



# 28<sup>th</sup> Annual APRIL Conference: The Power of Peer Support Conference Session List

Monday, October 10

**Pre-Conference Day Facilitated by Linda Pogue and Kyle Kleist**

## Session 1: What is Peer Support in Independent Living

- In this first session, we will explore why peer support is important, what does peer support in Independent Living mean, and encourage you to participate from the audience so we can all learn from each other by answering a set of pre-determined questions:
  - What does your Center do around peer support currently?
  - Are you doing individual peer support? Group Peer Support? Both?
  - What sort of training or support do you have in building your peer support programs so far?
  - How has COVID changed how you interact or think of peer support?

## Session 2: Building a Movement – Peers and Volunteers: Nuts and Bolts of Building a Volunteer and Peer Support Program

- During this session, we will cover some of the logistics of building a volunteer program or a peer program such as:
  - Where do I start?
  - What's your goal? What are your needs? What's your intention of building the program
  - Recruiting (finding them, connecting them in, Incentives/ways of appreciation)
  - Training and vetting
  - Connecting those who want to give back to those who need support

## **Youth Conference Opening Session**

4:00-5:30 pm Pacific, 7:00-8:30 pm Eastern



## 28<sup>th</sup> Annual APRIL Conference: The Power of Peer Support Conference Session List

Tuesday, October 11

Welcome Speaker Jill Jacobs, Commissioner of ACL's Administration on Disabilities

**Meet Jill Jacobs, Commissioner of the  
Administration on Disabilities**



**Jill Jacobs is joining us as our APRIL 2022  
Conference Welcome Speaker on Tuesday,  
October 11, 2022**



Jill Jacobs was appointed to serve as the Commissioner of ACL's Administration on Disabilities on Feb. 14, 2022. Ms. Jacobs has more than two decades of professional experience managing disability services organizations, analyzing policy, and working toward improved health and disability programs and services at local, state, and federal levels. She also has been an active grassroots organizer, leading campaigns to depict President Franklin D. Roosevelt seated in his wheelchair in the national monument in Washington, D.C. and to ensure the inclusion of disabled children in schools and organizing disaster response efforts for people with disabilities following Hurricanes Harvey and Maria, to name just a few of her accomplishments.

## **Breakout Session Workshops for Tuesday, October 11:**

11:00 am-12:30 pm Pacific; 2:00-3:30 pm Eastern

- Centene Sharing Session: Discussing Ways to Advance Disability Community Priorities through Managed Care
- Diversity and Inclusion Peer Support Meeting
- Realizing Rural Relationships: Peer Support for Rural Outreach and Organizing
- Independent Living Jeopardy

1:00-2:00 pm Pacific; 4:00-5:00 pm Eastern

- The Christopher and Dana Reeve Foundation's Rural Unserved & Underserved Populations Quality of Life Grants Program
- Healthy Cooking for \$25 a Week: Tips on grocery shopping, meal prep to prepare breakfast, lunch, and dinner for around \$25 a week. Live cooking demonstration.
- The ADA, Addiction, and Recovery

## **Youth Conference Online Virtual Dance: IL on Mars**

4:00-5:30 pm Pacific, 7:00-8:30 pm Eastern



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Wednesday, October 12

### Breakout Session Workshops for Wednesday, October 12:

9:00-10:00 am Pacific, 12:00-1:00 pm Eastern

- Reaching and Engaging Farm Worker Populations
- Expanding, Engaging and Energizing Peer Support Groups
- Better Together: Enhancing Self-Directed Services Provided through CILS
- Youth Coordinator Connect Peer Support Group

10:30 am-12:00 pm Pacific, 1:30-3:00 pm Eastern

- Managing the Changing Needs of Your Center's Consumers and Staff while Navigating Negative Community Attitudes: Keeping Your Consumers and Staff Safe
- Project ALIVE: Identifying barriers and increasing access to COVID-19 vaccinations among the disability community
- Promoting Positive, Effective, and Authentic SILC Member Engagement – Decentralized Value-Based Teaming & Peer Support
- Dive into the DETACs CIL Employment Program Readiness Assessment Tool

12:30-1:30 pm Pacific, 3:30-4:30 pm Eastern

- Healthy Community Living: IL Skills Training and Workshop Delivery
- What is a SILC and Why Should I Care?
- Peer Support for CIL Leadership (EDs/CEOs, Program Managers/Assistant Directors)
- How to Connect with the Community to Get What You Want!

### Youth Conference Youth Roundtables

4:00-5:30 pm Pacific, 7:00-8:30 pm Eastern



## 28<sup>th</sup> Annual APRIL Conference: The Power of Peer Support Conference Session List

Thursday, October 13

Keynote Speaker Amy Ballinger of Independence, Inc.

### Meet Amy Ballinger with Independence, Inc



Amy is our APRIL 2022 Keynote Speaker and will be presenting on "Living in the Long-Covid Era: Diagnosis to Disability and Everything in Between" on Thursday, October 13, 2022



Amy will be talking about “Living in the Long-Covid Era: Diagnosis to Disability and Everything in Between”.

Amy is a lifelong Kansan with a Degree in Marketing and Broadcast Journalism from the University of Kansas and worked in educational settings, including Baker University, before moving into self-employment and finally transitioning to Non-profit disability services in 2016. Amy is the Community Engagement Manager and Social Support and Resource Specialist for Independence, Inc. and she and her husband currently reside in Olathe, KS with their children and grandchildren nearby.

When asked "what does peer support mean to you?", Amy had this to say:



*"A person in a peer support role can listen, encourage, inform, and assist someone navigate life in light of a newly acquired disability or other significant change to health or life circumstances. Through the sharing of similar lived experience, identifying coping mechanisms and assisting in skill-building strategies, a peer is an essential piece of the puzzle in helping another person to regain a sense of equilibrium, find stability, regain confidence and independence, and to maintain a vibrant, active and healthy life."*

### **Breakout Session Workshops for Thursday, October 13:**

#### 10:30 am-12:00 pm Pacific, 1:30-3:00 pm Eastern

- *"I Want to Choose Where I Live & Who I Live With!"* Strengthening Advocacy Around the HCBS Settings Rule
- How CILS can Promote Competitive, Integrated Employment by Developing Strategic Partnerships
- F.R.I.E.S.: Learning Enthusiastic Consent

#### 12:30-1:30 pm Pacific, 3:30-4:30 pm Eastern

- Funding to Supplement Core Services
- Making Visible Unseen Disabilities: A Talk About Mental Health
- Peer Support Group for IL Specialists (NHT, IL Skills Training, I&R, Housing, etc.)
- Our Homes, Not Nursing Homes!: Benefits of Living in the Community Rather than in the Nursing Home

### **Youth Conference Virtual Game Night: Jackbox**

4:00-5:30 pm Pacific, 7:0-8:30 pm Eastern



## 28<sup>th</sup> Annual APRIL Conference: The Power of Peer Support Conference Session List

Friday, October 14

### **Breakout Session Workshops for Friday, October 14:**

9:00-10:00 am PACIFIC, 12:00-1:00 pm Eastern

- Effectively Supporting and Accommodating CIL Staff
- Peer Support for SILCs
- Each One, Reach One, Teach One: Diversity and Inclusion in Community Outreach and CIL Programs

10:30-11:30 am Pacific, 1:30-2:30 pm Eastern

- Disability Portrayals in the Media
- Mental Health: An Open Conversation
- Rural Resource Mapping: A Demonstration of Mapping Community Resources

### **Closing Ceremonies**

12:00-1:00 pm Pacific, 3:00-4:00 pm Eastern

### **Youth Conference Closing Session**

4:00-5:30 pm Pacific, 7:00-8:30 pm Eastern