

Empowerment Education is a training initiative of the Developmental Disabilities Institute (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. The objectives of the training modules are:

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 Contributions of Direct Support Professionals

This training is designed to address the needs of people who support people with disabilities. 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 give you information on how you can effectively teach people with disabilities new skills.

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. By attending the training and working together as a team, participants will learn about effective self-advocacy techniques. The training will also focus on the role of direct support professionals in assisting self-advocates to help them get what they want out of life.

9. Making the Transition A.S.A.P.-As Smooth As Possible

This training is designed for new and seasoned direct support professionals. The training was developed in response to the high rate of turnover in the profession. The training provides you with techniques that assist in making the transition from one direct support professional 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. This module will examine aspects of living a self-determined life in greater detail by breaking down the various characteristics and elements of a self-determined life.

11. Introduction to Dual Diagnosis

This training addresses the topic of dual diagnosis - a person simultaneously diagnosed with an intellectual disability and a mental health concern. This module outlines research and findings regarding dual diagnosis and informs participants of the importance of addressing both sets of needs that persons dually diagnosed may face.

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. Learn how DSPs can connect adults with disabilities with educational opportunities in their communities.

13. Direct Support Professionals: Your Career Opportunity *(Only Available in CDROM Format)***

This module is intended to aid those interested in becoming Direct Support Professionals (DSP) in better understanding the opportunities and options that exist in the field.

14. Creating a Culture of Support

This module 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. Legislative Advocacy

This module was developed for Direct Support Professionals (DSPs) interested in learning more about policy advocacy. Throughout this module you will develop an understanding of how to start your own policy advocacy and effectively participate in the process of making substantial changes for the DSP workforce.

Each two hour training module is designed to be presented in a group setting of between 10-30 people. Module 4 is also in a self-study format. All modules are approved for 1.5 adult Foster Care Licensee and Administrator credits. For information on how to schedule a training contact Elizabeth Janks toll free at 1-888-978-4334.