

## Communication Guide Available

Illinois Imagines recently released “Who, What, Where, When: A Symbol Book for Communicating with Users of Augmentative and Alternative Communication.” The book is a modified and updated version of the original CD in the Our Rights, Right Now Toolkit in 2010. The book can be utilized in communicating with victims of sexual assault and others to describe scenarios. Illinois Imagines will hold a webinar on utilizing the material in April. Registration information will be sent via e-mail to local collaborative teams. The books will be sent to team members in early April.

## Participating in a Webinar

By Alice Kieft

I recently participated in a Webinar about inclusion of folks with disability, and participating on the state team. I really was honored and a bit scared to do it. We had a list of questions being asked and I arrived two hours early to study them and form answers. All this was unnecessary. Mary Hettel, Marge Parker and I work so well with Sean Black (the moderator) that it just flowed.

However, the interesting part of the Webinar was that I thought we would be seen on camera... not

.... MORE PARTICIPATING PAGE 2

## Webinars

○ April 20th, 10:00-11:00 a.m.

**Topic:** Overview of mental health system in Illinois presented by Lee Ann Reinert and Jessena Williams. This webinar will provide an overview of the Illinois

.... MORE WEBINAR PAGE 2

## Spotlight

### Our Disability Rights to Freedom in 2016

By Lynn Heath,  
Illinois Self-Advocate

1. We have the right to be treated with Dignity and Respect!
2. We have the right to make our own choices and decisions.
3. Don't judge us because of our disabilities.
4. Don't make fun of us when you see how we look or how we talk; you wouldn't want people to make fun of you!
5. Give us all a chance to share our feelings and our thoughts.
6. Remember we are all human beings and we all sometime make mistakes!

.... MORE RIGHTS PAGE 2

## Resource

○ Equal Treatment, Equal Access: Raising Awareness about People with Disabilities and Their Struggle for Equal Rights Students Handouts and Supporting Materials for Teachers:

[http://archive.adl.org/education/curriculum\\_connections/fall\\_2005/lesson%20%20handouts.pdf](http://archive.adl.org/education/curriculum_connections/fall_2005/lesson%20%20handouts.pdf)

7. Don't mistreat us or abuse us, we all have feelings just like you do.
8. We have ways of expressing our emotions.
9. You don't know what it is like until you have walked (10) miles in our shoes.
10. Freedom is what we want to make empowered decision for people with disabilities.
11. People with disabilities need to be able to express their opinions and/or comments!
12. Martin Luther King Jr. expressed it best when he said "I have a dream, that everyone should have the right to their feelings, and to be free." He didn't say I have a disability! People with intellectual disabilities are sometimes referred to as: 1.) low functioning; 2.) imbeciles; 3.) the "R" word; 4.) Idiots; 5.) Stupid; 6.) Dumb-founded; or 7.) Regrets. These and any other words that hurt us or cause us to become emotionally upset or make us have suicidal thoughts are all bad labels.

So please respect our rights and give us the dignity and respect we deserve!

---

.... PARTICIPATING FROM PAGE 1

so, just recorded verbally. A whole less intimidating. We acted like we work our presentations anywhere. If someone was at a loss for words (rarely happens) one of us jumps in. This also works if someone is out sick, someone just jumps in and takes on their part of the presentation. In the webinar, we gave ideas of how to find folks with disabilities who could add a different perspective to your group. They would bring real life experience. The person does not have to have experienced sexual violence, just be a person with a disability.

The other exciting feeling was we were helping others: giving information could help them form a group, or find help for themselves. That is always gratifying because I remember the days trying to find help and it taking me a year, then I was misdiagnosed for 20 years (I have bi-polar disorder and diagnosed as clinically depressed). They are treated differently (drugs and therapy). So I urge you to keep trying until you find the perfect fit. If you have any questions for me, please email me at [aunt.ali@zoho.com](mailto:aunt.ali@zoho.com).

---

....WEBINAR FROM PAGE 1

Division of Mental Health and the services provided to people in Illinois with a lived experience of mental illnesses. Topics will include: the mission and vision; organizational structure; history of services; making referrals; eligibility for services; state-operated services; community services; and services for the Deaf.

○ **April 25, 10:00-11:00 a.m.**

**Topic:** Utilizing the recently released "Who, What, Where, When : A ymbol Book for Communicating with Users of Augmentative and Alternative Communication"

○ **May 17th, 10:00-11:00 a.m.**

**Topic:** WRAP (Wellness Recovery Action Plan)

○ **June 21st, 10:00-11:00 a.m.**

**Topic:** Recovery model for people with a lived experience of mental illness

---

---