o **Participatory Learning Approach (Participatory Learning and Action)**. The Participatory Learning Approach (PLA) to research and program design has been a foundational model for SHEIDD. The PLA ensures authentic engagement of a program's beneficiaries by involving them in every step of the research and design process—from defining their needs and opportunities, to strategizing the actions required to address them. This approach empowers participants to creatively investigate issues of their concern, describe reality as they experience it and serve as experts in their own problem-solving. All the tools used in this approach are defined by interactive and communal learning, collaboration, and shared knowledge grounded in lived experience. (Thomas, Sarah. *What is Participatory Learning and Action (PLA): An Introduction.* Retrieved from http://idp-key-resources.org/documents/0000/d04267/000.pdf)

o **Popular Education.** Popular education is a philosophy and methodology used by MCHD educators for health promotion. Like PLA, it is based on the idea that we all know a lot as a result of our life experience. Therefore, educators and organizers should always start with what people already know and build on it. It is most closely associated with the literacy instruction methods of Brazilian Paulo Freire, and has been adapted for use in health education and many other fields. In a health promotion context, popular education helps people analyze the root causes of ill health and create healthier and more just communities (Community Capacitation Center). The PLA and popular education approaches have dovetailed nicely with the core models of disability service systems, specifically Person-Centered Planning approaches. (Multnomah County Health Department. *An Introduction to Popular Education.* Retrieved from https://multco.us/file/16374/download)

o **Person-Centered approaches.** Disability services often use Person-Centered Planning approaches to help clients plan the supports they need to reach their goals and desired level of independence. Self-determination is at the heart of Person-Centered Planning. With all types of person-centered plans, the person is at the center of the planning process, which relies on a shared set of values that are designed to plan with a person, not for them (Oregon Training and Consultation. *Person Centered Planning.* Retrieved from https://www.otac.org/services/facilitation/person-centered-planning/). As the name suggests, being "person-centered" is about 1) ensuring someone with a disability is at the center of decisions that relate to their own life; 2) emphasizing options that are available to a person rather than "fixing" or changing the person. 3) understanding what a person wants and needs to live their own, personally defined, good life. The foundation of Person Centered Approaches is based on the premise that people are the experts in their own lives and know best what matters most to them for their life. The role of people who support that person is to listen, coach, share ideas, and offer feedback. (Oregon Training and Consultation. *Person Centered Practices.* Retrieved from https://www.otac.org/services/facilitation/person-centered-planning/).

Much like the PLA and popular education, Person-Centered Planning empowers the beneficiary to be the main driver in their lives. Person-Centered Planning also fits well with SHEIDD's utilization of the Social Ecological Model, in that once a person has determined their needs and goals (individual level), they create an individualized plan that will help them achieve these in alliance with their family and friends (interpersonal level), as well as within the context of support services (organizational/institutional level), the community and the systems that shape their lives. The CAG helped the SHEIDD project apply person-centered principles to a strategic visioning process using the **Planning Alternative Tomorrows with Hope (PATH)** process.

PATH is a team-facilitated graphic planning process that brings people together to address a common issue by defining a vision, creating a shared dream for the future, and mapping out how to make that dream come true. It is often used to create a client's individualized plan as part of Person-Centered Planning in disability support services. PATH "incorporates the idea that diversity is necessary, that everyone's gifts can be acknowledged, supported, valued; where everyone is included, belongs and can make valued contributions. It is a tool to help restore dreams and ignite hope by drawing people together to envision and plan and enact constructive futures" (Pearpoint et

al. 2001). As a group, YSHEP staff and the CAG went through the PATH process to create our vision and implementation plan for our second grant year and beyond.

- o **Human-Centered Design**. iTP3 provided training in Human-Centered Design (HCD) in order to build the innovation capacity of Cohort 2. HCD approaches put users at the center of innovations and help ensure programs are co-designed and user-focused. According to the LUMA Institute, HCD is "an activities-based way of creative problem-solving that focuses on people above other factors — whether the challenge is making a better product, process, service or anything else." HCD methods have enhanced our ability to engage and collaborate with the community in our second project year.