

# Explore Possibility Summit 2022

2022  
**EXPLORE  
POSSIBILITY  
SUMMIT**

August 18, 2022  
Malborough, MA



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# Purpose of this report and presentation

- 1) To report to SRC on the event attended per required policy
- 2) Highlight the attended sessions and present to other SRC members an overview of the event
- 3) Provide links to the organizations that were present at the event so SRC members can get to know/ further their knowledge about them

# Opening

- Words from Amanda and Commissioner Wolf
- Keynote speech by Matt Savage, a virtuous autistic jazz pianist  
Speech was about his trajectory in the music industry while living with autism. Matt is an internationally recognized Jazz pianist and composer.



Short bio: Matt started his career professionally as a child and released his first album at the age of 9. He toured around the world and have ever since produced 14 records (13 lead and one collaboration) with mostly original songs composed and performed by him.

He currently teaches at Bunker Hill Community College in Boston and Saint Anselm College in Manchester, NH.

[Matt Savage Webpage link](#) and [link to Matt Savage's last album sample](#)

# Mental Health Session

Informed about Central MA Area Peer Specialist Team, which is composed by individuals who have experienced or currently experience mental health issues and learned how to cope and succeeded in finding and maintaining a career despite their disabilities.

The team presented about WRAP (Wellness Recovery Action Plan), a tool that helps individuals with disabling mental health issues to face the daily challenges with a written planning about what to look for in a job, recognizing what is necessary to be productive at work and maintain it. It is a series of questions that create a comprehensive resource for the most important elements to tackle and prevent a mental health crisis at work or outside work.

The questions are:

- 1) What kind of support do I need to succeed in a job?
- 2) What I hope to find in a job?
- 3) Things I need to do every day to stay well and have a successful day at work
- 4) 4) What I feel like when I am doing well?
- 5) What I feel like when I am **not** well?
- 6) What are some warning signs of when things are not going well for you?
- 7) Things I can do to maintain my wellness when I am in emotional distress?
- 8) Things I can do to help myself at work or in my daily life when things get difficult?
- 9) Wellness toolbox – list of things that can help decrease stress on the job or at home
- 10) Who are my supporters? – List of people you can call or talk to if you need guidance or support on the job / outside of work (include telephone/ contact)

[Link for further resources from Mass Partnership](#)

# Lunch



Lunch performance by Kev G Mor of Tune Foolery was a set of original songs reflecting the musician's life struggles with mental health.

Tune Foolery is an institution dedicated to musicians in mental health recovery. ([link to Tune Foolery](#))

Met during lunch members of an institution that offers driving rehabilitation to job seekers - learned about their comprehensive services.

# Intersections of identities: Anti-oppression and Disability

Honor your life experiences // The Boston Center for Independent Living Antiracism Initiatives Committee - Felix Jordan, Sharon King, Cecilia Nuñez

Talked about identity, anti-racism and gender identity

- Basic race definitions
- Understanding of Microaggressions

Talk about why pronouns matter

What makes you feel respected (or disrespected) as a person when receiving services?

- Feel disrespected when people with disabilities are often not treated as they were receiving a favor and not a service
- Feel respected when people listen to your concerns
- Feel respected when attendant lift people up and make sure they are listening the client
- Feel disrespected with bad customer services
- Feel disrespected when client is interrupted by counselor/ attendant
- Feel respected when you are treated as a person

Calling in and calling out – talking about boundaries and ways you should do it

Not your responsibility to educate someone – Agree to disagree and disengage when discussion goes nowhere

Presented about techniques to taking care of yourself

Informed about laws and the institutions to deal with racism and file complaints

Closing questions:

- Do you feel able to advocate for yourself against discrimination or microaggressions?
- What resources or supports do you need?

# All sessions of the event agenda and other interesting features of the event (schedule allowed to attend 2 workshops)

## Workshop Sessions:

- 1) Thriving with Disabilities in the Modern Workforce - Finding success at work in a hybrid world
- 2) Making Assistive Technology Work for you - innovative and modern technology tools to support independence
- 3) Intersections of Identities— Honoring your lived experiences and strategies to address oppression (attended afternoon – see summary slide 9)
- 4) Mental Health Matters: Growth in challenging times: peer support, access, recovery, and opportunity (attended morning – see summary slide 7)
- 5) Promoting Safety and Wellbeing – Services and resources to keep our disability community safe and thriving
- 6) Collaborating for Change (Family Track) – An overview of services and supports offered by MRC and the Federation for Children with Special Needs and an introduction to Charting the LifeCourse.

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# All sessions of the event agenda and other interesting features of the event (cont.)

## Other activities and features:

- Speed networking
- Art Exhibit
- Professional Headshots
- Assistive Technology presentations
- Deaf Networking Event
- Virtual Reality experience – improving access to employment



# Closing



[Disability leaders' information link](#)

## Debate with disability leaders:

### Highlights:

- Each leader talked about their trajectory and why they were in the panel, their motivations, struggles, and personal hobbies
- Stressed importance of self-advocacy
- Message to families and what they hope to have in the future: Find someone you trust and can open-up and seek for help, participate and learn from MRC and other organizations

### What is disability pride for you?

- Looking into the big picture and accepting who you are and everyone else
- Figuring who you are, having a sense of community

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# Personal impression of the event and participation results

- Major success
- Very well planned and agenda was not crowded
- Interesting sessions and institutions to get to know
- Opportunity to meet other people with disabilities and to network
- Initiated potential recruitment to the SRC with Cory Shen
- Perceived opportunity to the SRC to be more visible and to recruit new members with diverse background