

# EPYOC EXPRESS

DRME.ORG/YOUTH-SELF-ADVOCACY  
YOUTHSELFADVOCACY@DRME.ORG

## SEE YOU AT A MEETING!

### VIRTUAL DROP IN HOURS

WHEN: WEDNESDAYS, 10:30AM-11AM  
DRME.ORG/EVENTS/YSA-VIRTUAL-DROPIN-SESSIONS

### VIRTUAL CHAPTER MEETING

WHEN: MARCH 27, 2024 11AM-12PM  
LINK ON YSAP\_DRM FACEBOOK

### IN PERSON CHAPTER MEETING

WHEN: MARCH 6, 2024 4-5PM  
EQUALITY COMMUNITY CENTER  
15 CASCO ST, PORTLAND

### SUFU WEEKLY MEETING

WHEN: TUESDAYS, 1PM-2PM  
WWW.SUFUMAINE.ORG/EVENTS/



### SUPPORTED DECISION-MAKING AGREEMENT

- The Decision-Maker can choose whether or not they want to create a SDM agreement
  - Can be informal – but many people prefer a plan written out
- Sample Agreement available in the handbook
  - Can be written however is most beneficial to the decision-maker



EXAMPLES OF THE ADVOCATE-TRAINERS IN ACTION

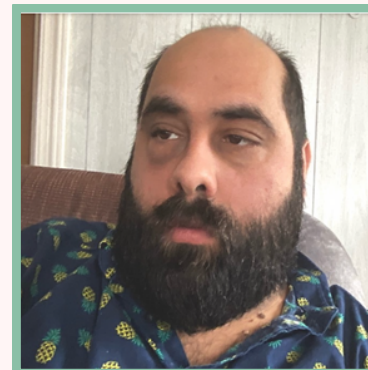


@ YSAP\_DRM

# DISABILITY RIGHTS MAINE

### INTRODUCING ADVOCATE-TRAINER KILE PELLETIER (HE/HIM)

HI, MY NAME IS KILE PELLETIER. I LIVE IN FORT KENT, MAINE, AND I'M A SELF ADVOCATE IN AROOSTOOK COUNTY, WORKING WITH DISABILITY RIGHTS MAINE WITH THIS YOUTH PROJECT. I AM WORKING ON TRYING TO ELIMINATE THE MARRIAGE PENALTY FOR PEOPLE WITH DISABILITIES.



# WE'VE BEEN BUSY!



OVER THE PAST MONTH, OUR ADVOCACY TRAINERS HAVE BEEN PARTNERING WITH MEGAN MARQUIS! MEGAN IS DRM'S EMPLOYMENT ADVOCATE. OUR TRAININGS HAVE FOCUSED ON HOW SELF-ADVOCACY IS THE KEY TO EMPLOYMENT! OFTEN THE DESIRE FOR EXTRA SPENDING MONEY PROMPTS SOMEONE TO ADVOCATE FOR THEMSELVES TO ENTER THE WORKFORCE!

WE'VE ALSO BEEN COLLABORATING WITH MOLLY THOMPSON, DRM'S VOTING ACCESS ADVOCATE. **VOTING IS CRITICAL TO ADVANCING SELF-ADVOCACY SKILLS!**



**MEGAN IS LOOKING FOR YOUNG FOLKS WITH DISABILITIES TO SERVE ON THE STATE REHABILITATION COUNCIL!** THIS COUNCIL ADVISES THE DIVISION OF VOCATIONAL REHABILITATION (DVR) IN MAINE ABOUT HOW WELL ITS PROGRAMS AND SERVICES MATCH THE NEEDS OF PEOPLE WITH DISABILITIES.  
**EMAIL MEGAN AT [MMARQUIS@DRME.ORG](mailto:mmarquis@drme.org) TO LEARN MORE!**



DISABILITY  
EMPOWHER  
NETWORK

*Applications  
now open!*

FROM NOW UNTIL APRIL 13TH, CAMP APPLICATIONS ARE OPEN FOR GIRLS AGED 13-18! THROUGH EMPOWHER CAMP, OUR YOUNG LEADERS CONNECT WITH MENTORS & OTHER YOUTH WITH DISABILITIES, HAVE FUN, LEARN BASIC SURVIVAL SKILLS, PRACTICE LEADERSHIP, INCREASE THEIR INDEPENDENCE AND BECOME MORE CONFIDENT!  
[SEE THE FLYER OR VISIT WWW.DISABILITYEMPOWHERNETWORK.ORG/](http://WWW.DISABILITYEMPOWHERNETWORK.ORG/) TO LEARN MORE!

THIS NEWSLETTER WAS DEVELOPED BY DISABILITY RIGHTS MAINE THROUGH THE 2023/2024 "INNOVATION PILOTS - RFP TO STIMULATE INDEPENDENCE PROMOTING INNOVATION" INITIATIVE. THIS PROJECT WAS FUNDED THROUGH THE FEDERAL MEDICAL ASSISTANCE PERCENTAGE (FMAP)/AMERICAN RESCUE PLAN ACT (ARPA) DOLLARS THROUGH THE CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS) UNDER SECTION 9817 HOME AND COMMUNITY BASED SERVICES (HCBS). ALL PRODUCTS OF THIS INITIATIVE ARE FREELY AVAILABLE FOR PUBLIC USE.

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# YOUTH SELF-ADVOCACY GROUP

**Self-advocacy** is learning new things, making your own choices, and speaking up for yourself and others.

Advocacy is powerful when we do it **together!**

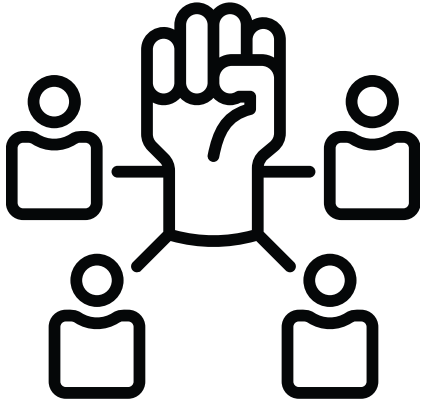
Jaheim, Aydan, and Kate want you to join!



[WWW.DRME.ORG](http://WWW.DRME.ORG)

**FOR  
FOLKS 14-25  
WITH  
INTELLECTUAL  
AND  
DEVELOPMENTAL  
DISABILITIES**

**IN-PERSON MEETING  
EQUALITY COMMUNITY CENTER  
(15 CASCO ST, PORTLAND)  
MARCH 6, 2024 FROM 4-5PM**



**CONNECT VIA TEXT (207) 797-3081 OR [YOUTHSELFADVOCACY@DRME.ORG](mailto:YOUTHSELFADVOCACY@DRME.ORG)**

# EmpowHer Camp



**Early Action Deadline - February 24th, 2024 at 11:59pm ET**  
**Main Application Deadline - April 13, 2024 at 11:59pm ET**  
Adirondacks Trip: August 4th- 9th, 2024  
Reunion trip, Washington, DC: July 2025

Each year disabled young women from across the United States are invited to the Adirondacks for one week to have fun, connect with other disabled girls, connect with mentors, and learn about disaster preparedness, all while developing leadership skills. Girls meet again in Washington, D.C. the next summer for an exciting reunion trip to reconnect with friends and explore how they have grown as leaders. During the year between the camping trip and the reunion trip, girls work on a year-long local project involving inclusive disaster strategies and check in with their mentor monthly. Mentors help the girls with the project, school, and disability issues, while empowering the girls to achieve their goals and continue setting bigger goals for the future.



Disability EmpowHer Network hosts our Adirondacks trip at an accessible wilderness facility located in the beautiful Adirondacks. The girls have fun, learn survival skills, learn to build fires, and explore nature all while making lifelong friends and connecting with mentors who will support them.

## Motivation

Women with disabilities experience the highest rate of unemployment of men and women with and without disabilities.

We can change that by motivating girls with disabilities to succeed!

## Survival Skills

Women with disabilities are 2 to 4 times more likely to die or sustain a critical injury during a disaster than people without disabilities.

We can change that by teaching young women with disabilities about disaster preparedness and basic survival skills!

## Mentorship

Research shows that disabled girls often do not have disabled adult role models to be positive influences in their lives & that there is a greater need for girls with disabilities to have such role models because there is less visibility of successful disabled women in our culture.

We can change that by having successful disabled women camp with disabled girls and be paired together for a 12 month mentoring relationship. Mentors will check in with the young women to talk about projects, school, life and more.

# The 4 Stage of EmpowHer Camp

## 1 Adirondacks Trip

Development of independence, leadership, & survival skills while camping in upstate New York.

## 3 D.C. Reunion Trip

Communicate about their community projects to national leaders in the federal government and Disability Community. Learn about civic engagement and professional development.

## 2 Community Project

Year-long emergency preparedness project to help disabled people in their home community while developing a mentoring relationship with successful disabled women.

## 4 Lifetime Membership

Lifelong friendships and support network for future success and opportunities.



**Through EmpowHer Camp, our Young Leaders connect with mentors & other youth with disabilities, have fun, learn basic survival skills, practice leadership, increase their independence and become more confident**



## What People Are Saying

### Participants:

"EmpowHer Camp has opened many doors for me and given me a community of young disabled women who are ambitious and goal-driven."

### Mentors:

"EmpowHer Camp helped improve my confidence unexpectedly. I accomplished things I did not know I could do and EmpowHer Camp was a safe place to try new things and not fear failure or judgement."

### Parents:

"She came back from camp feeling empowered about who she is and knowing it's ok to do things that might look different than other people. Everyone has noticed the maturity that has happened in her since starting EmpowHer Camp!"

Learn More about EmpowHer Camp at [disabilityempowhernetwork.org/EmpowHerCamp](https://disabilityempowhernetwork.org/EmpowHerCamp)

@DisabilityEmpowHer | @disabilityempowhernetwork | @EmpowHerDis