

Illinois **Self-Advocacy Alliance**

The **Alliance News**

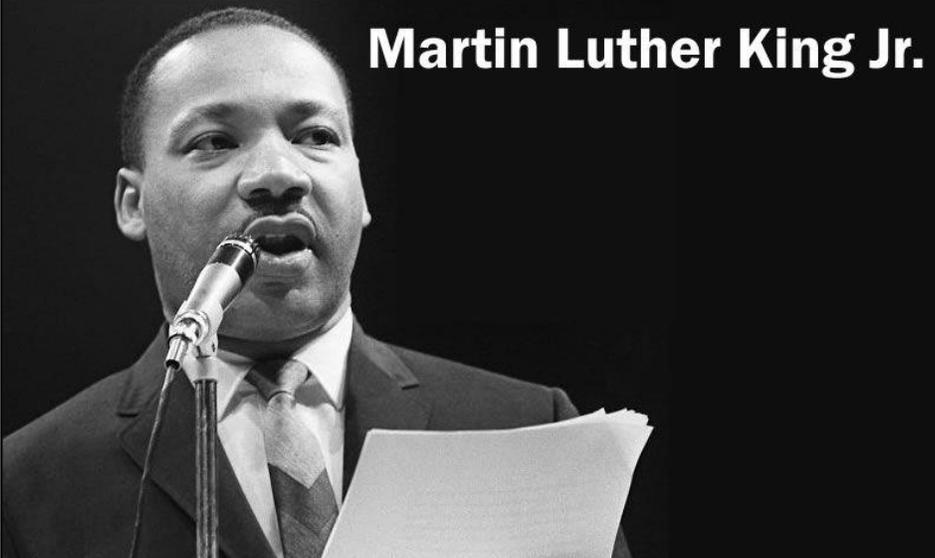
Issue #105

January 2021



**"If you can't fly then run,
If you can't run then walk,
If you can't walk then crawl,
But whatever you do
you have to keep moving forward."**

Martin Luther King Jr.



**Speak Up. Speak Out.
Keep Moving Forward.**

Our Vision

Our vision is for self-advocates to work together to get the support we need and to live the life we want in the community.

Our Mission

Our mission is to speak up for ourselves and each other while working together to make changes in our communities and in Illinois.



Illinois Council on
**Developmental
Disabilities**

This newsletter was developed under an investment of the Illinois Council on Developmental Disabilities

Illinois Self-Advocacy Alliance
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Find us on Facebook at Illinois Self-Advocacy Alliance

KCSDV's Disabilities Project



KCSDV (Kansas Coalition against Sexual and Domestic Violence) has a KCSDV Disabilities Project. The KCSDV Disabilities Project and the Self-Advocate Coalition of Kansas (SACK) partnered to create the Kansas Building and Expanding Leaders and Individuals, Experience the Vision of Empowerment (BELIEVE) Partnership Project (Kansas BELIEVE Project).

This project continues to have a great impact on Kansas communities by creating and making plain language resources and information more accessible for those with intellectual and developmental disabilities who have been sexual assaulted. This is especially significant in this time of increased isolation during the pandemic.

The mission of the Kansas BELIEVE Project is to improve services and support to people with intellectual and developmental disabilities (I/DD) who have experienced sexual violence. The Kansas BELIEVE Project team created toolkits linked below. Read more about KCSDV's Disabilities Project by clicking [here](#).

Self-Advocate Accessible Zoom Guide click [here](#)

Self-Advocate Toolkit on Accommodation click [here](#)

Self-Advocate Toolkit on Guardianship click [here](#)

Sexual Assault Advocacy Toolkit on Accommodation click [here](#)

Sexual Assault Advocacy Toolkit on Guardianship click [here](#)

In partnership with the Illinois Council on Developmental Disabilities. The Alliance was supported, in part by grant numbers 19/2001ILSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



SARTAC Zoom Meetings

12noon Central Time (in Illinois)

Join on computer, tablet or smartphone

<https://zoom.us/j/324815633> or call 1-929-436-2866

Meeting ID: 324 815 633



January 21—Thursday

**Civil Rights Groups Using the Courts
To Get Things Changed**



January 25 - Monday

**Civil Rights Groups Passing Laws
To Get Things Changed**



January 28 - Thursday

**Civil Rights Groups Taking Direct
Action To Get Things Changed**



February 1 - Monday

**What Do These Civil Rights
Movements Have In Common?**

SARTAC Zoom Meetings continued



February 4 - Thursday

Civil Rights Groups Taking Direct Action To Get Things Changed



February 8 - Monday

What Do These Civil Rights Movements Have In Common?

“The Alliance has helped me to reach out for more support. It is my responsibility to ask for help and so I did.”

~ Alliance Ambassador Leadership Program (AALP) Graduate



**Information from Access Living CIL
(Center for Independent Living) in Chicago**

Interested in advocating further about the Covid-19 Vaccine and people with disabilities? Sign up to be an Ambassador [here](#).

Please continue to stay up to date on disability advocacy issues by signing up for the Access Living Advocacy Newsletter [here](#). You can also check out the Covid-19 Resource Page [here](#).

LEARN TO BE MINDFUL:

A Virtual Program for People with Developmental Disabilities and their Siblings

Learn mindfulness strategies to help with stress, enhance relationships, and improve overall health and well-being. Participate in the mindfulness series at your own pace and/or by joining in the live Zoom sessions. Login to the self-paced course at any time that works best for you. Connect to learn with and from each other during the live Zoom sessions.



Session 1: December 15th, 2020 7-8pm Central Time
Becoming Mindful and Keeping Your Mind in The Present
 Self-paced course starting from December 1st, 2020



Session 2: January 19th, 2021 7-8pm Central Time
Acceptance and Willingness to Experience Life
 Self-paced course starting from January 1st, 2021



Session 3: February 16th, 2021 7-8pm Central Time
Living and Committing to A Life You Value
 Self-paced course starting from February 1st, 2021

Click [HERE](#)
to register

Participate in all 3 topics or choose 1 or 2. You do not need to participate in session 1 in order to participate in session 2 or 3.

Groups are welcome to participate, such as people who live together at a group home or people who attend community day services. Disability service providers can register and support groups to participate.

This project is a partnership of the Sibling Leadership Network, the Cognition Behavior and Mindfulness Clinic at the University of Illinois at Chicago, the Illinois Self-Advocacy Alliance, and The Arc of Illinois. Funding provided in part by NCHPAD.

SIBLING
LEADERSHIP
NETWORK





The International Day of Acceptance is a day dedicated to social acceptance of disability and to honor Annie Hopkins, founder of 3E Love and creator of the International Symbol of Acceptance.

Tell the world you embrace who you are; a person with social rights, who has an opinion, who has interests, who has goals and who loves life. You are a person who is empowered to make a difference in the world and will not be without a voice in society. You are not living disabled, you are living.

Visit www.dayofacceptance.com and get ready for Wednesday, January 20, 2021!

WE NEED YOU!
TO MAKE IT HAPPEN

Contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance. You can submit an article, a poem, a piece of artwork, photography, write a column, or ask a question.

Let us know if you have any questions. Submit your content to info@selfadvocacyalliance.org.

Thank You For Mobilizing Support for People with Disabilities Who Experience Sexual Violence

During November - December 2020, The Illinois Self Advocacy Alliance collaborated on the AAPD (American Association of People with Disabilities) 2020 Paul G Hearne Leadership Award to engage survivors with disabilities, rape crisis centers, service providers, professionals and advocates in doing collaborative regional and statewide work aimed at improving services, policies and opportunities for people with disabilities who have experienced sexual violence.

More than 350 participants started the journey of mobilizing support by attending the presentations. All presentations were recorded and the recordings, along with presentation slides, can be found below.

Introduction to Mobilizing Support for People with Disabilities Who Have Experienced Sexual Violence

Recorded live on 11.5.2020 - view recording [here](#) and slides [here](#)

Considerations for Rape Crisis Centers and Advocates

Recorded live on 11.10.2020 - view recording [here](#) and slides [here](#)

Considerations for Disability Service Providers and Advocates

Recorded live on 11.11.2020 - view recording [here](#) and slides [here](#)

Considerations for People with Disabilities

Recorded live on 11.12.2020 - view recording [here](#) and slides [here](#)



Healthy Relationships Discussion

Recorded live on 12.3.2020 - view recording [here](#) and slides [here](#)

Art & Trauma Recovery Event

Recorded live on 12.8.2020 - view recording [here](#) and slides [here](#)

Disability & Bisexuality

Recorded live on 12.9.2020 - view recording [here](#) and slides [here](#)

Continuing the Journey of Mobilizing Support for People with Disabilities Who Have Experienced Sexual Violence

Recorded live on 12.15.2020 - view recording [here](#) and slides [here](#)

Healthy Sexuality & Sexual Expression Panel Discussion

Recorded live on 12.17.2020 - view recording [here](#)

**Stay Tuned for More Exciting Presentations
in early 2021!**

If you have questions, please contact Tara Ahern, The Alliance's Project Director, at tara.advocacy@gmail.com.



The Illinois Self-Advocacy Alliance, Inc. (The Alliance) is proud to be an initiative of the Illinois Council on Developmental Disabilities. In partnership with the Illinois Council on Developmental Disabilities. This project was supported, in part by grant numbers 19/2001ILSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.