

Introduction

The Arc is proud to work with the Family Support Research and Training Center (FSRTC) at the University of Illinois at Chicago (UIC). The FSRTC explores the types of supports needed by families of people with disabilities and current promising practices in family support around the country.

In 2017-2018, The Arc conducted focus groups with people with I/DD and co-occurring mental health challenges, family members, and professionals around family support needs. One of the most important recommendations that came out of these discussions was the need for more training around I/DD and mental health for disability, mental health, and education professionals.

This year, The Arc will offer grants to chapters to organize focus groups to further explore this recommendation by conducting focus groups that explore the training needs of and barriers that disability, mental health, and education professionals face when serving people with I/DD and co-occurring mental health challenges.

These focus groups will predominantly include an even mix of disability, mental health, and education professionals that serve people with I/DD and co-occurring mental health needs.

All chapters of The Arc are eligible to apply for these grants regardless of whether they were previously awarded this grant.

The Arc will work with chapters to host a half-day focus group meeting in your state with approximately 15-20 people to do the following:

- Discuss and better understand the training needs and challenges that disability, mental health, and education professionals face when serving people with I/DD and co-occurring mental health challenges and their families
- Identify key topics and issues that professionals should be trained on regarding serving people with I/DD and mental health challenges (based on information from previous focus groups and from new discussion)
- Develop recommendations on the best opportunities for training format and delivery across all professionals

The Arc will award competitive grants of \$2,500 to state and local chapters that commit to these activities. **Note:** Any costs for meeting space and other meeting related expenses must be accounted for in this funding.

The Arc will award up to 3 grants to states to complete major project activities between April - July 2019.

Applications due: March 8, 2019.

Applications must be received at The Arc office by 11:59 PM (EST) on each due date.

Applicants are encouraged to send the application below via email. Agencies can also use a delivery method that provides a form of delivery confirmation, such as FedEx, UPS, or the United States Postal Service's "return receipt" option. Faxed applications will not be accepted.

Via Email
Sladen@thearc.org

Via FedEx, UPS, USPS
The Arc of the United States
ATTN: Jennifer Sladen
Director, National Initiatives
1825 K Street NW, Suite 1200
Washington, DC 20006

More about the Family Support Research and Training Center (FSRTC)

Family members provide the majority of support to people with disabilities across the lifespan. Families play the primary role in raising children and youth with disabilities. Families also provide a broad range of supports to adults with disabilities and contribute a considerable amount of their own resources to provide this care. Finally, families provide critical support to seniors, many of whom require additional support from family members as they age.

The Family Support Research and Training Center (FSRTC) aims to learn more about families' needs in supporting family members with all types of disabilities across the lifespan, as well as current promising family support practices around the country. The FSRTC has the following goals:

- To define the state of science in family support
- To learn more about critical policy areas (e.g., self-direction and managed care) as well as culturally competent peer-to-peer family interventions
- To generate and implement a culturally-competent vision for policy and practice in family support through a national resource center

As the largest and oldest advocacy organization for people with intellectual and developmental disabilities and their families, The Arc is proud to partner with the FSRTC at UIC on this project.

The Arc is committed to comprehensive, universally accessible family support for ALL families of people with disabilities and seniors. The Arc firmly believes that family support policies and systems need to be provided in a manner that:

- Builds on family's strengths,
- Reflects family's culture, religion, and socio-economic status,
- Emphasizes self-determination of the person with a disability,
- Is controlled, determined, and directed by the family itself, and
- Is provided through best practices and state-of-the-art methods.

For more on The Arc's position on family support, visit <http://www.thearc.org/who-we-are/position-statements/life-in-the-community/family-support>.

Focus Group Application

In the application below, state and local chapters of The Arc interested in organizing a focus group that explore the training needs of and barriers that disability, mental health, and education professionals face should discuss the known barriers and need of these groups and discuss how they will recruit disability, mental health and education professionals for this focus group.

Chapter Profile

Chapter: [Click here to enter text.](#)
Contact Name: [Click here to enter text.](#)
Address: [Click here to enter text.](#)
Phone Number: [Click here to enter text.](#)
E-Mail: [Click here to enter text.](#)

1. Describe your state's population, including number of people with disabilities, and ethnicity (you can use this link to assist you <http://www.census.gov/popest/index.html>).

[Click here to enter text.](#)

2. Describe the challenge(s) that disability, mental health, and education professionals in your state experience in providing/coordinating family support to families that include a person with the dual diagnosis of I/DD and co-occurring mental health challenges.

[Click here to enter text.](#)

3. Describe any existing or known trainings or resources for disability, mental health, and education professionals in your state around serving people with I/DD and co-occurring mental health challenges.

[Click here to enter text.](#)

4. Describe the work your chapters do to support and/or serve people with I/DD and co-occurring mental health challenges, their families, and professionals.

[Click here to enter text.](#)

5. Why do you want to take part in this project and lead a focus group?:

[Click here to enter text.](#)

6. The project is intended to recruit and implement a focus group that includes disability, mental health, and education professionals that serve people with I/DD and co-occurring mental health challenges and their families. Please describe your plan for recruiting people to take part in these focus groups so that this group reflects all stakeholders that serve all the diverse people and families in your state.

[Click here to enter text.](#)

7. Briefly, describe where you intend to hold these focus groups and any accommodations that you will make available so that people can participate in this group.

[Click here to enter text.](#)

Assurances

Submitting this application signifies our agreement to the following requirements in addition to the project described above. Our chapter will:

- Use the project logo and funder acknowledgement statement as provided by The Arc and the FSRTC
- Submit reports and invoices as scheduled
- Submit photographs, a blog or written story as requested to showcase our efforts for the FSRTC and The Arc
- Update The Arc via phone/email communications as coordinated by The Arc (e.g., quarterly calls)

For Chapter

For The Arc

Name, Title
Chapter

Peter V. Berns, Chief Executive Officer
The Arc

Date:_____

Date:_____