



WESTCHESTER INSTITUTE
FOR HUMAN DEVELOPMENT

Hear Our Voices!



SELF ADVOCACY GROUP

BRENDAN KLEIN

NICHOLE HASTINGS

MO KIKOLER

CLAIRE POLIN

TINA FITZGERALD

OLIVIA NEMEC

MARIELA ADAMS

Today's Session

01 SELF-ADVOCACY

02 HISTORY

03 MARIELA

04 OLIVIA

05 BRENDAN

06 NICHOLE

07 MO

09 CLAIRE

08 TINA

All links at
end

What Is SELF ADVOCACY?

“Self advocacy is the ability to speak up for yourself and the things that are important to you.”

(“Self Advocacy | SANYS”)

1. Self advocacy = speak up to family/care team
2. Self determination = make your own life decisions
3. Systems advocacy = change the system

A HISTORY OF Hear Our Voices!

1. Who's idea was it?
2. Why was it important to create?
3. What were the challenges in creating it?
4. How has the group grown into what it is today?

Mariela Adams


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PROGRAM MANAGER FOR
SELF ADVOCACY &
COMMUNITY ENGAGEMENT
FORMER LEND TRAINEE




Why do you work at
HOV?

What do you do at
HOV?



We believe in an inclusive world where everyone has the power to share their stories. That's why WIHD's self advocacy organization, *Hear Our Voices!*, supports individuals with disabilities in speaking up for themselves and their community.



Mariela Adams

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**What's your advice to
new self advocates?**

**What's your advice to
families?**

Olivia Nemec

HEAR OUR VOICES! INTERN

(SHE/HER)

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Why do you work at
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1. Hear Our Voices! Podcast

2. Internship



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new self advocates?

What's your advice to
families?



Brendan Klein


COORDINATOR OF SELF
ADVOCACY & COMMUNITY
ENGAGEMENT

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Why do you work at
HOV?

What do you do?



- 
- 
1. TicTacGo Social Events
 2. Aspiring Leaders Class
 3. New York State Advocacy
 4. Project Search Workshop
 5. HOV Podcast

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What's your advice to
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Nichole Hastings

(SHE/HER)

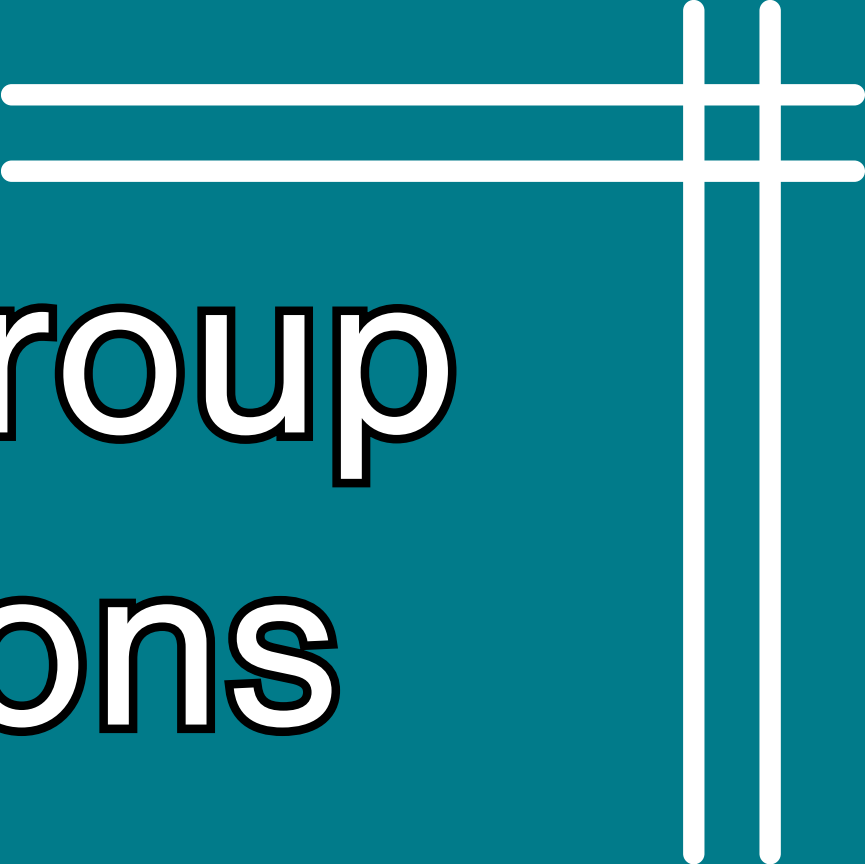

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Why do you work at
HOV?

What do you do at
HOV?

- 
- 
1. Relationship Skills Group
 2. Disability Conversations
Group
 3. Presentation Skills
Coaching Module
 4. LEND

Nichole Hastings

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**What's your advice to
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**What's your advice to
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Mo Kikoler

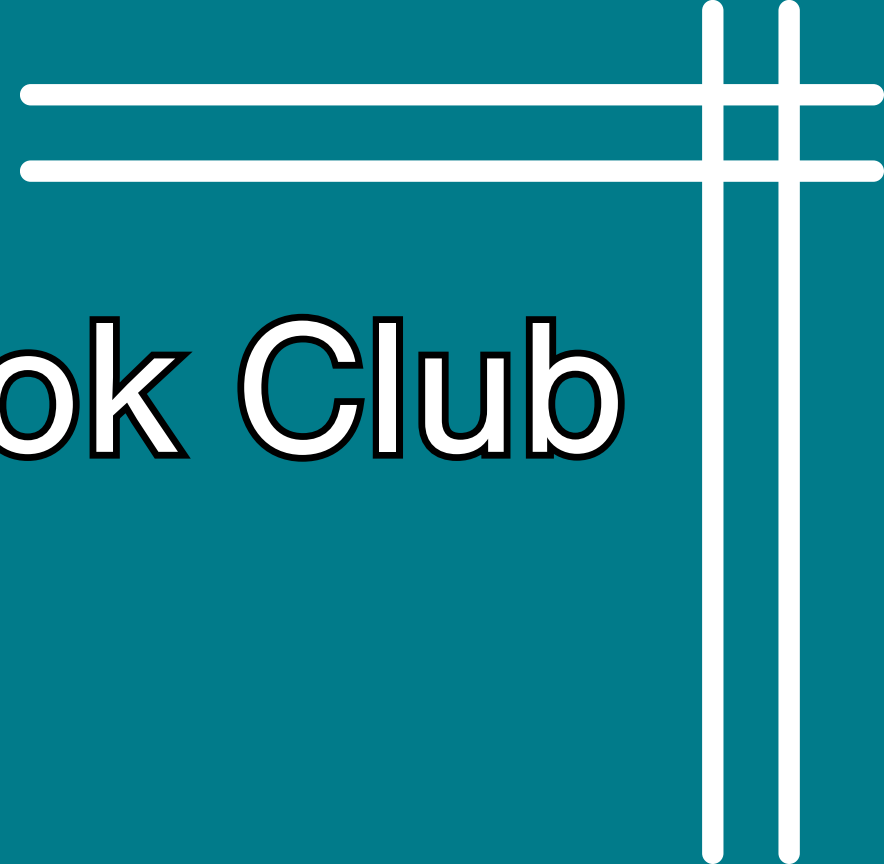
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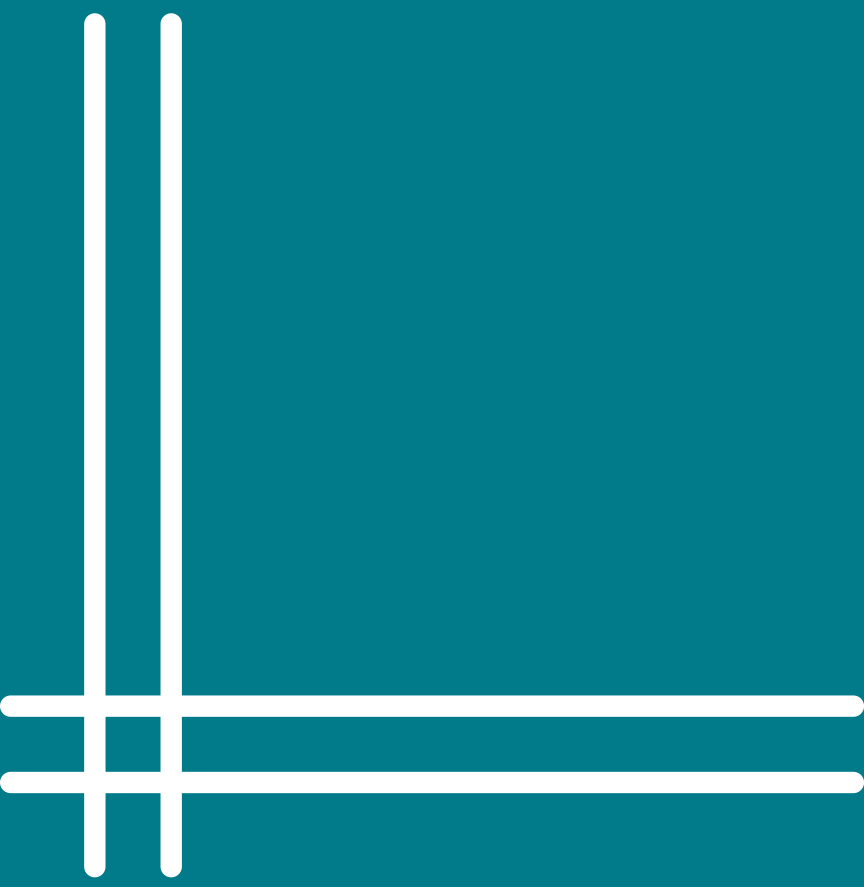


Why do you work at
HOV?

What do you do at
HOV?



1. Readers With Disabilities Book Club
2. Accessible Graphic Design
3. LGBTQIA+ Inclusion



Mo Kikoler

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CURRENT LEND TRAINEE
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**What's your advice to
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**What's your advice to
families?**

Claire Polin

COORDINATOR OF SELF
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Why do you work at
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What do you do at
HOV?

Children's Book Author



Claire Polin

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**What's your advice to
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**What's your advice to
families?**

Tina Fitzgerald

(SHE/HER)

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Why do you work at
HOV?

What do you do at
HOV?



1. Relationship Skills Group

2. SANYS

3. RevUp NY

4. Elevatus



5. Office for the Prevention of
Domestic and Sexual Violence

Tina Fitzgerald

(SHE/HER)

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wihd.org



Contact:

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Our Programs:



1- Disability Conversations Group - Informative talks about living with disabilities in an accessible way



2- Relationship Skills Group - An inter-abled group to learn and practice social skills



3- Readers With Disabilities Book Club - A book club that celebrates disability & is designed for young-adults at all reading levels

4- Aspiring LeaDDers Program - An accessible, leadership skills training course for self-advocates

5- Project SEARCH Self-Advocacy Workshops

A part of the Project SEARCH program, our workshops focus on teaching self-advocacy skills

6- Speaker's Network - Opportunities for self-advocates to be public speakers at different disability-related events

7- Self-Advocate Internship - An internship opportunity for a self-advocate to work with our staff

8- Public Speaking Skills Course - Online curriculum for self-advocates.

