

## Independent Living Research Utilization



*We create opportunities for independence for people with disabilities through research, education, and consultation*



**Independent Living Research Utilization**

**[www.ilru.org](http://www.ilru.org)**

# Creating a Wider Vision for Youth Transition in CILs

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# What You Will Learn

- The history of serving youth in CILs and how the requirement of the new core service, which includes youth transition, makes youth a more formal targeted population.
- Strategies and examples to develop and drive youth culture in CILs that include adapting existing programs.
- The importance of incorporating youth into the IL process, development and implementation of youth services
- Helpful tools and resources available for centers to conduct strategic planning for youth services.

# Remember...

The IL movement started with the fiery energy of young people, and has continued to have waves of youth movements since.

- Ed Roberts
- Judy Heumann
- Start of ADAPT
- Keeping up the momentum to run alongside of us to guide a safe pass of the baton

~ **Betsy Valnes**

# Ed Roberts

- Contracted polio at 14 years old; became a part of the disability community. His time spent at U.C. Berkeley inspired other young people and drew one in.
- **One youth** made a trickle-down effect.
- A change was needed to access more of the community.
- Rolling Quads—a group of people of all ages and all abilities came together to make change.
- The start of peer support.
- People sought out this group of individuals to learn how to become more independent.
- This youth-to-youth peer support guided the start of Centers for Independent Living.

# Ed Roberts, cont'd.

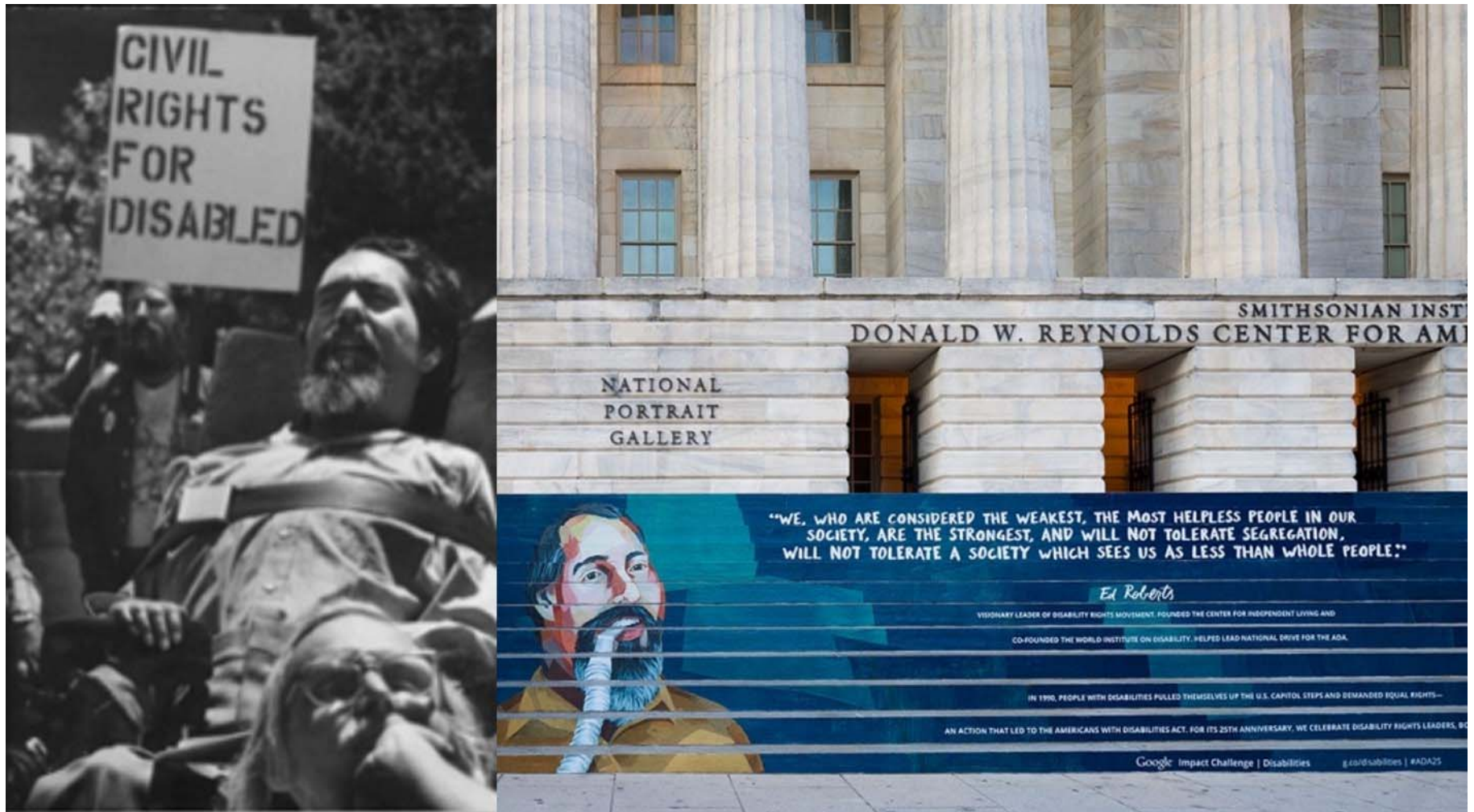


Image Credit: <https://www.google.org/impactchallenge/disabilities/ada.html>

# Judy Heumann

- She identified with children with disabilities as she contracted polio at 18 months old.
- Became a self-advocate with the school system herself.
- Created Disabled in Action as a young person.
- Organized sit-ins and demonstrations.
- Was 26 at the time of the action against the vetoed Rehabilitation Act of 1973.
- During her late 20s, she worked on the development of the IDEA.





**Judy Heumann**



# Where Were You...

- Tell us how you were engaged in the disability movement when you were 30 years old or younger?
- Tell us how you wish you would have been engaged in the disability movement at or before the age of 30 years old if you were not.

# CIL History

Before 2014 CILs were mandated to serve people with significant disabilities. We have been responsible to serve across all groups since CILs began.

- All disabilities
- All independent living goals
- All parts of the community
- All services
- All populations
- All ages

“Youth is not a service; it is a population.” –Jim Baker

# CIL Definition

796a(2)(B) [702 (2)(B)] The term ‘center for independent living” means a consumer controlled, community based, cross disability, nonresidential private nonprofit agency for individuals with significant disabilities (**regardless of age** or income) that provides an array of independent living services, including, at a minimum, independent living core services as defined in section 7(17).

# Youth Definition

WIOA defines youth with a disability to mean “an individual with a disability who is not younger than 14 years of age; and is not older than 24 years of age.” To match statutory language, ACL combined “youth with a disability” with “individual with a significant disability.”

# What Changes with the New Core Service?



705(17) [7(17)] The term “independent living core services’ means (A) information and referral services; (B) independent living skills training; (C) peer counseling (including cross-disability peer counseling); (D) individual and systems advocacy; and services that—  
**facilitate the transition of youth who are individuals with significant disabilities who were eligible for IEPs under 614(d) of IDEA, and who have completed their secondary education or otherwise left school, to postsecondary life.**



# What Doesn't Change with the New Core Service?

- The IL Movement was started by youth and young people.
- Youth still need many of the services that you are giving your other consumers.
- Targeting youth is not new, it's now just more focused.
- The original core services should continue to be provided to youth of all ages, but only reported as youth transition when it meets the statutory/regulatory definition.
- How can you interpret that?

# Integrating Whole Youth Population with New Core Service Target Group



ACL: “Programs may and are encouraged to continue to engage in such activities [transition work with youth that falls outside of the proposed parameters of the new core services], which can be captured and credited under the other core IL services or general independent living services under Sec. 7(18), 29 U.S.C. 705(18).”

# Questions & Answers

# Transitions are Transitions

- Community Living Skills have a lot in common no matter what institution you are transitioning from.
- You have the tools! You just need to adjust them for the population of youth.

# Youth Culture:

## How to adjust your programming

### Language

- Acronyms
- Acceptable comprehension level
- Including interactive activities
- Breaking down concepts
- Words we use
  - Steer clear of using words like kiddos, kids, children, etc.
- Lingo



# Youth Culture

## Environment

- Have the CIL operate in hours that are conducive for youth such as evenings and weekends.
- Dress for your audience.
- Meet them where they are. Find out what the youth want and need from you, not what you want from them.
  - Example: MT youth group who wanted social vs advocacy opportunities and where they are now.
- Food and fun are great ways to bring youth into the conversation.

# Ok... so now what? Where do I start?



- Needs Assessing and Brainstorming
- Internal Survey of Strengths/Weaknesses
- Community Resource/Asset Mapping
  - Funding
- Plan for Evaluation

# Needs Assessing



What do the youth with disabilities in your community need and want?

- Hold a listening forum
- Survey established groups
- Where can I find youth to ask?
  - Talk with people who have had their disabilities since a young age, ask them what they would have liked to have known sooner.
  - Talk with and use the “collective youth”
    - APRIL, Youth Leadership Forums, Other CILs, Special Ed Classrooms, People First, Boys & Girls Clubs, other established groups

Consumers and consumer families

# Brainstorming

Now that you have talked to some youth, what do you as a CIL think you can offer to meet those needs?

- Do you want to teach disability history classes in high schools?
- Advocacy curriculums in schools? or maybe in your CIL?
- Social/activity or advocacy groups for youth?
- Online forums to get involved in?
- Volunteer opportunities at your CIL?
- Provide information and referral in transition IEPs?
- Prepare students to conduct self-directed IEPs?
- Assist with pre-vocational training programs or soft skills trainings?
- And more!

# Internal Survey of Strengths/Weaknesses



Sit down as a CIL and brainstorm what you already have going for you to do a youth program.

- Do you already have classes/activities that might appeal to youth?
- Are you accessible and exciting to youth?
- Do you already have youth involved who could take the lead on a program?
- Do you already have some funding for start-up?
- Do you have curriculums that are engaging with activities and teach-reteach methods that are easy to follow?

Figure out what you still need in order to have a program that you want.



# Community Resource/Asset Mapping



- “Who do you know?” Create a list of family, friends, businesses, and other **potential supporters** who might have a stake in helping youth with disabilities.
- Have everyone at your CIL and interested youth participate.
- Indicate how the identified supporters might help.

# Supporters

Support doesn't always mean money

- In-kind gifts: free services like printing or time and skills (for example, an artist to lead a group)
- Space
- Equipment
- Prizes
- Snacks, etc.

# Speaking of Money.....

- Youth are people with disabilities, and we are charged with serving people with disabilities from birth to dirt. The funding we already get can be used to serve this population.
- If you find that you do need more money:
  - Get creative with fundraising approaches on a small scale Examples: T.A.R.P greeting card fundraiser, Amazon Smile, PayPal donate button, your community
  - Register with the Combined Federal Campaign – <https://www.opm.gov/combined-federal-campaign/>

# Speaking of Money...cont'd.

- Check out grants such as QOL grants through Christopher Reeve, AIDD, DD councils, Walmart, local giving groups (churches, foundations, etc), businesses, corporations....

*Never chase money for the sake of money.*

- Research opportunities with WIOA and pre-transitional educational services (see handout from MT)
- IL Conversation: Youth It Up WIOA Style  
<https://www.april-rural.org/index.php/il-conversations/mary-s-test/306-youth-it-up-il-conversation>

# Plan for Evaluation

- Work with one of the RTC's, Universities, or others you may know who have an interest in evaluation.
- Having a plan for evaluating your programs in the beginning is important.
  - Shows growth, success rates, and the possibilities of your programs to potential funders and legislators.
  - It helps to focus the objectives of your programs. What do you hope young people get out of what you are offering them?



# Questions & Answers

# Resources for Youth Guidance

- APRIL Youth Peer to Peer Mentoring Program
- APRIL Topical Trainings
- APRIL IL Conversations & Archives
- NCIL Youth Transitions Coordinator Calls
- IL-NET Youth Transition Training
- ILRU Archived Trainings and Online Classes
- ILRU publication: "Expanding CIL Capacity Through Youth-Driven Transition Services"  
<http://www.ilru.org/expanding-cil-capacity-through-youth-driven-transition-services>

# Final Questions & Answers and Evaluation

Any final questions?

Please click the link below to complete the evaluation survey:

<http://www.surveygizmo.com/s3/3110928/CIL-NET-Webinar-Creating-a-Wider-Vision-for-Youth-Transition-in-CILs-December-14-2016>

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