



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome

Empowering Individuals to Rewrite Their Story

**Presented by Dr. Ashley Wellman, professor of Criminal
Justice at TCU and Author**

Thursday, October 1, 2020



@IDDCouncil



/IDDCouncil



Intellectual and
Developmental
Disabilities Council
of Tarrant County

PURPOSE

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.

MISSION

To bring stakeholders together to create an environment for the development of an efficient and accessible system of support for people with intellectual and developmental disabilities.



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Celebrating YBCU Annual Employer Recognition



Generously sponsored by our friends at



Amerigroup

An Anthem Company

Tuesday's Caregiver Education ♦ Noon-1 pm

October 20 - Texans with Disabilities Vote. Know Your Voting Rights!

October 27 - Healing after Grief, Loss and Trauma

Monthly IDD Council Meeting

First Thursday of Each Month, 8:30 a.m. – 10 a.m.

November 5 – The Holidays may look Different

Follow us on social media for upcoming topics, events and networking opportunities



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It's SANTA! It's SANTA!

Friday, December 4
First Methodist Church Mansfield
777 North Walnut Creek Drive





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Membership Driven

Premier Partners:



Centered in Care
Powered by Pride



Organizational Partners and many individual memberships





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PLEASE JOIN US
to Celebrate

OUR NEW INCLUSIVE
**Membership
Menu**



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Building Awareness and Inclusion in our Community! IDD Council Membership Menu

We recognize and appreciate your support! The benefits and privileges described below are tokens of our appreciation and ways for you to be involved in building awareness and inclusion to our community. Your benefit year begins on the 1st day of the month in which your dues are received, and it continues for 12 consecutive months.

All IDD Council members have access to monthly meetings, job fairs, transition fairs, and access to information and resources via our monthly newsletter, social media, and IDD Council website.

ANNUAL BENEFITS AND PRIVILEGES TO MEMBERS

\$5000+ (ALL BENEFITS FROM \$2500 LEVEL, PLUS ALL OF THE FOLLOWING):	\$2500+ (ALL BENEFITS FROM \$1000 LEVEL, PLUS CHOOSE 1):	\$1000+ (ALL BENEFITS FROM \$500 LEVEL, PLUS CHOOSE 2):
<ul style="list-style-type: none"> Logo with link on website, ability to put our logo on their website with prior approval Keynote speaker at Celebrating YOU Employer Recognition luncheon OR another premier event Access to the benefits of the individual membership level for all families/employees affiliated with your organization Guest feature (e.g., ad, article, profile) in an issue of the IDD Council newsletter 	<ul style="list-style-type: none"> Organization's name on IDD Council website Tailored 1-hour training for your organization's staff or stakeholders (CEUs may be offered for an additional fee) Present at a Caregiver Education session Recognition in all IDD Council publications 	<ul style="list-style-type: none"> Monthly social media posts (1 image of your choice) Speaker spot at a monthly membership meeting Request of a custom topic for a Caregiver Education session; priority selection over non-member and non-custom requests Recognition in select IDD Council publications
\$500+ (ALL BENEFITS FROM \$250 LEVEL, PLUS CHOOSE 2):	\$250+ (ALL BENEFITS FROM \$25 LEVEL, PLUS CHOOSE 2):	\$25 INDIVIDUAL MEMBER
<ul style="list-style-type: none"> Banner with logo at all 4 Making Connections Disability Resource Fairs OR at April Cool's Day Organizational info table at Sensory Santa Permission to distribute information at events (e.g., in bags, or at the doorway) 	<ul style="list-style-type: none"> Organizational info table at one* of the following events: April Cool's Day, CapeAbilities Job Fair, a Caregiver Education session, OR a Making Connections event Choose 1 topic for a monthly Caregiver Education session from a pre-set list of topics. Priority selection over non-member requests <p>* May select two organizational table events as benefit option.</p>	<ul style="list-style-type: none"> Free training (non-CEU) Collaboration and networking among agencies, caregivers, and other advocates Recognition of membership on website and newsletter Access to members-only portal with a resource directory and video/audio recordings of select presentations

...additional customized benefits available a-la-carte to meet your organization's needs!

*CEUs may be offered for an additional fee at individual events.
Members at all levels will receive a discount on CEUs.*



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Welcome New Members!

- Tiffany Arnold
- Juanita Monturo
- Rebecca Swift
- JPS Hospital District (Premier Partner)
- Deborah Norris
- Karen Donegan
- Your name belongs here!
[Membership Form](#)



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Smile.Amazon - Each Day Every Day

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<https://smile.amazon.com/ch/47-39999906>



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Dr. Ashley Wellman

Dr. Ashley Wellman has been a scholar specializing in homicide, victimology, and trauma since 2008. Her work has focused on grief, loss, and recovery following an experience with violent victimization. She has published over 30 academic articles, spoken at national and international topics, and frequently serves as a media expert on these topics. As a widow and single mother, she was forced to rebuild and redefine her life. Now, as author of the My Friend Fresno children's book series, she is creating a life full of magic for her family while spreading a message of love, acceptance and friendship to all those who interact with her business.



EmPOWERing Our Children

Dr. Ashley Wellman

How do we build empowerment*?

1. Increase Life Experiences
2. Build Self-Esteem (self-care to serving others)
3. Develop Assertiveness (how to say what you need/feel)
4. Enhance Capabilities
5. Provide Choices
6. Maximize Support

*IDD Guidelines

BY BETH HALLOWELL
& JOS TRUITT

HOW

to

CHANGE

a

NARRATIVE

The Power of Words

Disabled → Differently abled

Victim → Survivor/Thriver

Lost → Found

Broken → Rebuilt

Hurt → Healed

Tell your story



The Power of Story

When we know how to talk about our circumstances:

- We reclaim power → Empowerment
“Scared someone would find out”
- Builds context for others → Understanding
- Others find similarities in their own story → Connection
- Allows for internal understanding and processing → Peace
- Releases the shame/secretcy → Confidence/Healing
- Provides vocabulary and articulation/vocalization → Advocacy for self/others
- Creates a path to turn pain into purpose
Change “in spite of...” → “because of...”

The Power
of YOU

Nothing's
Actually
Impossible

Your Superpowers



Acknowledge weaknesses/challenges AND strengths

- Validate the struggles
- Create empowerment in abilities

The Power of Community

You are not alone

Find your tribe

Online

In person

Conventions

Programs

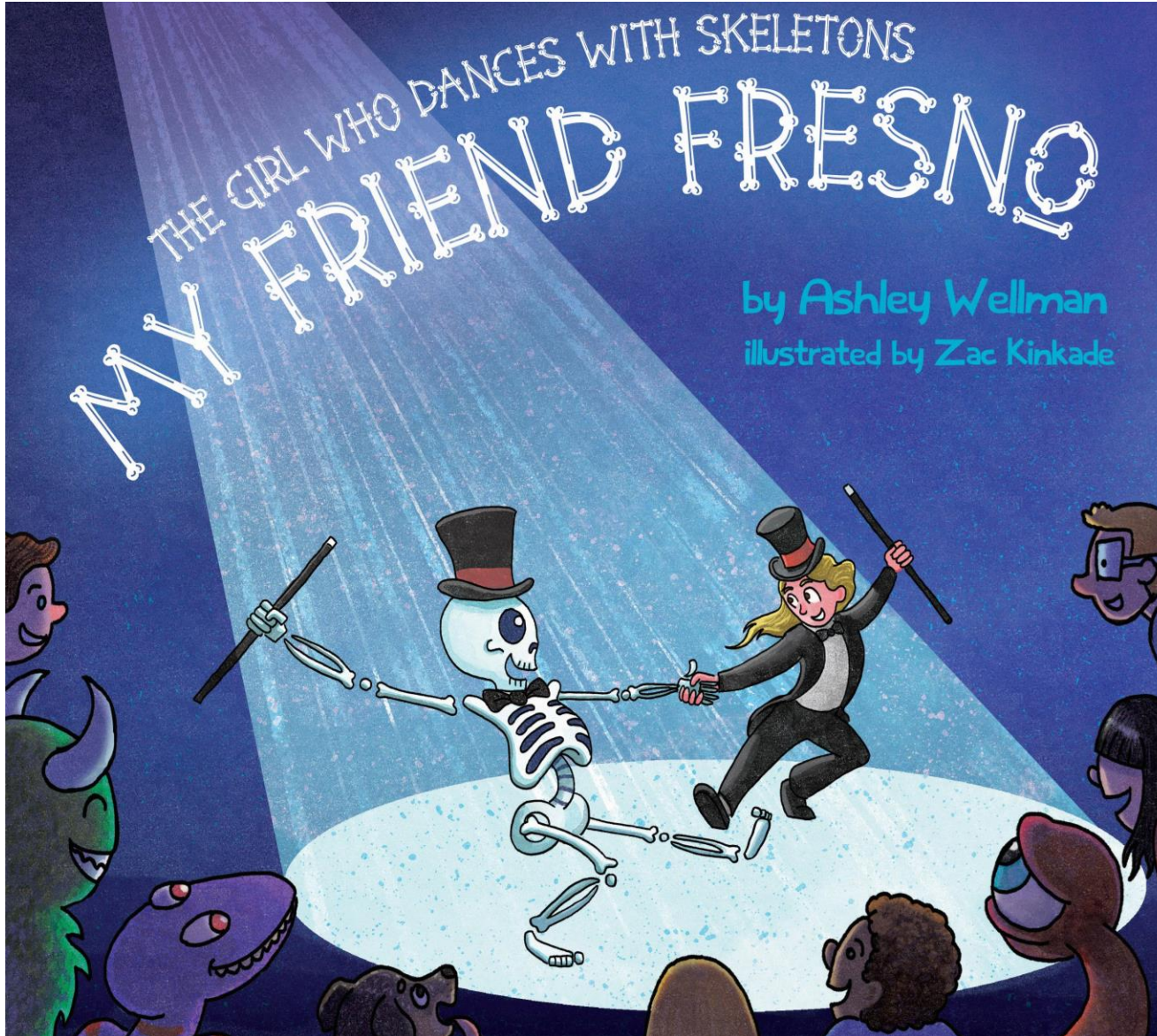
Support groups

Resources from other families of
what works... what doesn't



Famous People to Identify With...

- Actor/Comedian Howie Mandel (OCD)
- Model Madeline Stuart, Actor Zack Gottsagen (Down Syndrome)
- Track Olympian Marla Lee Runyan (blind)
- Influencer/Activist Rikki Poynter (deaf)
- Steven Spielberg, award-winning film director (ADHD)
- Temple Grandin, animal scientist (Autism Spectrum Disorder)
- Baxter Humby, kickboxer (amputated hand)
- Football player Tim Tebow, Virgin CEO Richard Branson, actor Henry Winkler, and singer Cher (dyslexia)
- Micah Fowler and Zach Anner (Cerebral Palsy)



The Power of Creativity

Identify with:
Characters
Stories
Lessons

Don't see yourself???

Find us

The Girl Who Dances with Skeletons: My Friend Fresno

Follow us on Social Media: @MyFriendFresno

Shop & Play: www.myfriendfresno.com

Dr. Ashley Wellman

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Thank you!

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