


UNC
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DEVELOPMENTAL DISABILITIES

**TRANSITION AND POST SECONDARY
PROGRAMS AT THE CIDD:**
NC POST-SECONDARY ALLIANCE
LEND PWD/SELF-ADVOCATE TRAINEE PROGRAM
HEELS 2 TRANSITION : PREP, BRIDGE & UP

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ABOUT THE CIDD

- ▶ Part of the University of North Carolina
Chapel Hill School of Medicine
- ▶ North Carolina's University Center of
Excellence for Developmental
Disabilities (UCEDD)
- ▶ CIDD provides services, research, and
training relevant to individuals with
developmental disabilities and their
families

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**NORTH CAROLINA POST-
SECONDARY ALLIANCE**



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ABOUT THE NCPSEA

What we do

- ▶ Work to expand postsecondary education options for people with intellectual and developmental disabilities in North Carolina
- ▶ Coordinate efforts to support current PSE options
- ▶ Provide education, outreach and collaboration between members
- ▶ Educate families, educators, self-advocates, policy makers, etc. on the PSE options in the state.
- ▶ Participate in quarterly meetings

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WHO PARTICIPATES IN THE NCPSEA

- ▶ State organization representatives and legislators
- ▶ Educators
- ▶ Administrators
- ▶ Families
- ▶ Advocates
- ▶ Transition specialists
- ▶ Lawyers
- ▶ Leaders with intellectual and developmental disabilities
- ▶ Open to anyone with a vested interest in post secondary education

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LEND PWD/SELF-ADVOCATE TRAINEE PROGRAM

August 2021-May 2022



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- ▶ **UNC LEND** is 1 of 52 LEND programs in 44 states
- ▶ LENDs grew from the 1950s efforts of the Children's Bureau (now the Maternal and Child Health Bureau) to identify children with disabilities as a Title V program priority
- ▶ UNC LEND Accepts up to 30 **trainees** from a variety of disciplines who are interested in knowing more about disabilities and supporting persons with disabilities within their discipline.
- ▶ **LEND is part of the CIDD, UCEDD**

ABOUT LEND:
LEADERSHIP EDUCATION IN
NEURODEVELOPMENTAL DISORDERS

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Leadership development training that includes students from a variety of disciplines

Connects students and professionals who care about the lives of people with disabilities

Trainees share ideas and help others across the country.

CIDD became one of the first LEND programs in the country to include SAs with IDD in 2010

What is LEND?
Leadership Education in Neurodevelopmental Disorders

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Someone selected to participate in a 9-month program to develop their leadership skills...

...Graduate student who plans to work with individuals with disabilities

...Parent of a child with disabilities

...PWD/Self-Advocate who wants to share their experience and make their voice heard

WHO ARE LEND TRAINEES?

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Be able to come to CIDD 2-3 times a week

Completed high school with an IEP

PSE or training in leadership, self advocacy

Basic computer skills: word processing, internet

Interest in self-advocacy Leadership to support PWD

WHO CAN APPLY TO BE A UNC LEND PWD/SELF ADVOCATE TRAINEE?

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KENNETH KELTY
LEND SA Trainee 2015-16

- ▶ Currently assists CIDD in advocacy efforts by:
 - ▶ Speaking with policy makers on PSE
 - ▶ Assisting in LEND course
 - ▶ Speaking on panels
 - ▶ Helping other self advocates in learning more about how to be a public speaker

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ALLEN THOMAS
LEND SA Trainee 2020-21

LEND PROJECT : IPSE Advocacy

- ▶ Served as an advisor for the HEELS Bridge and UP Planning Committee (H2T)
- ▶ Created a Peer Support Match Up Survey for Bridge program
- ▶ Assisting in the HEELS 2 Transition Coaching Training
- ▶ Speaker on Self Advocacy panels

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HEELS
2
Transition

HEELS PREP | **HEELS BRIDGE** | **HEELS UP**

HEELS 2 *Transition* offers inclusive university-based opportunities for young adults with intellectual disabilities (ID)

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at CHAPEL HILL

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HEELS
2
Transition

Higher Education, Employment, Living Success
Supporting individuals with intellectual disabilities transitioning to adulthood

- H2T is the umbrella/host site that supports a collective awareness for the UNC programming efforts for youth with IDD in transition
- Collaboration between CIDD, Department of Allied Health, TEACCH, School of Education and Community Partners
- Summer 2021
 - H2T will provide 3 programs for students with IDD
 - Applications and details can be found [here](#)

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HEELS PREP - Online

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HEELS PREP - Online

June 15 - July 29, 2021



HEELS Prep Online is a 7-week long opportunity for 10-12 emerging adults (ages 18 to 26) with intellectual and developmental disabilities (I/DD) who are building skills towards a community-engaged and self-determined adult life.

- Participants attend four 1-hour courses each week, and 2-hours of individualized coaching.
- Coaching consists of 1 hour with a life skills goals coach and 1 hour with a Career Coach.





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HEELS PREP - Online




Goal Planning & Self-management
Health






Career Exploration
& Development




Mental



Independent Living Skills



Self-determination



Community Safety



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HEELS BRIDGE






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HEELS BRIDGE

May 10-July 1, 2021



HEELS Bridge is an 8 week, virtual program serving to "bridge" the transition to inclusive higher education settings, for those seeking enrollment in HEELS UP or other post-secondary education programs in NC. It will cover foundational college readiness and access areas, preparing students to navigate the "hidden curriculum" of higher education for students with disabilities.

- Participants attend twice-weekly classes, weekly self-advocate panels, and a weekly 1:1 coaching session

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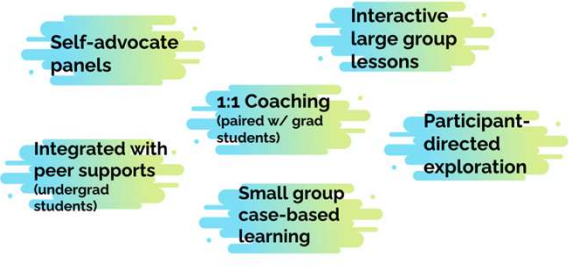
Program Objectives



- Research college options in North Carolina and identify a program of interest
- Understand the key factors and decisions involved in planning for college
- Coordinate and lead a person-centered planning meeting
- Learn about college student roles, responsibilities, and opportunities
- Create an inventory of personal preferences and interests related to college
- Understand their rights and support needs as a student with a disability
- Learn strategies for accessing information and resources
- Establish habits/routines for maintaining wellness in college
- Do a final project on their "College Bridge"

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Program Model



- Self-advocate panels
- Interactive large group lessons
- 1:1 Coaching (paired w/ grad students)
- Small group case-based learning
- Participant-directed exploration
- Integrated with peer supports (undergrad students)

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Student Spotlight

Alex, HEELS Bridge alumna and HEELS UP current student—taking a public speaking course



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HEELS UP



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HEELS UP

Higher Education Employment Living Success University Participant Program

HEELS UP is a summer inclusive postsecondary education (IPSE) program piloting online during Summer Session II. HEELS UP will provide opportunities for young adults with intellectual disabilities (ID) to experience a college course and address goals for personal and professional growth. The program is designed to further self determination and community participation through inclusive coursework and person centered planning.

June 28-August 3, 2021



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HEELS UP

The HEELS-UP participants:

- Enrolled in an online Summer Session II course based on career and personal interests
- Have access to library and campus activities
- Engage in arranged social activities
- Attend academic coaching sessions
- Participate in Person Centered Planning




Summer Session II dates:
June 28-August 3, 2021



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HEELS UP Academic Coaching


- Coursework content support (e.g., assignments, planning, etc.)
- Literacy and strategy instruction
- Class assignments
- Organizational strategies
- Wellness-promoting habits/routines
- Person-centered planning



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HEELS UP Future Plans

- Inclusive Post Secondary Education program based on the Think College model
 - Comprehensive Person Centered Planning
 - Career Development, Academic Access, Life Skills Development
 - Focus on Self Determination and Independence and leading to Competitive Employment
 - Students spend 50-100% of their time with degree seeking peers in classes, residence life, activities and competitive employment
- Residential 2 year IPSE program modeled after WCU's UP Program



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Questions?



For more information, check out our website
<https://www.med.unc.edu/ahs/outreach/heels2transition/>
or email heels2transition@med.unc.edu



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FOR MORE INFORMATION, CONTACT US!

NCPSEA and LEND

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