

Center for Self-Advocacy

The Center for Self Advocacy offers free presentations to the community on a wide variety of topics. Please contact Daniel Ekman at 505-670-5698 or daniel.ekman@state.nm.us to schedule or for more information.

Topic #1: Basic Self-Advocacy

- Self-Advocacy 101
- Youth Leadership Series
- Working Together as One (Self-Advocacy for Middle School)
- Teen Advocacy
- Daily Living for Self-Advocates

Topic #2: Disability Awareness for All

- Disability Awareness
- Human Rights
- I Am Unique
- We're Grown Ups Now
- Understanding Hidden Disabilities
- Hidden Disabilities

Topic #3: Advanced Self Advocacy and Systems Change

- Boards and Committees
- Educating Health Professionals
- How to Schmooze Your Legislator
- Leadership
- Positivity
- Stop the R-Word
- Voting

Topic #4: Employment

- Employment Tips
- Employer Awareness
- Good Employee Employer Relationships
- Problem Solving on the Job
- Starting Your Own Business
- Transferrable Skills



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Topic #6: Post-Secondary Education

- Accessibility in Post-Secondary Education
- Continuing Your Education

Topic #7: Community Living

- The Center for Self-Advocacy
- Antibullying/Mean People Suck
- Anger Management
- Community Safety
- Domestic Violence
- Driver Safety
- Defensive Driving
- Healthy Living
- Housing for People with Disabilities
- How to Travel to Different Places
- Internet Safety
- Living on Your Own
- Local Resource in NM
- Money Management
- Surviving Group Homes
- Transportation

Topic #8: Social Skills

- How to Meet People
- Getting to Know People
- How to be social
- How to have fun in New Mexico
- Communication
- Empathy
- Going on Dates
- Romance
- Dumping and Being Dumped
- Let's Talk About Sex
- Dos and Don'ts of Relationships



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Topic #1: Basic Self-Advocacy

- **Self-Advocacy 101**
 - The basics about what it means to be a self-advocate
- **Youth Leadership Series**
 - Four modules: “Know Your Rights”, “Moral, Medical, and Civil Rights Models”, “Self-Advocacy”, “Leadership”
- **Working Together as One**
 - Introduces self-advocacy for middle school students
- **Teen Advocacy**
 - For high school students to learn more about their disability rights, self-determination, and resources
- **Daily Living for Self-Advocates**
 - How the Americans with Disabilities Act applies in workplace and social service settings

Topic #2: Disability Awareness for All

- **Disability Awareness**
 - For those who want a better understanding of the needs and abilities of people with disabilities
- **Human Rights**
 - Developed from the Harvard Project on Disability and covers topics such as respect and inclusion
- **I Am Unique**
 - All people deserve respect. Includes role play and history lessons on discrimination



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Topic #2: Disability Awareness for All

- **We're Grown Ups Now**
 - Teaches parents and professions why it is important to treat people with disabilities like adults, not children
- **Understanding Hidden Disabilities**
 - Challenges stereotypical ideas of disabilities , as many disabilities cannot be seen
- **Hidden Disabilities**
 - Covers specific hidden disabilities including mental health, Deaf or hard of hearing, seizures, brain injury, and autism

Topic #3: Advanced Self Advocacy and Systems Change

- **Boards and Committees**
 - Learn skills necessary to sit on board or committee, as many self-advocates have been asked join after developing leadership skills
- **Educating Health Professionals**
 - For healthcare professionals who want to better understand how to communicate with their patients with disabilities and promotes patient self-determination
- **How to Schmooze Your Legislator**
 - Teaches self-advocates and advocates about the legislative process



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Topic #3: Advanced Self Advocacy and Systems Change

- **Leadership**
 - Understand what a leader is and does with tips and activities that encourage community action
- **Positivity**
 - Explains what negativity is, how to have a positive attitude, anger management, and strategies for overcoming obstacles
- **Stop the R-Word**
 - Uses self-reflection and stories from self-advocates to explain why the R-word is hurtful and unacceptable
- **Voting**
 - Explores everything from registering to vote, how to research candidates, to what to expect at the polls.

Topic #4: Employment

- **Employment Tips**
 - For self-advocates interested in finding a job with information about various approaches, how to fill out an application, what to wear for interview, and role play an interview
- **Employer Awareness**
 - For potential employers of people with disabilities on orienting new employees to the workplace
- **Good Employee-Employer Relationships**
 - Covers workplace conduct and interacting with employers and fellow employees



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Topic #4: Employment

• **Problem Solving on the Job**

- What you can do about problems experienced while working, your job rights, sexual harassment and what to do about it

• **Starting Your Own Business**

- An overview on starting a business while hearing from individuals who have started their own business

• **Transferrable Skills**

- Helps individuals identify potential jobs by teaching about skills, aptitudes, and local resources

Topic #5: Waiver Resources, Services, and Issues

• **Developmental Disabilities (DD) Waiver**

- Helps self-advocates and others understand the rules, regulations, process, and covered benefits

• **DD Waiver and other Funding Sources**

- Explains and gives brochure on each funding sources that explains qualifying, what to expect, how to sign up, waiting period, staying qualified, and contact information

• **Marriage without Penalties**

- Educates on the topic of marriage with regard to SSI benefit, ideas for solving the problem, and alternatives

• **Mi Via**

- Overview of what to expect from the Mi Via program and how it works



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Topic #5: Waiver Resources, Services, and Issues

- **Running Your Own Individualized Support Plan (ISP)**
 - How to make ISP choices that benefit you and how to voice your concerns
- **Special Olympics**
 - Learn more about Special Olympics, benefits of involvement, and the requirements for joining
- **Supports Intensity Scale (SIS)**
 - Teaches about the SIS evaluates people with developmental disabilities to determine their waiver services
- **Supplemental Security Income (SSI)**
 - Learn about eligibility, benefits, resources, and rules of SSI

Topic #6: Post-Secondary Education

- **Accessibility in Post-Secondary Education**
 - Gives information about the Americans with Disabilities Act (ADA) and education and what services are available
- **Continuing Your Education**
 - What you need to know to prepare for and get into college, what resources are available, and different programs of study

Topic #7: Community Living

- **Center for Self-Advocacy (CSA)**
 - Learn about the CSA and disability awareness
- **Antibullying**
 - Ways to identify bullying, break the cycle of bullying, and positive outcomes of not bullying



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Topic #7: Community Living

- **Anger Management**
 - Identify types of anger, alternatives, and how to best manager anger
- **Community Safety**
 - Learn differences between friends, acquaintances, and strangers and explore safety when being out in the community
- **Domestic Violence**
 - Dispels myths, how to address domestic violence, and gives resources
- **Driver Safety**
 - How to apply for a license and safe driving skills and habits
- **Defensive Driving**
 - Dangerous driving behaviors and how to avoid them
- **Healthy Living**
 - Making healthy food choices, making physical activities easy and fun, and including family and friends
- **Housing for People with Disabilities**
 - Options and programs to assist individuals who want to purchase a home
- **How to Travel to Different Places**
 - For anyone who wants to travel including budgeting and accessibility
- **Internet Safety**
 - Review safety tips and how to use the internet



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Topic #7: Community Living

- **Living on Your Own**
 - Making routines, keeping your place clean, budgeting, safety plans, and social interactions
- **Local Resources in New Mexico**
 - Resources pertaining to employment, transportation, and assistive technology
- **Money Management**
 - What a budget includes and why people should budget their money, saving money, and making a grocery list
- **Surviving Group Homes**
 - What group homes are and how they work
- **Transportation**
 - Types of transportation available for people with disabilities, how to set an appointment with transportation companies

Topic #8: Social Skills

- **How to Meet People**
 - Why social interaction is important, how to meet new people, and safety tips
- **Getting to Know People**
 - Additional communication strategies and safe activities to do while getting to know someone
- **How to be Social**
 - Addresses development and use of social skills and how to be safe and have fun in social settings



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Topic #8: Social Skills

- **How to Have Fun in New Mexico**
 - How to have fun and interact with friends in New Mexico
- **Communication**
 - Teaches good listening and talking skills, as well as paying attention to nonverbal communication
- **Empathy**
 - Definitions of empathy, such as love and trust, and compares respectful and disrespectful behavior through roleplay
- **Going on Dates**
 - Tips on appropriate and inappropriate behavior and what should and shouldn't happen on dates
- **Romance**
 - How to decide whether someone is right for you and things to watch out for
- **Dumping and Being Dumped**
 - How to cope with a breakup, things you should have in a relationship like disrespect or violence, and how to handle issues in healthy and positive way
- **Let's Talk about Sex**
 - Approach sex in a healthy, responsible, and safe way. Includes birth control, does not review details of intercourse
- **Dos and Don'ts of Relationships**
 - Covers having strong long-term relationships



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