METRO REGIONAL QUALITY COUNCIL Meeting Minutes
Friday, July 8th, 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 Chairperson, 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 Attended- Chelsea, Diane, Mohamed, Erin, Jeffrey, Judi Marie, Kyle, Rod, Tim & Lindsey Jo

Members Not Attended- Rachel, Frank & Brad

Arc Staff Attended- Kerri. Buff, JoAnn & Donna

1) Welcome Introductions (10 Min) – JoAnn/Jeffrey

- Ice breaker question- "What did you do for Juneteenth or 4th of July?
  Answers:
  Visited lake cabin and saw pelicans, attended twins game and cooked, working in the yard, attended parade, attended YMCA camp, traveling by airplane, posted up political signs, hung out with family, relaxed and watched fireworks online, went biking, had BBQ, etc…

2) Updated Consolidated Guidelines (15 Min) – Kerri

Kerri explained the additional edits made to the Guidelines such as:

- Addition of more council regions
- Membership term year limits for purposes of introducing fresh perspectives
  Maintaining members who feel passionate about the work
  Members can vote out members who don't adhere to the guidelines and create a hostile environment

- Council should provide a safe, welcoming and respectful space to share opinions and ideas
- Promote teamwork among members and others

3) **Charting the Life Course with Nora in August meeting (15-20 Minutes)- JoAnn**
To discuss about facilitation and narrowing of ideas for projects, open discussions will be held about meeting in person for the August meeting

- To learn more about Charting the LifeCourse, go to: LifeCourse Nexus – Exchange Knowledge | Build Capacity | Engage Collaboratively (lifecoursetools.com)
  - JoAnn gave a brief overview of the uses of Charting the Life and how its tool components can help in the facilitating, planning and developing of ideas and action plans for future council projects.
  - Lindsey is a Life Course ambassador and says the trajectory tool from an educational perspective is good for all types of settings and groups such as: classrooms, teachers, students, and work departments.

- **How do members feel about meeting in person or hybrid for the next MRQC August meeting?**
  Down below are some opinions and ideas council members and Arc staff expressed answering this question:
  - Mohamed supports the hybrid model because we live in a divided world which has differing opinions about Covid 19.
  - Allow people choose what's best for them and provide masks.
  - If the technology doesn't work properly, it makes it hard especially for people who are vulnerable and don't want to be exposed.
  - We could use zoom whiteboard to collect ideas.
  - Arc staff can double check the technology situation at the St Paul Arc office and see if it's efficient enough to enable maximum participation and voting capacity.
  - Some members are willing to wait an extra month or two to hold the facilitation meeting if that allows us more time to explore better tech ideas that would help make for a more productive meeting.
  - If doing a hybrid model, we would have to ensure Nora was capable of facilitating it and have the tech working properly so all involved have full access and use of everything and provide an Owl like camera experience.
  - Arc staff can offer a survey on who wants to do virtual versus in person, however this might make people feel uncomfortable.

4) **Bite Size Learning Opportunity (25 Minutes)**

Self-Determination and Self-Advocacy Training and Discussion Activity
Links to videos are below:

- I Have Rights: https://youtu.be/PMTE6Q2RxYE
- The Power of Self-Advocacy: https://youtu.be/cEhfcOBPVMU

Think about your personal and professional experiences.

- What barriers exist to supporting self-determination and self-advocacy in the lives of people with disabilities?
  - Answers & Comments (*PWDs = people with disabilities)
    - When asked what he wants, the son of a member shared he says yes to most questions and answering questions cause him anxiety.

    - Perhaps offering training for self-determination would help PWDs navigate.
    - Offer to educate and teach PWDs who struggle to understand concepts of time about it and how to think about the future trajectory of things and to not just think in the now and past.
    - Asking about choices is usually done verbally but could be approached differently such as using visuals to help facilitate self-determine conversations.
    - Using alternative education strategies (such as visuals, more choice offerings, etc.) to facilitate self-determination conversation to increase equity.
    - Ensuring the people doing the facilitating knows the person with a disability and how they best communicate.
    - Sometimes as a parent letting others take over parts of your child's life is hard because of being protective of your child.
- What are the best practices to supporting self-determination and self-advocacy in the lives of people with disabilities?
  - <u>Best Practices</u>
    - Try and ask questions in different ways to elicit different response instead of asking yes no questions or very few questions.
    - Offer strategies that offer answers that aren't strictly verbally expressed.
    - Make use of charting the life tools and encourage students to lead their IEP meetings.
- What audiences/stakeholders do you think would benefit from a self-determination and self-advocacy training?
  - <u>Answers and Comments</u>
    - It's automatic thinking in parents to think about guardianship when their child turns 18 because their child is an adult and can now control their life, but perhaps there could be alternatives to this.
    - County also steps in the guardianship discussion.
    - Guardianship is mentioned in student IEPs.
      It's mentioned in IEPs because it was intended to warn parents their child is an adult.
      However instead of having this intention, it lead to parents thinking automatic guardianship.
      Training opportunities about guardianship or informed choice are far and few and should be offered more and widespread.
    - DHS disability waivers are now funding for PWDs to get self-advocacy education.
      However it is not an actual service yet?

<u>Other</u>

- Arc staff will contact Nora and ask her more about the facilitation process.
- Arc staff will scope out the Saint Paul Arc HQ and assess the conference room technology capabilities for holding both in person and virtual meeting attendees and get back to members when there is information to report updates.

- Have your voice heard by completing a survey asking best ways of restructuring the new waiver program.
  Link to survey down below:
  Waiver Reimagine: Reshaping the waivers survey (state.mn.us)