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## Advocacy Spotlight

Matthew Mason and David Buckingham are two engaging young adults who are proactively working on become stronger self-advocates and learning skills that will help them achieve successful and fulfilled lives.

David and Matthew were selected to represent VOICE (Vocational Opportunities in Community Experiences) at The Community Summit, held in Wenatchee this past June. They embraced the opportunity. They chose to attend presentations and participate in group discussions focused on topics related to transition.

These two friends stood out at the Summit, with their excitement, positive attitude and desire to learn.

When asked to reflect on the most important things they learned while attending the conference, Matthew replied, "People have different ideas about time, and *being on time* means different things to different people. I learned that I need to be mature and stay serious when working. I can't be late to work." He also really enjoyed listening to Father Michael Oleksa's keynote speech on diversity. "His stories were true, but he told them in a really funny way." David attended a breakout session focused on *gaining clarity and defining an action plan*. He was one of a few participants chosen to be spotlighted. He came away with a realistic plan aimed at helping him obtain a job that would utilize his skills and interests.

Matthew and David welcomed the opportunity to meet and speak to many people with disability diversities. They were inspired by other self-advocates who shared stories of discrimination, hardship, perseverance and success. Although they appreciated and enjoyed the daytime activities, both young men readily agreed that the best part of The Summit was the evening dance! They both would like to return next year and hope to share the experience with some of their peers. David said he was inspired by the experience and felt it would help him to become a better leader.

Recently, Matthew was selected to participate in Project Search, an internship program at Swedish Hospital. He receives classroom instruction focused on work related social skills, combined with volunteer work experience, all within the hospital setting. David is currently working two jobs, one paid, the other volunteer. The first started as a volunteer position through VOICE, which turned into a paid position, when his supervisor recognized his determination and ability. David was told, "You're working so hard. I want to hire you!"

In 2016, David participated in the Youth Leadership Forum for High School Students with Disabilities. It is a unique, week long career leadership-training program. One of the most importing things David has learned to help him prepare for the transition from high school to adult life is, "If you keep working hard, you can live the lifestyle you want in the future."



*Matthew Mason & David Buckingham pictured with  
Father Michael Oleksa at the Community Summit.*

### **Self-Advocacy:**

*Know yourself,  
Know what you need,  
Know how to get it.*

## Welcome and Goodbye

The Arc is sad to have said goodbye to Lynne White. She has been a longtime advocate for developmental disabilities and Arc leader well before working for the Arc, and will continue advocating for positive change in her new role.

The Arc is excited to welcome Mary Rollins as the new Independent Living Coordinator.

I am pleased to join the Arc of Snohomish County as the Independent Living Coordinator.

I am a single mom of three wonderful children. My middle child is 35 and has intellectual/developmental disabilities. I have navigated the systems for him that keep him safe and happy and I'm looking forward to working with other families on these same journeys.

– Mary Rollins



**TRANSITION CLUB** is an Arc program, designed for Transition Students (18-21 years) to enhance self-advocacy, self-determination and self-awareness.

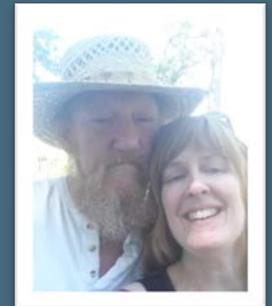
Using *Charting the Life Course* tools and information, fun and interactive activities are developed to help the students gain independence and leadership skills, skills necessary for employment and a productive and fulfilling life.

The Arc is currently partnering with six school districts within Snohomish County.

## Educator of the Year

### Lake Stevens Teacher Margaret Frey

Margaret Frey collaborates with The Arc to host a Lake Stevens Transition Club. She puts in a lot of effort to recruit and partner with local school districts to get them involved as well. She has been a champion for her students, creatively including them in their community and building lifetime skills for employment and independent living.



From the moment students enter Margaret's transition program, the work to become adults begins.

Margaret affords her students unique opportunities to grow into their "adult" selves through volunteer work in the wider community that expands on their strengths, as well as building leadership and advocacy skills with their peers in the classroom setting.

The leadership and independence that are fostered under Margaret's tutelage reaches far into the community, and continues years into the future when classes are completed.

"I am inspired by my amazing students and their families. My students show up every day full of optimism, hope for the future, and a drive to contribute. I have the fun and easy job of channeling all that energy!"

~Margaret Frey

Learn what to expect  
in the upcoming  
months and how you  
can make a difference.

Meet with your  
legislators to discuss  
the issues that are  
important to you and  
your family.

Achieve with us.®

## Parent/Family Coalition News

Parent/Family Coalition & Parent to Parent  
Presents:

### Telling Your Story “With A Purpose”



Presented by:  
Kim Arthur, MPH

Seattle Children’s Center for Children with Special Needs

### Do you want to make your voice heard?

If you are a leader with The Arc, or know someone who may benefit from this training, please join us for this *free* workshop on advocacy and leadership.

**Learn to:**

- Get your point across effectively using your experiences as an example
- Present your message and personal story to advocate for change in policies or practices
- Identify a policy, issue, or other need where you would like to make a difference

**Nov 8<sup>th</sup> & 15<sup>th</sup>** (2 part training) **6:30 – 8:30 pm**

Hosted at The Arc: 2500 Hewitt Ave. Suite 300 Everett, WA 98201

Register online at [The Arc’s website](#)

Questions? MeganE@arcsno.org 425-258-2459 ext. 107

## Legislative Coffee Gatherings



The Arc of Snohomish County’s Leadership Team is looking for volunteers to host a local legislative coffee, either in your home, or at another location.

Inviting your state legislators into your home provides you with the opportunity to share your personal story and concerns in a relaxed and intimate setting. You will be able to remind your representatives, as they head into the legislative session, of the issues that are important to you.

If you are interested in hosting a small legislative gathering, we can help you set it up. We are booking dates now in October and November.

For more information, please contact:

Megan Edmonds

Parent/Family Coalition Coordinator

425-258-2459 ext. 107

[megane@arcsno.org](mailto:megane@arcsno.org)

# Legislative Updates

## The 2017 Session is finally wrapped up!

The following bills passed the 2017 session and have been signed by the Governor\*

<u>HB 1115</u>	Para-educators	Setting employment standards for para-educators to get a para-educator associate of arts degree	Rep Bergquist
<u>HB 1719</u>	Early Learning (DEL request)	Update early learning advising and contracting, add DD representative to Early Learning Advisory Council	Rep Lovick
<u>HB 2037</u>	Higher education obstacles	Reconvene workgroup to look at obstacles for people with disabilities in higher education	Rep Frame
<u>HB 1671</u>	Activities of Daily Living (ADL)	Expands definition of ADLs to include medication assistance (DSHS request)	Rep Cody
<u>SB 5118</u>	Personal needs allowance	Provide increases to personal needs allowance for Medicaid eligible elderly & people w/disabilities	Sen Rolfes
<u>HB 1322</u>	Respite providers	Reduce training hours for respite provider caring for a person with DD & working less than 300 hours a year	Rep Kilduff
<u>HB 1258</u>	People w/disabilities at an accident	Design statewide training for first responders & 911 personnel, assess 911 system to add disability info	Rep McCabe
<u>SB 5177</u>	LTC worker training	Require long term care workers to be trained to recognize hearing loss	Sen Bailey
<u>HB 1262</u>	Accessible parking	Van accessible spaces must have at least 96" access aisle with a sign prohibiting parking there	Rep McBride
<u>HB 1515</u>	Special parking privileges	Doctor must write authorization on prescription pad, office letterhead or electronically	Rep Graves
<u>HB 1153</u>	Protection of vulnerable people	Increase penalties for financial exploitation and financial abuse of vulnerable people (AG request)	Rep Goodman
<u>HB 1676</u>	Service dogs in training	Includes service dogs in training to the state regarding crimes against service dogs	Rep Sullivan
<u>HB 1402</u>	Guardian isolation	Guardian cannot restrict contact for an individual from others without good cause and court approval	Rep Jenkins
<u>SB 5691</u>	Changing a guardianship	Court may modify or terminate guardianship if less restrictive option is better	Sen Bailey
<u>SB 5646</u>	Yakima Valley RHC	Close Yakima Valley when 8 residents left, offer crisis stabilization/respite as needed in catchment area or emergencies; develop community respite	Sen Honeyford

\*This information was published in the Olympia Reporter, August 7, 2017

### Looking Ahead... 2018 Advocacy Days

January 17: Disability Legislative Reception  
 January 24: Supported Living  
 January 31: Self Advocacy & Disability Pride  
 February 7: Family Services

February 14: Disability Protections  
 February 21: Employment Day & Rally  
 February 28: Budget Overview  
 March 7: Take Notes

### Be Involved Take Action

Sign up to receive  
The Arc of Snohomish  
County's Action Alert  
Emails.

Receive important  
information about issues  
that affect people with  
developmental  
disabilities, living in  
Snohomish County.

<http://www.arcsno.org/get-involved/take-action>

# Legislative Updates

After a 105-day regular session plus three 30-day special sessions, the state legislature has finally called an end to their work for 2017. This year negotiations on the final compromise budget was all done behind closed doors and not even legislators knew what was in the budget until the day it was voted on.

## Budget Highlights

Amounts listed are total of state and federal funds.

**\$79.1 million** - Increase the hourly benchmark rate for community residential service providers including supported living, group homes, and licensed staffed residential homes.

**\$9.5 million** - Service providers for individuals with developmental disabilities, will receive vendor rate increases of 2% on July 1, 2017, and an additional 2% on July 1, 2018.

**\$7.5 million** - Funding is provided for Developmental Disabilities Administration (DDA) clients who will be leaving high school. Roughly 600 clients will receive employment services through this funding.

**\$52.8 million** - Funding is provided to implement the 2017-19 collective bargaining agreement with individual providers (IPs) of in-home personal care services.

**\$481,000** - The work week limit on certain individual providers (IPs) is maintained at 65 hours per week rather than 60 hours per week in FY 2018.

**\$6.5 million** - Funding is provided for additional state-operated living alternative beds for transitioning clients ready for discharge from the state psychiatric hospitals.

**\$590,000** - Discharge case managers will focus on transitioning clients ready for discharge from the state psychiatric hospitals into state-operated living alternatives.

**\$22.7 million** - Beginning with the 2017-18 school year, funding is provided to support an expansion of the state's special education program, increasing maximum state-funded enrollment from 12.7% to 13.5%.

**\$1.9 million** - Funding is provided for implementation of House Bill 1115 to create a para-educator board and develop specialty certificates in special education that para-educators can obtain.

**\$1.6 million** - Implement training to increase use of less lethal force in law enforcement, create leadership program.

**\$515,000** - Implement House Bill 1402 to prevent guardian isolation.

**\$153,000** - Create First responder training and add disability information to Enhanced 911 per House Bill 1258.

**\$3.2 million** - Host the 2018 Special Olympics USA games in July 2018 for approximately 3,500 athletes.

The Capital budget was an even more contentious process. The legislature only came to agreement for a one-year capital budget of re-appropriations, which included:

**\$540,000** - Housing Trust Fund DD set-aside

**\$4.9 million** - Back-up power and electrical feeders at Fircrest.

**\$1 million** - Infrastructure upgrades at Lakeland Village

The normal 2-year capital budget got hung up on a controversy around water rights and well drilling, and the legislature went home without finalizing anything.

*\*This information was published in the Olympia Reporter, August 7, 2017*

Fortunately, services for people with developmental disabilities were well-funded, a relief after months of tense waiting.

The Arc of Snohomish County encourages individuals and family members to get on boards and committees to be the voice for developmental disabilities as decisions are made in our community. For more about leadership opportunities and trainings contact Megan Edmonds at [MeganE@arcsno.org](mailto:MeganE@arcsno.org)

# Get Involved

## People First of Snohomish County

A local chapter of People First of Washington, a state wide self-advocacy organization, by and for people with intellectual and developmental disabilities.

**When:** 4<sup>th</sup> Tuesday of the month

**Time:** 11:00 am – 1:00 pm

**Where:** The Arc of Snohomish County

2500 Hewitt Ave, Suite 300 Everett, WA 98201

### MISSION

*To facilitate and promote public awareness and appreciation that we are people first, our disabilities are secondary, and that we are equal citizens in our communities.*

### GOALS

- To provide education in self-determination, self-advocacy & inclusion.
- Advocate for the supports people need to live, work, and be a part of their community.

EDUCATE ♦ ADVOCATE ♦ CELEBRATE

For more information contact:

Kylie Walsh

[Kylie@arcsno.org](mailto:Kylie@arcsno.org) 425-258-2459 x121



## I.CAN

### Women's Self-Advocacy Group

A group aimed at Self-Advocates, open to all women ages 16 and up, wanting to share resources and skills. We believe everyone has something to share!

**When:** 3<sup>rd</sup> Monday of the month

**Time:** 5:00 – 6:30 pm

**Where:** The Arc of Snohomish County

2500 Hewitt Ave, Suite 300 Everett, WA 98201

For more information contact:

Corinna Fale

[Corinna@arcsno.org](mailto:Corinna@arcsno.org) 425-258-2459 x103

**I**ndependence  
**C**ommunity  
**A**dvocacy  
**N**ow



The City is currently seeking volunteers to serve on boards and commissions. Openings include the [Everett Animal Shelter](#) Advisory Board, the [Everett Cultural Arts](#) Commission, the [Everett Public Library](#) Board, and many others.

Visit the webpage at [everettwa.gov/boards](http://everettwa.gov/boards).