

Self-Advocacy refers to an individual's ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs and rights. It involves making informed decisions and taking responsibility for those decisions.

(VanReusen et al., 1994).



Self-Advocacy is about people speaking up for themselves. Individuals with intellectual and developmental disabilities are often some of the most powerless members of society. The Self-Advocacy movement seeks to reduce the isolation of people with disabilities and give them the tools to take greater control over their own lives.

The Arc of Washington County
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The Arc of Washington County
&
Washington County BHDS

Self-Advocacy & Leadership Program

Self-knowledge is the first
step towards advocating for
your rights!



*No one knows you better
than you!*

*The mentor program has opened up my eyes to
teach other people ~ Cheryl*

It gives Self-Worth ~ Maria

*The program has helped me help others
~Kenny*

*Mentoring has helped me better myself
~Jessica*

The Arc of Washington

County is offering a program that focuses on developing a local self-advocate network as well as a leadership/mentor support program that includes ongoing education and resources to assist with connecting and developing skills and relationships.

Monthly Meetings:

Washington County Self Advocacy program is hosted by Washington County BHDS and The Arc of Washington County.

Meetings are held monthly and are open to all self-advocates, their staff and families.

Topics will include:

- ❖ Learning to speak up and speak out; Empowering people to use their voice!
- ❖ Identifying and creating one's Social Capital
- ❖ Realizing and sharing the power of one's personal story
- ❖ Developing an increased awareness of self
- ❖ Educating the broader community
- ❖ Communicating needs effectively
- ❖ Understanding Sense of community and belonging
- ❖ Understanding rights and responsibilities



Leadership & Self-Advocate Mentor Program:

This training program will teach individuals an array of skills, including self-awareness and assessment, self-advocacy, problem solving and decision-making, goal setting and teamwork and group development.

The Leadership Program will have mentors available, who will build relationships with each self-advocate and assist them in working through their individual concerns or issues. Contact us to connect with a mentor!

Contact Us:

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