

St. Margaret's
DONNYBROOK



Summer College 2015

The Good Life



COLLEGE PROGRAMME

Summer College 2015 The Good Life

St. Margaret's Service is a capacity based, not for profit organisation that supports people who have intellectual disabilities.

For a number of years St Margaret's service has been establishing itself as specialists in supported self-directed living. To do so the organisation has undergone a transformational change with the premise that all people are the determiners of their own lives and that our community is at a loss without all our citizens.

At this stage of our journey we are honoured to host our inaugural Summer College reflecting what we have learnt and continue to learn through our Good Life Program and the national decongregation policy in our shared journey with people who choose to use the service.

We have gathered some of the leading educators, mentors and experts in this hemisphere who are best suited to guide us in our learning on the most crucial areas in the support of people who are at risk of being devalued and are therefore vulnerable.

Topics included in the College Program are social role valorisation, choice, relationships, meaningful day, supporting behaviour to communicate, supported employment, systematic learning, inclusive lifestyles, partnership of family and service workers, all to the benefit of what we want and deserve... a Good Life.

And so we are delighted to offer you an opportunity to be part of something phenomenal - not only a road map to person centeredness but the vehicle, the fuel and quite a few driving lessons to get you where you need to be.

The programs are facilitated over five weeks: four this summer from June - August and the fifth in October 2015.

Week One: the Foundations of a Good Life
(Monday 22nd June to Thursday 25th June)

Week Two: The Practicalities of a Good Life
(Monday 29th June to Thursday 2nd July)

Week Three: The Good Life
(Monday 6th July to Thursday 9th July)

Week Four: Celebration of a Good Life
(Tuesday 25th August to Friday 28th August)

Week Five: A Good Life in Action
(Friday 23rd October to Sunday 25th October)



We invite like-minded people to join us in this learning and personal development opportunity: those who attended the Immersion Transformation Program 2013, those who use services, those who love someone who uses services, those who work for services, those who educate, manage and direct services and policy, those who believe that the secret of life is to make it good.

To make this available for all we are delighted to announce that full and partial scholarship and accommodation is available for a limited number of places.

Location Weeks 1, 2 and 3: Based on campus at University College Dublin, Belfield, Dublin 4.

Weeks 4 and 5: Based at St. Margaret's Centre, Brookvale Road, Donnybrook, Dublin 4 and also offsite tours.

WEEK 1 THE FOUNDATIONS OF A GOOD LIFE				Time
Mon 22nd Jun	SRV Workshop			10:00 - 17:00 (Registration 09:00 - 10:00)
Tue 23rd Jun	SRV Workshop			09:00 - 17:00
Wed 24th Jun	SRV Workshop			09:00 - 17:00
Thur 25th Jun	SRV Workshop			09:00 - 17:00
WEEK 2 THE PRACTICALITIES OF A GOOD LIFE				Time
	Choose one from the pink or green panels on each day			
Mon 29th Jun	Supported Employment	OR	Choice - choose it or lose it	09:30 - 17:00 (Registration 09:00 - 09:30)
Tue 30th Jun	Systematic Instruction (NEET)	OR	Listening to Behaviour	09:30 - 17:00 (Registration 09:00 - 09:30)
Wed 1st Jul	What is Home?	OR	Meaningful Relationships	09:30 - 17:00 (Registration 09:00 - 09:30)
Thur 2nd Jul	Meaningful Day	OR	Discovery and Planning	09:30 - 17:00 (Registration 09:00 - 09:30)
WEEK 3 THE GOOD LIFE				Time
Mon 6th Jul	Building Constructive Relationships between family and services			09:30 - 17:00 (Registration 09:00 - 09:30)
Tue 7th Jul	Inclusive Lifestyles			09:30 - 17:00 (Registration 09:00 - 09:30)
Wed 8th Jul	Inclusive Lifestyles			09:00 - 17:00
Thur 9th Jul	Inclusive Lifestyles Where do we go from here?			09:00 - 17:00
WEEK 4 CELEBRATION OF A GOOD LIFE				Time
Tue 25th Aug	My Home, My Style			10:00 - 16:00 (Registration 09:30 - 10:00)
Wed 26th Aug	Irish Traditional Creativity - Basket Weaving			10:00 - 17:00 (Registration 09:30 - 10:00)
Thur 27th Aug	Let's Dance - all you need to know to Jive			10:00 - 12:00 or 14:00 - 16:00 (Registration 09:30 or 13:30)
Fri 28th Aug	Self-Defence for the discerning adult Céilí Mór and Fish Supper			10:00 - 17:00 (Registration 09:30 - 10:00) 19:00 til late!
WEEK 5 HOW FAR WE'VE COME				Time
Fri 23rd Oct	Roles Tour/Discovery Critique and Planning Workshop			10:00 - 13:00 (Registration 09:30 - 10:00) 14:00 - 17:00
Sat 24th Oct	Role Tour/Our Stories so far			10:00 - 13:00 (Registration 09:30 - 10:00) 14:00 - 17:00
Sun 25th Oct	Role Tour/Next Steps Halloween BBQ and Live Music from 'The Fuzzy Jumpsuits'			10:00 - 13:00 (Registration 09:30 - 10:00) 14:00 - 17:00 19:00 til late!

Workshop Content

WEEK 1 Social Role Valorisation - 4 Days

The theory of Social Role Valorization (SRV) grew out of what many people know as "Normalization." This concept has been the foundation for all kinds of community based services worldwide. This event will provide participants with an introduction to SRV. The content will include the following:

- the common life experiences of people who are marginalized and devalued in our society;
- SRV as a way to address some of these experiences in order to support people to become valued members of the community; and
- the 10 core themes of SRV.

The workshop will also include discussion of some of the critical issues concerning the provision of quality service including public attitudes and community acceptance, physical and social integration and self-determination.

This event will be conducted in a reflective format which will allow for both individual and group reflection. This process is designed to

facilitate introspection regarding the manifestations of devaluation and how to address it on a personal, community, agency and Workshop Content.

THIS WORKSHOP IS DESIGNED TO ASSIST PARTICIPANTS TO:

- Reflect on devaluation and how it affects the lives of people who are at risk.
- Learn about the concept of SRV which is an organized way of addressing devaluation (both in one's personal and work life).
- Have an opportunity to examine personal values and commitments to people who are devalued and be renewed.

WHO SHOULD ATTEND?

Anyone who seriously desires to gain a deeper understanding of the common life experiences of persons who are devalued and desires to work to make life better for such persons, e.g. social care professionals, people working in Day Service/supported work environments/hubs, people with disabilities, advocates and family members.

WEEK 2

Supported Employment - 1 Day

For the vast majority of adults in our society being an employee is one of the main and most significant roles in our lives. Being employed contributes to the way we feel about and define ourselves; it enables us to become financially independent, to contribute, to develop skills and competencies, and establish social networks that extend well beyond the workplace. Being employed gives us better access to the good things in life. However, the vast majority of people with intellectual disabilities are currently unemployed and many remain so throughout their lives.

Supported employment gives us the tools to help people with intellectual disabilities (as well as other vulnerable groups) to access inclusive work opportunities and to be successfully employed.

THIS WORKSHOP IS DESIGNED TO:

Draw upon research, practical case studies alongside interactive dialogue and contributions from participants to discuss:

- The role that supported employment can play in providing meaningful and inclusive life opportunities for all vulnerable people;
- The main components that comprise best practice supported employment;
- Some of the latest innovations and trends in supported employment relating to:
 - the transition from school and college into inclusive work;
 - engaging families in supported employment;
 - 'customized' supported employment approaches;
 - the role of supported employment in supported and adapted apprenticeships, traineeships and internships;
 - the potential for supported employment to be available to all vulnerable groups, if and when required;
 - the latest findings relating to the financial costs implications of commissioning supported employment services and a framework for those developing funding bids.

WHO SHOULD ATTEND?:

People with disabilities, family members who are interested in a better vision of life, social care professionals, people working in Day Service/supported work environments/hubs, advocates and interested community members.

Choice - choose it or lose it! - 1 Day

Quality personalized work involves assisting people to gain more and more autonomy in their lives over time.

THIS WORKSHOP IS DESIGNED TO:

Offer participants a perspective on power dynamics and choice-making that is rational and helpful to people who have had little opportunity to exercise choice and control.

WHO SHOULD ATTEND?

Anyone who seriously desires to gain a deeper understanding of the common life experiences of persons who are devalued and desires to work to make life better for such persons, e.g. social care professionals, people working in Day Service/supported work environments/hubs, people with disabilities, advocates and family members.

Introduction to Systematic Instruction Workshop - 1 Day

Based on the work of Dr Mark Gold, Systematic Instruction is a teaching method used to support people (including those with very significant developmental disabilities) to learn the practical skills and competencies required for work and everyday living. It has long been considered a 'core' requirement in the UK for those practising supported employment as well as those supporting people to learn daily living skills.

Systematic Instruction helps challenge the low expectations many people have about what people with disabilities can do and highlights the hidden and often neglected potential of people with disabilities. We will use role play, films, discussion and interactive exercises to show how the approach can play a pivotal role in raising the societal expectations of people with significant disabilities and we'll also show how the approach can be used to overcome learned helplessness and the lack of confidence that many vulnerable people feel when faced with learning practical tasks.

THIS WORKSHOP IS DESIGNED TO:

Give an overview overview of the latest training and teaching strategies it employs for supporting and motivating individuals to learn new skills, gain competencies and acquire greater independence and autonomy in their lives.

Listening to Behaviour - 1 Day

Social Role Valorization (SRV) is a powerful theory of practice that has much to offer supporters who are designing clinical responses for people.

THIS WORKSHOP IS DESIGNED TO ASSIST PARTICIPANTS TO:

Focus on how SRV can inform the way we go about supporting people to develop behaviors that bring them more satisfaction in life.

WHO SHOULD ATTEND?

Anyone who seriously desires to gain a deeper understanding of the common life experiences of persons who are devalued and desires to work to make life better for such persons, e.g. social care professionals, people working in Day Service/supported work environments/hubs, people with disabilities, advocates and family members.

What is Home? - 1 Day

THIS WORKSHOP IS DESIGNED TO:

Provoke and facilitate thought about "home" We will discuss topics such as:

- The importance of true home
- What happens when people do not have a true home in their lives
- The differences between a place to live and a home
- The challenge of creating home with and on behalf of people who are societally marginalized
- Some of the obstacles that are often encountered as we work to create home
- What we can do to assist and support people to have a true home

Workshop participants will have the opportunity to reflect on and identify concrete actions that they can take to support people to have a home.

WEEK 2 continued

WHO SHOULD ATTEND?

Anyone who is thinking about and working on developing supports for people who are vulnerable/marginalized to have a true home. This would include persons with disabilities, family members, advocates, social care professionals, people working in Day Service/supported work environments/hubs, etc.

Meaningful Relationships - 1 Day

Many people who have relied on paid service are telling us that they want and need more freely-given relationships in their lives. Much of what paid service does is to isolate people from opportunities for new friendship.

THIS WORKSHOP IS DESIGNED TO:

Focus on what supporters can do to facilitate meaningful relationships.

WHO SHOULD ATTEND?

Anyone who seriously desires to gain a deeper understanding of the common life experiences of persons who are devalued and desires to work to make life better for such persons, e.g. social care professionals, people working in Day Service/supported work environments/hubs, people with disabilities, advocates and family members.

Meaningful Day - 1 Day

THIS WORKSHOP IS DESIGNED TO:

Support people with disabilities to have a meaningful life during the day. The workshop will focus on the following topics:

- Why it is difficult to design and implement supports for people with severe/multiple impairments to have a full, meaningful daytime life
- What kind of a vision is needed to guide our actions to effectively support people to be active, engaged, and contributive during the day
- The value of positive social roles in bringing the vision about.

WHO SHOULD ATTEND?

This workshop is designed for anyone (social care professionals, people working in Day Service/supported work environments/hubs, advocates, family members etc.), who are involved in supporting people with disabilities to have a full and meaningful life during the day.

Discovery and Planning - 1 Day

THIS WORKSHOP IS DESIGNED TO:

Focus on using a systematic and intentional process to get to know people in a capacity-oriented way. When discovery informs planning, more ambitious and personalized options result. Planning to plan and planning methodologies will be discussed and demonstrated.

WHO SHOULD ATTEND?

People with disabilities, family members who are interested in a better vision of life, social care professionals, people working in Day Service/supported work environments/hubs, advocates and interested community members.

WEEK 3

Building Constructive Relationships between family and services - 1 Day

Positive relationships between families and services are an important part of effectively supporting people to have access to a full meaningful and inclusive life.

THIS WORKSHOP IS DESIGNED TO:

Help services and families understand one another's perspective and to encourage the development of a partnership that is motivated by the desire to offer support that is: led by a person with a disability, focused on possibility and is robust. Some of the topics covered during the workshop are:

- What is a vision of partnership?
- The Importance of family relationships
- Typical experiences of families
- Issues that surround building of services/family partnerships
- Guidelines and suggestions for nurturing and fostering partnerships

People with disabilities will share some experiences of the positive things that can happen when there is a partnership between services and families.

Families and services will share some examples of how to create partnerships.

WHO SHOULD ATTEND?

People with disabilities, family members who are interested in a better vision of life, social care professionals who have a real interest in working in partnership with families, people working in Day Service/supported work environments/hubs, advocates and interested community members.

Inclusive Lifestyles - 2 1/2 Days

THIS WORKSHOP IS DESIGNED TO:

Provide opportunities for participants to think and learn about the following topics:

- What a truly inclusive lifestyle really is
- Why it is so difficult to create inclusive lifestyles on behalf of/ with people with significant disabilities
- Positive examples of people who were excluded from society who now have inclusive lifestyles
- The power of valued social roles to create the potential for inclusive lifestyles
- Practical application of the ideas: Each participant will be asked to come prepared to think about one person who would like an inclusive lifestyle and a vision of valued social roles that the person might like to try. A plan to assist the person to try out and get rooted in valued social roles will be developed at the workshop.
- Ideas on how to bring the learning of this workshop back to people served, families, other workers, and the agency in general.

WHO SHOULD ATTEND?

People with disabilities, social care professionals, people working in Day Service/supported work environments/hubs, family members, advocates, and interested community members.

Where do we go from here? - 1/2 Day

Reflection on our learning from Summer College Program. Presentations by people who use St. Margaret's Service on their outcomes for their Good Life.

Facilitated planning for interested parties' for next steps.

WHO SHOULD ATTEND?

All persons who attended workshops during our summer college program.

WEEK 4 Celebration of a Good Life - 4 Days

A selection of interesting and enjoyable events plus a large amount of craic - rounded off with a Céilí Mór and Fish Supper.

WEEK 5 How far we've come - 3 Days

Role Tour: A guided tour to meet people with disabilities who are directing their lives in their own homes.

Presentations: From people who use the services and their families on their experiences in self directed living.

Workshop: On discovery and planning revisited.

Rounded off by a discussion on "what our next steps together can be" and a Halloween BBQ and Live Music from 'The Fuzzy Jumpsuits'

Hans Kroon

Hans has been working within and around care systems all his working life. Originally a nurse in a general hospital, he followed this with a career in mental health institutions. There he became a manager involved in changing the old systems to more inclusive ones. In 1999 he started working for people with intellectual disabilities who were grouped together for their type of behavior. He learned a lot about how people get wounded by the systems that are there to help them, but often don't. He works mostly in the field of people with intellectual and mental health support requirements. Hans learned from hundreds of families that solutions for people's challenges can almost always be found by looking at their potential, gifts and passions.

Hans has been working with and studying Social Role Valorization. He teaches courses and coaches change from the ideas of SRV. He is committed to teaching support workers, families and people in devalued roles about the good life for every person.

Hans is the father of Joost and Marijn and lives with his wife Marloes in Voorhout in Holland.



Darcy Elks

Darcy is an educator, human service evaluator, parent and advocate on behalf of people who are societally devalued. She is an international consultant and has travelled to many different countries to advocate for full meaningful inclusive lifestyles for marginalized people.

Darcy has worked with many different groups of people, including persons who have themselves been marginalized by society, family members, professionals from different disciplines and human service providers from a number of fields e.g., intellectual disability, mental health, and aging.

The focus of Darcy's work is to encourage attitudes and structures, which promote social value and inclusion for people who have disabilities and other people who have been devalued and excluded. Over the years, Darcy has developed and taught workshops that focus on devaluation, its consequences, and what can be done to effectively deal with these dynamics. She is a master teacher of the Social Role Valorization (SRV). SRV was created by Dr. Wolfensberger and has been used in many different countries as the foundation of community services.

Darcy has 3 children one of whom has a disability, has recently graduated from high school, and is living a full young adult life.



Hope Dittmeier

Hope Leet Dittmeier started her career as a teenager working in an institution for people with developmental disabilities. It was there that she began to ask the question, "What would it take for people to enjoy ordinary lives in lieu of life in segregation?" Hope has spent the last 35 years investigating this question in a variety of roles. The most informative of these roles is that of sister-in-law, walking alongside Ann who, despite dire predictions at birth, has enjoyed living in her own home and working for 30 years. Ann also plays valued roles such as aunt, neighbor, volunteer, and choir member.

Hope has also served as a family support specialist, regional planner and administrator, the founder and executive director of a small, individualized service, international trainer and consultant, and most recently as Director of Service Innovation with the Mattingly Center in Louisville, KY. She holds a Master's degree in Rehabilitation Counseling and has been fortunate to learn from brilliant mentors over the years.

The focus of her contribution is the practical application of the Social Role Valorization (SRV) framework to the provision of high quality formal and informal support.

Hope is married to her high school sweetheart and has two incredible young adult children. She is a student of Unity Truth Principles.



Julie Allan

Julie has been engaged as a leader and practitioner in the field of Supported Employment in Canada for well over twenty-five years. During this time she has established a national and international reputation as a practitioner and innovator in the field. She developed and founded the Youth Supported Employment Project model in Alberta Canada,



which she designed out of her knowledge and passion for Social Role Valorization. The project has proven successful, and Julie has been instrumental in establishing and consulting for similar projects in many continents. Julie has an established reputation as an advocate for the rights and full inclusion of people with disabilities in all aspects of living and has worked closely with family based community organizations. Julie is a partner in the firm of Kilsby & Allan, a UK Consultancy that specializes in research, evaluation, consultation and education in the field of Supported Employment.

Dr. Mark Kilsby

Mark was a Senior Research Fellow at Cardiff University and has been involved in the Research and Development of Supported Employment since 1990. This included the research and development of supported employment services throughout the UK and Europe. During this time he acquired a PhD in Psychology on the use of self-determination in supported employment. His other research has led to publications relating to supported employment, alternative day services and the transition of teenagers with a learning disability from school into work. He has also been involved in the development of learning materials for educational and training courses within SE in the UK and overseas including the delivery of Training in Systematic Instruction courses since 1991.



Elizabeth Neuville

Elizabeth "Betsy" Neuville has nearly 30 years of experience within Keystone Human Services as a human service worker, administrator, agency director, evaluator, educator, and personal advocate, as well as having extensive experience in designing and developing supports for very vulnerable people, meaningful quality measurements, and extraordinary employee development programs. She currently serves as Executive Director of the Keystone Institute.

She began her work with vulnerable people in 1986, as a support worker in a small community home and has continued her commitment to personal human service ever since. In 1988 she was engaged to help 20 people leave institutions and establish themselves in their home communities in Lancaster County. She spent her first year with those twenty people and their families, planning and envisioning new lives liberated from the institution, and walking with them as they entered their new lives and began to craft a more positive future.

Betsy has worked extensively with the ideas of Normalization and Social Role Valorization, and provides training and consultation both nationally and internationally. She has taught and consulted about SRV and Passing in 9 countries and on 3 continents, with a focus on Eastern Europe. She remains closely personally connected to people who are vulnerable, and holds particular interest in the historical treatment of people with disabilities.



Frances Murphy

Frances Murphy has been the Director of Person Support Services in St. Margaret's Donnybrook since 2008.

From a family who were immersed in their community she spent her formative years in a local youth club for people with intellectual disabilities. Her first insight into the reality of exclusion was when she returned to her old stomping grounds as an adult, she found that most of the "youths" she knew in the club were still there.

Frances, from a nursing background, has worked with vulnerable people for over 30 years despite the fact that she still insists she is 29! She spent considerable time as a proponent for removal of restraint practices in Ireland and abroad and the premise that all people have the right and the authority to be determiners of their own life. Frances has been trained to be a leader of Supported Self Directed Living in Ireland working within the area of SRV and support practice and she has been a student of further SRV learning and application to enhance her lifelong learning, knowledge and skills. She works closely with the people who use St. Margaret's Service, their families, their staff and their communities to "Imagine Better".

She lives with her family with a foot in Dublin and Donegal consisting of a myriad of people including 3 grandchildren (29 ahem!) 4 dogs, 2 cats and a pollytunnel.





Summer College 2015 The Good Life

Week 1, Week 2 and Week 3 will be based at University College Dublin, Belfield, Dublin 4.
Weeks 4 and 5 will be based at St. Margaret's Centre, Donnybrook.



St. Margaret's, Donnybrook



ALE Room UCD

St. Margaret's
DONNYBROOK 

For further details contact:

St. Margaret's Donnybrook

Brookvale Road, Donnybrook, Dublin 4. Telephone: 01 217 5400.

Web: www.stmargaretsdonnybrook.ie

COST

WEEK 1 - Monday 22nd - Thursday 25th June:

The Foundations of a Good Life.

Full fee €800. *Full and Partial scholarship available.

WEEK 2 - Monday 29th June to Thursday 2nd July:

The Practicalities of a Good Life.

Full fee €200 per day. *Full and Partial Scholarship available.

WEEK 3 - Monday 6th July to Thursday 9th July:

The Good Life.

Day 1: Full fee €200 per day, free for people who uses services and their families.

*Full and Partial Scholarship available.

Day 2-4: Inclusive Lifestyles (including Where do we go from here?). Full fee €600.

*Full and partial scholarship available

WEEK 4 - Tuesday 25th August to Friday 28th August:

Celebration of a Good Life.

Free for people who use services and their families.

€80 per day for all others.

WEEK 5 - Friday 23rd October to Sunday 25th October:

A Good Life in Action (for participants of the Summer College only).

Free for people who use services and families.

Full fee for all others €400 or €150 per day.

*Full and Partial Scholarship available.

Full programme attendance including Week 4 can be undertaken for the discounted rate of €2,500

*Limited scholarship and discounted places and accommodation available. Please send enquiries to karen.devane@stmargaretsdonnybrook.ie if you wish to apply for a scholarship place or enquire about accommodation.

Booking: Please use the booking form enclosed with this flyer to register for individual workshops/full conference. If you have any queries or require extra booking forms please contact karen.devane@stmargaretsdonnybrook.ie