

# Mission Statement

The mission of The Arc Muskegon is to provide advocacy, education and support services to people with intellectual and developmental disabilities and their families and actively support their full inclusion, equality and participation in their community throughout their lives.

## Other Services

### Advocacy/Outreach

- Information/referral on various developmental disabilities and services
- Parent support
- Workshops/seminars
- Prevention awareness
- Community resources/services
- and more....

### Community Living Supports

Providing daily and community living skills to eligible adults with developmental disabilities. Funding and consumer referral by Muskegon Community Mental Health.

### Dignified Lifestyles/Quality of Life

Visiting mental health funded group homes, facilities and people receiving mental health funded services. Visits center around quality of life, choice, community inclusion and living environment. Funded by The Arc Michigan.

### Membership to The Arc Muskegon

Individual/Family Level	\$ 25.00
Professional Level	\$ 75.00
Agnes Potuznik Level	\$125.00

**Join today!**



*For people with intellectual  
and developmental disabilities*

*Affiliated chapter of The Arc of the United States*

## Consumer Voice Program

**An opportunity to let your voice  
be heard – it matters!**

*Serving people with cognitive and  
developmental disabilities and their  
families since 1952*

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Community Partner

## Consumer Voice

The purpose of Consumer Voice is to recruit and train interested people who are or have a family member currently receiving services from Muskegon Community Mental Health (CMH). Consumers of services are needed to provide valuable input and recommendations regarding current services and needs of people with developmental disabilities. CMH achieves this by consumer representation on their workgroups, committees and project teams. Program funding is through CMH of Muskegon County.

- Do you want to learn more about CMH and the community?
- Do you want to learn how to share your opinions and speak up about what is important to you?
- Would you like to make a difference?
- Would you like to meet people and learn at the same time?

If yes, then Consumer Voice is for you!

The four (4) hour training is completed in two (2) sessions. Assignments will be made after the consumer has completed the training and agrees to participate on a CMH committee. Stipends are given to participants.

### Training Includes

- 1) Purpose of consumer participation
- 2) What is CMH?
- 3) Meeting structure
- 4) Self advocacy
- 5) Role play/assignments

Updated 2012

## Your Role

- 1) Attend one (1) CMH meeting per month
- 2) Attend one (1) Consumer Voice meeting

## The Arc's Role

- 1) Provide schedule
- 2) Assist with transportation, if needed
- 3) Host monthly Consumer Voice meetings
- 4) Give stipends for monthly meetings
- 5) On-going support/assistance
- 6) Quarterly reports to CMH

## What is a Developmental Disability?

Developmental disabilities are a class of disabling conditions that usually originate before birth, shortly after birth, and before age **22** that will continue in some form over a lifetime.

Intellectual/cognitive disability (previously called mental retardation) is a developmental disability in which a person's rate and degree of intelligence is lower than society as a whole.

There are approximately **7.2 million** Americans with cognitive or related developmental disabilities. **One in 9** families have a loved one with a developmental disability. Causes for both may include:

- genetics
- trauma at birth
- poor nutrition
- substance abuse
- lead poisoning
- accidents
- environmental factors

Most people with a cognitive disability are in the mild range (I.Q. of 70-75).