



**Ocean Poet**  
**Pronouns he, his, him**

## **Fellowship Project:**

“The Artistic Self Advocacy Movement”

**Host:** Brittanie Hernandez-Wilson,  
The Arc of Minnesota

**State:** Minnesota



# The Artistic Self-Advocacy Movement

## About My Project

- My goal was to create art workshops that explore the power of art as a form of self-advocacy.
- I created painting and poetry workshops to bring my community together.
- It was amazing!



# The Artistic Self-Advocacy Movement



# The Artistic Self-Advocacy Movement



# The Artistic Self-Advocacy Movement



# WHAT I LEARNED AS A FELLOW

## Examples:

- That I am a voice for my community. I can speak confidently and change the world!
- How to talk about my project with self-advocates and the public
- How art can be a form of self-advocacy
- How to use Canva
- How to lead a art workshop

# RESOURCES CREATED

## **The Artistic Self-Advocacy Movement Creative Workshop Handbook**

- ▶ Your guide to re-create my self-advocacy and art workshops.

### **The Artistic Self-Advocacy Movement Creative Workshop Handbook**



**Created By: Ocean C. Poet**

# RESOURCES CREATED

## The Artistic Self-Advocacy Movement Creative Workshop Handbook sections:

- ▶ Planning the workshop
- ▶ Before the workshop
- ▶ Workshop planning tips
- ▶ During the workshop
- ▶ After the workshop
- ▶ Resources used

### Plan The Workshop

Plan where you want the workshops to be held.

#### ① Meet in-person

Decide where your meeting spot will be. What makes a good meeting spot?

- All people can access the space.
- Easy to find
- Enough room for everyone in the group
- Near public transportation
- Open and available to host your meetings



#### ② Meet online

If you host your workshop online, you will need to think about...

- Do people need training on how to use the online tool?
- Does everyone have the technology they need?
- What program do you want to use for your meeting?
  - Facebook
  - Zoom
  - GoogleMeet
  - Microsoft Teams
  - Skype



#### ③ Combo! Meet in person and others can join online

You would need to choose a place that would be able to provide technology.

What meeting type would be best for your workshop?

# RESOURCES CREATED

## The Power of Protest Art Power Point Slides

### The Self Advocate Artistic Movement

Power of Protest Art Workshop



Presented By SARTAC Fellow:  
Ocean C. Poet



# RESOURCES CREATED

## The Power of Protest Poetry Power Point Slides

### The Self Advocate Artistic Movement

### Power of Poetry Workshop



Presented By SARTAC Fellow:  
Ocean C. Poet



# RESOURCES CREATED

# Poetry Book

YOUR ART IS  
YOUR WORDS,

YOUR WORDS  
ARE YOUR ART,

YOUR ART IS  
YOUR PROTEST!

Poems From: The Protest  
Poetry Workshops

# RESOURCES CREATED

# Poetry Book

## What Self Advocacy Means To Me

Self-advocacy to me means having a voice and sticking up for what is right

Self-advocacy to me means having a voice in my community and not being hidden away

I advocate to keep my staff

I advocate to be paid a livable wage and keep my benefits

I advocate for my right to love and to be married

I will continue to advocate for myself to matter how long it takes

My voice matters

Your voice Matters

I believe anyone can be a self-advocate.

Written by: Jeff White

# LEADERSHIP & POLICY RESULTS

- Listening is very important when it comes to leadership.
- Communication is also important.
- Making sure the language spoken or written is plain and understood.
- Team work helps to shape one's leadership.

# LEADERSHIP & POLICY RESULTS

- Giving people a platform so their voices can be heard is a form of leadership.
- Art is a powerful form of art advocacy
- I made new contacts that have connected me with LGBTQIA support group.

# WHAT WAS THE ROLE OF THE HOST?

- Met weekly with Ocean to keep track of the project
- Provided a space and materials for the workshop
- Set up the Zoom meetings for virtual participation
- Communicate with participants to get the photo release forms
- Helped Ocean fill out a Microgrant to get a computer desk and bed frame.
- Our organization has learned so much!



# EMPLOYMENT RESULTS OR GOALS

- What did this project teach you that you would like to develop into a career?
  - I would like to continue to hold workshops on self-advocacy for people with disabilities using art. Especially to transgender youth.
  - I will be applying for a grant to create a film that centers disabled people in the LGBTQ community.
    - I've been speaking to the Director of "Film North" to get a mentorship.
  - I am going to be a part of the Equity and Justice Committee at The Arc Minnesota.