

“Effectively Supporting Survivors with Mental Health Disabilities”
End Abuse of People with Disabilities Webinar Discussion Guide

Presenter: Jennifer Decker, M.S.W.

This guide is an invitation to have a discussion about the content discussed in the *End Abuse of People with Disabilities* webinar to help you engage with the material. If you have questions or concerns, please email Ashley Brompton at abrompton@vera.org.

A Note on Self-Care

We recognize that many of the topics discussed in our webinars, and the accompanying discussion guides, may be difficult and/or triggering. We ask you to practice self-care. Here are some suggestions for practicing self-care when watching *End Abuse of People with Disabilities* webinars or using the discussion guides.

- Be mindful of trigger or content warnings during webinars, as well as your body’s own reactions. Center yourself and your needs. Do whatever you need to do to feel comfortable and safe.
- If you need to take a break, allow yourself to do so. The webinar can be paused and re-started as needed.
- Plan out ways to decompress and reground after consuming heavy content.
- Identify supports in your community or organization that you can reach out to for assistance as needed.

Discussion Questions

1. How could the language that you as a service provider use impact your work with a survivor with a mental health disability?
2. What is a reasonable modification?
3. What are reasonable modifications for a survivor with a mental health disability that are relevant to your work?

4. As you think about the techniques suggested in the webinar, what would be the easiest for your agency to implement and why? What would be the most difficult and why?

5. What barriers to people with mental health disabilities receiving services, as described in the webinar, are present within your organization?

6. What are the ways that your organization can create systemic change to make their services accessible to people with mental health disabilities?

7. What techniques can you use when safety planning with a survivor with a mental health disability?