

Making Quality A Habit

Putting Person Centered
Practices to Work
Resource Note

2020
June



Supporting Purpose and Meaning in the Lives of Individuals with MH/IDD

Presenter: Michael Smull,
Chair, The Learning Community
for Person Centered Practices

Description:

We all seek to have purpose and meaning present in our lives, but we often neglect to prioritize the development of meaning in the lives of individuals we support. Through a series of stories we explore what happens when we ignore or accidentally take meaning away; how we miss opportunities to build it; how it contributes to the lives of those who have it; and how "finding your passion leads to finding your purpose". We also look at dangers we need to avoid if finding purpose becomes an expectation. **Video with slides and additional resources [here](#). Password: Start1**

Learning Objectives:

Participants will be able to...

- Demonstrate how START's use of PERMA and person-centered thinking can be used as tools to support explorations of purpose and meaning for individuals with MH/IDD
- Describe rationale for helping people move from 'service life' to 'community life' and why our definition of community life must include meaning
- List at least three (3) key considerations when promoting the identification of purpose and meaning in the life of a person with MH/IDD
- Describe the role that culture plays with regard to purpose and meaning



A Note

Recorded and upcoming webinars and a guide to making video meetings more accessible for all.

Johnnie Lacy, a Black disabled activist, recounted several decades of experience trying to negotiate her minority identities. She recalls the San Francisco State University professor who successfully organized a movement to stop her from studying in his department because he saw no place in his profession for wheelchair-users: ". . . my final and departing shot to him was that if I were just a woman, he could not do this to me; if I were only a person of color, he would not be able to do this to me; and . . . "the only way that you [are] able to take this unfair advantage is because I have a disability."

NorCal Gathering Committee

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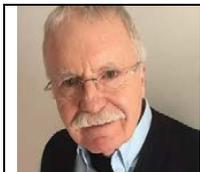
Bill Allen
Tina Calderaro-Mendoza

Find the NorCal Archive of all newsletters and resource notes at [here](#).

National Center on Advancing Person-Centered Practices and Systems

Person-Centered Planning and the Pandemic Tools and Approaches for COVID-19 and Beyond July 9, 2020, 2:00-3:00 PM, Eastern To register, visit [here](#).

The COVID-19 pandemic has brought into stark relief the critical importance of advance planning for both daily wellness and healthcare emergencies. In this interactive workshop, a panel of subject matter experts from across the long-term services and supports field, as well as people with lived experience, will offer tools and strategies that can be used to cope with life during a pandemic and plan in the event of a COVID-related hospitalization.

	<p>Michael Smull is a consultant and trainer who has worked with people with disabilities labels for the past 48 years. He is the senior partner in Support Development Associates (www.sdaus.com) and the founder and Chair of The Learning Community for Person Centered Practices (www.tlcpcp.com). He is the co-developer of a person-centered thinking curricula and of essential lifestyle planning. Mr. Smull has provided training and consultation in 49 states, and 8 countries.</p>
	<p>Amye Trefethen works as the Family and Youth Services Coordinator for NAMI Missouri. Amye lives with bipolar disorder and has several family members who live with mental health challenges, as well as ASD. Amye enjoys spending time with her daughter Olivia, as well as her family and pets. She enjoys knitting, sewing and cooking and reading.</p>
	<p>Chacku Mathai is the Director for a SAMHSA Healthy Transitions Grant focused on supporting youth and young adults experiencing early psychosis through OnTrackNY and the Center for Practice Innovations at Columbia University. His personal experiences as an Indian-American young adult with disabling mental health and substance use challenges informs his effort to advocate for improved services, social conditions, and alternative supports in the community.</p>
	<p>Jenny Turner is a member of the LifeCourse Nexus Team at the UMKC Institute for Human Development. She is the big sister of a sibling with IDD, and brings her personal and professional experience to support implementation of the Charting the LifeCourse framework for person and family centered policy, practice, and systems change.</p>
	<p>Dr. Sheli Reynolds is the Associate Director at UMKC Institute for Human Development, where she advocates for and alongside people with disabilities and their families, working to create policy, practice, systems, and community change. She is the lead developer of the Charting the LifeCourse framework and tools and directs the LifeCourse Nexus.</p>
	<p>Dr. Janis Tondora is an Associate Professor in the Yale School of Medicine's Program for Recovery and Community Health. Dr. Tondora's professional interests focus on the design, implementation, and evaluation of services that promote self-determination, recovery, and community inclusion among individuals living with serious behavioral health conditions.</p>

NCAPPS is an initiative from the Administration for Community Living and the Centers for Medicare & Medicaid Services to help States, Tribes, and Territories to implement person-centered practices. NCAPPS webinars are open to the public, and are geared toward human services administrators, providers, and people who use long-term services and supports. All NCAPPS webinars will be recorded and archived at <https://ncapps.acl.gov>.

Excerpts from

Supporting Virtual Meeting Accessibility

By Nicole LeBlanc, coordinator of the Person-Centered Advisory and Leadership Group for NCAPPS

As we work together to stop the spread of COVID-19, more and more of our meetings, conferences, and community events are moving to online, virtual formats. But it is important for meeting organizers to keep in mind that access to technology is not equal. The digital world can pose extra challenges for people with disabilities.

People who were struggling before the pandemic because of things like low wages, high housing costs, and health or mental health challenges or disabilities may not have access to technology that makes these meetings possible. As we all have seen, the effects of the pandemic have been more intense for people dealing with these challenges and for people of color who have been left out of our social safety net.

Many of them may be dealing with even more disruptions and access issues than usual. By being creative, we can weather this storm and figure out how to be more inclusive in our new ways of working and socializing. The complete article can be found [here](#).

Other tips to support Virtual Meeting Accessibility

1. Send out materials like the agenda and any other materials ahead of time if it applies. 1-2 weeks in advance of a meeting.
2. All content should be large print: 14+ font. 1.5-Double spaced.
3. Use plain language. Content should be between 4th-8th grade reading level. The lower the better.
4. Use pictures as much as possible.
5. Use short sentences.
6. During sessions, plan for breaks to go around the “room” to ensure everyone gets a chance to give input, including those who may be quiet or have not yet stepped up to add their thoughts.
7. *Do not* speak too fast. Slow down. Present one idea at a time.
8. It is always good to have a chat feature available so that people can get their thoughts and ideas off their chest without having to worry about interrupting the conversation. On the other hand, some folks find chat to be distracting, so it is good to let folks know how to turn “Chat” on & off when needed.
9. Record discussions with captioning if it applies.
10. If requested, mail handouts for selected presentations to self-advocates who need hard copies.