

## Iowa LEND Training Program Promotional Video

### Full Transcript

- [Audrey] One word to describe LEND is empowering.
- [Jennifer] Amazing.
- [Julia] Life-changing.
- [Joey] Empathy.
- [Michael] Essential.
- [Laura] Initiative.
- [Tanzeh] Powerful.
- [Diane] Opportunity.
- [Dr. Dianne McBrien] LEND stands for Leadership Education in Neurodevelopmental and Related Disabilities. Hi, I'm Dianne McBrien, Developmental/Behavioral Pediatrician and Iowa LEND Project Director. The purpose of the LEND training program is to improve the health of people with disabilities, by training graduate students, people with disabilities themselves, and their family members to become future advocates. Participants will increase their leadership, policy, and clinical skills through seminars, discussion, and activities. Maya Angelou says, "We do the best we can with what we know. And when we know better, we do better." I think LEND training allows future leaders to do better. Now, you will hear from trainees on their experience in the Iowa LEND program.
- [Audrey, Speech/Language Pathology] LEND brought together people from so many different disciplines and backgrounds, and we got to learn and grow together for a whole year. And their experiences and perspectives of all of the issues we talked about are still perspectives that I really value today.
- [Laura, Psychology] It has given me a set of skills that help me interact better with people. And it has also helped me identify strengths within myself and the team to work towards a same goal.
- [Diane, Family] And it's impacted my leadership skills now because I now serve as a trainer for other families, sharing with them the kinds of things I learned in LEND.

- [Joey, Self-Advocacy] I found myself becoming more confident slowly and coming out of my shell more and more. I'm still growing, it's still work in progress, but I feel like I'm finally in like the right steps and right direction of my life.

- [Tanzeh, Medicine and Public Health] Throughout LEND, we had multiple opportunities to get involved in clinical experiences and really just learn about how the different disciplines come together and treat and care for patients.

- [Julia, Social Work] I'm more aware and more knowledgeable of all the different disabilities and all that it takes to make sure that each patient and each individual is receiving adequate care and that they feel heard and they feel seen.

- [Laura] At school, I learned about my program, my field, how to do my thing, but this interdisciplinary training really helped me have a more holistic approach. Instead of just focusing on one thing, let me try to see the whole picture.

- [Tanzeh] I think one of the most valuable things I learned from LEND was how to engage in public policy and the legislative process. I knew that it was something I wanted to participate in because I felt like that's where big change happens, but I really didn't know how to engage in that process. LEND really empowered me to do so and helped me feel like this is something I can take a part in and something that I need to take a part in.

- [Jennifer, Nursing] I realized how extremely important it is to be involved in issues that are important to my patients and my families. If I'm not at the table, if I don't have a voice, things aren't going to change. But it doesn't take thousands and thousands of people to make a difference. It can actually take a couple of people with really strong stories.

- [Michael, Physical Therapy] There were many things that I learned directly from the family that I now use as a practicing clinician. The biggest thing is really the importance of patient and family centered care.

- [Julia] I was matched with the best family and seeing their loving and caring bond, it was amazing. And them welcoming us in their homes, and showing us their day-to-day lives, how they're living beyond the disabilities was just awesome and truly impactful and life-changing.

- [Tanzeh] Learning from self-advocates, from people who do have these disabilities and are able to speak out about how incredible their lives are, helped me realize what sorts of biases I had and helped break them down and make me realize that I have the ability, for the kids or the children that I see in clinic, to say there is nothing stopping you. Another great opportunity we had in LEND was to engage in a research project. Research is something that a lot of different disciplines are working on and it's so important to develop this curiosity to advance our fields. Using those findings in my career now has definitely helped me with how I care for my patients.

- [Diane] I learned to be culturally humble, that listening is the best way to learn about other cultures.

- [Laura] I remember feeling, lots of time, very uncomfortable, but the perfect kind of uncomfortable. I have learned to not assume things for people. If I need to know something about them, then I should ask them.

- [Audrey] What I would tell others about LEND is that it will provide you not only with the knowledge and skills to support and serve families with disabilities, but it will also provide you with the understanding and perspective to stand alongside them.

- [Joey] If I was given the opportunity to do the LEND training program again, I would not hesitate to take it. It was something I cherish and I definitely find pride when I think about it.

- [Tanzeh] You go into it with all of these ideas about what it might teach you or what it might be like and it will just be 10 times more than that. It'll help you examine yourself, and it will show you so much about how to connect with all those who are around you, especially people who have such diversity in their beliefs and their thoughts and ability and how that just makes life so much more beautiful.

(inspiring music)

[Text: For more information,  
visit: <https://uihc.org/ucedd/iowa-lend>]

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