

EPYOC EXPRESS

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

SEE YOU AT A MEETING!

SUPPORTING YOUTH IN TRANSITION

WHEN: MAY 17, 2024 4-4:30PM
ZOOM MEETING ID: 831 2797 4714
PASSWORD: 492829

ADVOCACY 101: SKILL BUILDING

WHEN: MAY 24, 2024 4-4:45PM
ZOOM MEETING ID: 831 2797 4714
PASSWORD: 492829

VIRTUAL CHAPTER MEETING

WHEN: MAY 29, 2024 11AM-12PM
ZOOM MEETING ID: 819 0088 1844
PASSWORD: 601488

IN PERSON CHAPTER MEETING

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



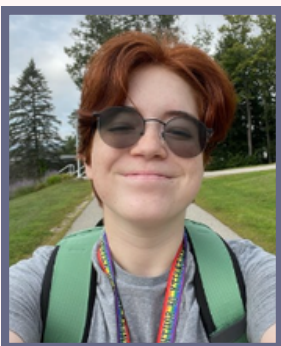
VIRTUAL YOUTH LEADERSHIP

TRAINING - MAY 16

6-7:30 PM

REGISTER ONLINE AT

GEARPARENTNETWORK.ORG/EVENTS/



AYDAN RUDOLPH (HE/THEY) - ADVOCATE TRAINER

AYDAN IS LOOKING FORWARD TO CONNECTING WITH AND HELPING YOUNG PEOPLE EXPRESS THEMSELVES AS A SELF-ADVOCATE TRAINER. AYDAN HAS JUST FINISHED THEIR FIRST YEAR AT USM AND IS A 2023 GRADUATE OF BANGOR HIGH SCHOOL. WHILE IN HIGH SCHOOL, AYDAN VALUES THEIR TIME AS AN OLYMPIA'S LEADER IN THE OLYMPIA SNOWE WOMEN'S LEADERSHIP INSTITUTE. NOW, HE IS ALWAYS ON THE LOOK OUT FOR WAYS THAT PEOPLE WITH DISABILITIES CAN STAY ACTIVE.



@ YSAP_DRM

DISABILITY RIGHTS MAINE



PEER TRAINING PROGRAM

Are you a client in a Community Support Program interested in helping others learn how to advocate for themselves in Person Centered Planning meetings?

Stipends available!

Scan to Register



FOR MORE INFORMATION, CONTACT BRIAN HARNISH
E-MAIL: BHARNISH@DRME.ORG
PHONE: 207.626.2774 EXT. 104

Trainings scheduled for Summer 2024

- Learn about Person Centered Planning
- Learn how to teach others to advocate for themselves
- Make real system wide change for others

Thank You

BIDDEFORD HIGH



OVER THE PAST 2 MONTHS, THE YSA TEAM HAS BEEN BUILDING SELF-ADVOCACY SKILLS WITH STUDENTS FROM BIDDEFORD HIGH SCHOOL! WE'VE APPRECIATED THEIR ENGAGEMENT AND CURIOSITY! WE'LL ALWAYS BE WISHING YOU WELL!

~

IF YOU'RE INTERESTED IN THE YSA TEAM FACILITATING LESSONS WITH YOUR STUDENTS, EMAIL PROJECT DIRECTOR KATE TURPEN - KTURPEN@DRME.ORG

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.

YOUTH IN TRANSITION

Friday May 17th from 4:00-4:30 - High School Focused

Transitions can be overwhelming! There are many decisions to make and much information to gather. In this group, we will help gather information and offer support as you are transitioning into the next stage of your life.

These meetings will be separated into two groups: individuals transitioning into high school, and individuals transitioning out of high school. We will be discussing what to expect and steps you can take to make sure you are ready.

If interested please contact Aydan Rudolph to register for the workshop
arudolph@drme.org

ADVOCACY 101

Fridays starting May 24th at 4:00-4:45

Empowerment starts with advocacy! Join us for a dynamic workshop tailored for middle and high school students with disabilities. In Advocacy 101, students will learn the fundamentals of self-advocacy, gaining essential skills to express their needs, assert their rights, and navigate educational and social environments confidently.

Through interactive sessions, participants will explore topics such as understanding their disability rights, effective communication strategies, and building self-confidence. By the end of the workshop, students will be equipped with the tools and knowledge to advocate for themselves in school, at home, and beyond. Get ready to amplify your voice and make a difference!

If interested please scan the QR code to register for the workshop or contact Jaheim Franklyn
jfranklyn@drme.org.



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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!**

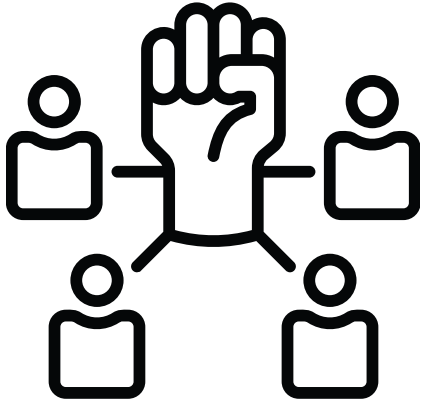
Jaheim, Aydan, and Kate want you to join!



WWW.DRME.ORG

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

**In-Person Meeting
Equality Community Center
(15 Casco St, Portland)
from 4-5pm
first wednesday of the month
June 5 - July 10 - Aug 7, 2024**



CONNECT VIA TEXT (207) 797-3081 OR YOUTHSELFADVOCACY@DRME.ORG