

Renewal Proposal

The Arc of the U.S. aka The Arc of Arizona

Arizona Self-Advocacy Coalition & Leadership Project

The Arc of AZ is requesting \$60,000. The Arc of Arizona, with The Arc of Tempe will continue to meet the Self-Advocacy mandate. The budget for year 2 supports the work of the project undertaken by The Arc of Arizona and The Arc of Tempe. During this past year, they have initiated the following activities:

- The Arc of Tempe launched Arizona Achieve, the statewide coalition of self-advocates, which serves as the central hub for all information, programming, resources, events, and outreach via their newsletter. Social media is a large part of their outreach efforts, including FB, and in the next year will expand to using Instagram and TikTok.
- Outreach to expand the number of self-advocates increased this past year. 87% of their members are self-advocates and are from across Arizona. Also, part of their membership includes family members and professionals. Targeted ads on FB will continue to expand into other rural areas.
- Arizona Achieve coalition meetings have been a strong foundation for their growing base of members and they meet monthly. It is driven by and for self-advocates leading the discussion to address what is important to them. One area they would like to address is the lack of transportation.
- Self-Advocacy training is a large component of the work The Arc of Tempe conducts. They successfully delivered leadership training at three Arc chapters across Arizona. This included the chapters Y.E.S., Pinal County Arc and Mohave County Arc. Two more sessions will be completed by June 30 at Santa Cruz County Arc and one training at Tuba City. Feedback provided refinement of the training materials and comments have been positive, such as members stated, "I learned how to use my voice and put my story together", "I would encourage my customers that their voice does matter in any situation", and "I used this training to talk to legislators".
- Peer-mentoring program debuted in October and through the year, 6 pairs were matched (3 self-advocates with adults). These matches allowed self-advocates to improve their self-determination skills and helped achieve their personal goals.
- Created a transportation video in Tuba City. This idea came about through the monthly meetings where self-advocates focused on the lack of transportation. The Northern Arizona Tribal Disability Coalition (NATDC) shared their personal stories and their advocacy around the lack of public transportation on the Navajo Nation. In response to this, Arizona Achieve undertook a special project related to the goal of transportation accessibility. Coalition members decided that Arizona Achieve should create a video to spread awareness about this transportation issue. In February, the

Project Director spent two days in Tuba City, filming the surrounding area and interviewing members of NATDC on the lack of transportation and accessibility. They continue to conduct more interviews for the video and once completed, it will be shared widely.

- Disability Policy Seminar - Capitol Hill Day. Members from The Arc of Arizona and The Arc of Tempe attended the Disability Policy Seminar and were able to meet with various Arizona's congressional legislators & staff to share their personal stories and advocate for key disability issues, such as the lack of transportation, disability benefits and other topics. As a result of these meetings, Ryan Barry with The Arc of Tempe, is in communication with Representative Staton's office to lay the groundwork for a dialogue aimed at addressing the rural transportation issue. Rep. Staton serves as Vice-Chair of the House Transportation Committee.

Activities for Year 2 will focus on the following:

- The Arc of Tempe and self-advocates to attend more statewide conferences to share their work and to encourage new members to join.
- Creating awareness videos and videos featuring self-advocates. Further promotion using FB, Instagram and TikTok.
- Continuation of the Peer mentoring program; currently is on-line for the matches that meet twice a month for 30-45 minutes and they meet in person to work on projects. A graduation is held at the end of the mentoring partnership.
- Continuation of the monthly Coalition meetings, held on the first Friday of every month in the afternoon for self-advocates to express and share their stories and collaboration of projects.
- Creating curriculum videos and having a library of online courses for self-advocates. These videos will be no longer than 10 minutes in length and each video will cover various topics. This collection of videos will be critical for Arizona Achieves online leadership training course. Although the framework of this course is already in place, the introduction of video content will elevate the overall quality of the course. Members will be guided through the curriculum, starting with basic self-advocacy topics, and graduating to more complex topics. Members will be able to navigate through each course chapter at their own pace based on their needs. This course not only facilitates more engagement with the material but allows us to monitor their progress to ensure they benefit from the course. By creating these videos, they will broaden the accessibility of these educational resources.
- The Arc of Tempe will closely work with state legislators to create impactful legislation and work collaboratively with other partners, non-profits, and government agencies, such as Maricopa County of Governments (MAG) and

NACOG – Northern AZ Council of Governments. Having a dialogue with key stakeholders around problems helps to find solutions to these issues people with I/DD face.

- Continue to conduct in-person training on self-Advocacy Leadership. In Year 2, they will implement a hybrid approach, with four basic in-person trainings and two advanced Zoom training sessions for more advanced topics. They will conduct basic self-advocacy training at in-person locations for those unfamiliar with self-advocacy. Meanwhile, advanced topics will be offered separately via Zoom. This approach will retain engagement of the participants and effectiveness. And if needed, they will adjust the training based on different needs and topics.