



## Youth Self-Advocacy Project Community Program Offerings

The [Youth Self-Advocacy Project](#) at Disability Rights Maine is excited to work with youth ages 14-25 with intellectual and developmental disabilities. We want to make information and resources about youth self-advocacy and related topics accessible to students. In order to do this, we have a number of different workshops we can offer that vary in length, topic, and intention. These workshops can be offered in person and virtually. We look forward to hearing which of these offerings will work best for you and your students!

1. [Extended Information Session](#) (30 mins) - introduction to Disability Rights Maine and the Youth Self-Advocacy Project, with engaging activities and discussion about self-advocacy.
2. [Self-Advocacy Training](#) (1 hour) – through stories, activities, and videos, this dynamic exploration of self-advocacy sets students on the path to be in charge of their own lives and to continue practicing self-determination
3. [Supported Decision-Making \(SDM\) Training](#) (1 hour) – SDM is a model that empowers young people to build a team of supporters who can help them practice self-determination – this training introduces students to SDM and provides them with resources to practice it
4. [Disability and Identity](#) (45mins-1 hour) - This presentation is meant to start the conversation of one's sense of identity within their disability. It also discusses how to have a positive disability identity and talks about disability culture.
5. [Youth Leadership](#) (1 hour) - This presentation opens the discussion around the importance of youth leadership! Participants will explore various leadership strategies and reflect on what makes influential leaders successful.
6. [Self-Advocacy & SDM Training](#) (1.5 - 2 hours) – a combination of the Self Advocacy and SDM Trainings, students will go in-depth into the principles and practices of self-determination

Please contact Kate Turpen, Project Director, via email at [kturpen@drme.org](mailto:kturpen@drme.org) or via phone at 207-626-2774 x 128 to schedule a training for your clients! We are also able to tailor these topics to providers and support staff.