METRO REGIONAL QUALITY COUNCIL Meeting Minutes
Friday, October 14, 2022
9 am – 11:00 am

The Regional Quality Councils shall:

1. *Support efforts and initiatives that drive overall systems and social change to promote inclusion of people who have disabilities in the state of Minnesota*
2. *Improve person-centered outcomes in disability services; and*
3. *Identify or enhance quality of life indicators for people who have disabilities.*

(Please Note: As the associate, Jeffrey has requested that if you do not understand him please ask that he types out his statement or reply for understanding…do not pretend).

Meeting Attendance:

Members- Bradford, Diane, Mohamed, Erin, Frank, Judi Marie, Kyle, Chelsea, Rachel. Rod, Tim and Lindsey Jo

Guest Presenter(s)- Aric Gregg (DHS) and Angie Hart (STAR Services)

Arc Staff- Kerri, JoAnn, Jeffrey, Donna and Kristin (caption)

Members Attended-Diane, Rod, Chelsea, Melissa took over for Katie Elleraas, Mohamed, frank, Kyle and Judi Marie

Members Not Attended- Bradford, Erin (will not attend), Rachel, Tim and Lindsey Jo

1) **Introductions & Agenda Overview (5-10 min) @9am- JoAnn/Jeffrey/Kerri**
   Introduce yourself!

2) **Presentation about Self Advocacy Training & Support (20 min) @9:10am- Aric Gregg & Angie Hart**
   Presentation Summary:
   Self-advocacy training is now available through waivered service programs (DD, BI, CAC & CADI) within the Family Training and Counseling service. Self-advocacy fits with ideas of services being more person centered and informed choice driven. Self-advocacy training can help individuals to build confidence, learn about options, become more involved in their community and communicate preferences. Previous self-advocacy training programs existed

but were funded through unstable means such as grants. Waiver funding will provide a much more reliable funding source. There are 4 businesses so far that have enrolled to become a provider of self-advocacy training for people with disabilities through MN healthcare programs (MHCP). The trainings are based on curriculums that are approved by DHS and their self-advocacy requirements.
Some business offering self-advocacy trainings are:

1. Upstream Arts (art infused interactive approach)
2. Minnesota Disability Support Alternatives (for transition age 14-24)
3. Advocating Change Together ACT (disability rights and inclusion)
4. MN Autistic Alliances (neurodivergent advocacy)

Businesses reported their progress of how participants have increased their self-advocacy skills. To find more businesses offering this services, use search sites such as mnhelp.info
If anyone is interested in this service, talk to a waiver case manager if you get waivered services to help pay for it. Other options are Voc Rehab and sometimes grants can help pay for advocacy training services as well.

As an RQC we can help promote this service. Business reps can be invited to speak at groups about their services and testimonials can help spread the word.

3) **Break time (10 min) @10am (changed to 9:55)**
Time to get coffee, grab a snack, go to the toilet, get some fresh air, move the body, etc…

4) **Discussion about workgroup organization (5-10 min) @9:55am (changed to 10am)**
Decide which members want to partake in which workgroups.
There is already a workgroup for the Culture of Safety with Aric Gregg which meets on Thursday morning at 9am but are taking a break and will resume again in January 2023. This workgroup is looking for more members especially county representatives such Chelsea or Melissa since Tim is no longer are able to partake.

<u>Members voiced their workgroups of interest-</u>
Diane-staffing, culture of safety
Chelsea- staffing shortage
Rod- staffing shortage
Kyle- staff shortage and housing
Melissa- employment
Frank- employment
Mohamed- culture of safety, employment
Judi Marie- culture of safety, employment
Bradford-
Lindsey Jo-
Tim-
Rachel-

Members eventual workgroups-
Diane- culture of safety & Housing
Chelsea- Housing
Rod- staffing shortage
Kyle- Housing
Melissa- employment
Frank- Housing
Mohamed- culture of safety & employment
Judi Marie- culture of safety & employment
Bradford-
Lindsey Jo-
Tim- culture of safety
Rachel-

Workgroup topics, Members and meetings

- **Members who partook in Employment workgroup**: Melissa, Donna (staff), Jeffrey (staff), Mohamed and Kerri (staff)
  This workgroup will meet during our regularly scheduled monthly meeting held the second Friday of every month.
- **Members who partook in Housing workgroup**: Chelsea, Frank, Diane, Kyle and JoAnn (staff)
  This workgroup will meet during our regularly scheduled monthly meeting held the second Friday of every month.
- **Members who will partake in staffing (DSPs & PCAs) shortage workgroup:**
  Members who expressed their interest in this workgroup are: Rod and ????
  Staffing shortage workgroup will be a statewide project topic that will be shared with other RQCs and will probably NOT meet on Friday mornings at 9am. In the near future, a survey will be emailed offering times and dates of possible meeting choices. Complete the survey to express your desired times and dates. The first meeting will likely occur sometime in November.
  So far no project ideas have been set forth for this workgroup. However one idea Kerri mentioned is to recruit people to talk to legislators about their personal experiences pertaining to staffing shortage and how it affects them.

5) **Join your breakout room workgroup & decide on a project idea (40 min) @10:10am**
   There will be 2 breakout rooms, each assigned to a project topic.
   Narrow down project ideas to at least 1 idea within your chosen workgroup topic.

   Utilize the following tools to help organize your thoughts and decisions:
   - Action Planning worksheet.
   - 3 Trajectory sheets along with JoAnn's trajectory chart with extra note.
   - Keep the RQC workplan in the back of your minds to act as a guideline to follow.

6) **Exit breakout rooms & rejoin entire group for discussion (10 min) @10:50am**

- Share final project workgroup idea with the rest of the members.
- Workgroup members need to decide days and times they will meet to work on projects.
- Next time, we will apply the Workplan Objectives to each project idea.

See attached meeting notes if you want to read more about what was discussed in each workgroup.

Employment workgroup discussion highlights:

Melissa acted as the rep for this group. It was mentioned that the council already had a plan that was set in place previously and would like to use this already created plan as the basis for their current work going forward. One idea is to see what the corporate sector employers are doing in terms of assisting people with disabilities to become employed and how to navigate this. Large corporations need to adhere to regulations (pertaining to hiring people with disabilities) but are they actually doing so? Perhaps there needs to be more accountability to ensure better practices and adherence.

Kerri will help find materials from previous projects done in the past relating to employment.

Housing workgroup discussion highlights:

Frank acted as rep for this group. Focus on doing projects that will make an actual impact through local processes such as counties or local municipalities. One idea is to try to defeat stigmas surrounding affordable, multifamily and accessible housing. Perhaps create campaigns with more positive spins to counter people's negative perceptions. We can each do our own research into our own local areas to see what is already being done and perhaps help promote already existing services.

Takeaways from workgroups:

- Before entering breakout rooms, JoAnn will ensure everyone is able to enter their chosen/breakout room. JoAnn was made aware not all members were able to enter their breakout rooms. JoAnn is sorry about this and will try to avoid it from happening next time.
- Each workgroup will need to designate someone to record notes.
- Each workgroup should have a facilitator to help the workgroup process and express their ideas.
- Please let JoAnn know what she can do to help your workgroup experience be a productive one.

Other Things to Share & Reminders for next time

- Ask members how they want to be reminded about meetings (email zoom invite OR email with zoom link)?
- Active recruiting of new members.
  If anybody can think of an individual they would recommend that would make for a worthwhile member for the council, please let me know. Or if anybody has any suggestions on how or where (agencies or organizations) to start recruiting people, feel free to share your ideas.
- For those in the housing and employment workgroups, the workgroup meeting times will probably occur during our monthly meetings.

- For those in the staffing shortage workgroup, be on the lookout for emailed updates on meeting times and dates.
- Kerri will do some digging in the MRQC project archives to find materials related to employment.
- JoAnn will continue to look for resources and updates relating to housing
- Jeffrey will help in the recruiting efforts.
- Feel free to share any resources or findings that might be helpful for us to know about pertaining to our project topics or anything else interesting.