Web, we can also look at the social capital of your People First Organization!



The Missouri Developmental Disabilities Council's Mission is:

"To assist individuals, families, and the community to include all people with developmental disabilities in every aspect of life."

The council believes that mission will be achieved when people with developmental disabilities:

- make informed choices about where they live, work, play, and worship;
- receive individual and family supports which are flexible, based on need, and provided in a culturally sensitive manner;
- have the opportunity to engage in productive employment and meaningful retirement;
- experience continued growth toward their full potential;
- live in homes in the community with the availability of individualized supports;
- are treated with dignity and respect;
- attend neighborhood schools with their peers in regular classrooms, and
- are members of powerful advocacy networks made up of individuals and parents and family members.

The council also believes that individuals, parents, and family members are the most powerful forces in forging a responsive and flexible support network for people with developmental disabilities.

For more information find us on the web at [www.moddcouncil.org](http://www.moddcouncil.org) or contact us at 1-800-500-7878.



**MACDDS is an effective catalyst, shaping public policy and practice for people with developmental disabilities.**

The Missouri Association of County Developmental Disabilities Services (MACDDS) is a leader in local initiatives for people with developmental disabilities. The organization is comprised of 65 county boards (including the City of St. Louis), and 8 Related Private Organizations, that provide local services for people with developmental disabilities. MACDDS is dedicated to ensuring quality community supports are available for people with developmental disabilities.

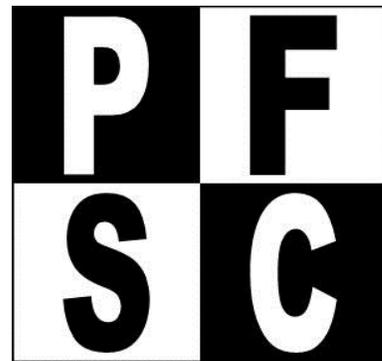
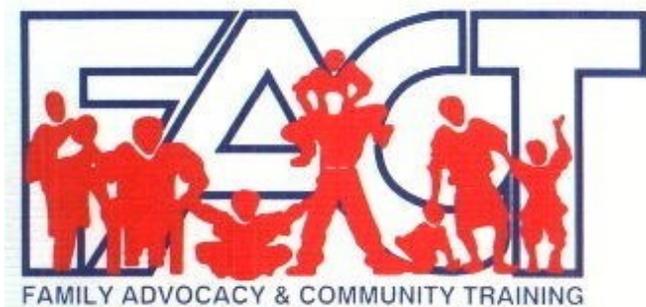
MACDDS believes having local people solving local issues results in the best services for individuals with developmental disabilities. MACDDS works to assure services and supports for people with developmental disabilities continue to be planned and carried out at the local level.

To learn more about MACDDS:

**[MACDDS.org](http://MACDDS.org)**  
**[Facebook.com/groups/macdds](https://Facebook.com/groups/macdds)**

Contact: [macddsoffice@gmail.com](mailto:macddsoffice@gmail.com)

29 S. 9th, Suite 211  
Columbia, MO 65201  
573-442-5599



F.A.C.T. is proud to sponsor People First of Missouri.

Do you live in St. Charles County? Become a PF Member.

St. Charles People First meets on the 3rd Wednesday of each month at 6:00 pm at the

Developmental Disabilities Resource Board,

1025 Country Club Road, St. Charles, MO 63303.

Please contact Advisor Sarah Miley at 636-346-2694 for more information.



F.A.C.T. and People First St. Charles are funded by the DDRB.

F.A.C.T.'s mission is to mentor and empower families through advocacy and training to improve the quality of life and opportunities for children and young adults with disabilities.



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## SUPPORT SERVICES FOR INDIVIDUALS WITH DISABILITIES

**OUR FOCUS IS SUPPORTING INDIVIDUALS CHOOSING TO LIVE FULFILLING AND INDEPENDENT LIFESTYLES IN THEIR OWN COMMUNITY.**

**PERSONAL ASSISTANT & COMMUNITY LIVING SUPPORT**- Skills training and support that includes assistance with activities of daily living like personal care, grooming, bathing and dressing. Our services are designed to assist individuals with varying levels of ability; including those that may be medically fragile. We also assist with housekeeping, shopping, meal planning, budgeting, transportation and more.

**HABILITATION & COMMUNITY INTEGRATION SKILLS**- Training and support designed to increase or maintain an individual's social activity, independence and happiness by assisting them to develop and attain personal goals and new life skills. Areas of particular focus include social skills development, achieving employment goals, increasing communication and community involvement. This service may also provide transportation and para-professional support to facilitate community based activities.

**RESPIRE SERVICES**- Intermittent relief for primary care givers and family members and companionship and supervision for an individual that cannot be alone. Our staff tailors this time to the wishes of the individual and activities of their choosing. This service may also be used for overnight support.

**888-880-6565 • PYRAMIDHHS.COM**

## Sponsors - Gold



*Willows Way promotes independence and personal growth for people with intellectual and physical challenges through a variety of social-service programs.*

- **Realities** provides up to 8 hours of individualized services per week.
- **Individualized Supported Living** provides up to 24-hour-a-day support to allow individuals to live independently based on their needs and goals.
- **Community Integration and Education** offers participants daily structured activities designed to promote social networking, community involvement, volunteerism and physical activity.
- **Project HEART** provides stimulating, person-centered health education classes, skills training and resources.

  
**willows  
way™**

*Life, Beyond Limits*

800 Friedens Road  
Suite 100  
St. Charles, MO 63303

636.757.0519

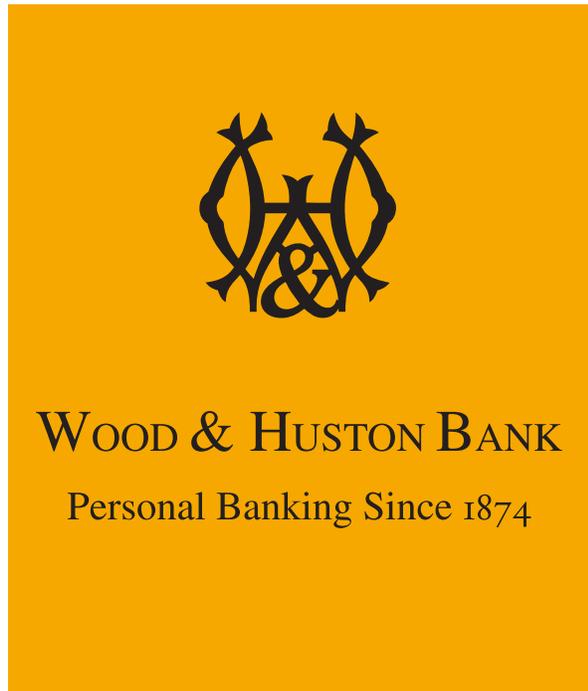
[www.willowsway.org](http://www.willowsway.org)

*Proud Sponsor of People First of Missouri 2017 Conference.*

# Salvatore Foundation

**“Give a child with autism a high bar, a supportive community, and equal rights, they will gain much more than a fighting chance...they will far exceed every expectation that society has the audacity to bind them with.”**

**The Salvatore Foundation: Supports without limits!  
Thomas and Stephanie Briscoe, Founders**



## In memory of Jessica Duke



## People First of Pike County

Amanda Himmelberg  
DDP/Owner  
660.537.0055

Amber Conz  
Administrator/Owner  
660.537.4789



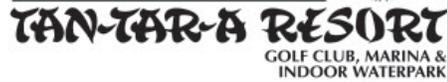
[amanda@sisterssupportiveliving.com](mailto:amanda@sisterssupportiveliving.com)  
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510 Ryan Street • Booneville, MO 65233  
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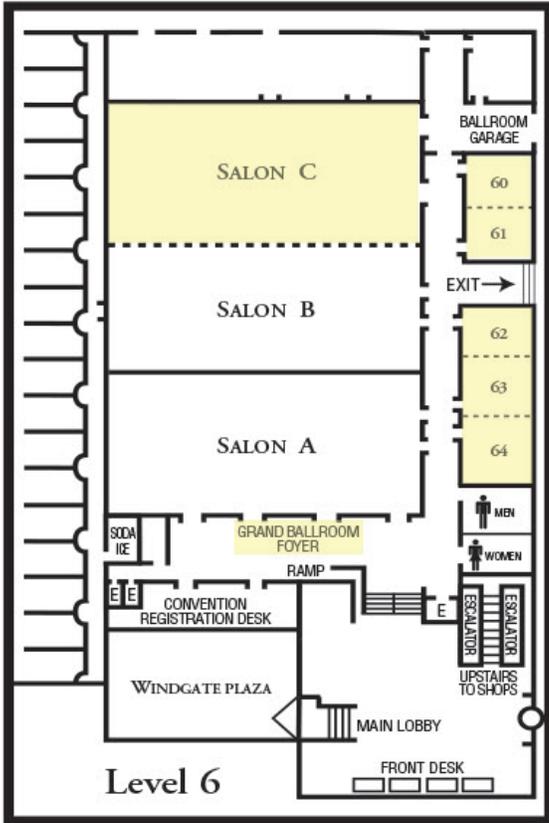


# Map of Conference Locations

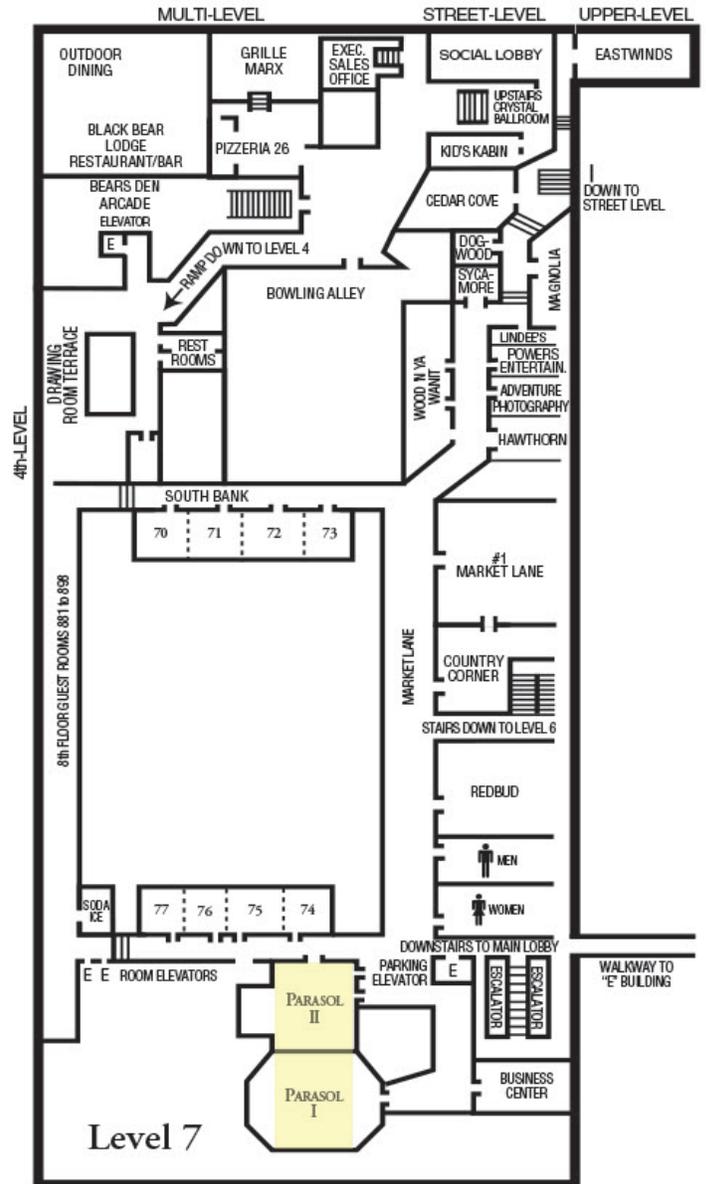
LAKE OF THE OZARKS



## BUILDING A & B (Meeting and Facilities Directional Map)



Saturday night dinner and award ceremony will be held in Windgate Hall on 5th Level.



Locations in yellow will be used during the conference. Please see the Agenda on page 3 for a listing of large group locations by event and breakout room listings on pages 6-8. For a map of resort grounds, please speak with the hotel front desk.

# PFMO Thanks Our Platinum and Platinum Plus Sponsors



Special thanks to all the members of the conference planning committee, members, and advisors, for making this conference great!