

# Leadership Through Personal Change

SUMMER 2007

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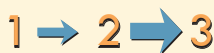
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## My Life, My Way!



A Leadership Project  
sponsored by DDS CAC

## Words from the DDS Consumer Advisory Committee Chair



*"I enjoyed seeing the results of the CAC work finished in our new DVDs. The members had a lot of enthusiasm and a sense of accomplishment in their work."*

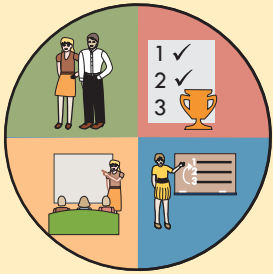
Kim, chairperson of the Consumer Advisory Committee, is proud of the new CAC members as they "pitch in" and try to understand the leadership projects and their roles. She said the May meeting was interesting and "everybody came through with what they were supposed to do."



Consumer Advisory Members, February 2007

# LEADERSHIP THROUGH PERSONAL CHANGE

## LEADERSHIP PROJECT



The CAC leadership project is moving forward by supporting members to create goals, build personal wellness plans, make decisions and expand their leadership skills through training and practice. They are finding ways to be successful, make user-friendly tools for others, and teach self-advocates across California to make positive changes in their lives. By directing the project, the CAC serves as real-life examples of promising and talented leaders.

## Members Speak Out



**Lori:** “The Leadership Project means leading a meeting. Teaching other people. Making a plan about what you are going to do, think about it, and Go For It!”

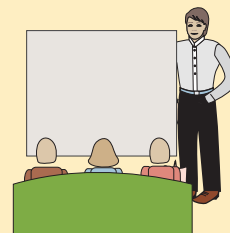


**Lisa:** “To be able to help people and learn from it.”

## New CAC Member



**Joshua:** “Being a CAC member is important because you share information with other people.” New CAC member Joshua began his term in February. Since then, he has moved from Fairview Developmental Center into the community. He is also focusing on his leadership goal to become a bishop for his church.



“The Leadership Project is good. It teaches you how to be a leader, how to attract other people. It helps others to understand how to be a CAC leader.”

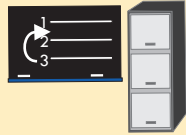


# FOCUS AREAS

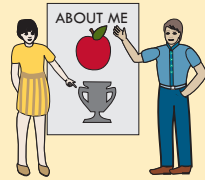
## Planning & Decision Making



**Debbie:** "I begin the **Think-Plan-Do** process by thinking about what leaders do to be organized and professional."



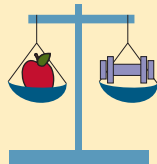
**Donald:** "A mission statement talks about things I accomplish in my life, like my art and what I am doing to help other people and my concerns about other people and my feelings."



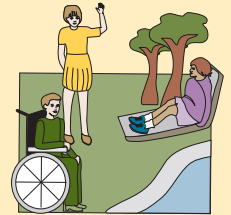
## Taking Care Of Myself



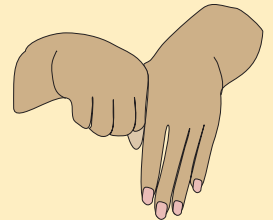
**Miguel:** "It is definitely helping me make conscientious choices. I can make a weekly healthy living schedule so I have a routine Monday workout, plan out meals and have protein shakes."



**John:** "If I am going to do some-thing, I plan ahead time. Then I think about it and decide yes or no. I decided whether to read, get on the Internet or read my e-mail."



**Krisi:** "When I am stressed, I use the **Think-Plan-Do**. Before I went to the dentist, I was really stressed but using the thumb exercise, I was able to get through my appointment. I use it to relax. I take walks, write in my journal, and play with my dog."



To make my plan I think about it. Like going to dinner, we decide where, when and the time. Then we go and have a great time.

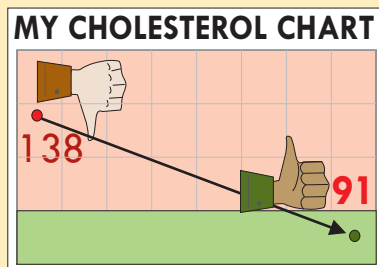


## Think-Plan-Do Really Helps



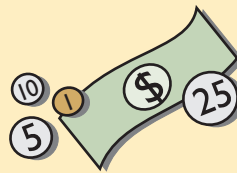
**Nyron:** “**Think-Plan-Do** can help, like my cholesterol. I have changed what I eat

and now feel better. I keep track of my cholesterol with a chart that shows how well I am doing. I use **Think-Plan-Do** in my life and show other people, too. It can make big changes in saving money, your meetings, and things will change for you, too.”



**Donald:** One way we use **Think-Plan-Do** is saving to go to the Supported Life Conference. We pay for the registration fee and hotel.

We save a little every month after we pay our bills. We learned from Betty and Ozzie.



If you put money in a box and do not touch it until you need it, it will be there. Before we used to ask Krisi's mom and dad for money. Now we do it on our own.”

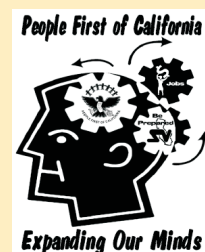
## Presentations This Summer

### APSE Conference



The CAC DVDs and guides were presented at the *Network on Employment Conference* in Kansas City. It was a national conference with people attending as far away as Hawaii. The DVD was a hit and people want to use them to support others to get good jobs and have their own businesses.

### People First Convention



CAC Members were presenters at the statewide convention in June and hundreds of self-advocates showed up.

## CAC Presenters at People First Convention



**Michelle Gordon:**  
Relationships &  
Marriage



**Donald Roberts:**  
Anger Management  
& Resolution



**Betty Pomeroy:**  
Having Choices in Life  
& Death

## People, Places, Events

### October 2007

#### Supported Life Conference

The CAC Life Coach, Brian Marsh and CAC Chair, Kim Rucker will be presenting. They will discuss how having a life coach can help self-advocates with their goals and action plan. Come hear them at the conference.

### October 07 through May 08

#### Tell Us What You Think

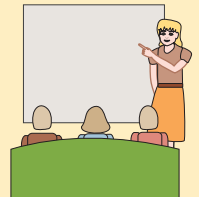
CAC members will take the **Think-Plan-Do** DVDs and guides to the community to see if people like them. They plan to show them to 1,000 self-advocates at People First groups, CACs and other advocacy organizations.

### Coming Up


The CAC will work on nine new Think-Plan-Do leadership areas starting with:

#### Listening And Speaking

Areas that are important to members are: making speeches, being active participants in meetings, feeling at ease joining groups and learning ways to make friends.



#### Making Goals Happen

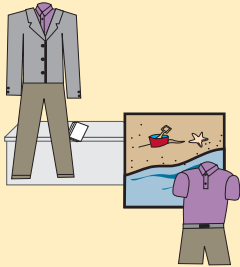
- 1 ✓
- 2 ✓
- 3  Members are making plans and getting support from mentors in the community.

# GOOD TIPS

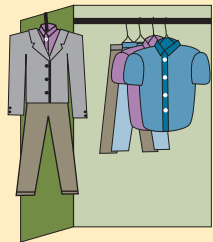
## PROFESSIONAL IMAGE



## ORGANIZING & PLANNING



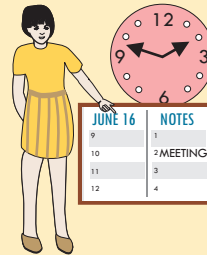
Think about where you are going and dress for the event.



Organize your clothes ahead of time.



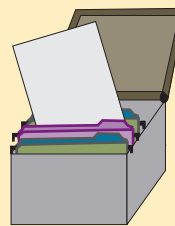
Don't forget you are a leader and professional.



Be prepared ahead of time so you are confident.



Use professional tools like a date book, notebook and pens.



Make a special place to put your papers.

### To obtain additional copies and CAC tools

**Nicole Patterson**, Consumer Services Coordinator, DDS  
Office of Human Rights & Advocacy Services  
1600 9th Street, Room 240  
Sacramento, CA 95814  
916-654-1888  
nicole.patterson@dds.ca.gov  
OR

Mark Starford



**The Board Resource Center, Inc.**  
PO Box 601477, Sacramento, CA 95860  
866-757-2457 mark@brcenter.org

## NEXT CAC MEETING

SEPT 25

SEPT 26

