



The Arc®

Minnesota

Program Guide



The Arc Minnesota

About Us

The Arc Minnesota is a statewide nonprofit organization that is working to co-create a welcoming world. We envision a world where all people with intellectual and developmental disabilities are valued, respected, and thriving.

Alongside disabled leaders, we fight against isolation, segregation, and poverty. We engage in individual advocacy, systems change, and social change, to ensure all people have access, belonging, and justice.

Our Values

- Human and Civil Rights
- Self Advocacy and Self Direction
- Equity and Belonging
- Disability and Racial Justice

Our Mission

The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities.



Our statewide programs and services include:

Individual Advocacy

We provide individual advocacy and systems navigation through our statewide Help Desk and coaching. Advocates use a person-centered approach in working with individuals, families, and their trusted supporters. They combine knowledge of systems, resources, and natural supports to explore possibilities in and out of the service system—with a focus on the most individualized, self-directed solutions. They talk about the pros and cons of each option to help the person make an informed choice. Out of this discussion, advocates help the individual figure out what's next for them. Our online tools and resources also help people make informed decisions about important issues across the lifespan.

Self-Advocacy

People with disabilities have the right to advocate for themselves, have control in their lives, and get support from trusted allies. Alongside disabled leaders, we promote human rights and disability justice. Through self-advocacy groups and events, we help strengthen connections between disabled people across the state and build power within the IDD community. We help people develop leadership skills to become involved in systems change and create a more inclusive society.



Peer-to-Peer Mentoring

Our Peer-to-Peer Mentor Program helps people with disabilities and their trusted supports navigate employment options. Peer mentors provide encouragement, job resources, and networking to help people thrive in the workforce. This support allows individuals to make more informed decisions about their employment journeys. Family mentors provide information and support to other trusted supporters who are helping a family member in the transition from subminimum wage work to competitive, integrated employment.



Self-Advocacy Microgrants

The Minnesota Inclusion Initiative provides grant funding to self-advocate leaders across the state. With these funds, they can do projects that help foster inclusion, advance equity, and cultivate belonging. Specific focus areas include increasing employment, access to transportation, voter participation, affordable housing, and much more.

Individual Microgrants

The Minnesota Microgrant Partnership provides small grants to Minnesotans who have disabilities to support their personal goals related to housing and employment. The microgrants are available to disabled persons statewide, and we focus on reaching people from underrepresented and culturally specific communities.





Housing Services

Our housing programs help people with disabilities and those experiencing housing instability access affordable, accessible, inclusive housing in their communities. Team members also connect people with other resources, services, and supports that will help lead to stable and sustainable housing long-term.

Crisis Housing

The Crisis Housing Assistance Program provides flexible funds to help people with a serious mental illness remain in their homes while seeking treatment in a licensed facility for up to 90 days. Funds can be used to pay for current rent, utilities, garbage, water/sewer, and phone. The program helps shed light on serious mental illness among individuals with IDD, and raises awareness about other ways The Arc can help during crisis.

Community Engagement and Outreach

Through community engagement and outreach, our team builds relationships and creates connections with stakeholders throughout the state. These relationships help raise awareness about topics that are important to Minnesotans with IDD and their trusted supporters. Our goal is to help build collective power within the IDD community. We engage community leaders with diverse lived experience in a network of Regional Advisory Councils across the state. These councils provide insight, expertise, and guidance for The Arc Minnesota. Members help with regional planning, information gathering, community events, fundraising, legislative advocacy, and more.

Public Policy

Through grassroots and legislative advocacy, we work to advance systems change grounded in our organizational values. We work to strengthen relationships between people who have IDD, their trusted supporters, and elected officials, so policy change is led by those most impacted. We collaborate with organizational partners who serve or represent diverse communities to ensure people who have typically been left out of the policy-making process are engaged. We support nonpartisan voter engagement efforts statewide, to make sure people with IDD exercise their right to vote.



Regional Quality Councils

Our network of Regional Quality Councils focus on improvements to services and supports for Minnesotans with IDD statewide. Council members include disabled people, trusted supporters, service providers, county and state agency representatives. Together, they make recommendations to state agencies, legislative leaders, and other key decision-makers regarding disability services and supports. Their work promotes informed-decision making, person-centered practices, autonomy, and self-direction.



Quality Assurance

Through training, education, and community initiatives, our Quality Assurance program promotes person-directed services, fosters community connectedness, and supports improvements to the service system. The focus is on building self-advocacy skills, systems transformation, and supporting the disability justice movement alongside disabled leaders who help guide this work.



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