

## Arizona Developmental Disabilities Planning Council (ADDPC) Renewal Application

Narrative Response and Attachments:

- 1. Provide a description of your funded project and how it aligns with the ADDPC Goal of Self-Advocacy, Integrated Employment or Inclusion. Explain why the ADDPC should consider renewing your contract.***

### Project Intent

Here is a description of our funded project. The goal of this project is to expand the availability of the Civic Leadership Training (CLD) to persons with I/DD throughout Arizona. The Arizona Peer and Family Coalition Civic Leadership Development Training highlights the long-term, powerful, and intentional partnering of Individual and Family Leaders from across Arizona to nurture and develop the healthcare leaders of the future. Our goal is to make a difference in the lives of community members by giving them the knowledge, skills, values and inspiration to make a positive impact in health care, specifically behavioral health care. Participants learn how to advocate for themselves and other family members, along with their peers, throughout Arizona's behavioral health care systems. They learn how to share their story and be empowered to share their perspective. Participants are able to identify issues that need reform and strategize to impact change. They are introduced to different venues in which their voice is needed and reform can be practiced. Participants learn advocacy skills, techniques and gain a better understanding of behavioral health care.

During this next contract year, we will include an additional training titled "Committee Work and Meeting Rules 101". We have heard from many of our partners, as well and from the Coalition membership, and they are eager for an advanced training. This training will give participants a greater understanding of how committees work, the rules of the committee, committee basics such as attendance, attire, etc. as well as an understanding of Robert's Rules, often practiced by many of the committees in which potential persons with I/DD will be involved.

### ADDPC Goal of Self-Advocacy

This project perfectly aligns with the goal of Self Advocacy/Self-Determination, especially objectives 1 through 3. The Arizona Peer and Family Coalition's CLD training provides leadership training to persons with I/DD who want to be more involved in advocacy. The goal is to help them understand the power of their voice, the importance of their story and how they can positively impact the systems in which they live, work and/or play. The APFC is a self-advocacy coalition led by individuals with lived experience. We are very involved in our communities and address issues of importance to persons with I/DD, especially those living with mental illness.

## Renewal Application Process

- 2. Provide a summary of the program achievements for the current year. Include all key activities that have been undertaken based on the current implementation plan. Describe key barriers that were overcome. Also describe what activities are left to complete in the last quarter of your contract.***

### Program Achievements

Here is a summary of our program achievements for the current year. We spent over 25 hours updating the Civic Leadership Training curriculum. Updates were made specifically based on feedback shared by presenters and participants. All presenters have reviewed, provided feedback and have been trained in the updated curriculum. We created a pre and post-test to be sure we are evaluating the training and responding to additional ideas and feedback.

We have also organized a statewide coalition list, which includes a list of all committees or coalitions to which a member may want to participate. They are all committees or coalitions in Arizona that impact healthcare delivery in Arizona. By providing the list to those we train, we can help connect individual participants to a disability coalition, policy board or a governing body. We have included this document for your reference.

During this past year, we held 4 trainings and trained 26 individuals. In July, we trained 9 individuals in Maricopa County. While Maricopa County was not one of our targeted counties, we wanted to meet the request from the community and therefore provided the training. On October 26<sup>th</sup>, we held a training in Mohave County, but unfortunately we did not have anyone in attendance. We rescheduled the training for December 7<sup>th</sup> in Mohave County and were able to train 10 individuals, all who identify as individuals with I/DD. The fourth training was held on February 7<sup>th</sup>, 2020 in Navajo County where we trained 7 individuals. We had another training scheduled to take place at Ability 360 in Maricopa County on March 19<sup>th</sup>, which was cancelled due to COVID-19 and the recommendations made by the Center for Disease Control. We had 32 individuals ready to participate in that training. If it wasn't for the cancellation of COVID-19, we would have held 5 trainings and would have trained 58 individuals up to this point – which would have allowed us to achieve at least 75% of our grant deliverables. The next training is scheduled for the beginning of June in Coconino County. The training will take place over Zoom. We will also have a physical room available within Coconino County, where those participants who do not have access to the internet may participate in the training while practicing social distancing.

Of those who participated in the CLD training, 2 of the individuals have gone on to become CLD instructors! It has been incredible seeing these individuals grow!

## Renewal Application Process

Another huge accomplishment was having our CLD training translated into Spanish. This task took more time than we had hoped, but we now have a fabulous product that we can teach to many throughout our state. We will hold our first CLD training in Spanish in June of 2020 over Zoom. As mentioned above, we will have a physical space available for those who do not have access to the internet. We also plan to hold 2-3 additional trainings in Spanish in the 2020-2021 grant cycle.

Last but not least, the APFC Board President Kathy Bashor, has done some incredible outreach to the IDD community. Due to her passion and connections, she has since been asked to Co-Chair the Arizona Independent Living Emergency Management Council with Scott Lindstrom. This has increased the presence of the APFC and secured future partnerships.

### Barriers

Our largest barrier was recruiting participants in our very rural communities. As mentioned above, we did not have any attend the training held in October but did have 10 people attend when it was rescheduled in December. Due to this barrier, we have increased our partners greatly. We have provided outreach to the following organizations and coalitions: Arizona Children's Alliance, NAZCARE (behavioral health provider), AHCCCS Office of Individual and Family Affairs, Care 1<sup>st</sup> Health Plan, the Family Involvement Center, the Arizona Behavioral Health Council, the Northern Arizona Peer and Family Coalition, the National Alliance on Mental Illness, 153 members of the Arizona Peer and Family Coalition and the Veteran Contingent. Marcella Crane with the AZ Developmental Disabilities Planning Council also advertised our last training. In addition, we reached out to Ability 360 to host our training in March. They also helped us market this program and within one week the class was full, with 32 people on the list. While it had to be cancelled due to COVID-19, all 32 individuals are ready and willing to attend as soon as it is rescheduled.

### Final Steps

We have decided to move our remaining trainings to the virtual platform Zoom. We will still have two presenters and a room host who will provide technical assistance throughout the training. Our remaining trainings are as scheduled: June in Coconino County, July in Gila County and we will hold a Spanish training in Cochise County during the month of June. We will reschedule the training to be held in Maricopa County over zoom, with physical space at Ability 360, during the month of July. By the end of August, we will have completed our grant deliverables.

### **3. Describe who are the community partners that are supporting your project, and their role in your contract.**

Our community partners include the Arizona Children's Alliance, NAZCARE (behavioral health provider), AHCCCS Office of Individual and Family Affairs, the

## Renewal Application Process

Family Involvement Center, the Arizona Behavioral Health Council, the Northern Arizona Peer and Family Coalition, the National Alliance on Mental Illness (NAMI), 153 members of the Arizona Peer and Family Coalition and the Veterans Contingent. All these partners assist us with recruiting participants. NAZCARE, NAMI and Ability 360 are partners and provide space for us to host our trainings. The health plans, including Care1st Health Plan Arizona, Magellan, Mercy Care and Arizona Complete Health have helped with recruitment but have also been helpful in identifying committees in which member advocates are needed. Thus, once they have completed the CLD training, we are able to assist them in finding a committee in which their voice will be heard.

**4. *Summarize feedback from participants, families, professionals and other stakeholders during the current funded period. Explain how their feedback is used for evaluation analysis and in program design.***

Here is a summary of feedback from participants and families. Feedback is obtained from participants and families after each training, along with 6 months after each training. The immediate feedback received has been used to make ongoing updates to the curriculum. As mentioned above, we have spent approximately 25 hours updating the curriculum. For example, a few participants have shared that the training is peer focused and could use some more information about the family, thus we have updated the training to include the important role families play in advocacy. Others have made general requests, such as they would like more information on Medicaid and would like more information around employment assistance. While this training cannot include all these items in detail, we have added information on each service to the program. Thus, now participants have a general idea of what these services or processes are, but more importantly know where to obtain more information.

**5. *Summarize evaluation findings to date and level of satisfaction. Explain if the program is on track with proposed target numbers; if not, describe barriers to reaching target numbers. Data to include here include the number of self-advocates, family members, or professionals/others. Also state if any policy or procedures have been changed based on your program, and what this result will mean for peers/families.***

This section summarizes evaluation findings, barriers and proposed target numbers. Due to COVID-19, we are behind on our implementation plan. We did however receive a 3 month grant extension, which we very much appreciate. While we are below our targeted numbers, we are confident we will reach our goal by the end of August 2020. The CDC guidelines with COVID-19 have forced us to delay the in-person trainings and move them to a virtual platform. Since the 4-hour training contains a lot of interaction, it is best they occur in person versus online. However, seeing as though the CDC is still enforcing strict social distancing guidelines, we will take the training virtually to ensure our

## Renewal Application Process

targeted numbers are reached and the community is served. Rather than having a 4-hour training online, we will divide them up into 2 2-hour sessions.

The other barrier has been attendance. It continues to be a challenge to recruit participants in our very rural communities. Due to this barrier, we have increased our partners greatly. We have and will continue to provide outreach to the following organizations and coalitions, as previously listed on Page 3. In addition, we reached out to Ability 360 who will host a future training. They were scheduled to be our host in March, but that training was cancelled due to COVID-19; however, all 32 individuals are ready and willing to attend as soon as it is rescheduled. Some of the agencies located in Ability 360, who we will outreach include: Arizona Autism United, Multiple Sclerosis Society, Raising Special Kids, Valley Center of the Deaf, Arizona Spinal Cord Injury Association and the Brain Injury Alliance of Arizona.

We have developed a comprehensive pre and post-test, which includes an evaluation. These tests are distributed to each of the Civic Leadership Training attendees. The feedback we received was incredible. One participant shared that the “class was very good and well organized”. All those who completed the evaluations shared the training was either “good” or “excellent”. Fourteen of the twenty-six individuals completed the pre and post-tests. Based on the post-test results, all fourteen individuals reported they are either “likely” or “very likely” to advocate for themselves or their loved ones, join a committee or a coalition and share their personal story. Ten out of the twenty-six individuals shared they were “likely” or “very likely” to speak with a policy maker. While it is not a surprise, we have made note of this and will emphasize this in future presentations.

One participant shared “it is very encouraging to know you have a voice” on their post test and evaluation form. We have also received feedback outside of the evaluations. One of the participants shared the following with us over email.

“I wanted you to know that I used my elevator speech last night. I was at a community forum where a County Supervisor candidate was speaking. My "practiced" speech was well received by the candidate. While I first learned the "elevator speech" technique at the APFC Leadership Training, I perfected it at the Advocacy Institute. Thanks!!” Candy Blakeslee

As reflected in the table below, 26 of the 26 individuals trained identify as a peer. One also identified as a family member.

<b>Peer</b>	<b>Family Members</b>	<b>Professionals</b>
<b>26</b>	1	0

## Renewal Application Process

Each participant is sent a survey 6 months following the training. This survey is used to identify any self-advocacy efforts. The survey was sent out on January 27<sup>th</sup> and again on April 16<sup>th</sup>, 2020 to 19 individuals who previously completed the CLD trainings. Not all participants have emails, thus we have had to contact a few via phone. We heard back from 12 of the 19 individuals and the data is as follows:

- 93% report increased knowledge of how to take part in decisions that affect their lives, the lives of others, and/or systems
- 90% report increased advocacy efforts
- 100% feel better equipped to say what they want or ask for the services/supports that are important
- 90% reported participating in additional advocacy activities as a result of the Civic Leadership Training
- 55% report serving on cross disability coalitions, policy boards, governing bodies and/or serving in leadership positions

While making the follow up phone calls, participants were grateful for the outreach. One participant shared that the training taught her how to “advocate” versus feeling as though she was “protesting”. She also shared she is now part of the “Shield-up Program”, where she can help lead others who are struggling. Another participant shared he knows feel empowered to file a grievance and speak up. Yet another shared they now have a “burst of confidence”. All participants shared the value and importance of “having a voice”.

While we are unaware of policies and procedures that have been formally changed due to our program, we know they have been influenced. One of the CLD training graduates, Christa Lutz, joined our APFC board and has helped lead efforts due to the COVID-19 crisis. She has helped develop outreach surveys, which were completed by over 200 members of our community. Of those surveyed, with Christa’s help, the APFC provided outreach to 45 of those individuals through personal phone calls and resource outreach. Another CLD graduate, Nia Buckley, has done an incredible job outreaching and advocating for our homeless population, especially during this COVID-19 crisis. Lastly, a CLD graduate Candy Blakeley, recently put this incredible website of COVID-19 resources together. You can visit the site here: <https://mentalhealthresources.org/> In addition, a number of graduates have been able to provide advocacy to the jails and prisons during this crisis. It has been amazing to see what this group has accomplished with the CLD graduates and now community leaders!

### Next Steps

- 6. Describe proposed changes that will be planned for the second year, including program design, target numbers, collaborators, implementation, staffing, evaluation, and other activities.**

## Renewal Application Process

This section will cover the proposed changes to the plan for the second year. Our goal for the second year will be to serve 120-150 people with I/DD. We will conduct at **least two trainings in Spanish**, one in Maricopa County (10 people) and one in Pima County (10 people). We will host **three additional trainings in Maricopa County** (75 people). We will hold one of the trainings at Ability 360. The other two trainings will be focused on educating individuals within the **Arizona Statewide Independent Living Council (AZSILC) and the Arizona Disability Coalition (ADC)**. The AZSILC promotes programs, resources, and services that empower people with disabilities to live independently. The ADC is a statewide, cross-disability coalition and includes individuals and organizations from across Arizona.

We will also develop and publish the **Committee Work and Meeting Rules 101 training**, which will be offered electronically and will be used to train 25-50 individuals during 2020-2021. In addition, we will **hold quarterly “check-in” meetings** with all those participants who have gone through the CLD training in the first year of the grant (2019-2020). During these “check-in” meetings we will provide support, answer questions, assist participants in locating a coalition in need and determine what further education may be needed.

Each participant will receive a pre and post-test that has been developed to collect data. These tests will be distributed to each of the Civic Leadership Training attendees. Kristina Sabetta will then gather and tabulate the data.

Each participant will be sent a survey 6 months following the training. This survey will be used to identify any self-advocacy efforts. The survey will include the following questions:

- Has the Civic Leadership Training increased your knowledge of how to take part in decisions that affect their change to your lives, the lives of others, and/or systems?
- Have you been able to increase your advocacy efforts as a result of the Civic Leadership Training?
- Do you feel better equipped to say what you want or ask for the services/supports that are important to you?
- Have you participated in additional advocacy activities as a result of the Civic Leadership Training?
- Are you serving on cross disability coalitions, policy boards, governing bodies and/or serving in leadership positions?

We will continue to collaborate with the Arizona Children’s Alliance, NAZCARE (behavioral health provider), AHCCCS Office of Individual and Family Affairs, the Family Involvement Center, the Arizona Behavioral Health Council, the Northern Arizona Peer and Family Coalition, the NAMI and 153 members of the Arizona Peer and Family Coalition. All these partners assist us with recruiting participants. NAZCARE,

## Renewal Application Process

NAMI, Ability 360, Care1st Health Plan Arizona, Magellan, Mercy Care and Arizona Complete Health. We will target our outreach to those groups who specialize with the I/DD system, outside of only mental illness. We will work specifically with the Arizona Statewide Independent Living Council (AZSILC) and the Arizona Disability Coalition (ADC). These partners will help with recruitment but have also been helpful in identifying committees in which member advocates are needed. We will also outreach Art Awakenings as they have sent program referrals to the APFC.

**7. *Describe effort to work in or promote the program in underserved or unserved areas of the state or with certain populations that are often overlooked.***

This project specifically targeted our rural communities who are an underserved population. We provided trainings in Mohave and Navajo County, and will be providing the training in Cochise, Gila and Coconino Counties. This is the first time we have been able to travel to such rural areas, which was possible with funds from this grant. While attendance has been low and the recruitment has been a challenge, those we trained have faced many barriers in their lives due to the limited providers, lack of transportation and minimal support services.

In addition, we are closely connected to the mental health community, which covers many underserved and unserved areas of the state. This audience has been our primary focus. This year we have also connected with non-Medicaid families who have a loved one with I/DD. These families have often felt “stuck” between systems and left without a voice. We have been able to connect with them and many are on the waiting list for the next CLD training in Maricopa County.

**8. *Elaborate on sustainability efforts that show commitment from other sources of funds to fund the program post ADDPC funding.***

We have had additional funds support our program and increase our sustainability efforts. Arizona Complete Health provided the APFC with a \$5,000 contribution to support our training efforts, our incredible advocacy efforts and create an additional training for their members who are ready to join a committee. Care1st Health Plan and Mercy Care also each contributed \$2,500 each to support the efforts of the APFC. We are blessed to have such active and incredible partners.

**Attachments:**

Attachment 1: Implementation Plan

Attachment 2: 12-month Budget and Budget Narrative

Attachment 3: List of Key Staff Responsibilities

Page 9

## Renewal Application Process

Attachment 4: Pre and Post Tests

Attachment 5: Coalition List



**Arizona Developmental Disabilities Planning Council (ADDPC) Renewal Application Process for Grantees ending July 2020**

**Attachment 2: Budget Request Form**

Contractor Name: Arizona Peer and Family Coalition  
 Contractor Address: 2145 E Sanos Drive Tempe, AZ 85281  
 Project Name: Self-Advocacy Leadership Training

Budget Category	Requested ADDPC Funds	Non-Federal Cash Match	Non-Federal In-Kind Match	Total Program Cost
Personnel/Salaries	2,000		2,160	4,160
Fringe Benefits	180			180
Supplies / Operating Expenses	1,800			2,265
Travel	1,835			1,835
Rent or Cost of Space				
Contracted Services I Professional Services	3,575	437.50		4,012.50
Administrative / Indirect Costs	1,000			1,000
<b>Total Costs</b>	<b>10,390</b>	<b>437.50</b>	<b>2,160</b>	<b>13,453</b>

It is understood that Non-Federal Funds identified in this budget will be used to match only ADDPC Federal Funds, and will not be used to match any other Federal Funds during the period of the ADDPC funded Project.

Additional description and background information shall be included as a budget narrative, including for match. The contractor agrees to submit additional background information to the ADDPC upon request.



Board President

928-277-0713

kathywilderness12@gmail.com

---

Phone

Email

## Budget Narrative

### Personnel/Salaries

There are three positions listed in this category:

#### **Grant Coordinator and Program Manager**

Under the ADDPC Funds column, is the cost for a part-time grant coordinator and program manager. The person who will carry out this work is Kristina Sabetta. She will coordinate the grant, submit grant reports and fiscal invoices, apply for the grant renewal tabulate data from trainings and follow up with trainees, coordinate accessibility services and distribute recruitment materials. Kristina will also prepare recruitment flyers and help advertise the training. She will collect evaluations from trainers after the training has been completed; and she will follow up with trainees after 6 months to collect information about the impact of the training. She will also check in with participants and hold quarterly “check-ins”. Kristina will also increase the APFC’s outreach efforts and target those I/DD communities outside of the mental health system. This position will be reimbursed at a rate of \$500 per quarter. Kristina will work approximately 100 hours on this grant.

*Under the Non Federal In-kind Match column, are two positions.*

#### **President**

This is Kathy Bashor, President of the AZ Peer and Family Coalition. She will assist with contacts with the Health Plans Community Partners to identify where trainees are needed to be placed on committees and to arrange for locations and recruitment support. Kathy will do this work as a volunteer. She is expected to work at least 40 hours during the contract year. We are basing the match amount on a \$50,000 salary rate for Kathy.

#### **Leadership Training Coordinator**

This is Sherry Candelaria. She will carry out the majority of the administrative support for this project. She will schedule the trainings, secure trainers for the events, finalize locations for the trainers and coordinate with the printer to make copies of the Participant Handbook.

Sherry will carry out these duties as a volunteer. She is also a trainer and if she provides training under this project, she will be compensated as a contractor for that work. It is anticipated that Sherry will work at least 50 hours during the contract year. We are basing the match amount on a \$50,000 salary rate for Sherry.

## Fringe

Taxes will only be paid for the part-time secretary. Since the other positions are volunteer, no tax was added for them. This budget used 9% for the fringe/tax rate.

## Supplies/Operating Expenses

**Two items are included in this category:**

#### **Printing of Participant Handbooks**

Each handbook costs \$13 to be printed, tabbed and put in a binder. In the past, we tried to avoid the costs of the tabs. There were great difficulties in reviewing the items in the classes and this was reflected

in the evaluations. So, the handbooks are now rather expensive. **We anticipate that 125-150 persons will be trained through this grant.**

## **Food**

We anticipate that 5 classroom trainings will be provided under this project and \$100 per event is budgeted for food.

## Travel

This item will be contingent on the trainers who provide trainings throughout each location. Our travel costs this year will be much lower as the trainings will take place primarily in Maricopa County and Pima Counties. The \$1,835 would provide for mileage, any overnight travel and meal stipends. Travel is reimbursed at the state rate of \$ .445/mile.

## Contracted Services

### **Training Developer**

**We have budgeted \$1,000 for a training developer to develop a second training, titled Committee Work and Meeting Basics.**

### **Survey Monkey**

We have budgeted \$400 to cover the costs of Survey Monkey, an online platform that is used to survey trained individuals as explained in our evaluation measures.

***Under the Non Federal In-kind Cash column is \$437.50 from Arizona Complete Health that was given to develop a Committee Work and Meeting Basics training.***

### **Trainers**

We anticipate that 5 in-person trainings will be provided through this grant. Each trainer will be compensated at \$30 per hour for a maximum of 5 hours per training.

### **Accommodation/translation**

We are budgeting \$675 for translation, signing or any other accommodation requested for a person attending this training.

Note: When a training event includes both persons with Mental Illness as well as Family Members and agency representatives, the project staff will calculate what portion of the trainees are persons with mental illness and will then charge the grant that portion of the cost. This will be for food, participant handbooks, travel and the trainer reimbursement. This amounts to approximately \$50 per person.

## Indirect Costs

Indirect costs include a portion of our website, a portion of our email outreach platform (Constant Contact), as well as accounting department and personnel department costs.

# Arizona Peer and Family Coalition - Arizona Developmental Disabilities Planning Council

Implementation Workplan

2020-2021

Grant Goal - Train 120-150 individuals with I/DD through 5 in-person sessions (2 in Spanish), an online training titled "Committee Work and Meeting Rules 101" and quarterly "check-in" meetings.

Category	Item No.	Task	Action Item	Lead	Target	Notes	Status	Measure
Development, Marketing and Coordination	1	Develop Online "Committee Work and Meeting Rules" Training	Create training with committee	Kristina	9/1/2020			
			Customize curriculum to ensure it is adaptable for those with intellectual and/or developmental disabilities		10/1/2020			
			Develop pre and post test	Kristina	10/1/2020			
	2	Host quarterly "check-in" meeting with former CLD graduates	Schedule meetings		10/1/2020			
			Outreach to all graduates		10/1/2020			
			Host quarterly meetings		Each quarter			
	3	Schedule Trainings	Identify locations and dates	Sherry	10/1/2020			
			Schedule training accomodations (if needed)	Kristina	Ongoing			
			Ensure two trainings are done in Spanish	Kristina/Sherry	1/1/2021			
			Further parnterships with Arizona Statewide Independent Living Council (AZSILC) and the Arizona Disability Coalition (ADC)	Kristina	11/1/2020			
Training	4	Market and Collect RSVP's	Market training class	County champion/Site Coordinator	Ongoing			
			Collect program RSVPs	County champion/Site Coordinator	Ongoing			
			Develop training flyer - ensure it notes that assistive technology is available.	Kristina	Ongoing			
	5	Facilitate Trainings	Facilitators will coordinate training	Sherry	Ongoing			
			Print training manuals	Sherry	Ongoing			
			Coordinate training food and supplies	County champion/Site Coordinator	Ongoing			
			Distribute and collect pre and post tests	Kristina	Ongoing			
	6	Participant Feedback	Coordinate with disability resource providers on the day of training	Kristina	Ongoing			
			Submit training pre and post tests, along with sign in sheets, to Kristina and Sherry	Sherry	Ongoing			
			Distribute satisfaction survey to participants 6 months after completion.	Kristina	As needed			survey results
Data and Reporting			Submit monthly or quarterly invoice to DD Council	Kristina	ongoing			
			Submit quarterly narrative reports	Kristina	As needed			
Evaluation	7	Track Evaluation Criteria	Collect and report on Pre/Post test results	Kristina	Ongoing			pre/post tests
			Collect and report on participant feedback surveys	Kristina	Each quarter			survey results

## **Arizona Developmental Disabilities Planning Council (ADDPC) Renewal Application**

### **Attachment 3: Key Staff and Responsibilities**

#### **Grant Coordinator and Program Manager**

Kristina Sabetta will serve as the part-time grant coordinator and program manager. She will coordinate the grant, submit grant reports and fiscal invoices, apply for the grant renewal tabulate data from trainings and follow up with trainees, coordinate accessibility services and distribute recruitment materials. Kristina will also prepare recruitment flyers and help advertise the training. She will collect evaluations from trainers after the training has been completed; and she will follow up with trainees after 6 months to collect information about the impact of the training. She will also check in with participants and hold quarterly “check-ins”. Kristina will also increase the APFC’s outreach efforts and target those I/DD communities outside of the mental health system.

#### **President**

Kathy Bashor, President of the AZ Peer and Family Coalition. She will assist with contacts with the Health Plans Community Partners to identify where trainees are needed to be placed on committees and to arrange for locations and recruitment support. Kathy is expected to work at least 40 hours during the contract year.

#### **Leadership Training Coordinator**

Sherry Candelaria will carry out administrative support for this project. She will schedule the trainings, secure trainers for the events, finalize locations for the trainers and coordinate with the printer to make copies of the Participant Handbook. Sherry will carry out these duties as a volunteer. She is also a trainer and if she provides training under this project, she will be compensated as a contractor for that work.



### **Civic Leadership Training Post-Test and Evaluation**

Date: \_\_\_\_\_ Email: \_\_\_\_\_ Initial: \_\_\_\_\_

I am a (check all that apply):  Peer  Family Member  Provider Employee  Youth  Other \_\_\_\_\_

My zip code is: \_\_\_\_\_ Gender: \_\_\_\_\_ Race/Ethnicity (Optional): \_\_\_\_\_

Please complete the following Post-Test:

1. By the mid-1950s, a push for deinstitutionalization and outpatient treatment began in many countries.
  - a) True
  - b) False
  
2. In 2014 the Arnold vs. Sarn lawsuit was settled. The deal required which of the following:
  - a) expansion of housing
  - b) employment services
  - c) peer support services
  - d) Assertive Community Treatment
  - e) All of the above
  
3. Which one is not a functional outcome related to the Arizona Vision and the Children's System of Care Principles?
  - a) Achieve success in school
  - b) Live with their families
  - c) Participate in extracurricular activities
  - d) Become stable and productive adults
  
4. An individual may get insurance coverage through an employer in a group plan, a private plan, or through the government programs of Medicare or Medicaid.
  - a) True
  - b) False
  
5. Which one is not an attribute of meaningful involvement?
  - a) Voice

- b) Tokenism
- c) Ownership
- d) Access

6. By listening you:

- a) Show respect
- b) Increase knowledge
- c) Show others who is in charge
- d) Build loyalty

7. How likely are you to do the following? (Please check boxes below for each response, a-d).

	Not at all	Very unlikely	Somewhat likely	Likely	Very likely
a. Advocate for yourself or your loved one					
b. Speak with a policy maker					
c. Share your personal story					
d. Join a committee or coalition					

Evaluation:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. The training met my expectations.	<input type="radio"/>				
2. I will be able to apply the knowledge learned.	<input type="radio"/>				
3. The training objectives for each topic were identified and followed.	<input type="radio"/>				
4. The content was organized and easy to follow.	<input type="radio"/>				
5. The materials distributed were pertinent and useful.	<input type="radio"/>				

6. The trainer was knowledgeable.
7. The quality of instruction was good.
8. The trainer met the training objectives.
9. Class participation and interaction were encouraged.
10. Adequate time was provided for questions and discussion.
11. The training has given me the tools and confidence I need to better advocate for myself and my loved ones.
12. The content has given me tools to better navigate the behavioural health system.
13. How do you rate the training overall?
- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>Excellent</b>      | <b>Good</b>           | <b>Average</b>        | <b>Poor</b>           | <b>Very poor</b>      |
| <input type="radio"/> |

14. What aspects of the training could be improved?

---



---

15. Are you interested in participating in future focus groups? \_\_\_ Yes or \_\_\_ No  
 If yes, please provide your name and email below.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

16. Would you like to learn more about the Arizona Peer and Family Coalition?  
 \_\_\_ Yes \_\_\_ No  
 If yes, please provide your name and email below.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

17. Other Comments?

---



---

**THANK YOU FOR YOUR PARTICIPATION!**



### Civic Leadership Training Pre-Test

Date: \_\_\_\_\_

Initial: \_\_\_\_\_

I am a (check all that apply):  Peer  Family Member  Provider Employee  Youth  Other \_\_\_\_\_

My zip code is: \_\_\_\_\_

Race/Ethnicity (Optional): \_\_\_\_\_

Please complete the following Pre-Test:

1. By the mid-1950s, a push for deinstitutionalization and outpatient treatment began in many countries.
  - a) True
  - b) False
  
2. In 2014 the Arnold vs. Sarn lawsuit was settled. The deal required which of the following:
  - a) expansion of housing
  - b) employment services
  - c) peer support services
  - d) Assertive Community Treatment
  - e) All of the above
  
3. Which one is not a functional outcome related to the Arizona Vision and the Children's System of Care Principles?
  - a) Achieve success in school
  - b) Live with their families
  - c) Participate in extracurricular activities
  - d) Become stable and productive adults
  
4. An individual may get insurance coverage through an employer in a group plan, a private plan, or through the government programs of Medicare or Medicaid.
  - a) True
  - b) False
  
5. Which one is not an attribute of meaningful involvement?
  - a) Voice

- b) Tokenism
- c) Ownership
- d) Access

6. By listening you:

- a) Show respect
- b) Increase knowledge
- c) Show others who is in charge
- d) Build loyalty

7. How likely are you to do the following? *(Please check boxes below for each response, a-d).*

	Not at all	Very unlikely	Somewhat likely	Likely	Very likely
a. Advocate for yourself or your loved one					
b. Speak with a policy maker					
c. Share your personal story					
d. Join a committee or coalition					

**THANK YOU FOR YOUR PARTICIPATION!**

Committee Name	Location	Mission	Website/Facebook	Contact Name and/or Number
Statewide				
Arizona Peer and Family Coalition	Maricopa County	Dedicated to extending peer and family leadership into all aspects of Arizona's behavioral health care.	<a href="http://azpeerandfamily.org/">http://azpeerandfamily.org/</a>	<a href="mailto:info@azpeerandfamily.org">info@azpeerandfamily.org</a>
Arizona Suicide Prevention Coalition	Maricopa County	To change those conditions that result in suicidal acts in Arizona through awareness, intervention, and action.	<a href="http://azspc.org/">http://azspc.org/</a>	
Arizona Mental Health Criminal Justice Coalition	Maricopa County	The mission of the Arizona Mental Health Criminal Justice Coalition is to reduce the numbers of those with mental disorders and addictions who are incarcerated through Prevention, Intervention and Treatment.	<a href="http://davidshopeaz.org/coalition/index.html">http://davidshopeaz.org/coalition/index.html</a>	<a href="mailto:info@davidshopeaz.org">info@davidshopeaz.org</a> or 602-774-4382
Cover Kids Coalition	Maricopa County			Zaida Dedolph, 602.266.0707 x:204
LGBTQ Consortium	Maricopa County	Increasing the health and wellness of LGBTQ Arizonans by eliminating health disparities and injustice.	<a href="http://www.lgbtqconsortium.org/">http://www.lgbtqconsortium.org/</a>	<a href="http://www.lgbtqconsortium.org/contact-us/">http://www.lgbtqconsortium.org/contact-us/</a>
Mental Health Awareness Coalition	Maricopa County	To educate the public regarding understanding, awareness and acceptance of mental health issues in the general community, while working to reduce stigma and discrimination associated with mental health in adults and children.	<a href="http://www.mhacaz.org">http://www.mhacaz.org</a>	
PAFCO	Maricopa County	PAFCO works toward rebalancing budget priorities, restoring essential health and human services funding, promoting sustainable policy solutions that end cycles of poverty, and advocating for equitable access to the ballot box.	<a href="https://www.pafcoalition.org/">https://www.pafcoalition.org/</a>	
PAIMI - (Protection and Advocacy for Individuals with Mental Illness) Advisory Council (Council)	Maricopa County	Pursuant to federal statute, the Council "...will advise the system on policies and priorities to be carried out in protecting and advocating for the rights of mentally ill individuals...	<a href="https://www.azdisabilitylaw.org/about-us/about-the-paimi-council/">https://www.azdisabilitylaw.org/about-us/about-the-paimi-council/</a>	<a href="mailto:center@azdisabilitylaw.org">center@azdisabilitylaw.org</a>
Northern Arizona				
CHIP- County Health Implementation Planning	Yavapai County	This committee focuses on implementing ways to achieve healthier outcomes in 4 key areas: Substance Abuse, Accessibility, Aging Adults, and Mental/Physical Health. This is an open meeting and anyone is welcome to attend. Meetings held quarterly in 2 locations		Terri Farneti- terri.farneti@yavapai.us
Collective Impact	Yavapai County	Open meeting for anyone who wants to come and discuss planning, support, and issues related to housing and homelessness, Emergency Response, Transportation, and mental health. Usually comprised of Stakeholders and Social Service type agencies and operated by U.S. Vets		cbenedict@usvetsinc.org
Community Circle	Yavapai County	A monthly community meeting to gather both professionals and community members to discuss resources, connection, events, awareness issues in community services, etc. Useful tool to share or learn about community health information		Held every 1st Wednesday at Catholic Charities on Gurley St. in Prescott

Cultural Awareness and Diversity Committee	Coconino County	Ensures the integration of cultural and diversity needs into behavioral health services in northern Arizona through many perspectives and consumer input. A safe and welcome space for all, regardless of race, ethnicity, hearing or sight ability, other physical or cognitive disabilities, mental health, gender identify, sexual orientation, or age.	<a href="http://www.narbha.org/about/cultural-competency/">http://www.narbha.org/about/cultural-competency/</a>	
Greater Yavapai County Coalition- GYCC	Yavapai County	GYCC provides an umbrella of resources, support and connection to the LGBTQ+ population across Yavapai County. Monthly meetings operate like traditional coalition meetings; inviting people and professionals to share information. This coalition operates as a liaison between LGBTQ+ community and community health partners	<a href="http://www.az-gycc.org">www.az-gycc.org</a> and also on Facebook at <a href="https://www.facebook.com/lgbtqyavapai/">https://www.facebook.com/lgbtqyavapai/</a>	<a href="mailto:info@az-gycc.org">info@az-gycc.org</a> or contact Molly Freibott at 928-830-9381
Independent Oversight Committee North	Northern Arizona	Each committee is comprised of groups of local citizens who provide support and review in matters to the rights of people with developmental disabilities where services are provided.	<a href="https://ioc.az.gov/committees/des">https://ioc.az.gov/committees/des</a>	Eric Houghtalin, EHoughtalin@azdes.gov, 602.542.5583
NAMI Yavapai County	Yavapai County			<a href="mailto:kathywilderness12@gmail.com">kathywilderness12@gmail.com</a>
Networking for a Solution	Yavapai County	A coalition that provides space for community partnerships to reduce barriers and promote positive change in communities. Usually comprised of criminal justice, social services and behavioral health orgs- monthly maybe quarterly meetings		Tracey Geleynse- Tracy.Geleynse@yavapai.us
Northern Arizona Children's Council	Northern Arizona	Advisory and networking forum for children's behavioral health issues. Stakeholder forum for input into network and system of care planning. Discussion based on improving system of care and promoting development of Arizona Children's Vision and 12 Principles.	<a href="http://www.narbha.org/services/childrens-services/narizona-childrens-council/">http://www.narbha.org/services/childrens-services/narizona-childrens-council/</a>	
Northern Peer and Family Coalition	Northern Arizona	Promotes and advocates for behavioral health rights and services for children and adults. Connects peers and family members to develop community leaders		Laurie Verdier, lverdier@nazcare.org
The Yavapai Regional Partnership Council		Hosted by First Things First with focus on families with children 0-5		Lisa Blyth- lblyth@firstthingsfirst.org
YADA (Yavapai County Area Directors Association)	Yavapai County	These meetings focus on youth and the relationship between mental health, developmental disabilities, and education department.		<a href="mailto:Joe.Donaldson@yavapai.us">Joe.Donaldson@yavapai.us</a>
Yavapai Justice & Mental Health Coalition	Yavapai County	A meeting where key stakeholders from behavioral health, criminal justice, and service agencies come together to discuss changes, needs, news, resources, and new developments. Must RSVP to join		Kelly.Fraher@yavapai.us
Southern Arizona				
Help & Hope for YOUth	Southern Arizona	Help & Hope for Youth is a multi-sector collaboration to reduce the stigma of living with and seeking services for mental illness for youth ages 10-24.	<a href="https://helphopeforyouth.org/">https://helphopeforyouth.org/</a>	

Apache Junction Drug Prevention Coalition	Apache Junction and Pinal County	A collaborative partnership with the community, building a safe and substance abuse free environment through education, prevention and networking.	<a href="https://www.facebook.com/AJDPC">https://www.facebook.com/AJDPC</a>	(480) 516-4694, Tom Kelly
Be Awesome Youth Coalition	Pinal County	Our mission is to reduce youth substance abuse in Maricopa by creating opportunities for public and private entities to work together utilizing evidence based strategies, directly impacting factors contributing to local youth substance abuse.	<a href="https://beawesomeyouth.life/">https://beawesomeyouth.life/</a>	
Gila County Copper Basin Coalition	Gila County	Our mission is to empower the youth and adults in Southern Gila County to choose a drug-free and healthy lifestyle by uniting citizens and organizations to reduce substance abuse and promote community safety through community-based education, awareness, and advocacy.	<a href="https://www.facebook.com/pg/CopperBasinCoalition/about/?ref=page_internal">https://www.facebook.com/pg/CopperBasinCoalition/about/?ref=page_internal</a>	
Graham County Substance Abuse Prevention Coalition	Graham County	A substance abuse prevention community coalition that provides resources, support and education to the community through prevention and intervention to reduce substance abuse with a primary focus on reducing youth substance use!	<a href="https://gcsac.com/">https://gcsac.com/</a>	928- 348-1751, Kathy Grimes
Independent Oversight Committee South	Southern Arizona	Each committee is comprised of groups of local citizens who provide support and review in matters to the rights of people with developmental disabilities where services are provided.	<a href="https://des.az.gov/human-rights-committee-district-south">https://des.az.gov/human-rights-committee-district-south</a>	
NAMI Pinal Central				<a href="mailto:dariusperry46@yahoo.com">dariusperry46@yahoo.com</a>
NAMI Southeastern Arizona		NAMI SEAZ is dedicated to ridding our community of STIGMA!	<a href="https://namiseaz.com/">https://namiseaz.com/</a>	
NAMI Southern Arizona		NAMI Southern Arizona improves the quality of life for all those affected by mental illness.	<a href="http://www.namisa.org">www.namisa.org</a>	(520) 622-5582
NAMI Yuma County	Yuma County			<a href="mailto:nami.yumaaz@gmail.com">nami.yumaaz@gmail.com</a>
One More Step Coalition		People of faith cultivating and stabilizing youth and family relationships and working together to build a community where drugs, alcohol, gangs and violence are greatly reduced because of our collective response.	<a href="https://www.facebook.com/One-More-Step-Coalition-215735311793295/">https://www.facebook.com/One-More-Step-Coalition-215735311793295/</a>	(520) 280-1570, Billie Davis
Parker Area Alliance for Community Empowerment (PAACE) Coalition	La Paz County	Promoting A Drug Free, Violence Free	<a href="http://www.paace.org">www.paace.org</a>	
Pinal County Substance Abuse Coalition	Pinal County	Through collaboration with key community stakeholders, the Council works to reduce substance abuse across Pinal County through policy development, prevention, and education.	<a href="https://pinalcountyattorney.org/news-events/pinal-county-substance-abuse-coalition/">https://pinalcountyattorney.org/news-events/pinal-county-substance-abuse-coalition/</a>	
Quartzsite Substance Abuse Prevention (QSAP) Coalition	La Paz County			Yesenia or Martha, 928-927-4333 ext. 183
San Carlos Suicide Prevention Task Force	Gila County	Providing our loved ones resources in helping prevent losing more of our loved ones.	<a href="https://www.facebook.com/SCATSPTE/">https://www.facebook.com/SCATSPTE/</a>	(928) 475-4875, Dr. Thea Whilshire
San Tan Valley Substance Abuse Coalition	San Tan Valley	To provide recovery, education, and prevention resources to those affected by substance abuse and, or mental health disorders.	<a href="http://stvsac.weebly.com">stvsac.weebly.com</a>	

Santa Cruz County Drug Free Community Coalition	Santa Cruz County	The Santa Cruz County Drug Free Community Coalition is an Organization Which Goal is To Prevent Substance Abuse and Underage Drinking Before The Age of 21!	<a href="https://www.facebook.com/AADYCT/">https://www.facebook.com/AADYCT/</a>	
South County Yuma Anti-Drug Coalition	Yuma County			(928) 627-6677, Maria Meza
Willcox Against Substance Abuse (WASA) Coalition	Cochise County	To strengthen present and future generations in making the right choices for their health and well-being.	<a href="http://w-a-s-a.weebly.com/about.html">http://w-a-s-a.weebly.com/about.html</a>	
Yuma County Anti - Drug Coalition	Yuma County	To eradicate the misuse of alcohol, tobacco and other drugs.	<a href="https://www.facebook.com/YCADC/">https://www.facebook.com/YCADC/</a>	(928) 271-4068, Hilda Lopez
Yuma County Health and Wellness Coalition	Yuma County	To promote health and wellness to all people and every generation living in Yuma County.		Suzanne M. Cooper, (928) 317-4580 x1748, <a href="mailto:Suzanne.cooper@yumacountyaz.gov">Suzanne.cooper@yumacountyaz.gov</a>
Maricopa County				
Arizona State Hospital Independent Oversight Committee	Maricopa County	Each committee is comprised of groups of local citizens who provide support and review in matters to the rights of people with developmental disabilities where services are provided.	<a href="https://ioc.az.gov/committees/dhs-ash">https://ioc.az.gov/committees/dhs-ash</a>	Jacqueline Bachelier (Patient Rights Advocate), <a href="mailto:jacqueline.bachelier@azdhs.gov">jacqueline.bachelier@azdhs.gov</a> , 602.220.6012
Banner United Health Plan (BUHP) - Member Advocacy Council (MAC)	Maricopa, Pinal, Pima, Santa Cruz, Yuma, LaPaz, Graham, Gila and Cochise Counties.	Serves as the voice of the member, family and communities we serve. Council members will advise, assist and provide guidance to the physical and behavioral health service delivery system from the member, family and community lens.	<a href="https://www.bannerufc.com/acc/plan-information/oifa">https://www.bannerufc.com/acc/plan-information/oifa</a>	Colleen McGregor, BUHP, OIFA Administrator: 480.827.5988
BUHP Community Advisory Councils (CACs)	N. Pima and Yuma Counties	Serves as the voice of the community and includes individuals, youth and families, community stakeholders and providers who will work together to better understand the issues and/or barriers facing their community and develop solutions to solve issues and improve overall health within one's community.	<a href="https://www.bannerufc.com/acc/plan-information/oifa">https://www.bannerufc.com/acc/plan-information/oifa</a>	Colleen McGregor, BUHP, OIFA Administrator: 480.827.5988
BUHP Youth Leadership Council (YLC)	Maricopa, Pinal, Pima, Santa Cruz, Yuma, LaPaz, Graham, Gila and Cochise Counties.	Serves as the voice of youth and young adults. Young people from various backgrounds will come together to talk about issues facing them today and exploring services and supports that will help them transition to adulthood.	<a href="https://www.bannerufc.com/acc/plan-information/oifa">https://www.bannerufc.com/acc/plan-information/oifa</a>	Colleen McGregor, BUHP, OIFA Administrator: 480.827.5988
Maricopa County Youth Leadership Council		Brings youth from various backgrounds together to talk about care issues and outreach opportunities.	Tim Threadgill, 602-908-7148, <a href="mailto:threadgillT@mercymaricopa.org">threadgillT@mercymaricopa.org</a>	
Mental Health Awareness Coalition		To educate the public regarding understanding, awareness and acceptance of mental health issues in the general community, while working to reduce stigma and discrimination associated with mental health in adults and children.	<a href="http://mentalhealthawarenesscoalition.wildapricot.org">http://mentalhealthawarenesscoalition.wildapricot.org</a>	

NAMI Valley of the Sun	Greater Phoenix	NAMI Valley of the Sun is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.	<a href="https://namivalleyofthesun.org/">https://namivalleyofthesun.org/</a>	(602) 244-8166
West Valley Human Services Alliance (WVHSA)	Maricopa County	The West Valley Human Services Alliance improves the quality of life in the West Valley. This is done through the collaboration of its members including government, nonprofit, community, and faith-based entities that identify human services needs/issues, develop effective intervention/collaborative plans, and implement those plans.	<a href="http://www.wvhsa.org">www.wvhsa.org</a>	