

An Introduction to Centers for Independent Living: Fostering Collaborations between Mental Health Advocates and Centers for Independent Living

Stephanie Orlando (WNYIL)

Vicki Smith (ADA)

For more information, please go to www.tucollaborative.org

Please email Hannah.Wells7@temple.edu with any questions or to request a Certificate of Attendance





3725 National Drive, Suite 105

Raleigh, NC 27612

Toll-Free: (877) 235-4210

Phone: (919) 856-2195

Website: www.adanc.org

Email: info@adanc.org

3108 Main Street

Buffalo, NY 14214

Toll-Free: 1-800-348-8399

Phone: 716-836-0822

Website: www.wnyil.org

Email: info@wnyil.org or sorlando@wnyil.org



Temple University

Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

History of Centers for Independent Living



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Independent Living Philosophy

- Disability isn't the problem, societal attitudes and built environment are
- Independent Living philosophy emphasizes consumer control
- Interdependence
- Dignity of Risk/Right to Fail



Temple University
Collaborative

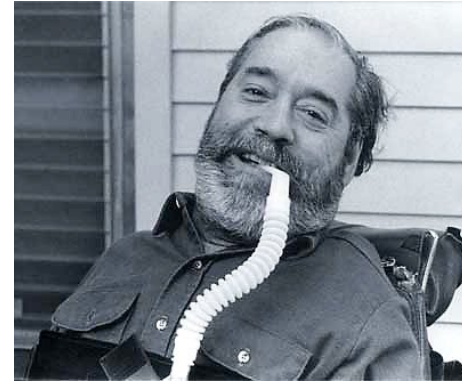
On Community Inclusion of Individuals with Psychiatric Disabilities



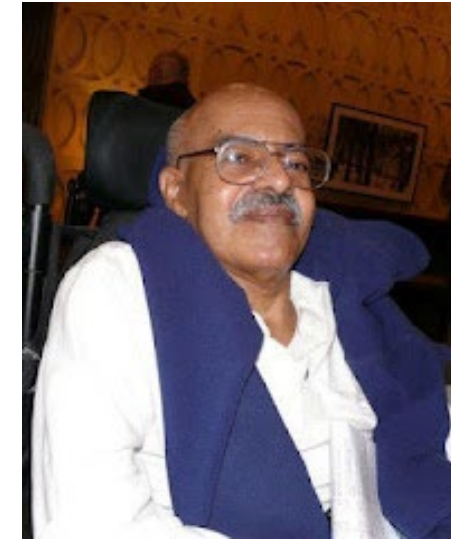
Justin Dart



Judy Heumann



Ed Roberts



Pat Figueroa



Pioneers of the Disability Rights and Independent Living Movement



504 Sit-in

- In 1973, Section 504 of the Rehabilitation Act was signed into law.
- Between 1973 and 1977 no regulations were issued.
- During this time, the American coalition of citizens with disabilities (ACCD) a national cross disability was formed. ACCD became deeply involved in leading the effort to get regulations out.
- San Francisco federal building sit in lasted 26 days. Up to 200 people representing the spectrum of the disability community participated
- Very successful in garnering broad community support: from churches, unions, civil rights organizations, gay groups, elected politicians, radical parties and others.
- The sit in and contingent it sent to Washington were pivotal in getting strong 504 regulations signed that embodied concepts of equality and integration



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Why does Independent Living Use the Word Consumer?

- Consumerism, a movement led by well-known national figures such as Ralph Nader, contributed another element to the growing disability rights and independent living movement.
- The term “consumer” is used to indicate that it is the individual receiving services who has control over the process and is the one making the final decisions.
- Consumer Direction is a standard that must be met and is part of federal CIL reporting and audits
- Not all centers still use the term



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

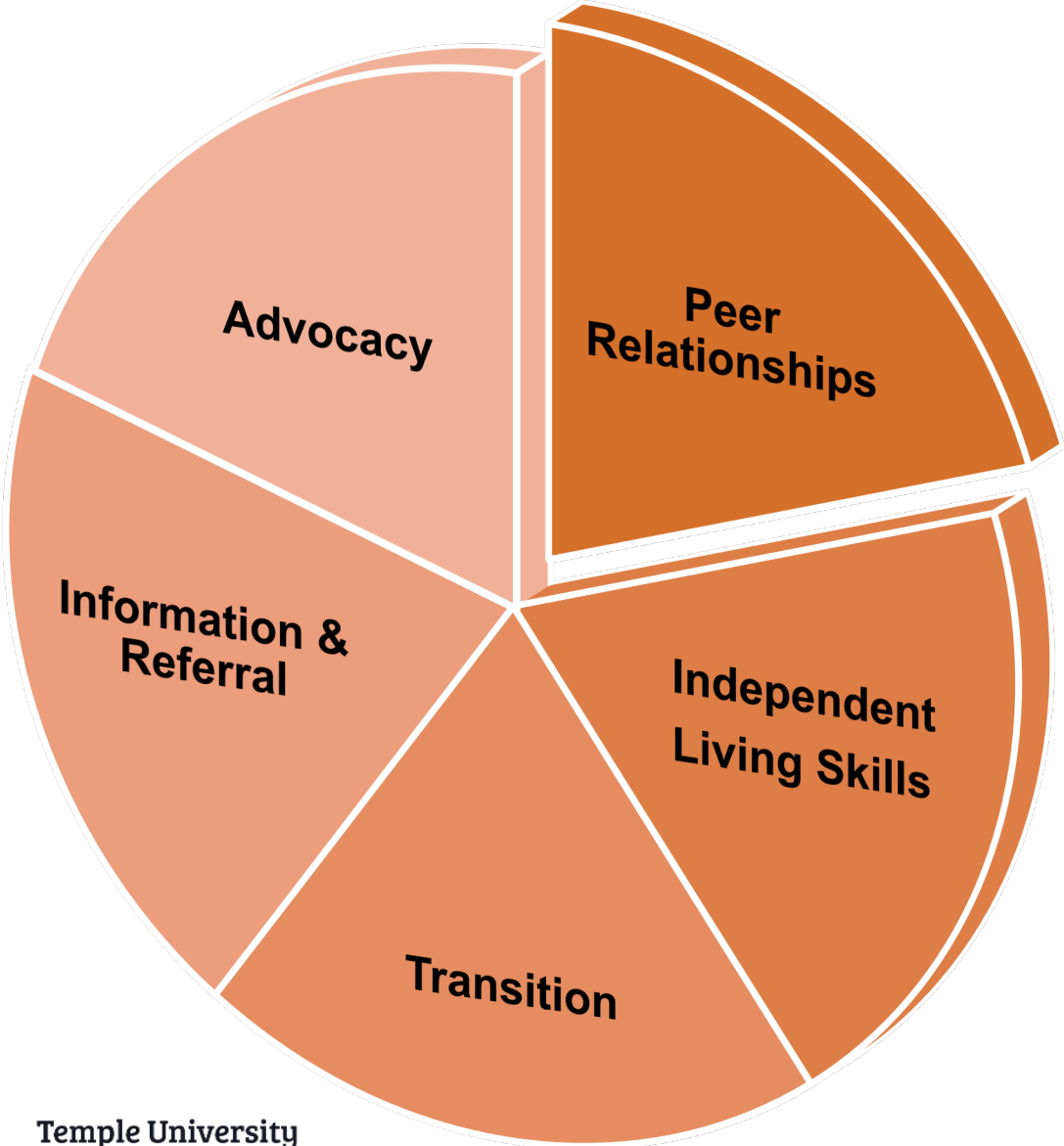
Core Services of Centers for Independent Living



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Independent Living Centers' Core Services



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

But If you know one CIL, you know that one CIL

- *Core Services* are the same but how much of any service, or where that service is provided will vary.
- Differences are based on the needs of the community, our board of directors, the terms and conditions of funding received thru grants, contracts, donations or other fundraising activities.



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Examples of Other Services CILs Might Offer

- Help finding housing/shelter
- Rehabilitation technology
- Mobility training
- Services/training for individuals with cognitive or sensory disabilities
- Personal assistance services
- Identification of housing, recreation, transportation, or other support services
- Information about other programs re: rehab or IL services



Centers for Independent Living Supporting Folks Experiencing Mental Health Challenges



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities



In the spirit of cross disability ILCs serve people who are:

- Blind
- Deaf
- Have a MH diagnosis
- Have a developmental disability
- Traumatic Brain Injury
- Substance Use Disorder
- Any disability that affects one or more major life function
- Any age



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Photographer, Andrew Robertson NCIL Conference 2023

NY State Breakdown of People Served at Independent Living Centers

- ILCs serve people of all ages with all disabilities, their family members & others
- Type of disabilities: Physical (45%), **Mental Health (23%)**, Cognitive (18%) & Sensory (7%)
- Most commonly requested services:
 - Information and referral
 - Peer Counseling
 - Benefits Advisement
 - Advocacy

NY State's network of ILCs provide direct services to over



100,000

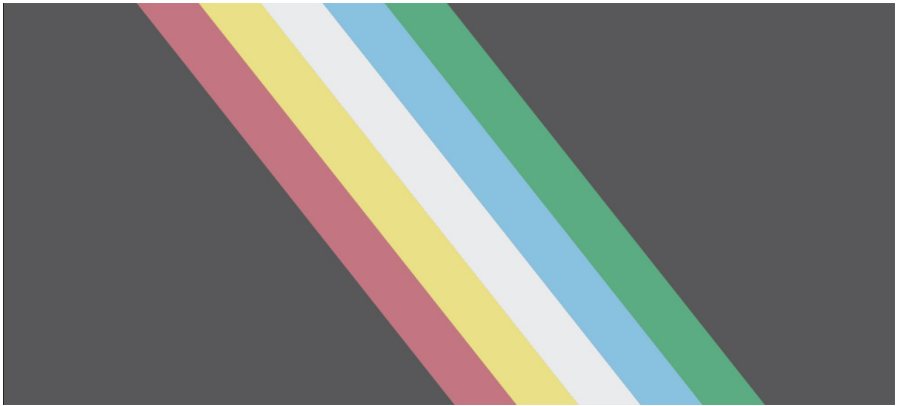
PEOPLE WITH DISABILITIES,
family members and other
non-disabled individuals
per year.



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Disability Pride



How Do Your Respective CILs Support Individuals Experiencing Mental Health Challenges?



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

How Can I Find out about CILs Near Me?



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

How Can I Find a CIL Near Me?

- You see one center, you see one center!
 - Core is the same but how much you build up can vary
 - Make sure to go to their website, check out what they have, set up meetings, etc
- Local CILs: <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>
- Statewide: <https://www.ilru.org/projects/silc-net/silc-directory>



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

How Can I Connect with a CIL Near Me?

- Individuals who want to engage in services can often fill out intake on website or call directly
- For organizations or practitioners:
 - Serve on boards
 - Build connections to help with transitions
 - Partner for better outcomes



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

What would you like to do more of with mental health agencies?



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Strengthening Partnerships Mental Health and Independent Living Advocates

- Maintaining integrity of Peer Support
- Ensuring the lived-experience perspective on all-levels
- Dignity of Risk
- Peer-Run organizations
- Advocacy – Civil Rights



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Thanks for joining! Questions?

Please email hannah.wells7@temple.edu if you would like to request a certificate of attendance



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities