Women’s Disability Leadership, Inclusion & Advocacy Series

Welcomes You to Our
Empowerment Training for Latinas with Disabilities

¡Bienvenido!

www.RespectAbility.org
Allilsa Fernandez is the Founder and Former President of Peer Mental Health Alliance, a student organization at Stony Brook University that helps raise Awareness on mental health. She sits on the advisory board for DREAM: Disability Rights, Education, Activism, and Mentoring, which is a national organization run for and by college students with disabilities.
Self-Expression Graffiti Wall
Quote from Selena Gomez, who lives with a disability

“Always be yourself, there's no one better!”
“You have every right to a beautiful life.”
“Being yourself is all it takes!”
Notable Latinas who live(d) with disabilities

Salma Hayek, Actress, Dyslexia

Kathy Martinez, Sr. VP, Wells Fargo Bank; former Assistant US Secretary of Labor Office of Disability, Employment, and Policy; Blind

Demi Lovato, Singer, Bipolar Disorder

Frida Kahlo, Artist, Polio and Chronic Pain due to accident

Michelle Rodriguez, Actress, ADD

Cristina Sanz, Actress, Downs Syndrome
Today we aim to deliver tools, empowering you to:

➢ **Take charge** of your self-advocacy

➢ **Take action** getting involved in NYC’s civic life (in the Latinx &/or general community); and,

➢ **Take home** new experiences, new connections, new resources.
Please note that any views expressed by today’s speakers are solely in a personal capacity and are not intended to represent the views of their companies, organizations or RespectAbility; or to be taken as legal or medical counsel.
We wish to express our profound thanks to our generous hosts here at Guttman Community College!

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And to these organizations for their collaboration:

Hunter College
Girls for Gender Equity
Loisaida
Masa
Consulado General del Ecuador en New York
Consulado General del Mexico en New York
L.O.V.E. (Latinas On the Verge of Excellence) Mentoring

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Thank you to the New York Women’s Foundation and the Coca-Cola Foundation for its direct support for this effort ...

¡Gracias!
Elizabeth Jones is the Manager of Partnerships for RespectAbility. Born in Honduras, she is a lifelong advocate for people with disabilities, and ensures smooth operations of the office, expanding RespectAbility’s impact for people with disabilities. Elizabeth enjoys watching telenovelas and Cold Mango on a Hot Day.
Amanda Lopez, a Cuban-American performer, was born with Latin rhythm in her blood. She has been dancing and singing forever. Amanda earned a degree in musical theater at The Boston Conservatory. Amanda resides in NYC; performs with the off-Broadway musical Addy & Uno – the first family musical about disability; and is represented by Daniel Hoff Agency.
I am woman hear me roar in numbers too big to ignore
And I know too much to go back and pretend
‘Cause I've heard it all before
And I've been down there on the floor
No one's ever gonna keep me down again
Oh yes, I am wise but it's wisdom born of pain
Yes, I've paid the price. But look how much I gained
If I have to, I can do many things
I am strong (Strong)
I am invincible (Invincible)
I am woman
You can bend but never break us
‘Cause it only serves to make us
More determined to achieve our final goal

And we come back even stronger
Not novices any longer
Cause you've deepened the conviction in our soul
Oh yes, we are wise
But it's wisdom born of pain
Yes, we’ve paid the price but look how much we gained
If we have to, we can do anything
We are strong (Strong)
We are invincible (Invincible)
We are woman
Somos mujeres, watch us grow
See us moving to and fro
As we spread our lovin' arms across the land
But we’re still an embryo
With a long long way to go
Until we make all ableists understand
Oh yes, we are wise
But its wisdom born of pain
Yes, we’ve paid the price
But look how much we gained
If we have to, we can face anything
We are strong (Strong!)
We are invincible (Invincible!)
We are Latinas (Latinas!)
We are woman!
Debbie Fink is the Director of Community Outreach and Impact for RespectAbility, and is responsible for the Women’s Disability Leadership, Inclusion & Advocacy Series.
Having spent two years immersed in Argentinian culture, she enjoys its zest for life, *la música y la danza, asado, y dulce de leche!*
Latinas with Disabilities:
The Convergence of Women’s Rights,
Disability Rights,
and Civil Rights in the Latinx Community

With
Carol Robles-Román, Esq.
General Counsel and Dean of Faculty at Hunter College
Former NYC Deputy Mayor
Carol Robles-Román is Chief Legal Counsel and Dean of Faculty at Hunter College. Carol is also Secretary of the ERA Coalition/Fund for Women’s Equality; was CEO & President of Legal Momentum, where she spearheaded equal rights for women and girls, and was Deputy Mayor to NYC Mayor Michael Bloomberg for 12 years.
Living a Life of Leadership-2: Carol Robles-Román

Preguntas y respuestas
Lyrics by Joe Darion; music by Mitchell Leigh
Lyrics adapted by Debbie Fink, 2019

Sung by Amanda Lopez, with Rebecca Muller, guitarist

To dream the impossible dream
To fight the unbeatable foe
To bear with unbearable sorrow
To run where the brave dare not go
To right the unrightable wrong
To love pure and chaste from afar
To try when your arms are too weary
To reach the unreachable star

This is my quest,
To follow that star
No matter how hopeless,
No matter how far
To fight for the right
Without question or pause
To be willing to march
Into hell for a heavenly cause
And I know if I'll only be true
To this glorious quest
That my heart will lay peaceful and calm
When I'm laid to my rest
And the world will be better for this.

That one woman scorned and covered with scars
Still strove with her last ounce of courage
To reach the unreachable star
Allilsa Fernandez is the Founder and Former President of Peer Mental Health Alliance, a student organization at Stony Brook University that helps raise Awareness on mental health. She sits on the advisory board for DREAM: Disability Rights, Education, Activism, and Mentoring, which is a national organization run for and by college students with disabilities.
Living a Life of Leadership: Addressing Mental Health

Shirley Leyro, PhD, is an Assistant Professor of Criminal Justice at CUNY’s Borough of Manhattan Community College. Dr. Leyro is a certified Mental Health First Aid instructor, conducting trainings within CUNY as well as for local community organizations. A critical criminologist, her research focuses on deportation effects. She is also part of the campaign: #thisiswhataprofessorlookslike.
THE VALUE OF CRISIS INTERVENTION

➢ Mental health problems are common
➢ Stigma is associated with mental health problems
➢ Many people are not well informed
➢ Professional help is not always on hand
➢ People often do not know how to respond
➢ People with mental health problems often do not seek help
IT IS ALL ONE BODY

➢ Some folks tend to pay more attention to—and seek treatment for—physical ailments, but do not do the same for their mental wellbeing.

➢ Yet, mental illnesses can be more disabling than many chronic physical illnesses. For example:
  - Moderate depression is similar to the impact from relapsing multiple sclerosis, severe asthma, or chronic hepatitis B.
  - Severe depression is comparable to the disability that comes with quadriplegia.
LATINAS AND MENTAL HEALTH

CDC (2017):

➢ Almost 1 in 2 (48%) Latinx high school girls have felt persistently sad or hopeless within the past year
➢ More than 1 in 5 (22%) have seriously considered suicide within the past year
➢ 1 in 10 having made attempts.
LATINAS AND MENTAL HEALTH

CDC (2017):

➢ For queer Latina girls: 64% have felt persistently sad or hopeless
➢ Nearly 1 in 2 (48%) have seriously considered suicide
➢ 1 in 4 have attempted suicide within the past year alone
MICRO-AGGRESSIONS:
Even well-intended people (teachers, parents and peers) may say or do things that are actually micro aggressions. They may not understand why the student gets upset, angry, or avoidant by their attempts to “help.” It’s important for all of us to find better ways of interacting and communicating. We might be part of their problem. ... So whose problem is their mental illness, really?
Vivian Bass has dedicated her career as an advocate for people with disabilities worldwide, including a presentation at The World Congress on Disabilities. She serves on RespectAbility’s executive committee; as Chair of the international JWI; and is CEO Emeritus of The Jewish Foundation for Group Homes.
Kaliris Salas-Ramirez, PhD is an adjunct Assistant Professor in the Dept. of Psychology at Hunter College, CUNY and an Ass’t Medical Professor at CUNY’s School of Medicine, where she runs research studies. Kaliris was recently awarded the Faculty Service Award for the CCNY Alumni Association. Kaliris is facilitating a discussion on Self-Advocacy and Racial Bias.
Crystal Vazquez, M.P.A., M.S., is the Associate Director of AccessABILITY Services and Women’s Resources Services Specialist at Guttman Community College. Crystal holds an M.P.A. and has extensive leadership experience in higher education. Crystal is facilitating a discussion on Self-Advocacy and Housing and Benefits.
Self-Advocacy at Work

Fireside Chat with:
Clarissa Ramos-Cafarelli
Managing Director,
Global Head of Corporate Employee Relations
JP Morgan Chase

by:
Jessica Palacios
Vice President, Human Resources Business Partner
BlackRock
Jessica Palacios is an HR Business Partner supporting the Aladdin Product Group (APG) at BlackRock. Jessica works closely with executives to deliver a talent strategy that aligns with business workforce objectives. Jessica is on the volunteer board for the NY Chapter of the Association of Latino Professionals for America (ALPFA) and the Hispanic Scholarship Fund (HSF).
Clarissa Ramos-Cafarelli is a Managing Director and Global Head of Corporate Employee Relations at JPMorgan Chase. In this role, Clarissa leads a team of Employee Relations professionals who support employees, managers, and HR colleagues in addressing sensitive workplace issues, HR Policies, and enabling initiatives. Clarissa is a member of the Hispanic Executive Forum.
**IF ...**  
**WHY?**  
**HOW?**  
**WHEN?**  
**WITH WHOM?**  
**WHAT ...**  
... can be shared by HR?
Hoy me levanté en otro lugar
Today I woke up in another place
siento ansiedad, la necesidad de contar quién soy
I feel the eagerness, the desire to tell who I am
para no morir, para no olvidar que la vida es un pequeño soplo de libertad
So as not to die, to not forget that life is a little breath of freedom

Hoy seré canción, volaré detrás de las coplas del trovador del campo y de la ciudad
Today I will be song, I will fly behind the verses of a juglar of the country and the city
Para no morir, To not die
Para no olvidar, To not forget
Que dolor existe y con amor lo voy a curar
that pain exists and I will heal it with love.

Lyrics by Catalina * Music by Monsieur Perine
Sung by Amanda Lopez, with Rebecca Muller, guitarist
“Mi Libertad”
lyrics-2 (Chorus)

Yo soy una aventurera,
I am an adventuress
Una madrugada en soledad,
a dawn in solitude
Soy una guitarra que canta al viento
I am a guitar that sings to the wind
Una cordillera que llega al mar
A mountain range that reaches the sea
Por mis venas corre fuego,
Through my veins runs fire
Mis ojos brillan en la oscuridad,
My eyes shine in the dark
Y mi voz hambrienta no tiene miedo
And my hungry voice has no fear
De cantar por siempre mi libertad!
of singing forever my freedom!
Hoy te llevaré hacia el interior
Today I will take you inside
De mis sentimientos al lado oculto del corazón
From my feelings to the hidden side of the heart
Para no morir, para no olvidar
Not to die, not to forget
Que somos del tiempo, polvo del viento, suerte fugaz
That we are of time, dust of the wind, fleeting luck
Yo soy una aventurera,
I am an adventuress
Una madrugada en soledad,
a dawn in solitude
Soy una guitarra que canta al viento
I am a guitar that sings to the wind
Una cordillera que llega al mar
A mountain range that arrives at sea
Por mis venas corre fuego,
Through my veins runs fire
Mis ojos brillan en la oscuridad,
My eyes shine in the dark
Y mi voz hambrienta no tiene miedo, no
And my hungry voice has no fear, no
De cantar por siempre mi libertad!
of singing forever my freedom!
JOIN US in DC on July 22nd!
Annual Capitol Hill Summit

From Washington to Hollywood and Beyond

The Future of Americans with Disabilities

Thank you, virtual attendees, for your participation – stay in touch with us!

Respectfully,

Debbie Fink

Director, Community Outreach & Impact

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11333 Woodglen Drive, Suite 102
Rockville, MD 20852
Office: (202) 517-6272

www.RespectAbility.org
I AM ME Exercise Examples

I AM...
- I AM Responsible.
- I AM an Atheist (or a religion).
- I AM nervous.
- I AM funny.
- I AM Latina (or other ethnicity).
- I AM outspoken.
- I AM happy.
- I AM competitive (or other sport or talent).
- I AM loveable!

I HAVE...
- I HAVE a pet (name kind of pet).
- I HAVE a disability.
- I HAVE a supportive family.
- I HAVE a home.
- I HAVE brown eyes (or other feature).
- I HAVE one best friend.
- I HAVE positivity.
- I HAVE a big heart.

I BRING...
- I BRING enthusiasm.
- I BRING experience.
- I BRING leadership.
- I BRING love.
- I BRING compassion.
- I BRING humor.
- I BRING creativity.
- I BRING computer skills (or other skills).
- I BRING strength.
<table>
<thead>
<tr>
<th>I NEED…</th>
<th>I SEEK…</th>
</tr>
</thead>
<tbody>
<tr>
<td>❖ I NEED moral support.</td>
<td>❖ I SEEK companionship.</td>
</tr>
<tr>
<td>❖ I NEED a sense of humor.</td>
<td>❖ I SEEK employment.</td>
</tr>
<tr>
<td>❖ I NEED a friend (or family member).</td>
<td>❖ I SEEK independence.</td>
</tr>
<tr>
<td>❖ I NEED to live a healthy lifestyle.</td>
<td>❖ I SEEK positivity.</td>
</tr>
<tr>
<td>❖ I NEED to be patient.</td>
<td>❖ I SEEK mentorship.</td>
</tr>
<tr>
<td>❖ I NEED leadership skills.</td>
<td>❖ I SEEK teamwork.</td>
</tr>
<tr>
<td>❖ I NEED courage.</td>
<td>❖ I SEEK routine.</td>
</tr>
<tr>
<td>❖ I NEED writing skills. (or any other kind of skill).</td>
<td>❖ I SEEK community.</td>
</tr>
<tr>
<td>❖ I NEED independence.</td>
<td>❖ I SEEK happiness.</td>
</tr>
<tr>
<td>❖ I NEED love.</td>
<td>❖ I SEEK inclusion.</td>
</tr>
</tbody>
</table>
Hi! My name is ___________________________________.

I am ___________________________________ and ___________________________________.

(Choose from the list of “I Am”)  (Choose from the list of “I Am”)

I am looking to / for an opportunity to ___________________________________.

(Circle One)  (Choose from the list of “I Seek”)

I have ___________________________________ and ___________________________________.

(Choose from the list of “I Have”)  (Choose from the list of “I Have”)

I bring ___________________________________ and ___________________________________.

(Choose from the list of “I Bring”)  (Choose from the list of “I Bring”)

I welcome the chance to talk to you more about _______________.

(Choose from the list of “I Seek”)

I really think we could work together to ___________________________________!

(make the world a better, more inclusive place for all!!)
Small Group Sessions:  
*Pick 3 out of 5!*

- **Conversations with Carol** (Carol Robles-Román, Esq.)
- **Self-Advocacy and the Workplace** (Clarissa Ramos-Cafarelli and Jessica Palacios)
- **Self-Advocacy and Mental Health** (Shirley Leyro, PhD)
- **Self-Advocacy and Racial Bias** (Kaliras Salas-Ramirez, PhD)
- **Self-Advocacy and Housing and Benefits** (Crystal Vazquez)

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- **For Men-as-Allies** (Facilitator: Kris Robinson)
NYC Needs YOU!!!

Want to register to vote?
Visit DemocracyNYC.org

Want to volunteer after today?
Visit Table / talk to Kris

Want to leave with Community Resources?
Materials are waiting for you at our Resource Table!
Navigating the System for People with Developmental Disabilities

YAI.org

Wed, May 22, 2019 - 10:00 am-12:00 pm (EST)
Closing (Meaningful) Fun!

➢ Survey
➢ Self-Expression Graffiti Wall-Webbing
➢ Group Photo and

Farewell . . .

Stay in touch!
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