

### 3-Minute Transcript – Minnesota Regional Quality Council

**Becky:** My name is Becky Lambert. I am the program Director for the Arrowhead Regional Quality Council up here in Duluth, Minnesota and I am super excited to introduce a self-advocate and member of our council, Shawn Stanich...And Shawn's going to talk about the plain language documents this grant we are working on with the Institute on Community Integration.

**Shawn Starting at 36 seconds:** Hey my name is Shawn Stanich. I'm part of the ARQC...and...I'm a self-advocate too. Um, so one of the things we are doing means to me that...that...many people have different learning styles. So somebody like me, I learn like by example or someone might learn from...work to words. So that is that.

**Becky:** Right and so we are developing these plain language documents around person-centered thinking and positive behavior supports...and that you'll will have a role in the workgroup to help us hone in on what we are saying.

**Shawn 1:52:** Yes, I will.

**Becky:** and in those workgroups we are going to be talking about the different examples in person-centered thinking and what are some of those person-centered thinking concepts that we are going to...?

**Shawn 2:08:** Basically...um...like just focus on the person and just like have a support team that can... support the person...

**Becky:** Right and we are going to be taking some of those concepts and writing them out in plain language and you will be able to give feedback on if they are something that makes sense to you and that you can understand

**Shawn 2:43:** Yep.

**Amanda:** ...My name is Amanda Crosby and I am the Executive Director of Arc Northland and I am very much in support of our Arrowhead Regional Quality Council we have here and one thing that the council does is we look at issues that affect everybody and barriers that we can help on a systemic level and that plain language is one of them so you know as Shawn was saying...you get these documents and I always joke that I don't speak the department of health and human services so all of us need to have help and just with plain language so I think Shawn has a great point that reducing verbiage, reducing acronyms, making it plain language that people can understand is just a way to support Minnesotans.