FROM EXCLUSION TO EMBRACE SUPPORTING INCLUSION AND BELONGING FROM BOTH SIDES OF THE DOORS

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ERIK CARTER vanderbilt university www.erikwcarter.com/stonebelt







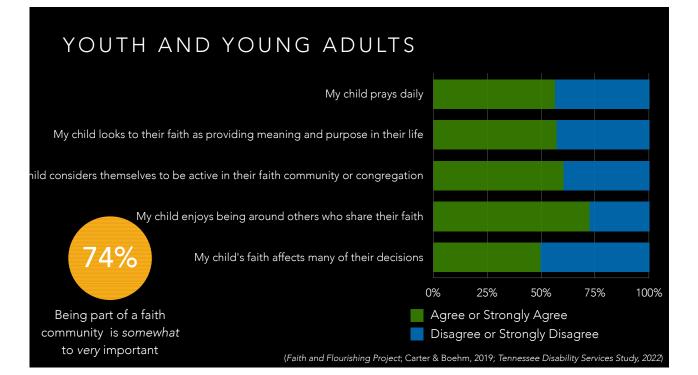
"'I am a Christian myself. I go to church every Sunday. So, that's what I do I believe that first and foremost, God is the most important thing in my life.."

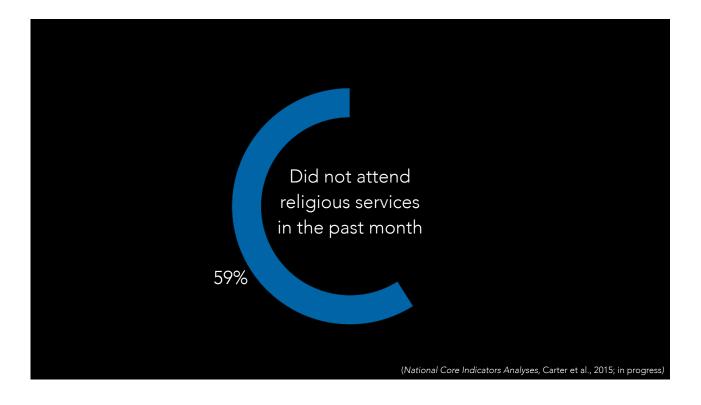
-JAMES, 15-YEAR-OLD WITH AUTISM

"It is a good church. People good to me. My youth group's good ... they love me and they cheer me up." -MAURICE, 15-YEAR-OLD WITH INTELLECTUAL DISABILITY

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(Faith and Flourishing Project; Liu et al., 2014; Accessible Worship Project, Carter et al., in press)





"There's a place for everybody here [at my church]. You belong to something that's greater than the whole."

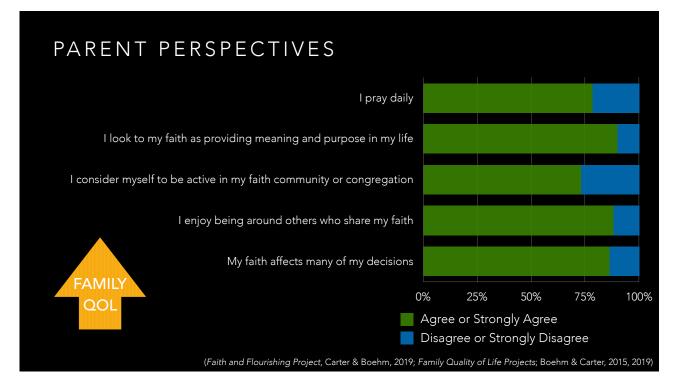
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-AUDREY, PARENT OF A DAUGHTER WITH INTELLECTUAL DISABILITY

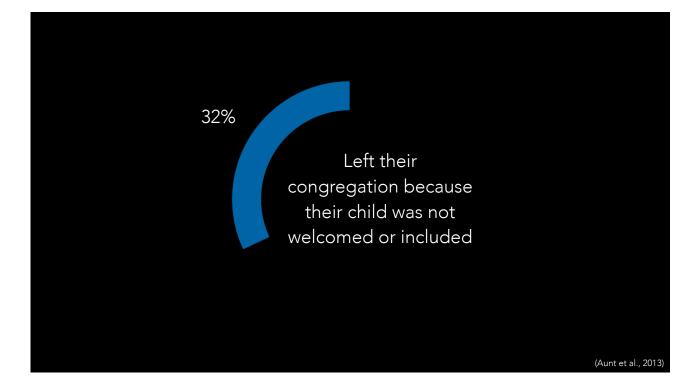
"The small group that we're in often prays for our family and we talk about the issues we are dealing with. We feel very connected to them and, of course, the same things go for the other members."

-LINDA, PARENT OF A SON WITH INTELLECTUAL DISABILITY

(Faith and Flourishing Project; Carter et al., 2016; Systematic Reviews, Carter. 2021, in press)







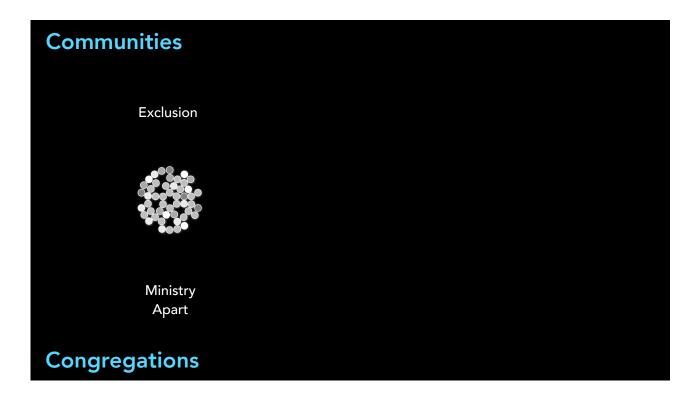


KEY THEMES OF RESEARCH & PRACTICE

1.Spirituality **has relevance** to the lives of individuals with IDD and their families.

- 2.Spirituality can have **considerable importance**.
- 3.Spirituality is experienced and expressed in very **diverse ways**.
- 4.Spirituality is **rarely static**.
- 5.Spirituality can be **highly influential**.
- 6.Spirituality can require **planning and support**.







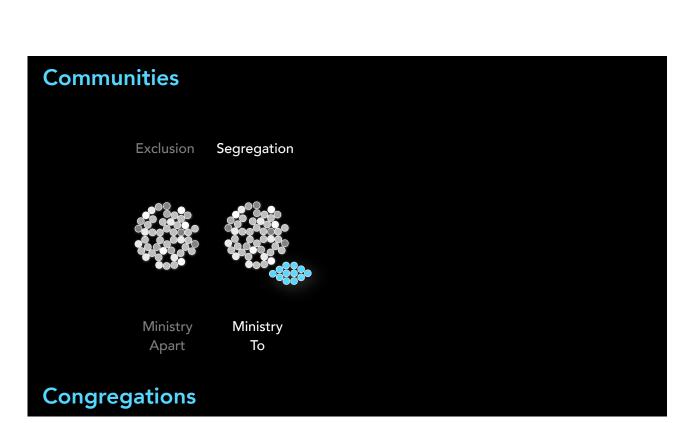


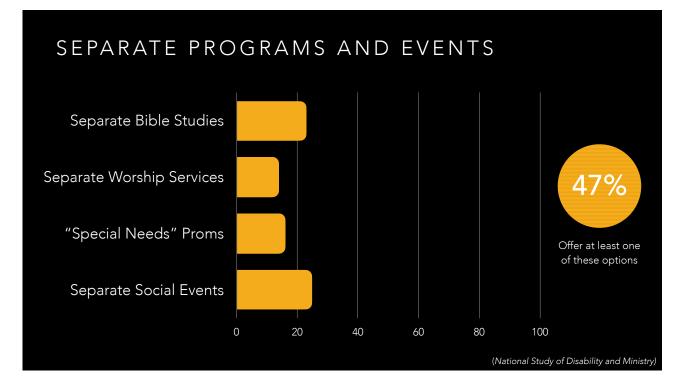
Prepared to integrate individuals with disabilities into worship "When I first started going to the Orthodox church and found out that we had a healing service, I was like: 'Aw, crap! Here we go. Someone's going to try to heal me or something again.'" -LIZ, 34-YEAR-OLD WITH PHYSICAL DISABILITIES

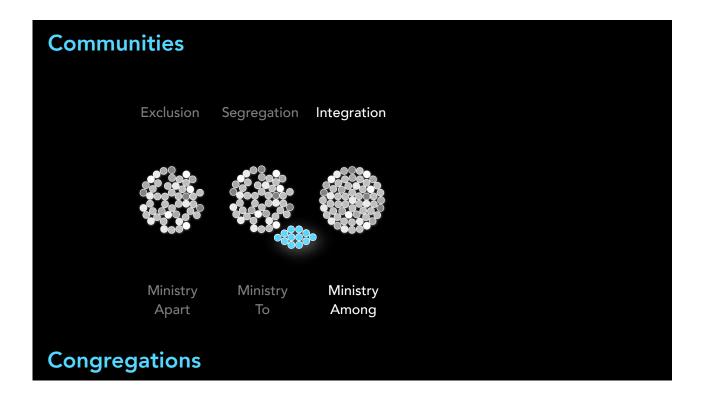
"You have people who get so stuck in their ways—or think that this is how it needs to be—that it's like you forget that we're all here for a reason. We're all here for one purpose, and that's unity. Christ meant for the whole—for everybody—to be together." _SIERRA, 35-YEAR-OLD WITH AUTISM

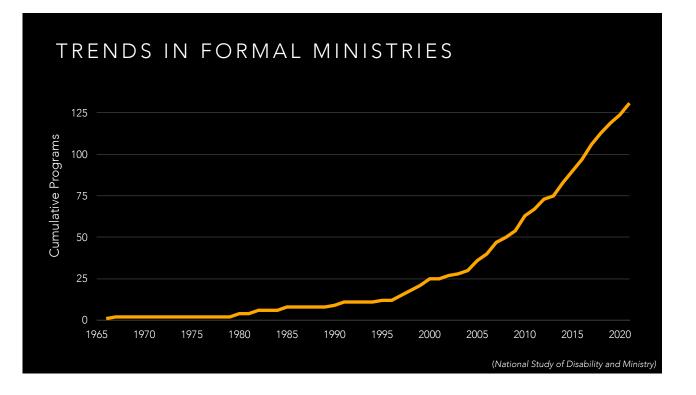
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(Accessible Worship Project, Carter et al., 2022; Ault et al., 2013)

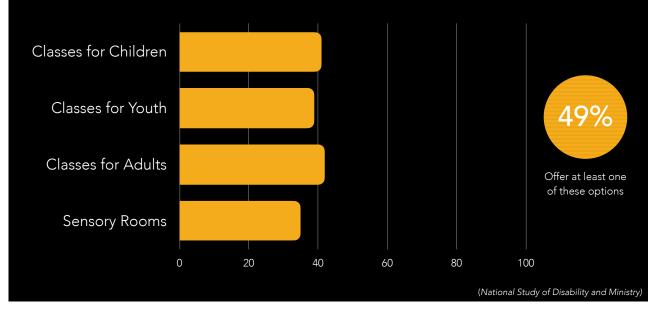




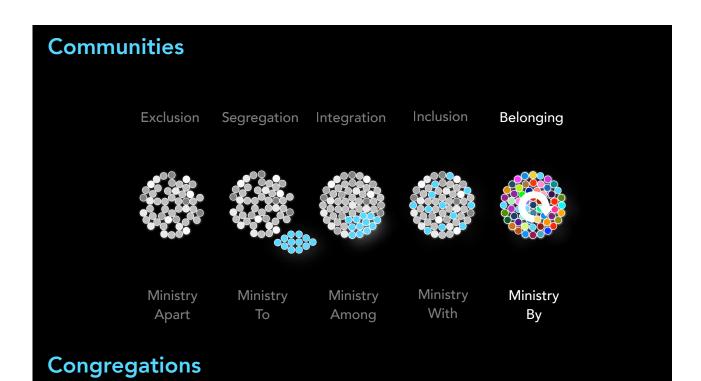




SPECIALIZED CLASSES AND SPACES



Communities				
Exclusion	Segregation	Integration	Inclusion	
Ministry Apart	Ministry To	Ministry Among	Ministry With	
Congregations				



Service Systems

- I do not know how to address it.
- I feel uncomfortable addressing it.
- I never really thought about it.
- I do not have time to address it.
- It is not my responsibility to address it.
- I am not permitted to address it.
- We lack staff to address it
- Someone else is addressing it.
- It is not relevant to this segment of the community.

Congregations

- Awareness
- Attitudes
- Architecture
- Activities
- Communication
- Expectations
- Resources
- Training
- Theology
- And many others...

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CHANGING THIS LANDSCAPE

- 1. Responding
- 2. Reflection
- 3. Planning
- 4. Inviting
- 5. Supporting
- 6. Befriending
- 7. Partnering
- 8. Celebrating



1 RESPONDING

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SERVICE SYSTEMS

- Personal aspirations
- Self-determination
- Choice
- Community inclusion
- Supportive relationships
- Cultural competence
- Natural supports
- Quality of life



RATIONALE Faith and spirituality may offer positi do for others in our communitie spiritual beliefs could be rep "...the right of individuals with disabilities expressions, and faith con spiritualit to participate in spiritual expression or STATEMEN Committe ities but (organized religion as they so choose and The rights, r ties for s need for fre communi promotes the provision of any and all supports ple with disa THEREFC cially acute needed by people with disabilities to so of people exploration work in th settings participate." to spiritual es for their lives. TASH further participate in spiritual expression of motes the provision of any and all suppo participate.

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POSITION STATEMENT

People with mental retardation and relate right to choose their own expressions expressions, and to participate spiritual activities. The person gious or spiritual activity.

ISSUES

While many agencies prov gious freedom, they seldo often help people particip their choice and/or traditic

Individuals and their families even though many congregrams and strategies congregations and an antapp beyond the practice of faith an develop relationships and socia and serve others.

"Spirituality, spiritual growth, and religious expression that respect a person's history, tradition, and current preferences **are rights that must be honored by services systems and faithbased communities,** as should the choice not

to participate."

Agens ing spiritua mental disabilities. education regardrand related develop-

with

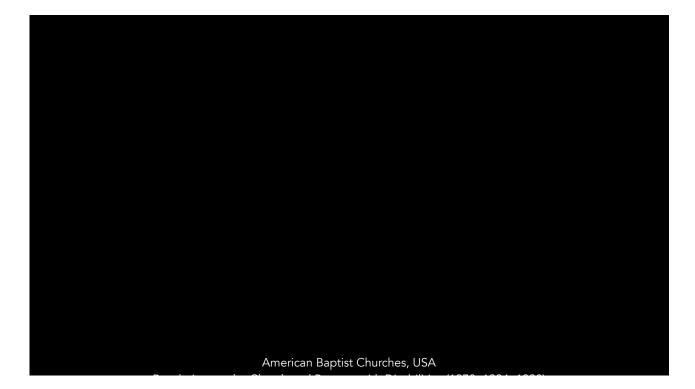
piritual



CONGREGATIONS

- Love our neighbors
- Welcome the stranger
- Upend societal hierarchies
- See everyone as indispensable
- Move the margins to the middle
- Widen our welcome
- Pursue the unpursued
- Recognize the imago Dei in everyone





2 REFLECTING

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SERVICE SYSTEMS

- How does your organization support the spiritual expressions of those you serve?
- How are you addressing spirituality within **person-focused planning**?
- What are **your own views** regarding spirituality and supports?
- How are you seeking input from local faith communities on your community supports?



- ✓ Our mission statement reflects a commitment to support the choices of people with disabilities, including those related to spiritual exploration and religious expression.
- ✓ Our written policies explain the importance of supporting people's religious preferences, as well as point to practical strategies for doing this well.
- ✓ Our staff and the people with disabilities whom we serve are aware of and familiar with these policies.
- ✓ We can identify someone (e.g., staff person, board member, advocate) who is responsible for ensuring that spiritual supports are addressed and that our policies are evidenced in practice.
- ✓ We understand the different ways we should be addressing the spiritual and religious needs of the people whom we serve.
- ✓ We discuss with new staff the importance of listening for, seeking out, and supporting people's choices and preferences, including their religious preferences.
- \checkmark We provide staff with the training they need to do this effectively and with confidence.
- ✓ We ask about the spiritual needs, strengths, and connections of people with disabilities when they first begin receiving our services and supports.

- We revisit these conversations periodically to make sure we are continuing to meet their needs.
- ✓ We orient people with disabilities and their families/advocates to the types of supports we make available for individuals interested in being involved in a faith community.
- We provide the opportunities, space, and support people need to explore and express their spirituality at home, within a congregation, or elsewhere, if they so choose.
- ✓ We periodically assess and seek to remove potential barriers that hinder us from addressing the spiritual and religious needs of people with disabilities.
- \checkmark It is clear the people whom we serve are involved in the faith community of their choice.
- Participation in community activities, including attending congregational activities, is not used to reinforce good behavior or punish inappropriate behavior.
- ✓ We have established relationships with local congregations and faith- based organizations as partners in this work.
- We recognize and affirm the sense of calling and vocation held by our staff providing direct support to people with disabilities.

Reflection Tool	for A	gencies							
It can be valuable to reflect on the extent to which your agency views disabilities and takes intentional steps to support this aspect of peop among staff about this area of your services and supports.									
Indicators		well do			t steps can we take prove in this area?				
Our mission statement reflects a commitment to support the choices of people with disabilities, including those related to spiritual exploration and religious expression.	Not at all	Somewhat	Absolutely	to in	prove in this area:				
Our written policies explain the importance of supporting people's religious preferences, as well as point to practical strategies for doing this well.	Not at all	Somewhat	Absolutely		Indicators We revisit these conversations periodically to make sure we are	descr	well do	gency?	What steps can we take to improve in this area?
Our staff and the people with disabilities whom we serve are aware of and familiar with these policies.				-	continuing to meet their needs.	Not at all	Somewhat	Absolutely	
We can identify someone (e.g., staff person, board member,	Not at all	Sonewhat	Absolutely	_	We orient people with disabilities and their families/advocates to the types of supports we make available for individuals interested in being involved in a faith community.	Not at all	Somewhat	Absolutely	
advocate) who is responsible for ensuring that spiritual supports are addressed and that our policies are evidenced in practice.	Not at all	at all Somewhat Absolutely We provide the opportunitie explore and express their sp			We provide the opportunities, space, and support people need to explore and express their spirituality at home, within a congregation, or elsewhere, if they so choose.	Not at all	Somewhat	Absolutely	
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and supports.				_	We recognize and affirm the sense of calling and vocation held by our staff providing direct support to people with disabilities.	Not at all	Somewhat	Absolutely	
					We respect the religious values of our staff and strive to define support roles and responsibilities that align with those values.	Not at all	Somewhat	Absolutely	
					Other:				
					Other:				
					Adapted from Carter, E. W. (2007). Jechning people with disabilities in faith communities: A guide	for service pr	rriders, cong	regations, and fa	willes, Baltimore: Paul H. Brookes.



CONGREGATIONS

- What are the prevailing **postures** and **practices** of your congregation?
- What **opportunities** and **supports** should be expanded or developed?
- What needs are you hearing from members or seeing in your community?
- How are you **seeking input** from local service providers on your widening your welcome?

× v IRST CHURCH WELCOME SERVICE II:00 at SUNDAY

EXAMPLE REFLECTION APPROACHES

TOOL	DESCRIPTION
Accessibility Checklists	Addresses the physical, programmatic, and communication accessibility of the areas (e.g., sanctuaries, classrooms, bathrooms, offices) and activities in which congregation members gather
The Five Stages	Addresses behaviors and perspectives that suggest a progressing posture of ignorance about, pity toward, care for, friendship with, and co-laboring alongside individuals with disabilities
Indicators of Welcome	Addresses specific ways in which congregations can demonstrate hospitality and inclusion in the areas of worship services, religious education, service, outreach, fellowship, family supports, general awareness, community partnerships, and accessibility
Journey of a Congregation	Addresses 14 aspects of a congregation's response related to: awareness, internal advocacy, discussions, plans, accommodations, welcoming environment, hurdles, inclusion, local outreach, leadership, new consciousness, transformation, external advocacy, and outreach
Dimensions of Belonging	Addresses the extent to which individuals with disabilities and their families are invited, present, welcomed, known, accepted, supported, cared for, befriended, needed, and loved within their faith community in ways that lead to belonging
Community Conversations	Reflection events involving a cross-section of congregational and community members to collaboratively respond to key questions: What could we do to include people with disabilities and their families well in the life of their faith community? What could we do to come alongside them in other areas of their lives? How might we partner with others in these areas?

EXAMPLE REFLECTION APPROACHES

- Individual conversations
- Group-based discussions
- Congregational surveys
- And many others

Comparison to the left of the second terms of unsider new ways of welcoming people with developmental and other dis-into our congregation, would you be interested in learning more about a might serve in any of the following ways? idically giving someone a ride to services or other congreg rises Ideally glings someone and to services or other congregational energy as companion or partner during congregational activities or ga someone with adabilities to it with you, during versities and ga nonces with adabilities to it with you, during versities and ga nonces are and and fellowable particularly rag as a biologin to injourne and versions to people with disabilities rag as a biologin to eryoth peoplem teacher ga as a biologin to eryoth peoplem teacher ga as a biologin to eryoth peoplem teacher teareing to their partners with disabilities and an or congregation's tarding uniformational werkings about disabilities and our congregation's men L. How would you describe yourself? Check all that apply. ing on the team that reviews and acts on the responses to this survey And all damps more range to engregations as to take a periodial series Chick all damps. To previous apply. To other congregational activities throughout the week. To other congregational activities in Chicken of the periodic series in the congregational activities Chicken of the periodic series in the congregational activities Chicken of the periodic series in the congregational activities Chicken of the periodic series in the congregational activities Chicken of the periodic series in the congregational activities Chicken of the matter schole, and other categories of people with Chicken of the matter schole, and other categories of people with Chicken of the matter schole reserves Chicken of the matter schole series among species, organization, and school in the schore, we ensure group to share with as other seek and already latered and there often have gifts that they never thought of using to welcome and support with developmental disabilities—an outgoing personality, a specific hobby 6, or a knock for making connections among people. Perhaps there are we care deeply shout. List one or two things that you are really good at a pannine for doing. a commit to inviting your friends and neighbors with disabilities to services and activities within our congregation? te to learn more about how to do this reald like to talk further about the information you provided on this please let us know your name and the best way to contact you? phone In the space below, we encourage you to share with us other needs not already listed: re any questions, concerns, or comments you would like to share with a Please return to ____by __





SERVICE SYSTEMS

- In what ways are you inviting local faith communities to learn about your organization's mission and work?
- In what ways are you inviting them to share about the opportunities and supports they provide?



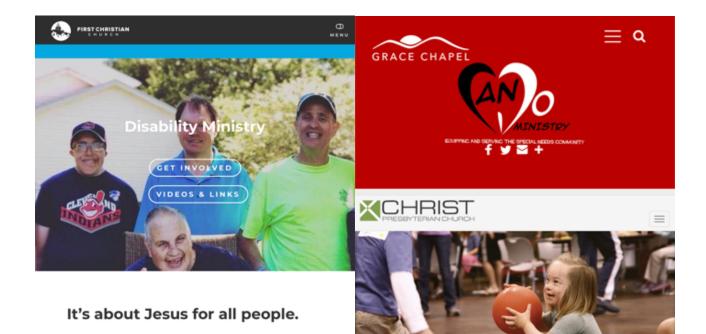




CONGREGATIONS

- How does your website and social media communicate your commitment to welcoming people with disabilities and their families?
- What are the avenues through which you **announce** your welcome throughout your city and disability communities?
- What are the avenues through which you are **inviting** throughout your city and disability communities?





FIRST CHRISTIAN CHURCH IS A PLACE WHERE

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LAFAYETTE FEDERATED CHURCH

Special Needs

One Body Many Parts

Sensory-Priendly Worship Room
 A place for families with special needs children to worsh
 our Sunday service. This room provides a calming atmos
 whose needs can make worship with the whole congregation of the service of the

SUPPORTING THOSE WITH SPECIAL NEEDS





10000

WELCOME

OUBROWSHER

4 PLANNING

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SERVICE SYSTEMS

- What **questions** are you asking of the individuals and families you serve?
- How do your **planning tools** address and capture this information?
- Is your planning always individualized and contextualized?
- Are you i**nviting insights** from congregation members who already know the individuals and families well?



SPIRITUAL PRACTICES

- What are some things that give you joy or happiness? What brings meaning to your life?
- Do you have religious or spiritual beliefs that are important to you? What are those beliefs?
- What are some of the ways that you express your faith or spirituality?
- What traditions, rituals, or practices are especially important to you?
- Are there holy days, festivals, or other special events that you observe?
- What gives you strength?
- How do you cope when going through difficult times? To whom do you turn?
- What would you say are your gifts? What do people compliment you on?
- Have you experienced a sense of calling in your life?
- What else is important for us know about your religious and spiritual beliefs?

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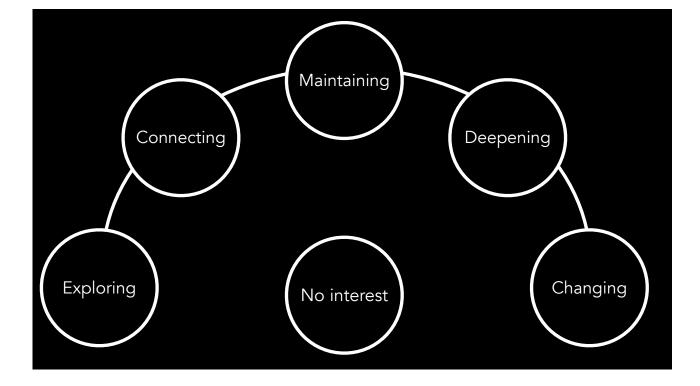
CONGREGATIONAL PARTICIPATION

- Do you currently attend a congregation (e.g., church, mosque, synagogue, temple)?
- Tell me about it.
- Who do you go with?
- What do you do there? How do you participate in services and activities?
- How often do you go?
- What do you like most about it? What do you wish was different?
- How is being part of this congregation important in your life?
- In what ways would you like to be more involved? Less involved?
- If you could try out any new class, program, or activity, what would it be?
- Is your congregation supportive for you? How so?
- Are there particular people who are especially friendly or helpful?
- What keeps you from being involved in the ways that you would like?
- Were you involved in a congregation when you were younger? Was this an important part of family life?

SUPPORT NEEDS

- What supports will you need to be involved in your congregation in the ways you would like?
- Which of these supports can we provide? Which would you prefer to come from someone else?
- Would you like help finding a congregational home?
- Do you have the spiritual supports, relationships, and connections that you would like?
- Are there religious practices or restrictions we should keep in mind as we support you?
- Would you like us to help you address your spiritual needs? If so, how?
- Would you like help learning more about your faith?
- How well are we doing at helping you meet your spiritual needs?
- Do you have any needs that are not being addressed?







CONGREGATIONS

- What questions are you asking of the individuals and families who attend your congregation?
- How are you intentional about planning for each person's **presence** and **participation**?
- Is your support always **individualized** and **contextualized**?
- How are you involving clergy, ministry leaders, and other members in congregation-wide planning?
- Are you inviting insights from outside professionals who know these individuals and families well?

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INDIVIDUALIZED SUPPORT PLANS

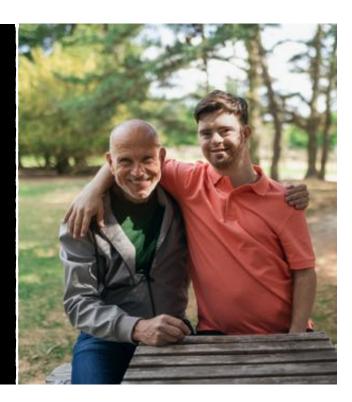
Inclusion Plan Describe plans and	adaptations that wi	I be used to include	the person in cor	gregational life.	BELIGIOUS EDUCATION PLAN FOR CHILDREN AND YOUTH AND TO CHILDREN AND YO
Activition	What did nvolvement ook like?	adaptations	Who carried out this part of the plan?	Are there changes to be made?	L Overview we can also approximately as a function of the set
Small group activities					A Main starctury? A more things that your child teac?
Large group activities					Autor your child learn beet Are there treading strategies that work Outor are allocated account of the should account of th
Worship services					is a child on medications that may inc.
Rituals, Sacraments, or other community traditions					Swrting sick from
Service, outreach, social opportunities					using the should be
Faith partner					What behavioral challenges might we chall (if any)? For each challenges, what are stor challenges for exponential to any challenges, what are stor chall (if any)?
Other					

5 SUPPORTING

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SERVICE SYSTEMS

- Are we **informing** individuals and families about available options?
- Is transportation provided to the congregation individuals actually want to attend?
- Are we **accompanying** individuals who need our assistance?
- What personalized guidance or support strategies are shared with the congregation?
- How often are these supports **revisited**?

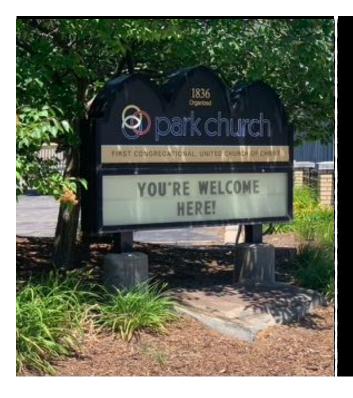


	What involvement would he or she like? If none, indicate this.	What supports are needed to make this happen meaningfully?	How will these supports be provided? Who will take primary responsibility?
Worship services			
Sunday/Sabbath school or other religious education programs			
Small groups or Bible studies			
Fellowship, recreational, and other social activities			

	What involvement would he or she like? If none , indicate this.	What supports are needed to mak this happen meaningfully?	How will these supports be provided? Who will take prima responsibility?	77
Worship services		What involvement would he or she like? If none , indicate this.	What supports are needed to make this happen meaningfully?	How will these supports be provided? Who will take primary responsibility?
	Opportunities to serve within the congregation			
Sunday/Sabbath school or other religious education programs				
	Outreach, service, and ministry opportunities			
small groups or Bible studies	outside of the congregation			
	Other activities:			
Fellowship, recreational, and other social activities				
	Will transportation need to be arr	anged or provided? 🛛 No	U Yes:	
	Back Up:			

	What involvement would he or she like? If none , indicate this.	What supports ar this happen n		How will these supports be provided? Who will take primate responsibility?	77			
Worship services		What involvemen he or she lik If none , indicat	e? F	That supports are needed to make this happen meaningfully?	How will these supports be provided? Who will take primary responsibility?			
	Opportunities to serve within the congregation		Will direct supp	ort from staff need to be provided?	D No	G Yes:		
iunday/Sabbath school or ther religious education programs			Back Up:					
Small groups or Bible studies	Outreach, service, and ministry opportunities outside of the congregation		Will a behavior support plan need to be developed?					
ellowship, recreational, and ther social activities			Who has been a	part of this conversation? (Name/Re	clationship) Wh	o else should we in	vite to be part of this conversation?	
	Will transportation need to be arr	anged or provided?						
	-		When will this plan be revisited to determine whether it is working or needs to be strengthened?					
	Back Up:		We will update this plan in months. Due Date:					
			What future nee	eds should be considered or might be	e anticipated when th	is plan is updated?		





CONGREGATIONS

- Are the supports **already available** to anyone in the congregation also offered to individuals and their families?
- How well are people's support needs anticipated and solicited?
- Are we **aware** of potential ways of supporting individuals and their families?

EXAMPLE SUPPORTS VALUED BY PARENTS

- Disability awareness initiatives
- Resources for families regarding disability and services
- Support groups for parents
- Congregational advocates
- Spiritual counseling from a congregation leader
- Respite
- A spiritual or religious education support plan
- Additional support from someone during religious education
- Additional support from someone during worship services
- Adapted worship services for people with disabilities
- Financial support from the congregation
- Transportation to congregational activities
- Additional investments toward physical accessibility.

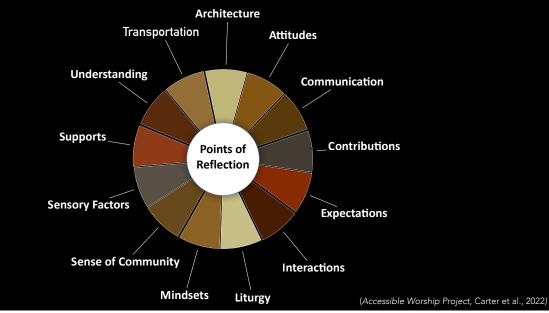


Welcoming People with Developmental Disabilities and Their Families: A Practical Guide for Congregations

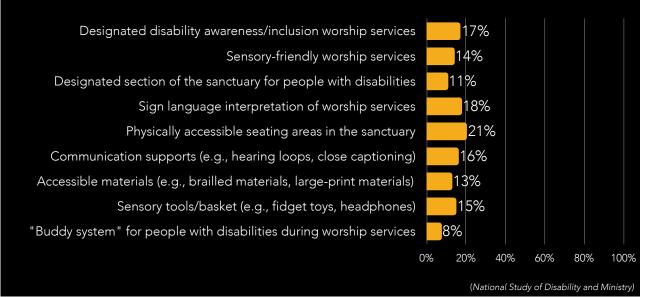
https://vkc.vumc.org/assets/files/resources/CongregationPracticeGuide.pdf

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ASPECTS OF ACCESSIBLE WORSHIP

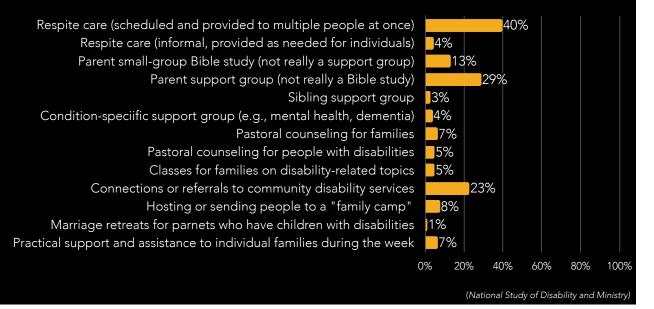


WORSHIP

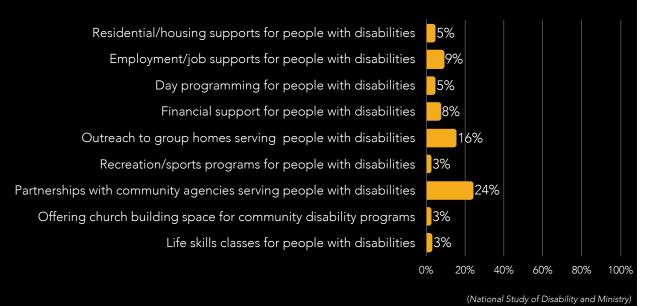


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FAMILY SUPPORTS



THE OTHER SIX DAYS





SERVICE SYSTEMS

- What kinds of introductions are being made to others who attend or lead within the congregation?
- How are people connected to others who share interests or experiences in common?
- How do you support opportunities for people to get together between Sundays?







CONGREGATIONS

- How well do we support meaningful participation in all aspects of congregational life—worship, education, service, and outreach?
- How are we intentionally designing fellowship opportunities where people can meet one another?
- How are we encouraging shared activities around common interests over time?

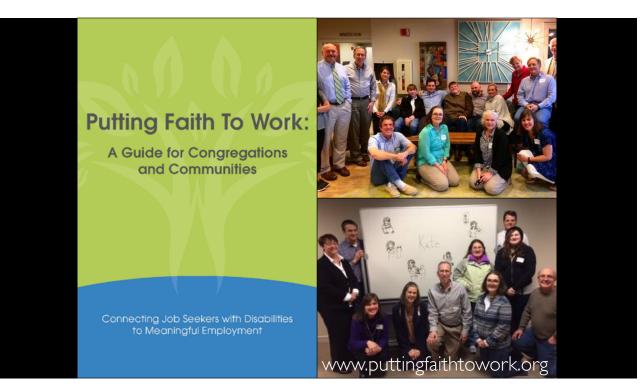
7 PARTNERING

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SERVICE SYSTEMS

- How might congregation members help with **employment**?
- How might congregation members help with **housing**?
- How might congregation members help with **transportation**?
- How might congregation members help with **relationship building**?
- How might congregation members help with **ordinary experiences**?





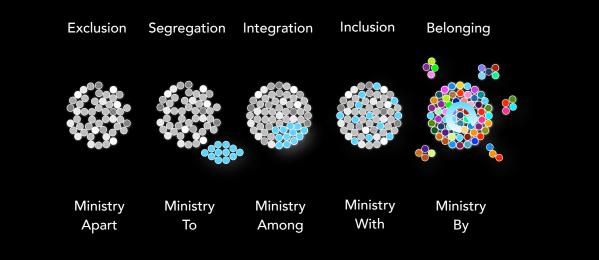


CONGREGATIONS

- How might we support people with disabilities with **employment**?
- How might we support people with disabilities with **housing**?
- How might we support people with disabilities with **transportation**?
- How might we support people with disabilities with **relationship building**?
- How might we support people with disabilities with **ordinary experiences**?
- How might we **advocate** for local change in these areas?

8 CELEBRATING

Which most closely resembles the congregations in your midst? Which most closely describes the experiences of people you support?



FROM EXCLUSION TO EMBRACE SUPPORTING INCLUSION AND BELONGING FROM BOTH SIDES OF THE DOORS

ERIK CARTER vanderbilt university www.erikwcarter.com/stonebelt





