

Wisconsin Integrated Transition Planning Project (WITPP): WI Transition Planning Coalition November 10, 2023



Our Agenda



- I. WITPP Activities, Statewide Updates and Opportunities
- II. Bright Spot – Special Olympics Health Programs
- III. Breakout Discussion and Group Report Out
- IV. Wrap Up and Poll

Meeting Objectives



- Describe current WITPP activities, Statewide Updates and Opportunities
- Share information about Special Olympics Health Programs
- Discuss ways to expand awareness and access to Special Olympics health programs for youth

Ways Coalition Members Can Contribute



1. Identify and invite families and youth you are connected with to join the coalition and community efforts
2. Share updates and opportunities at these meetings and in your communities
3. Continue to share and generate ideas at the Coalition meetings

Updates & Opportunities



WITPP Activities

What updates and new opportunities do you have to share?

Examples: Updated or newly accessible resources, current events or items people can take action or get involved in

Bright Spot



Special Olympics Health Programs

Brittany Hoegh, Senior Director
of Health Programs

Alicia Langlois, Special
Olympics Athlete

Special Olympics Wisconsin

Brittany Hoegh, Senior Director of Health Programs

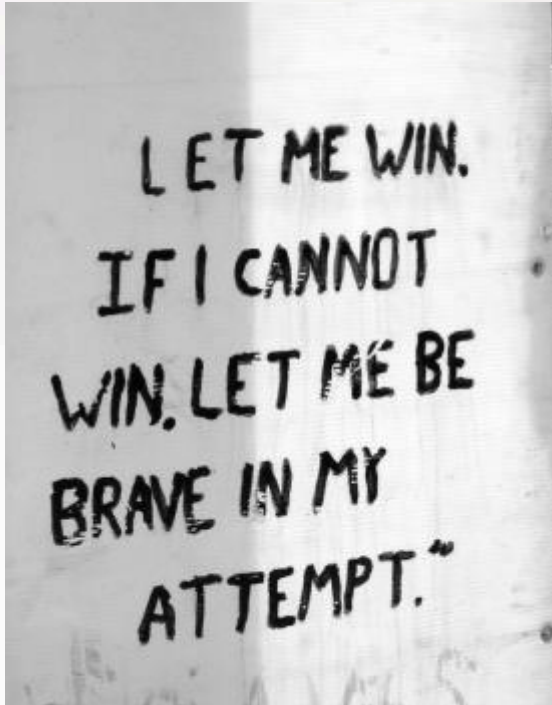
Alicia Langlois, SOWI Athlete and UCS Leader

Special Olympics

Wisconsin *in Name*



The Mission of Special Olympics



To provide **YEAR-ROUND SPORTS TRAINING** and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them **CONTINUING OPPORTUNITIES TO DEVELOP** physical fitness, demonstrate courage, experience joy and participate in a **SHARING OF GIFTS, SKILLS AND FRIENDSHIP** with their families, other Special Olympics athletes and the community.



National Programs (SONA)

Regions

(Local Programs)



Eligibility



A person must meet the following criteria:

1. Be at least 8 years of age (no max age limit).
(Individuals ages 2-10 may inquire about Young Athletes™)
2. Be identified by an agency or professional as having a:
 - a. Intellectual disability; or
 - b. Cognitive delay; or
 - c. Closely related developmental disability.
3. Agree to abide by the Official Special Olympics Sports Rules and the SOWI Athlete Code of Conduct.
4. Persons with multiple disabilities may participate in SOWI as long as they also meet the noted criteria above.

Special Olympics Wisconsin



- Number of Athletes served: 6,500+
- Number of Volunteers: 4,500+
- Number of Coaches: 1,500+
- Registered Local Programs: 140+



Sports



Special Olympics Wisconsin offers over 20 sports in four sports seasons.

Fall Sports: Golf, Tee Ball, Softball, Bocce, Volleyball, Flag Football, Bowling

Winter Sports: Alpine Skiing, Cross-Country Skiing, Snowshoe Racing, Snowboarding

Spring Sports: Team Basketball, Basketball Skills, 3v3 Basketball, Swimming

Summer Sports: Gymnastics, Athletics (track and field), Powerlifting, Soccer, Cornhole, Soccer, Tennis



Beyond Sports: Unified Opportunities



Unified Sports

- SOWI Unified Sports:
 - Alpine Skiing
 - 3v3 Basketball
 - Track Relay (4x100)
 - Swim Relay (4x25)
 - Flag Football
 - Golf
 - Bocce
 - Cornhole
 - Bowling



Beyond Sports: Unified Opportunities



Unified Champion Schools (UCS)

- Three components: Unified Sports, Unified Leadership, and Whole-school Engagement
 - 97% of HS seniors say that UCS activities are **changing their school for the better**.
 - 96% of students without intellectual disabilities (ID) who participate would **feel comfortable** carrying on a conversation with a student with ID.
 - 95% of students said that their school should **continue** the SO Unified programming.
 - 86% of students generally regard participation in the program as a **positive turning point** in their lives.
 - 84% of school staff feel that the UCS has made a **big impact in reducing bullying** and teasing in their schools.

Beyond Sports: Unified Opportunities



Young Athletes

- Minimum 8-week unified, learn-to-play program
- Program Benefits:
 - Motor skills
 - Social, emotional and learning skills
 - Expectations
 - Sport readiness
 - Acceptance



Beyond Sports: Healthy Athletes



Health screenings are **CONDUCTED FOR FREE** by healthcare professionals who volunteer their time.

Today Special Olympics has the **WORLD'S LARGEST AND HIGHEST QUALITY HEALTH DATABASE** on persons with intellectual disabilities.

Healthy Athletes Disciplines



FIT FEET
(podiatry)



funFITNESS®
(physical
therapy)



HEALTH PROMOTION
(better health &
well-being)



HEALTHY HEARING
(audiology)



MedFest®
(sports
physical exam)



OPENING EYES®
(vision)



SPECIAL SMILES®
(dentistry)



STRONG MINDS (emotional
wellbeing)

For every 10 athletes on a U.S. Special Olympics team:



 **8** are overweight or obese

 **7** have significant problems with flexibility

 **4** need a new prescription for eyeglasses

 **2** have some kind of eye disease

 **3** will fail a hearing test

 **3** have low bone density

 **3** have untreated tooth decay

 **1** needs an urgent referral to a dentist

Beyond Sports: Fitness



- SOfit
 - Minimum of 8-week unified fitness program
 - Physical activity and health education
 - Promotes year-round wellness/fitness



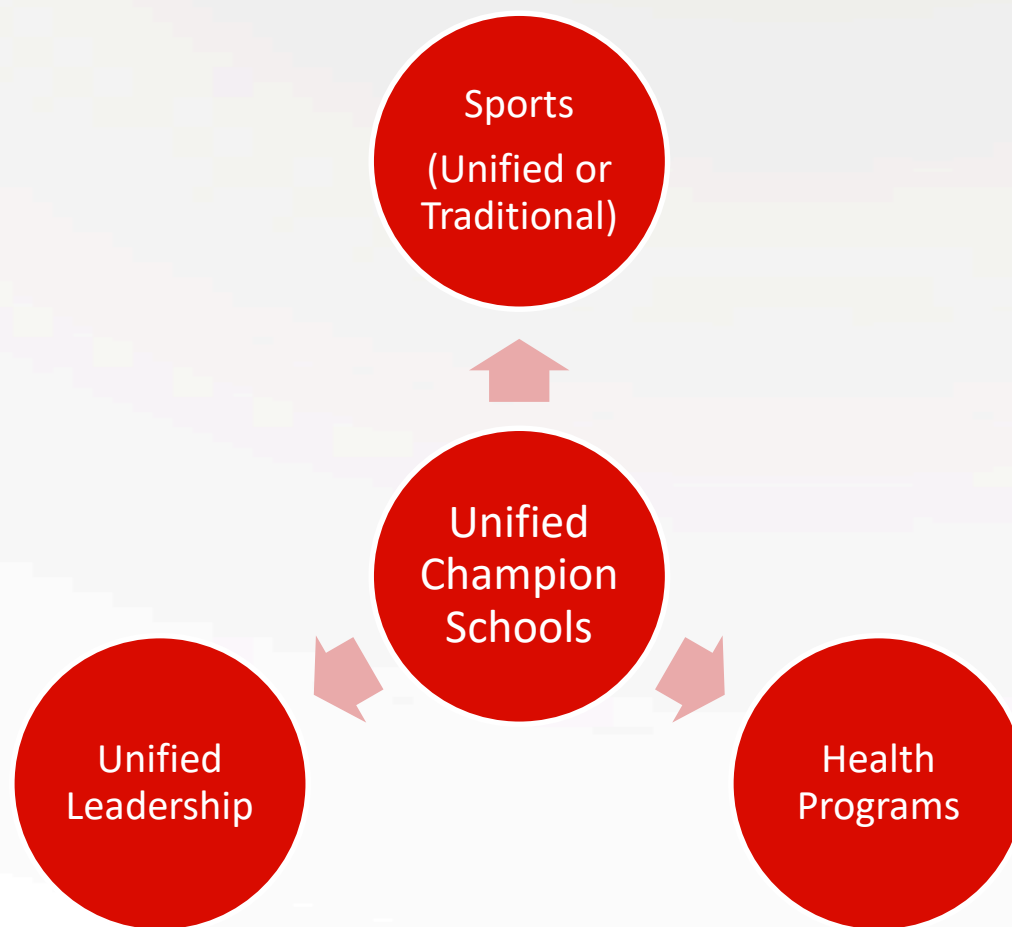
Special Olympics Wisconsin Additional Health & Fitness Programming



- Performance Stations
- Fit5
- Athlete Health Messengers
- Fitness Captains
- Coaches Education
- Healthy Habits: Health Education Stations
- Family Health Forums
- Inclusive Health Trainings



Transitioning to Traditional Programming



Interested in more information on Special Olympics Wisconsin?



For more information on SOWI's Health Programs, contact **Brittany Hoegh** at 608-442-5683 or bhoegh@specialolympicswisconsin.org

For more information on volunteering for SOWI, contact **visit our website** at

<https://www.specialolympicswisconsin.org/volunteer-events/>

Thank you.

Special Olympics Wisconsin

6582 Ronald Reagan Ave.

Madison, Wisconsin 53704

(800) 552-1324

Visit SpecialOlympicsWisconsin.org to learn more.



**Special
Olympics**
Wisconsin



Breakout Questions



1. What experience do you have with Special Olympics Health Programs?
2. How can we expand awareness and involvement in Special Olympics' Health Programs for youth?

Next Steps

- Next Leadership Meeting: November 20
- Next Coalition Meeting: January 9th at 1:00pm
- Family Voices Fact Sheet on Healthcare Transition
- Continue working with partnering communities

Thank you!

Shannon Webb

shannon@incontrolwisconsin.org

608-712-2212

Nicole Brys

nabrys@wisc.edu

608-262-5022