

ACT's
**Olmstead
Academy**
2017

training self-advocate
leaders to advance
community integration

APPLICATION PACKET

Invitation to Apply

Background:
About the Olmstead
Ruling
About the Academy

Application:
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What You Need to Know
Team App. Section
Individual App. Section



Minnesota Department of **Human Services**

The lead funder for the
2017 Class of
ACT's Minnesota Olmstead
Academy is the Minnesota
Department of Human
Services.

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Application Packet

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Attention Self-Advocates:

- Do you want to work for human rights in your community?
- Do you want to work to be a leader in our state?
- Are you involved in a self-advocacy group?

If so, read on.

You are invited to apply to be part of the 2017 class of ACT's recently launched leadership training program, the Olmstead Academy. Starting in January, the Academy will train 21 leaders from across the state. These new leaders, in teams of three, will spend 2017 helping push for human rights for people with disabilities. In particular, they will work on projects that help people in their own communities to be more integrated in the community.

This packet tells you about ACT's Olmstead Academy and how to apply. Please read through it. If you are interested, please gather your team of three and apply. The deadline is October 28, 2016 at 5:00 pm.

Questions: please call Mary Kay Kennedy of Advocating Change Together at 651-641-0297.

Mary Kay Kennedy
Advocating Change Together
1821 University Avenue West
Suite 306-South
St. Paul, MN 55104
info@selfadvocacy.org
651-641-0297
www.selfadvocacy.org

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What is Olmstead Ruling?

The Olmstead Ruling helped spark a nationwide push to make sure that Americans with disabilities are included in the community, not segregated.

In 1999, the US Supreme Court ruled that segregation of people with disabilities is illegal. This “Olmstead Decision” said people with disabilities are best served alongside everyone else. They (we) must be integrated in the community as much as possible, with supports necessary. We all belong where everyone else is, whether that's jobs, housing, school, doctor's office, or playing golf. Full supports for full inclusion.

The Minnesota Olmstead Plan

ACT's Olmstead Academy is a response to a unique moment in Minnesota history. Minnesota is now under a court-ordered mandate to increase community integration for people with disabilities -- through devising an “Olmstead Plan” with measureable objectives. This focus on integration has given new energy to the state's self-advocacy movement, to frame its ongoing efforts to secure rights for people with developmental disabilities as part of a larger struggle for the human right of community integration.

What is ACT's Olmstead Academy?

Advocating Change Together has responded to this “Olmstead moment” by launching the Minnesota Olmstead Academy. The Academy is a 12-month program of classroom and fieldwork through which self-advocates are positioned as leaders within state's Olmstead Plan. Using ACT's 37 years of experience in leadership building using the proven methods of popular education, the Olmstead Academy gives participants a hands-on opportunity to learn together and then go help spread the word

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about integration.

Working in teams, participants carry out an integration project in their own community, and tell what they need to be more integrated in their own community. The 2016 class of the Olmstead Academy is now carrying out their team projects. This coming December, they will present their project results at a public event in the chambers of US Federal District Judge Donovan Frank.

Bottom line: the Olmstead Academy will train self-advocates to help the state create more and better integration. The Academy graduates will be leaders, working in teams to help their communities, help other self-advocates, and help themselves to be more involved in their community life.

How does ACT's Olmstead Academy work?

Academy participation is by team. Seven teams of three will be accepted for the class of 2017. Teams will attend two "classroom" sessions in the Twin Cities area, late January (four days), and mid-April 2016 (three days). These exciting sessions will be led by ACT instructors and community experts with experience in human rights leadership. Teams will be guided to choose a local project, and then work to implement it between and after the sessions, finishing in December 2017. Teams will be paired with organizer mentors to help them with their project. Each team will also be given funds to use for paying expenses that are part of their projects.

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Timeline for Olmstead Academy Class of 2017

Applications Accepted: September 1 - October 28, 2016.
Deadline is 5 pm on October 28th, 2015.

Review Period: October 31 - November 18, 2016
Academy board reviews and chooses seven teams from
among the teams that have applied.

Acceptance letters sent: November 18, 2016
Seven teams will be chosen to participate in the 2017 class.

Advance work: December 2016 - January 2017
Guided pre-work for each accepted team:

- Pay personal lodging fee (see details later in this packet)
- Conference call to welcome you and orientation
- Finalize travel plans to attend Session 1 (see dates and details elsewhere in this packet)

Session 1: Jan 30 - Feb 2, 2017 (hotel nights Jan 29 - Feb 1)

Session 2: April 19-21, 2017 (hotel nights April 18-20)

Project Implementation Period: May 2017 -December 2017

Final Report to Communities: December 15, 2017

What you need to know to apply:

Teams Apply: You apply as a team of three (3) people: two self-advocates and one ally. So first create your team, then apply. Team members should have experience working with each other, perhaps in the same self-advocacy group.

Seven statewide teams accepted: Teams from anywhere around the state of Minnesota are eligible. Seven teams will be accepted.

Time Commitment: Please consider carefully. Participation in the Academy is a big commitment of time, spanning all of 2017. Both individuals and teams must commit to:

- taking part in all sessions, and to
- working 2-4 hours per week between sessions, and
- completing their project by December 2017.

No pre-requisite: There is no prerequisite; anyone with any experience level is welcome to apply. But when choosing among applications, the Academy staff will give preference to teams and individuals that have experience working with others to make changes in their community.

Deadline: The deadline for applying is October 28, 2016 at 5:00 pm.

Two-Part Application: The application has two parts:

- one part for teams: tell us about your team and its history and experience working together
- one part for individuals: each of your three team members tells about themselves

PreWork (if you are accepted): If your team is accepted, then you and your team will need to do some preparation in December 2016 and early January 2017, before the first session starts on January 30, 2017. Academy leaders will guide you through this prework, but it will include:

- participating in a conference call
- finding a host agency who can receive and process your funds on behalf of your team,
- shoring up your transportation to and from

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More Questions Answered

Where do Academy participants stay?

The program includes seven (7) nights at the Doubletree By Hilton in downtown St. Paul.

January Session: You will arrive in St. Paul and check into your hotel room on Sunday evening, January 29th and check out of your hotel room on Thursday morning, February 2nd (four nights).

April Session: You will arrive in St. Paul and check into your hotel room on Tuesday evening April 18th and check out of your hotel room on Friday morning April 21st (three nights).

Your lodging cost depends on if you share a room or have a single room. If you are able to share a double room with another Olmstead Academy participant, you each pay \$78.95 per night (\$69.50 + \$9.45). If sharing a room does not work for you, your per night cost is \$157.90 (\$139.00 + \$18.90 tax). Once you decide the type of room that works for you, ACT will make your hotel room reservation. ACT will send an invoice to your group for your hotel stay.

Where does the Academy meet? All Academy sessions will be held in the Department of Employment and Economic Development (DEED) meeting rooms, just a few blocks away from the hotel. (DEED is in the First National Bank Building 332 Minnesota St., Suite E200 St. Paul, MN 55101-1351.) We will walk together to and from the meeting location and the hotel.

Are meals covered? Some are, some aren't. The Academy provides lunch and refreshment breaks each day. Participants are responsible for paying their own breakfast and dinner each day, as scheduled. This will involve five (5) dinners and up to seven (7) breakfasts, totaling about \$190.00. Note: if you choose not to eat a full breakfast, cereal and juice will be available one-half hour prior to each morning session.

Is transportation covered? No. Transportation to and from St. Paul is not covered. There is also a charge to park your vehicle at the hotel.

Program costs? Participants do not have to pay any program costs. The costs for this twelve-month program are completely covered by DHS, our lead program sponsor, and other sponsors (at \$13,300 per team).

Other costs? Participants only pay for their own lodging (approx. \$553 for shared room) and some of the meals (approx. \$190). Total cost for meals and lodging will be about \$743 per participant.

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Application: Team Section *(complete one per team, return to ACT)*

Team Location: *(in what town/city/area are you located?)* _____

Team Members *(check one as lead contact)*

- 1. _____ (self-advocate)
- 2. _____ (self-advocate)
- 3. _____ (ally)

About Your Team *(Use separate paper.)*

- Group History: Tell us about how your group got started, where you are located, number of members.
- Group Mission: Tell us about your group’s mission, the types of things you do and your approach to self-advocacy. Tell us what your group is proud of.
- Group Future: Tell us where your group is headed and what you hope to accomplish in the next years.
- Group Work: Tell us about a time your group worked to take action on something important to the group.
- Interest Statement: Tell us why your group is interested in the Olmstead Academy. Why is your group a good candidate for the program.

Pledge of Commitment. *(please initial each line)*

Yes, If our team is accepted into the Olmstead Academy, we commit to each of the following:

- _____ We will complete the pre-work items in December 2016 and January 2017 , before the start of the first session (with support from Academy leaders)
- _____ We will fully take part in all sessions (e.g. not arriving late or leaving early)
- _____ We will work together 2-4 hours per week between sessions on our project.
- _____ We will complete our project by December 2017, or per other approved timeline.
- _____ We will pay our lodging fees (see p.8) by January 15, 2017.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

If you want to do your application by talking -- interview format, please call Mary Kay-651-641-0297

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Application: Individual Section

(complete one for each team member, both self-advocates and ally, and return to ACT)

Name: _____

Address: _____

Phone: _____

Email : _____

If you want to do your application by talking -- interview format, please call Mary Kay-651-641-0297

About You *(Use separate paper)*

- Your History: Tell us about how you got interested in Self-Advocacy .
- Your Leadership: Tell us about the skills and qualities that make you a good leader.
- Your Goals: Tell us about your goals for your life in the next few years.
- Your Work: Tell us about a time when you worked with others to take action on something important to you.

Pledge of Commitment. *(please initial each line)*

Yes, If my team is accepted into the Olmstead Academy, I commit to each of the following items:

_____ I will fully take part in all sessions,

_____ I will work 2-4 hours per week between sessions on our team project, and work until our project is completed.

_____ I will pay my per-person lodging fee (see p.8) by January 15, 2017.

Signature: _____

Date: _____

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