

A 3-Year Statewide Training Project

**For Teams of Self-Advocates and
Professionals to Become Educators:**

Leading Sexuality and Relationship
Classes for People with Intellectual
and Developmental Disabilities

ELEVATUS TRAINING

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

A Complete Proposal to Bring
This Training to Your State



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Imagine a World Where

Everyone, including people with intellectual/ developmental disabilities, have positive, satisfying, and healthy relationships.

Sexuality education is more accessible.

Self-advocates are co-leading sexuality education classes with professionals.

There is improved sexual health and fewer cases of abuse.

Challenges

Most people with I/DD have not received adequate sexuality education, yet want and need it, and many states, schools, and organizations are unsure how to implement comprehensive education.

As a result, they are 7 times more likely than the general population to experience abuse reported by the Bureau of Justice Statistics, National Crime Victimization Survey, and the National Core Indicators survey 2018-2019 reported 43% of people with I/DD stated they were often or sometimes felt lonely.

Solutions

A focus on sexual self-advocacy empowers people with I/DD to make informed decisions about relationships.

Provide medically accurate, age appropriate, and cognitively accessible sexuality education, which reduces the high rates of abuse and loneliness.

Including self-advocates as part of the training teams helps them become part of the solution and models, "nothing about us without us."

States prepared and equipped to address head on the often sensitive topic of sexuality and relationship health with cutting edge curriculum and training.

There is a significant need for people with I/DD to get sexuality and relationship education. Elevatus Training is committed to working with states across the country to meet this need including:

- Michigan,
- New York,
- and Arizona

We are here to assist you to bring this training to your state.

Why Self-Advocates Need Sexuality Training...

When self-advocates are asked why they want and need sexuality education this is what they say...

"So we can learn to have healthy relationships"

"So we aren't lonely!"

"So we are able to make informed choices!"

"So we can pick the right person!"

"For help with the toughest part of the relationship, making it last!"

"So we can be safe!"

"Because we all have desires/needs and that's okay!"

"So that people know their rights!"

"So we can be sexual self-advocates, not just self-advocates!"

Yet all too often, people with developmental disabilities are often left out of the conversation about sexuality, almost as if they are incapable of having thoughts, feelings, and needs. In reality, they, too, are sexual beings that need information and skills for making healthy decisions about sexuality. They are also at risk of unplanned pregnancies, sexually transmitted infections, and sexual abuse and need the tools to stay safe in their relationships.

This three year team training program is designed to build sustainable, state-wide capacity in order to provide sexuality and relationship classes for people with I/DD.

A Conversation with Self-Advocates

Watch this short video clip where Katherine McLaughlin, Elevatus Training Founder, CEO & Lead Trainer, interviews Frank Vaca and Bonnie Gonzalez about their experiences and the benefits of the training. Link to video:

<https://www.elevatustraining.com/team-training/>



From left to right: Angel Irvin, Katherine McLaughlin, Lisa Tippit, Frank Vaca, and Bonnie Gonzalez. Self-advocates from Michigan.

Training Model Benefits:

Innovative and inclusive approach

empowers self-advocates to be leaders and part of the solution. Nothing about us without us.



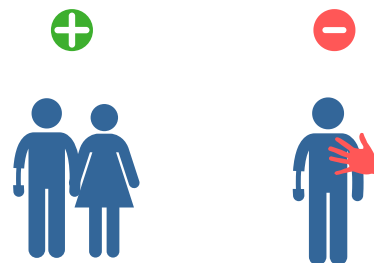
Capacity building prepares teams of self-advocates and professionals to lead sexuality education classes throughout the state, increasing reach into underserved communities.



Better access increases number of people with I/DD receiving comprehensive, evidence informed, and medically accurate sexuality education to support sexual self-advocacy.



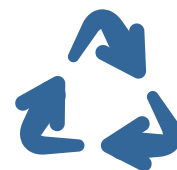
Improve outcomes increases positive relationships and decreases rates of sexual abuse of people with developmental disabilities.



Prevention is cost effective rather than costly intervention.



Sustainable incorporates a train the trainer model to continue team training so states can be self sufficient.



Overview and Timeline:

For the first two years of the program, Elevatus Training will present the training to teams of self advocates and professionals. These teams would be trained in using the Elevatus curriculum. The result will be trained teams of self-advocates and professional sexuality educators all over the state. No matter where you live in the state, people with I/DD could receive sexuality education by a self advocate and a professional team. Following the training, All participants will take an assessment to measure whether the learning objectives were achieved. If participants pass the assessment, they will receive a certificate of completion and become sexuality educators.

In year three, Elevatus will offer the self advocate/professional teams a ‘train the trainer’ program (TOT). This would enable the state to have trainers able to train new teams. They will present the three day training on their own. The state would continue to order curriculum from Elevatus for all future training. During all three years, Elevatus will offer opportunities for technical support as teams begin to implement the curriculum and teach classes.

YEAR 1

A three-day training for self-advocates and professional teams. Each team receives three days of training and a curriculum with interactive activities, handouts, and teaching tools. The training is led by an Elevatus Trainer. (see page 6 for the description)

YEAR 2

The three-day training is repeated and some of the self-advocates who were trained in year one will co-train with Elevatus Trainers. (same description as year one)

YEAR 3

An Elevatus Trainer will present a Train the Trainer (TOT) to teams on how to train new teams on how to lead sexuality and relationship classes. The TOT participants will become curriculum trainers and lead future year one and year two trainings. This assures sustainability of the project beyond year one and two. (see pages 8 for description)

Training Description: Year 1 & 2

Training Title:

Leading Sexuality and Relationship Classes for People with I/DD

Ideal Number of Participants:

40-50 (20-25 teams of two)

Audience:

For teams of self-advocates and staff/professionals

Number of Training Hours:

24 (3 full days). Trainings are conducted preferably in-person, but can adapt to online, if needed.

Training Description:

Join us for a 3-day training for teams of self-advocates and professionals who want to learn how to lead sexuality and relationship classes for people with developmental disabilities. We will discuss what makes a good sexuality educator and learn skills and tools for leading sexuality and relationship classes. Your team/participants will also receive a copy of the 22-lesson sexuality education curriculum titled, Sexuality Education for People with Developmental Disabilities, that includes teaching tools and handouts. This training plus the curriculum will give you everything you need to get started teaching classes.

Following the training, participants will have the skills and a curriculum to lead: Sexuality and relationship classes for people with intellectual and developmental disabilities.

Participants will:

- Define what sexuality means
- Explore messages we got growing up about sexuality
- Examine what it means to be a good sexuality educator
- Practice skills for being an effective sexuality educator
- Discuss sexuality content for teaching the topic
- Review manual/curriculum
- Explore challenges to teaching sexuality and relationships, and how to overcome the challenges
- Discuss working as a team and practice
- Practice teaching from the curriculum

Training Agenda

Day One

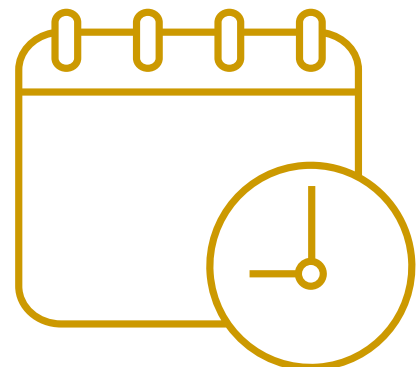
- 9:00-9:30 Introduction
- 9:30-10:00 Messages We Received
- 10:00-10:10 Break
- 10:10-11:00 Role and Skills to be a Sexuality Educator
- 11:00-11:10 Break
- 11:10-12:00 Showing Respect and Managing our Values
- 12:00-12:45 Lunch
- 12:45-1:15 Being a Good listener
- 1:15-1:40 Asking Open Ended Questions
- 1:40-1:50 Break
- 1:50-3:00 Types of Questions
- 3:30-4:30 Answering Questions and Sexuality Information

Day Two

- 9:00-9:30 Introduction
- 9:30-10:30 Review the Curriculum
- 10:30-10:45 Break
- 10:45-12:00 Review the Curriculum
- 12:00-1:00 Lunch
- 1:00-4:00 Demonstration of Curriculum Activities
- 4:00-4:30 Wrap-up

Day Three

- 9:00-9:30 Introduction
- 9:30-10:00 Setting Up Your classes
- 10:00-10:10 Break
- 10:10-10:40 Challenges When Teaching
- 10:40-10:50 Break
- 10:50-12:00 Planning as a Team
- 12:00-12:45 Lunch
- 12:45-2:15 Practicing as a Team
- 2:15-2:25 Break
- 2:25-3:00 Worries and Concerns
- 3:00-4:00 Returning Home
- 4:00-4:30 Wrap-up and Evaluations



Training Description: Year 3

Training Title:

Becoming a Sexuality and Relationship Trainer (TOT): Leading Year 1 and 2 Trainings

Ideal Number of Participants:

10, can be flexible

Audience:

Self-advocates and professionals who have participated in the 3-day team training (in year 1 or 2) and are familiar with the Sexuality Education for People with Developmental Disabilities Curriculum.

Number of Training Hours:

12 (6 online session at 2 hours each). This training is conducted online due to smaller class size, and improves cost effectiveness.

Training Description:

This online training is for self-advocates and professionals who want to learn how to train new teams to become sexuality educators. You will learn how to lead a 3-day workshop titled, "Leading Sexuality and Relationship Classes for People with I/DD." During this training, we will review skills for being a trainer using our unique Train the Trainer (TOT) materials. We will explore the difference between being an educator and trainer, what makes a good TOT trainer, and the challenges that occur when training others to be sexuality and relationship educators.

Goals:

- Review what makes effective sexuality and relationship classes
- Examine what it means to be a good TOT Trainer
- Practice skills for being an TOT Trainer
- Review TOT materials
- Explore challenges to teaching the three-day and how to overcome the challenges
- Practice teaching the TOT Training

Training Agenda: Year 3

Online Agenda:

Session One:

Introduction
Effective Sexuality Education Classes
Role and Skills to be a Train the Trainer (TOT)

Session Two:

Preparation for the Training
Review the Training Materials

Session Three:

Presenting Skills

Session Four

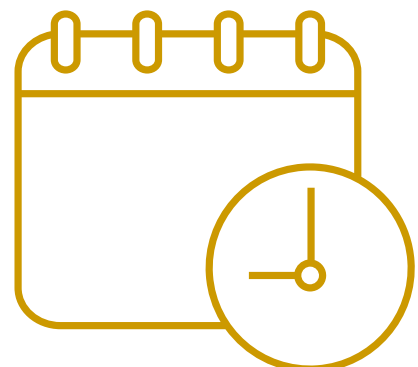
Practice Presenting Skills

Session Five

Training Challenges

Session Six:

Implementing your Training
Wrap-up and evaluations



Budget: Year 1 and 2

Training Fee *	\$15,000
Two, 24 hour trainings on Leading Sexuality Education Classes for People with I/DD. Each training \$6,500 X two trainings. If conducted online, tech support for each online training \$1000 X two trainings.	with tech support
Curriculum	Depends
The training cost per copy of Sexuality Education for People with Developmental Disabilities curriculum is \$250 (usually \$299). Multiply the number of participants x \$250, this will give you the cost to purchase one curriculum per participant.	on the # of participants
Technical Assistance	\$2,000
Quarterly content and problem solving online webinars to support participants with ongoing professional development and implementation.	

Optional Tools to lead Sexuality Education Classes:

Curriculum Slide Deck

The 22 lesson deck to accompany curriculum \$100/each (usually \$175/each)

Communication Supports Boards & Cards

For participants in the sexuality education classes with little or no reliable speech. The communication supports to accompany the curriculum \$225/each.

Shipping

Customer pays shipping, estimate provided upon request.

Materials & Handouts

Electronic copies of training handouts will be provided at no extra costs. Customer will be responsible for distributing handouts at the training. In Person: Customer will provide an easel with easel paper, markers, projector/projector screen, two-pocket folders for participants. Elevatus Training will bring a laptop computer.

Travel Expenses	Approx.
Flight, lodging, mileage, meals, etc. to be paid by customer. To the extent possible, our preference is that the customer make the flight and lodging arrangements. Elevatus Training will provide all the information you need to make these arrangements. Elevatus Training will provide receipts to be reimbursed by the customer for mileage, meals, bag fees, ground transportation, parking, etc.	\$3,000 for two trips

* Training fee does not include venue/facility charge, food, or any other production costs.

Budget: Year 3

Training Fee..... \$5,000

Live, Online Training of Trainers. Six-2 hour training sessions.

TOT Slide Deck..... Depends
For leading sexuality education classes for people with I/DD, the 24 on the # of
hour training from year one and two \$125.00 each. participants

Technical Assistance..... \$1,000

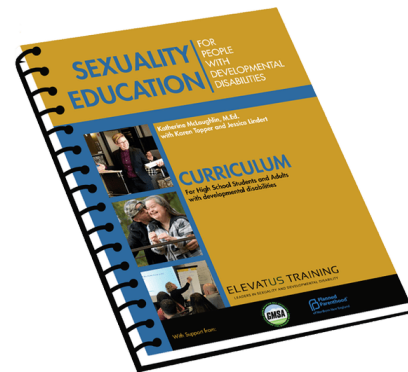
Quarterly content and problem solving online webinars to support participants with on-going professional development and implementation.

Materials & Handouts

Electronic copies of in-service training handouts will be provided at no extra costs. Customers will be responsible for printing to distribute at the in-service training.

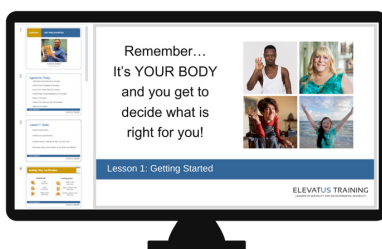
Curriculum: Sexuality Education for People with Developmental Disabilities

This one-of-a-kind curriculum has been field-tested and praised by experts and laypeople alike. It's cognitively accessible and designed for teams of self-advocates, staff and teachers to co-lead an inspiring and engaging sexuality class. Included with the curriculum is a comprehensive Instructor Manual that provides tips on how to establish a sexuality education class and how to be an effective, engaging sexuality educator. It also outlines common challenges when teaching this topic and offers innovative strategies to help overcome them.



- Evidence informed. For a 1-page summary or full report of the independent assessment, visit: <https://www.elevatustraining.com/workshops-and-products/sexuality-education-for-people-with-developmental-disabilities-curriculum/>
- Trauma informed
- Suitable for high school through adult
- Includes internet, social media, inclusive language, and all gender identities and expression

Additional curriculum related products:



Curriculum Slide Deck

A companion product to assist people in teaching classes either on or offline.



Communication Supports: Boards & Cards

A companion product to assist people with limited and/or unreliable speech, trauma history or anxiety.

Impact from the Michigan Pilot Project

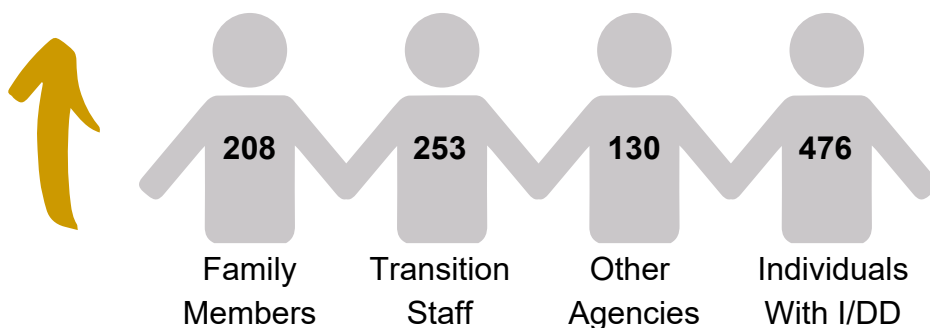
A partnership between the Michigan Council of Developmental Disabilities and Elevatus Training

YEAR 1

During the 2018 training, 11 teams of self-advocates and professionals were trained as sexuality educators.

Here is a map of the locations.

The total number of people impacted by the project:

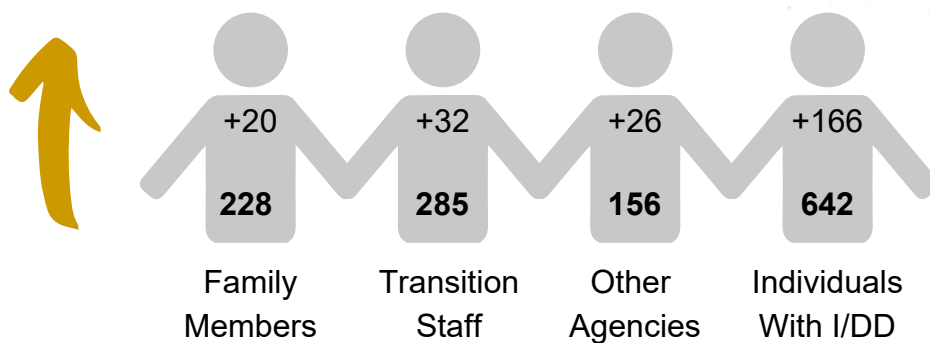


YEAR 2

During the 2019 training, an additional 15 teams were trained for a total of 26 teams.

Here is a map of the locations.

The total number of people impacted by the project:



YEAR 3

Michigan trained 15 TOT trainers to continue the project. These trainers will take over the training of new teams.

Testimonials

"As a part of this group I have gained satisfaction. A feeling I am doing my part to raise awareness of the need for further education on the topic as it relates to special needs individuals. I remember listening to the NPR report as it was played, knowing that I could/ should use my voice to stop the statistics from growing. In my opinion, the strongest aspect of this program is that people are brought together and then given factual information and lived experiences from individuals with ID/ DD. Fishbowls appear to be a powerful tool in aiding the reason for the education, and developing empathy for the cause."



Lisa Tippit

Self-Advocate from Michigan

"It has been a true honor, and pleasure to work with Katherine McLaughlin from Elevatus Training. She engaged with self-advocates, included them in the training process and development of the curriculum. She seeks out input and feedback about what works and what doesn't to improve training and teaching in various settings. The information provided to individuals, families, and communities is invaluable. People with disabilities have a right to safe and healthy sexual relationships if they choose to have one. The activities and information provided give them an opportunity to make informed choices about the types of relationships, their sexual health, resources, and often for the first time, they speak up about this topic. It is truly something special, to be able to provide such empowering educational tools."



Bonnie González

Michigan Developmental Disabilities Council Chairperson
Michigan Sexuality Education Team Trainer,
Certified Peer Mentor, and Self-Advocate

"It is so empowering to be able to reach out to your own community and inform."



Frank Vaca

Self-Advocate & Michigan Central Team Sexuality Educator

A Conversation with Self-Advocates

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References Available Upon Request

If you are interested in speaking with someone about their experience with the "Teams of Self-Advocates and Professionals to Become Educators: Leading Sexuality and Relationship Classes for People with Intellectual and Developmental Disabilities" please contact us.

Next Steps

This can be achieved in your state. Contact Katherine McLaughlin at Elevatus Training to discuss your needs and answer any questions you may have.

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 www.elevatustraining.com