

# Self- Advocates: Are You Ready To Be A Leader?

WIHD CSN Transition Institute  
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Westchester Institute  
for Human Development

# Session Goals

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- Listen & Learn about a Leadership Development Opportunity for Young Adults ages 21-35, with developmental disabilities.
- Discover if this opportunity is right for you?
- Understand what you need to do to apply and be accepted into this 10-month program.

# Leadership Development for IDD



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**Volunteer New York! and WIHD collaboration**

*Our Mission*

***To help people with developmental disabilities  
build a community, confidence, and build  
leadership skills leading by example.***

***To find their voices and to take action.***

This program is funded by a grant from the Taft Foundation



# WIHD: Self- Advocacy Services

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**WIHD Facilitator: Brendan Klein** – Coordinator of Self Advocacy & Community Engagement.

- **Hear Our Voices:** that Meets on zoom the 3rd Wednesday each month 6pm to 7pm with important topics.
- **Hear Our Voices:** Peer to peer discussion about Dating and Relationships. Second Tuesday of every month from 6pm to 7 pm on zoom, Facilitated by Nichole Hastings and Claire Polin.
- **Hear Our Voices Speakers Network:** offers individualized presentation skills coaching to self-advocates interested in sharing their experiences to impact policy development and disability awareness in New York State.
- **GetWIHDit Social Group:** A social engagement platform with events both in person and online across Westchester County and New York State.



## **Facilitator: Volunteer New York! - Patti Colombo Manager, RISE Program**

**RISE (Readiness thru Integrated Service Engagement):** The RISE program from Volunteer New York! connects adults with intellectual or developmental disabilities to nonprofits in the community where they can build skills while volunteering. RISE addresses the growing need to find meaningful community engagement for adults who are eager to take action to strengthen our communities and promotes community inclusion through volunteerism.

**We believe that Everyone Can Serve.**

### **M I S S I O N**

Volunteer New York! mobilizes our community to address its greatest challenges.

### **V I S I O N**

Our community is vibrant, resilient, and equitable.

# Are You Ready to Be a Leader?

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This program provides accommodations for young adults with different learning needs, in a small group of 8-12 people. It requires participants to apply and be accepted into the program.

## **Are you ready? You need to...**

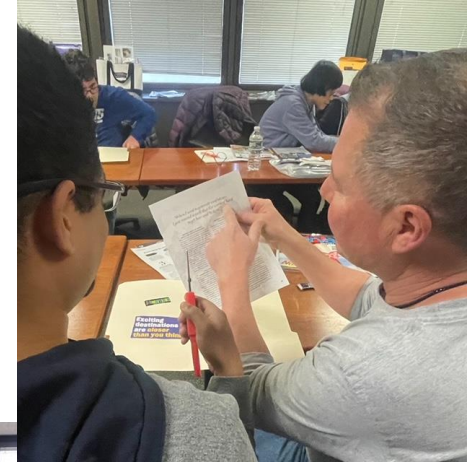
- Be an active participant in a 4-hour interactive class
- Practicing Self-Determination
- Goal Oriented: Personal goals to develop leadership skills
- Positive Attitude with a growth mindset
- Willingness to share with and support peers in this shared journey.

# Requirements to Participate

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- **Complete application & interview process**
- **10-month commitment- attend all sessions**
  - 1x month from September- June
  - Day/Time TBD based on survey: 10:00-3:00 or 12:30-5:00
- **Young adults, ages 21-35 with developmental disabilities**
- **In-person held at WIHD, Valhalla NY**
- **No cost to participate**
- **If you need support, have your own support aid attend with you.**

# Leadership Topics



- **Goal Setting**
- **Self-Awareness**
- **Social Awareness**
- **Self- Management**
- **Communication Skills**
- **Teamwork**
- **Conflict Resolution**
- **Building Relationships**



# Application Process

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**You will need to apply and be accepted into the program.**

- Currently accepting applications for September 2024-June 2025.
- Application Link: <https://forms.gle/UFXKF5RqkX41gZN5A>  
Answer what you can on form, with option to answer on a zoom mtg.
- **Deadline to apply is June 30, 2024**, after this date, check to see if there are openings.
- Interviews will be set up on zoom.
- Acceptance based on cohort best match with mutual availability
- Class to start September 2024
- Email Brendan or Patti for application link.

# Current Class Video Panel

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Why did you decided to participate?

How has class accommodated your learning style?

How has class helped you develop leadership skills?

How are you using your leadership skills in your life?

What are your leadership goals?

Why should other young adults consider taking this class?

# Q & A

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