

**Empowerment Education** is a training initiative of the Michigan Developmental Disabilities (MI-DDI) at Wayne State University. The purpose of the initiative is to design, implement and evaluate a comprehensive statewide training program for Michigan's direct support professionals. All Empowerment Education training programs are based on the philosophy of consumer-driven supports and services.

**1. Supporting Growth through Opportunity and Choices**

This training is designed to give you information about how to support people with disabilities in making their own choices without influencing them in their decision-making.

**2. Ten Successful and Assertive Steps for Working with Professionals**

This training is designed to give you practical ideas on how to increase your own level of assertiveness when working with professionals in service to people with disabilities.

**3. Person-Centered Planning: Valuing the Contribution of Direct Support Professionals**

This training is designed to address the ways that DSPs can contribute to the person centered planning process. Person-centered planning is a process that can be used to assist people plan for their future through building of community relationships.

**4. Supporting People in Establishing Friendships and Making Community Connections**

This training is designed to give you information about ways you can support people with disabilities in developing relationships/friendships with people in the community.

**5. Conflict Resolution**

This training is designed to help you understand what causes conflict and learn ways you can respond to conflict in a constructive manner.

**6. Teaching Made Easy**

This training is designed to provide information on how you can effectively teach people with disabilities new life skills through the use of different teaching strategies and techniques.

**7. Stress Management: It's All About Awareness, Attitude, and Action at Work**

This training is designed to help participants learn about how to recognize and deal with workplace stress.

**8. Self-Advocates and Direct Support Professionals Working in Partnership to Achieve Life's Dreams**

This training is designed for people with disabilities and their direct support professionals. Participants will learn about effective self-advocacy techniques and the role that DSPs play in assisting self-advocates in achieving their goals.

**9. Making the Transition A.S.A.P. – As Smooth as Possible**

This training is designed for new and seasoned direct support professionals. It was developed to address the high turnover rate in the field and provides you with techniques for use in making the transition from one DSP to another less taxing on the consumer.

**10. Living a Self-Determined Life**

This training module was designed to give participants an opportunity to delve deeper into the concepts and tools involved with living a self-determined life.

**11. Introduction to Dual Diagnosis**

This module outlines research and findings regarding persons diagnosed with both mental health concerns and developmental disabilities.

**12. Education for All: Postsecondary Education is an Option for Adults with Intellectual and Developmental Disabilities**

Education is an essential tool for ensuring that all individuals have the opportunity to live independent, self-determined lives.

**13. Direct Support Professionals: Your Career Opportunity**

This module is designed to be a recruitment tool that gives participants an overview and introduction to the possibilities that exist for employment in the field of direct care. (Only available on CD-ROM)

**14. Creating a Culture of Support**

This training focuses on exploring the system of positive behavioral supports. Throughout this module, participants will learn the benefits of developing positive relations, and techniques that Direct Support Professionals can use to build and sustain positive relationships with the people that they serve.

**15. Policy and Advocacy**

This module was developed for Direct Support Professionals (DSPs) interested in making positive changes in policies that directly affect their work. These issues include low wages, high turnover, and a lack of portable training. This module will teach DSPs how to advocate for change.

**16. Supporting Individuals with Fetal Alcohol Spectrum Disorders**

This training is designed to introduce individuals to characteristics of Fetal Alcohol Spectrum Disorder and to teach participants how to develop an effective intervention to support an individual affected by FASD.

*Each two hour training module is designed to be presented in a group setting of between 10-30 people. All modules are approved for 1.5 Adult Foster Care Licensee and Administrator credits. For information on how to schedule a training, contact Chelsea Frank toll free at 1-888-978-4334 or by email at [du9044@wayne.edu](mailto:du9044@wayne.edu) or complete the training request for at <https://ddi.wayne.edu/>*