



## Project STIR Fact sheet

Project STIR (Steps Towards Independence and Responsibility) is curriculum developed by a team from the University of North Carolina Chapel Hill in order to teach self-advocacy skills to those with disabilities.

### Background:

In 2016 The Maryland Developmental Disabilities Administration (DDA) hosted a weeklong event to introduce the Project STIR curriculum to Maryland; after that People on the Go of Maryland (POG) partnered with DDA in order to teach the Project STIR curriculum in Maryland since our partnership began we have trained approximately 30 - 60 people each year.

### How Project STIR Works:

The training consists of five modules:

- Knowing yourself
- Communication skills
- Problem-solving
- Understanding your rights and responsibilities
- Starting a self-advocacy group

For two days you are guided through each module by instructors from People On the Go of Maryland, and previous Project STIR graduates using a wide variety of scenarios including:

- Role-playing exercises
- Personal stories
- Teambuilding exercises

Advocates are able to express themselves in a safe environment and learn how to communicate their own needs in a positive way. Trainings are conducted on a regional basis using DDA's four regions Central, Southern, Eastern, Western. After completing the two day stir training graduates have an opportunity to be future trainers for stir and other people on the go Maryland projects.