



A HANDBOOK FOR PEOPLE SUPPORTED BY
RAY GRAHAM ASSOCIATION
(RGA)

Created in partnership with the RGA Council and the RGA Advocacy Committee

“BY US, FOR US”



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ABOUT THE RGA COUNCIL



WHO WE ARE:

- In 2011, a group of self-advocate leaders were supported by RGA to take their Advisory Committees to the next level. We partnered with the statewide [Illinois Self Advocacy Alliance](#) and created the RGA Council. We address and advocate for issues that are important to us and others supported by Ray Graham Association (RGA). The Alliance has since dissolved but we as the Council strive to continue to work and partner with other Self Advocates across the State to make a difference in the lives of people of all abilities. 🧑🏿

OUR MISSION:

- To empower advocates to be agents for positive change. 🔄

WHAT THE RGA COUNCIL DOES:

- We work together on important issues. 🤝
- We speak together with one loud voice about our services. 🗣️
- We make change happen where and when it is needed. ✨
- We support each other to promote the rights of all people with disabilities. 🧑🏿
- We advocate for choices, competitive employment, better funding, and other important issues that affect our lives. 🗣️
- We make a difference in our own lives, our communities, and across our State by working together. 🧑🏿

THE RGA COUNCIL SUPPORTS YOU BY:

- Representing you and your concerns to RGA team members and leadership. 🗣️
- Celebrating your successes and the team members that helped you. 🎉

YOU CAN HELP OUT BY:

- Joining the RGA Council or RGA Advocacy Committee. 🗣️
- Sharing your hopes, dreams, and concerns by contacting us at RGACouncil@RayGraham.org or 331-758-7201 📞
- Contacting any RGA Council member. 🗣️

WHAT RGA STANDS FOR AND BELIEVES IN

RGA'S MISSION:

- To create opportunities that empower people with disabilities to reach, grow, and achieve. 🙌 🙏 🙇

RGA'S VALUES:

- **Leadership:** It always has been, and it always will be, about quality. At Ray Graham Association, we listen to and learn from people with disabilities, their families, and our team members. We lead by offering services that align with the most promising of practices. When those practices do not exist, we believe it's our responsibility to create them. 🏠
 - RGA works hard to provide the best services and is open to developing new ways to support people. Speak up and share any ideas that you have! 🗣️
- **Advocacy:** Advancing public policy to benefit children and adults with disabilities is a priority. We advocate for services and supports that are customized, promote independence, and produce relevant and meaningful outcomes, such as employment, good health, relationships, and overall life satisfaction. 🏠
 - RGA is a strong voice in advocating that laws and public policy work for all people. Whether we are speaking up for personalized supports, funding, employment, health, relationships, or overall happiness, you are encouraged to join in and speak up and speak out! 🗣️
- **Team:** We believe in having a team of caring people from different backgrounds, with distinct experiences, and unique points of view. We value listening and strive for a common understanding of our mission. Our differences are our greatest strength. We invest in our team members to advance their professional and personal growth. We celebrate the successes of our team, as it is their efforts that make a positive impact on the lives of the people we serve. 🏠
 - The team members that support you come from many backgrounds and experiences and are very important to RGA. It is important that they are also growing and that we appreciate and celebrate their successes. 🏠

- **Community Partnership:** Our community is the place we all live, learn, and grow. We facilitate partnerships to create communities that promote a culture of inclusion and social justice. These relationships serve as a foundation to advance collaboration and mutually beneficial community partnerships. 🏠
 - RGA has and creates relationships with people and businesses in our communities because together we are safer and stronger. You will have many opportunities to participate, interact and be part of your community. 🤝



Leadership



Team



Advocacy



Community Partnership

HOW TO USE PERSON-CENTERED SERVICES

“Person-centered” means that everything at RGA is focused on us and what is important to us. 🗣️

RGA will help you figure out what you want in your life and make sure you are working on things that are important to you. If you’re unsure where to start, remember these four E’s:

- **EDUICATION** is when you learn about new things in a classroom, from others you know, your community, or online. 🗣️
- **EXPOSURE & EXPLORATION** is when you go, see, and try new things. Be open to trying something new or different and to taking advantage of the many times your team will ask you about what you may want to try. 🗣️
- **EXPERIENCE** is when you learn by doing new things. Experiences can help you make connections with others that have similar interests. Sometimes you can also volunteer to learn new skills. 🗣️

It is important you let your team members know what you like or don’t like about new things that you try so that they can help you do them more or help you find something different. 🗣️

RGA team members will ask and listen to you and help you make choices about your goals and dreams. 🗣️

They will act by supporting you to meet or get as close as possible to your dreams. You and your team will work together to speak up and speak out about any changes you may need along the way. 🗣️



YOUR SERVICE OPTIONS

RGA has many different services that can help you. There are six main areas where RGA can work with you to figure out what services will be best for you. 🏠 🗣️ 🧠 📅 📄

RESIDENTIAL: RGA has different types of places where you can live. Some people like to live with friends in a home or apartment, while others like to live alone. RGA wants to help you be as independent as possible and keep you healthy and safe. It is also important to RGA that you can be part of your community and make friends. 🏠

- **Homes:** RGA has many homes for you to live in, or you might own your own home or live in a home that someone else owns. You have the right to a written agreement about the home. Each home is different and reflects the people who live there. Your team will help you with daily cooking, cleaning, personal care, and taking any medications you might need. We also want to help you explore your community and find things you like to do. You can work, volunteer, take classes of your choice, or attend RGA's Community Learning Services during the day.

LIFE SKILLS: RGA can help you achieve your goals and dreams, learn new skills to find a job, and help you with things like self-esteem and life coaching. 🗣️

- **Community Learning Services (CLS)** offers classes and activities for you to do in your community so that you can learn, go, see and try new things.
- **Monarch Academy** offers opportunities for young adults with disabilities after they graduate high school to learn skills and find friends.
- **Monarch II** offers opportunities for people with autism that need a very structured routine during their day. RGA will help you with a consistent schedule and help you explore your community.
- **Life Coaching** offers a personal coach that helps you be as independent as possible. The personal coach will work with you to figure out what you want and help you achieve it.



RECREATION: RGA wants you to be able to have fun, be active, and enjoy the outdoors.

🔗 There are different opportunities for you to try:

- [Therapeutic Horsemanship](#) provides the chance for you to ride horses, be around farm animals, volunteer to help in and outside of the barn and get to know other people that enjoy these things. Riding horses can help you get stronger, make new friends, and enjoy time with animals. 🐾
- [Gateway Special Recreation Association \(SRA\)](#) provides fun activities for people with disabilities, like social clubs, sports, and exercise. Gateway also has a weekday service for people transitioning from high school or transition services to adult life in the community. When you are active, you can be healthier and happier. 🏃 🏹

FAMILY SUPPORT: RGA can help you and your family stay together in your family home by making sure you have the help and support you need. RGA can assist you with hiring and training people to help you or connect you to services you may need. 👨‍👩‍👧

EMPLOYMENT: RGA believes that everyone can work if they have the right support. The Employment team will help you find a job that is the right fit for you and will help you build job skills for a successful career. 🏢

BEHAVIORAL HEALTH CLINIC: If you need support working through challenges, RGA's Emerge Services has Mental Health Professionals who specialize in supporting people with disabilities. These services can help if you are navigating depression, anxiety, relationship issues or decision-making challenges. The Emerge team also partners with the Employment team to ensure you have the support you need while working.



YOUR RIGHTS AND HOW TO USE THEM

As a citizen of the United States, you have the same rights as everyone else in the country. This means that the law says we have certain things that we can do and certain things that we are not allowed to do. It's important to know all your rights to understand what you are entitled to.

Your team will spend a lot of time with you to help you learn about your rights, identify which rights are most important to you and what supports you may need to exercise those rights.

There are many resources available to help you understand your rights. Some of these include:

- [Universal Declaration of Human Rights – United Nations](#)
 - [“What is the United Nations Convention on the Rights of Persons with Disabilities” video](#)

- [Rights of Individuals in Medicaid Home and Community-Based Developmental Disability Waivers – Illinois Department of Human Services](#)

- [Human Rights Education – Youth for Human Rights](#)

- [“Supported Decision Making is a Human Right” video – Department of Communities and Justice NSW](#)

- [HCBS Guide: Your Right to A Community Life – The Council on Quality and Leadership](#)
 - [“Your Services Should Be All About You” video](#)

- [Self Advocacy Resource and Technical Assistance Center \(SARTAC\)](#)

SOME OF YOUR RIGHTS INCLUDE:

- **Keeping and Exercising Your Rights:** You keep your legal and civil rights while receiving services from RGA and can make a complaint without losing your services. 🛡️
- **Non-Discrimination:** Being treated fairly without being judged based on your sex or gender, race, religion, language you speak, background, health condition, national origin, age, how you dress, or your financial situation. 🏳️
- **Worship:** Choosing to follow the religious beliefs that are important to you and gather with others who share your beliefs. 🕌 🛤️ 🕌 🕌
- **Voting:** Learning about local elections and the candidates running for office so that you can have a say in who leads your community by voting. 🗳️
- **Selection of Providers:** Choosing your own providers and being able to change providers if you want to. 📞
- **Personal Planning:** You can lead and be part of any planning and conversation about you and your services. You can speak up about what you want and don't want and refuse or change your mind about your services and supports. Services will be provided in the least restrictive environment, with individual supports, and are coordinated by a person-centered plan. 📅
- **Abuse or Neglect:** Being free from physical, sexual, and verbal or emotional mental abuse or neglect. If someone mistreats you or takes advantage of you, you should tell someone you trust to resolve the problem. You have the right to services to help you heal too. 🙋
- **Exploitation:** Being protected from people taking advantage of your property, finances, or personal things. If someone is taking advantage of you, tell someone immediately. 🗣️
- **Coercion:** Being free from coercion, pressure, or force to do something. 🚫
- **Restraints:** RGA does not support the use of physical management techniques. You have the right to be free from restraints unless your doctor has spoken to you or ordered them as part of a medical/surgical procedure in the hospital. 🚫
- **Use of Interventions:** RGA doesn't allow you to be punished, hit, locked up alone, tied up, held down, or hurt in any way. We also don't give you medicine without a good reason. We also make sure you get the food and drinks you need. 🍴
- **Confidentiality:** Having the privacy of your personal information and services received. 🗝️

- **Mail, Phone Calls, Electronic Communication and Visits:** Communicating privately with other people without obstruction or censorship by team members. Communication may be reasonably restricted only to protect you or others from harm, harassment, or intimidation but only with notification and due process. 🗨️
- **Property:** Being able to receive, possess, and use your personal property unless it harms you or others. 🏠
- **Money:** Being able to use your money as you choose unless you are prohibited by a court or have given informed consent for RGA to serve as your Representative Payee. 💰
- **Banking:** Being able to deposit your money at a bank or place it for safe keeping with RGA. 🏦
- **Labor:** Being paid fairly for the work you are asked to perform. You don't get paid for taking care of your own room or home, to do your laundry or cook your food. 🍳
- **Refusing Services:** Being able to refuse services, including medication. 🙅
- **Medical and Dental Services:** Being able to choose and purchase medical, dental and other healthcare services and look at any of your records. 🏥 📄
- **Support/Service Planning:** Being able to lead and participate in developing your own individualized support and person-centered plans. 🗺️
- **Meetings:** Being able to participate in team meetings or discussions about you. 🗣️
- **Discharge:** Continuing to receive services unless you voluntarily withdraw or meet the criteria for discharge from services. 🏠
- **Grievances and Complaints:** Being able to present grievances to the leaders of RGA and appeal certain decisions by RGA to the Illinois Departments of Human Services, Healthcare and Family Services, and Public Aid. 🗣️
- **Personal Information:** Being able to look at, read and ask questions about and understand any information that is written about or kept in an electronic file about you. You also have the right to decide what information is and is not shared about you. 📄
- **Right to information about RGA:** Knowing if RGA needs to meet quality standards and looking at written survey reports describing the quality of services. 📄
- **Exercising Your Rights:** Not being denied, suspended, or terminated from services or having services reduced for filing a grievance or appealing a decision. 🗣️
- **Privacy & Access:** You have the right to privacy in your room and can lock it if you want to. You have the right to have a key or another way to get into your home. 🏠
- **Choice:** You have the right to choices about your life and choosing your own schedule. 🗣️

EXERCISING YOUR RIGHTS

RGA wants you to be able to fully access and exercise your rights.

With rights comes responsibilities. RGA will provide educational opportunities for you to think about your rights in all situations and the responsibilities that go along with the choices you make.

RGA will encourage you to think through potential consequences of decisions that you may make and then support you to experience consequences for yourself as all people learn best through mistakes not successes.

RGA has responsibilities too. RGA accepts the responsibility to support you in all aspects of your life and will not restrict rights if you choose to do things that are simply irresponsible or unwise (i.e. bounce a check, quit a job before having another one).

RGA prioritizes the responsibility to ensure that everyone is safe, free from harm and injury, and is following laws and responsibilities required of all citizens. If someone's choices or actions may result in any of these things not happening for a person or other people served, RGA may talk with them about temporarily limiting/restricting a right.

Your QIDP will help thoroughly explain any possible rights limitation before it is started and you will have time to speak up and speak out about how you feel about it. RGA has processes to support you to do that.



REPORTING: If you feel your rights are being ignored, you can tell your QIDP, a trusted RGA team member, the RGA Human Rights Committee (@MyRightsHRC@RayGraham.org or **331-758-7213**), or any of these organizations:

<p>DHS Office of Developmental Disabilities</p> <p>✉ 100 W. Randolph, Chicago, IL 60601</p> <p>☎ 1-800-843-6154</p> <p>☎ TTY: 1-866-376-8446</p>	
<p>Equip for Equality</p> <p>✉ 20 N. Michigan, #300, Chicago, IL 60602</p> <p>☎ 1-800-537-2632</p> <p>☎ TTY: 1-800-610-2779</p> <p>@ ContactUs@EquipForEquality.org</p>	<p>Guardianship and Advocacy</p> <p>✉ 160 N. LaSalle, #S-500, Chicago, IL 60641</p> <p>☎ 312-793-5900</p> <p>☎ TTY: 1-866-333-3362</p>
<p>Office of Inspector General</p> <p>✉ 100 W. Randolph, #4-750, Chicago, IL 60601</p> <p>☎ 312-814-2718 Hotline: 800-368-1463</p>	<p>Illinois Department of Aging <i>Adult Protective Services</i></p> <p>☎ 1-866-800-1409</p>
<p>Illinois Department of Children and Family Services</p> <p>☎ 1-800-252-2873</p>	<p>Illinois Department of Public Health</p> <p>☎ 1-800-252-4343</p> <p>☎ TTY: 1-800-547-0466</p>

STEPS TO RESOLVING CONCERNS AND PROBLEMS

The RGA Council recommends these steps to resolving a conflict with a friend or peer:

- ① Talk it out  
- ② Brainstorm 
- ③ Define the problem 
 - ▣ Walk away 
 - ▣ Draw a picture 
- ④ Talk to someone you trust 



You can tell RGA leaders if you're unhappy with your services. You can use the problem resolution procedure (see next page), talk with a Peer Mentor, email or write a letter to RGA (@ProblemResolution@RayGraham.org or **331-758-7369**; ✉ 901 Warrenville Road, #500, Lisle, IL 60532). Suppose you don't like RGA's decisions, like changing your services. In that case, you can tell the Department of Human Services ( 1- 800-843-6154). We want to make sure you have a way to speak up and be heard.

PURPOSE: We want to show you how to tell RGA if you need help with your services. If you need help talking about your concern or need someone to help you understand, RGA will give you the help you need. We want to make it easy for you to speak up, and we will listen to you. RGA will provide you with different ways to tell them about your problem and ensure you understand what's happening.

INTENT: We want to make sure we listen to you if you have a concern and will try our best to fix it. RGA will make sure that what we do is in line with what we believe in and what's best for everyone's safety and well-being.

PROBLEM RESOLUTION FLOW CHART

① Tell someone you trust 🗨️	
<ul style="list-style-type: none"> • Tell someone you trust about your concern, issue, or problem. <ul style="list-style-type: none"> ◦ This may be a friend, family member, team member, or an RGA Council member. • Together talk about the issue, define what it is, and what choices you have 	
② Did you and the person you talked with figure out a solution? 🗨️ 🗨️	
Yes 😊	No 😞
Plan to get back together soon to discuss how it is going	<ul style="list-style-type: none"> • You can get help to use the Problem Resolution Procedure from your QIDP and/or an RGA Council Member <ul style="list-style-type: none"> ◦ Share your concern with them. • Your QIDP will listen carefully to your concern and get back to you within 5 days to discuss solutions
③ Are you satisfied with the solution(s)?	
Yes 😊	No 😞
Plan to get back together soon to discuss how it is going	<ul style="list-style-type: none"> • Let your QIDP know that you want to discuss it further. <ul style="list-style-type: none"> ◦ Your QIDP will inform your Program Director (or Assistant Director) • Your Program Director will review the issue and meet with you if you would like. <ul style="list-style-type: none"> ◦ Your Program Director will think about the situation and get back to you within 10 days to discuss possible solutions
④ Are you satisfied with the solution(s)?	
Yes 😊	No 😞
Plan to get back together soon to discuss how it is going	<ul style="list-style-type: none"> • Let your Program Director know that you want to discuss it further. <ul style="list-style-type: none"> ◦ Your Program Director will inform the Chief Services Officer • The Chief Services Officer will review the issue and meet with you if you would like. <ul style="list-style-type: none"> ◦ The Chief Services Officer will review the information about the situation and decide about the issue. You will be informed of the decision within 10 days
⑤ Are you satisfied with the solution(s)?	
Yes 😊	No 😞
You and your QIDP should continue to check in to be sure things have improved	<ul style="list-style-type: none"> • You have the right to talk with your Individual Service Coordinator for further help

PROBLEM SOLVING ASSURANCES:

In summary, we pledge that:

- Support will be provided during the process and RGA team members will help you contact someone for support. 🗣️
- Team members involved in the concern will not be directly involved in meetings or reviews. 🗣️
- Everyone will listen to you and be kind and professional during the process. We appreciate the same of you. 🤝
- No one will be excluded or discharged from RGA services for raising a concern. 🗣️
- No final decision will be made while the problem resolution steps are followed, except in cases where safety and security are severely compromised. 🗣️

UNDERSTANDING YOUR RIGHT TO BE FREE FROM ABUSE, NEGLECT, MISTREATMENT, AND EXPLOITATION

You have the right to be safe and feel safe. It's not okay for anyone to hurt or take advantage of you physically, sexually, mentally, or financially. If you feel unsafe, are hurt, upset, or need help, it's important to tell someone you trust so they can help report it and make it stop. RGA takes a strong stance against the mistreatment of people and educates the team and people supported at least once a year. There are many rules and regulations that RGA must follow to prevent abuse, neglect, mistreatment, and exploitation and report these things.

Below are some examples (there are more examples than these, but these will help you understand)

Physical abuse can include things that may hurt your body or be physically insulting or provoking like being purposely.



- Hit, kicked, pinched, dragged, cut, or pushed.
- Hit with an object.
- Slapped, spanked, or choked.
- Being asked to physically abuse another person supported.

Sexual abuse can include intimate things like:



- Someone making sexual contact or intimate physical contact with you by touching your private parts directly or through clothing.
- Making you touch someone else's private parts.
- Making or encouraging you have sex or intimate contact.
- Sending or showing you sexual images on any device or posting sexually explicit images of a person supported online.

Mental abuse can include things that may make you feel bad, intimidated, less than or scared like:



- Someone calling you names or cursing at you or someone else that has a disability.
- Bullying you or someone else that has a disability.
- Talking negatively, meanly or threatening you or someone else that has a disability.
- Using gestures or body language or facial expressions that make you or someone else with a disability feel any of these things.

Neglect is when someone doesn't help or take care of your personal care, health, medical care, or daily needs as they should placing you at risk for possible harm, injury, or death. This can include things like:



- Not giving you your medicine or medical treatments as prescribed.
- Not giving you food or not preparing the food in the way you need to eat it.
- Not meeting your physical needs.
- Not following your personal plan or individualized supports.

Coercion is when you're pressured into doing things you don't want to do. People shouldn't trick you into doing things or use force or threats to make you do something.



Exploitation is when you, your property or finances are being taken advantage of. If someone takes advantage of you, your money, or your stuff, it's important to tell someone you trust so they can help make it stop.



If you tell someone who works at RGA, they will report and make sure it is investigated and help make sure you are safe. Even after you are safe, it may take some time for you to feel safe again, and that is okay, RGA will provide whatever support you need and for as long as you need it.

ABUSE OR NEGLECT: If you or another person are being mistreated or neglected, or you suspect that someone is being mistreated, you should tell someone you trust (a team member you trust, a supervisor, an RGA Council member that can help you, RGA's Quality Team or Chief Services Officer, your legal representative, etc.).

An RGA team member will inform their supervisor, and someone will be designated to call one or more of the following. You can also call one of these if you want to report directly to them:

- If you're a child or living in a home for children, call the **Department of Children and Family Services** (☎ 1-800-252-2873).
- If you're an adult living in a group home, call the **Department of Human Services Office of Inspector General** (☎ 1-800-368-1463).
- If you're an adult living in a family home, call **Adult Protective Services** (☎ 1-866-800-1409).
- If something happens at Day Services, call the **Office of Inspector General** (☎ 1-800-368-1463).
- If you live in an Intermediate Care Facility for the Developmentally Disabled (ICF DD), call the **Department of Public Health** (☎ 1-800-252-4343).

YOUR RIGHT TO YOUR MONEY AND YOUR THINGS

You can keep and use all your personal things, like clothes and electronics, etc. It is important that your things are safe for you, your team, and others. If they are not, your team will support you to meet and discuss a plan.   

You get to decide what you do with your money. At least once a year, you will be asked and involved in an assessment on what may be the best way to keep your money safe, save your money, or buy things. If you have a legal representative, they will be involved in these discussions and decisions. The decisions will be written down and will be reviewed again any time something new arises or whenever you would like to discuss.   

You can also deposit your money in a bank or with RGA's secure system. Any interest earned will be yours. RGA and their team members are not allowed to receive any assistance directed to you, like Social Security or pension payments, without your informed consent or your legal representative's consent. If you get help with your money, you and your legal representative will receive a report every three months showing how your money was spent.   

GETTING TO & FROM PLACES YOU GO

If you receive day services or residential supports from RGA, your team will help you safely get to and from places you go in your community. The vehicles that they use are either owned by RGA or leased through another company and must be safe and accessible to anyone using them. The team goes through many hours of training and checks the vehicles every time they are being driven to make sure that everything is safe. RGA asks that you wear your seatbelt and ride safely.   

Regardless of what services you receive, your team can help you find the best way to get around. That may mean helping you to learn and use public transportation, ride-share services like Uber, or other local options. If you have any concerns about any transportation services, please contact your team or RGA's Transportation Coordinator or use the Problem Resolution process.   

GETTING SUPPORT FROM YOUR SUPPORT SYSTEM

You can talk to people in private without anyone stopping you, changing or checking your messages. This can include mail, phone calls, text messages, email, virtual communication or any other form of communication as well as visits from family, friends, and others that you know. RGA wants you to be free from harm, intimidation, bullying, harassment.

If you or our team thinks someone you are communicating with may or is doing those things, they will meet with you and your legal representative to discuss how to keep you safe. You may be offered education about these things, on how to protect yourself and how to let someone know it may be happening.

If any limitations to your rights to communicate with others are suggested, you and your legal representative will be involved in the process and have the right to speak up and speak out on how that may affect you.

PAYING FOR SERVICES AND MAKING AGREEMENTS

EXERCISING YOUR RIGHTS:

You can and should speak up and tell people at RGA if you don't like something happening. If you do speak up or complain, RGA cannot and will not:

- Stop you from getting services.
- Give you less services.
- Make you take a break from services.
- Make you leave services forever.

If you want to speak up for your rights, you can use "Form IL462-1202" to appeal RGA decisions.

PEER MENTOR SUPPORTS

RGAC Council members dreamed of becoming mentors to help others speak up for themselves and build the lives they want. In 2024, thanks to a grant, that dream came true! After an application process, 11 people completed 15 hours of official training to become Peer Mentors.

Peer Mentors have strong self-advocacy skills and experience with setting goals, planning, problem-solving, and making decisions in their own lives. They are experts in their own lives and who better to learn from?

Peer Mentoring is FREE to you. Just reach out to anyone pictured below, your team, or the Peer Mentors at RGAPeerMentors@RayGraham.org or **331-758-7402**.



WORKING TOGETHER WITH RGA

The team at RGA is very excited to help you reach your goals and live your best life. But to do that, your help is needed. Illinois cannot always give agencies like RGA the extra money to help you in all the ways we want to. Every year, RGA needs to raise at least \$1.8 million to improve services and meet new requirements. RGA raises money by writing grants, hosting special events, and getting support from donors.

You can help by speaking up and out for better funding, joining a committee, sponsoring an event, and bringing your friends and family to events. You can also volunteer to help at events.

Let's work together to make RGA even better!

Some of the RGA COUNCIL MEMBERS YOU CAN REACH OUT TO:



Cami S.



Laneka M.



Fatima R.



Leanne K.



David A.



Christina J.

