Welcome to the Green Mountain Self-Advocates Person Centered Training: Helping People at Their Meeting

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

1

What This Training is About: Helping People at Their Meeting

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

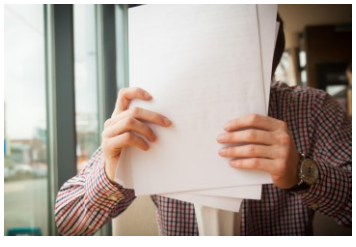
2

Part 1
Before the Meeting

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

3

Before the Meeting



1. Bring the materials you helped the person prepare.

2. Show up early so you can help the person get ready.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

4

Before the Meeting

3. Help the person greet people as they arrive.

4. Help the person get the meeting started on time.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

5

Part 2:
During the Meeting

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

6

What Do Peer Mentors Do at the Person's Meeting?

1. **Sit next to the person to give support and encouragement.**

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

7

2. **Help them review the ground rules with their circle of support.**

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

8

3. Help them go over the agenda so everyone knows what will happen at the meeting.

Person Centered Planning Session - Sample Agenda

Welcome

Goals

Agenda

Action Steps

Ground Rules

Enrollment

Dreams

Next Steps

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

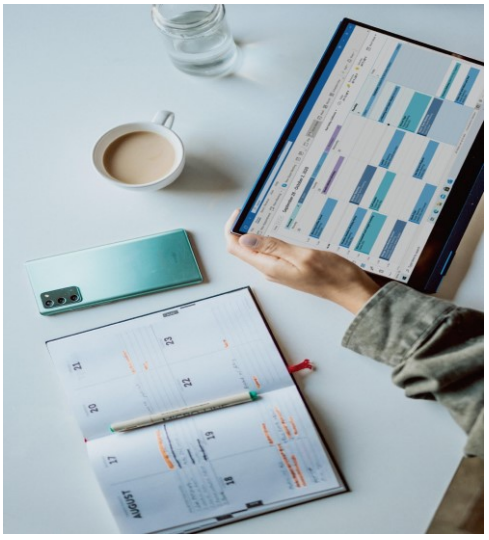
9

4. Help the person talk about each thing on the agenda and make sure they share what they want to say.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

10

5. Set a day and time to follow-up on what is decided.



© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

11

What other things can you do to help the person at their person centered planning meeting?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

12

Peer Mentors: An Emerging Segment of the Detroit Wayne County Health Authority Peer Workforce
https://www.youtube.com/watch?v=vJv4bZkJrac

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

13

Things to Think About #1

Person Centered Planning is About Helping People Reach Their Goals and Dreams

Person centered planning is a new way of meeting with people who get services and supports. This is different from how people have talked about services and supports in the past. Service meetings usually talk about one year at a time. Person centered planning talk about little dreams and BIG dreams that take longer than a year to make happen.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

14

Break Out Room Session #1 (10 min):
(Please remember that what happens in the breakout room stays in the breakout room. Please respect everyone's privacy).

During this first break out room…

Share the the homework that you have done and the extra sample you made.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

15

Part 3
The BIG DREAM, The BIG NO, and Getting to YES!

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

16

The BIG Dream!

Marriage

Owning a Home

Alpaca Farm

Driving a Car

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

17

The Big Dream

1. Big dreams take longer than a year to make happen.

2. Big dreams might scare some people who are part of the circle of support.

3. Big dreams take lots of planning and time to prepare to come true.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

18

The Big Dream

4. The person might need to learn new things to make their Big Dream happen.

5. The person might need to need to share other people's success stories to show how the Big Dream can happen.

6. The person might need new or different people in their circle of support to make their Big dream happen.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

19

The Big Dream

7. Sometimes the person might not be able to reach their Big Dream. But there might be other ways they can do something that maybe they could do instead.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

20

The Big NO and Getting to YES!

Getting Married

How Can You Get From No to YES?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

21

The Big NO and Getting to YES!

Driving a Car

How Can You Get From No to YES?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

22

The Big NO and Getting to YES!

Owning a House

How Can You Get From No to YES?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

23

Things to Think About #2

Peer Mentors help people believe that big dreams can happen.

Big dreams take longer can take longer than a year to make happen. Sometimes it is hard for people in the Circle of Support to believe that big dreams can happen. Breaking big dreams down into smaller goals is one way to help get everyone in the Circle of Support to help. Sometimes other people need to be invited to be part of the Circle to help the person reach their big dream.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

24

Break Out Room Session #2 (25 min):
(Please remember that what happens in the breakout room stays in the breakout room. Please respect everyone's privacy).

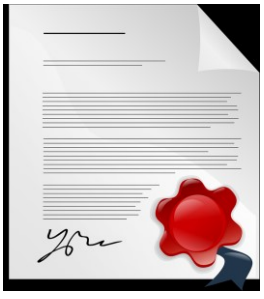
During this second break out room… **Problem Solving in Advance!**

During this breakout session: Talk about Ground Rules that are for everyone to have at their person centered planning meeting. Get someone to write them down so you can add them to your toolkit.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

25

Celebrate!



© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

26

Homework

Plan your own Person Centered Planning Meeting. Ask someone who went to this training to be your Peer Mentor to help you!

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

27

Photo credits:

www.freepik.com
https://pixabay.com/
www.upsplash.com

Perfect Week:
Helen Sanderson and Associates,
https://helensandersonassociates.com/

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

28