

# RIPIN

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**The Self-Directed Support  
Program Presents:**

**Healthy Relationships with  
The Rhode Island Cross Disability  
Coalition**

**December 2<sup>nd</sup>, 2025**



**PERSONAL SUPPORT BUILT ON PERSONAL EXPERIENCE**

# About RIPIN

- Independent 501(c)(3) nonprofit organization
- *Peer Professionals*
- Help Rhode Islanders of all ages, abilities, and backgrounds **access and navigate:**
  - Health Care
  - Education
  - Healthy Aging
  - Other services/supports/complex systems



# What is Self-Direction?

Self-Direction is a service model for people who:

→ Have intellectual and/or developmental disabilities (I/DD)

→ Are found eligible for funding from the Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals (BHDDH)

→ Want (along with family or trusted allies) to manage their own budgets, hire their staff, and set their own priorities



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# The RIPIN Self-Directed Support Program



We guide and support families and individuals to navigate the systems and supports they need when choosing self-direction with:

- Training and Education
- Resource-Sharing
- Referrals
- Collaboration with other agencies and organizations

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## INTRODUCING:

Tanja Blicher-Ucran

&

Deanne Gagne

From the



## “Let’s Talk About Healthy Relationships”



**Presented by:**  
**The Speakers Bureau**

# AGENDA



- **Welcome**
- **Let's Talk About Relationships!**
  - What does "Relationship" mean?
  - What does "Healthy" mean?
    - Trust
    - Choice
    - Respect
- **What is a Healthy Friendship?**
- **Famous people in "Healthy/Good" Relationships**
- **What are some signs of "Unhealthy/Bad" Relationships?**
- **"Red Flags" To Think About**
  - "Red Flag" Activity
- **TIPS For Staying SAFE**

A top-down view of a diverse group of people holding their hands together in a circle, symbolizing unity, teamwork, and collaboration. The image is dimmed and serves as a background for the text.

# **WHAT IS A RELATIONSHIP?**

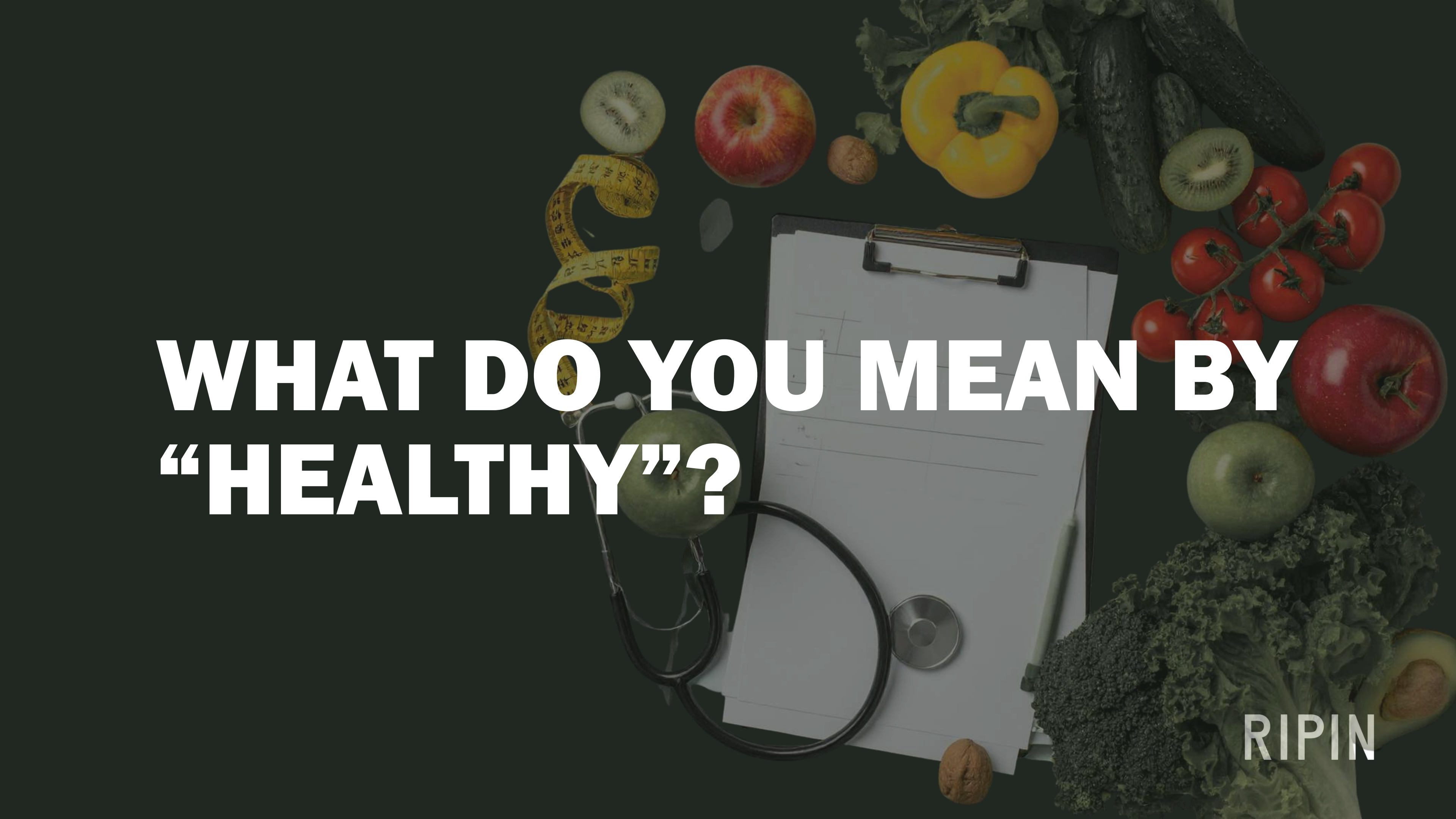
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# WHAT DOES “RELATIONSHIP” MEAN?

What does Relationship mean?



A “Relationship” is \_\_\_\_\_



**WHAT DO YOU MEAN BY  
“HEALTHY”?**

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# WHAT DOES “HEALTHY” MEAN?

Think about healthy foods – what do they do for you?

1. Helps you grow
2. Gives you energy
3. Makes you stronger



4. What do unhealthy food do to you?



# WHAT MAKES A RELATIONSHIP HEALTHY?



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# What Are “HEALTHY/GOOD” Relationships?

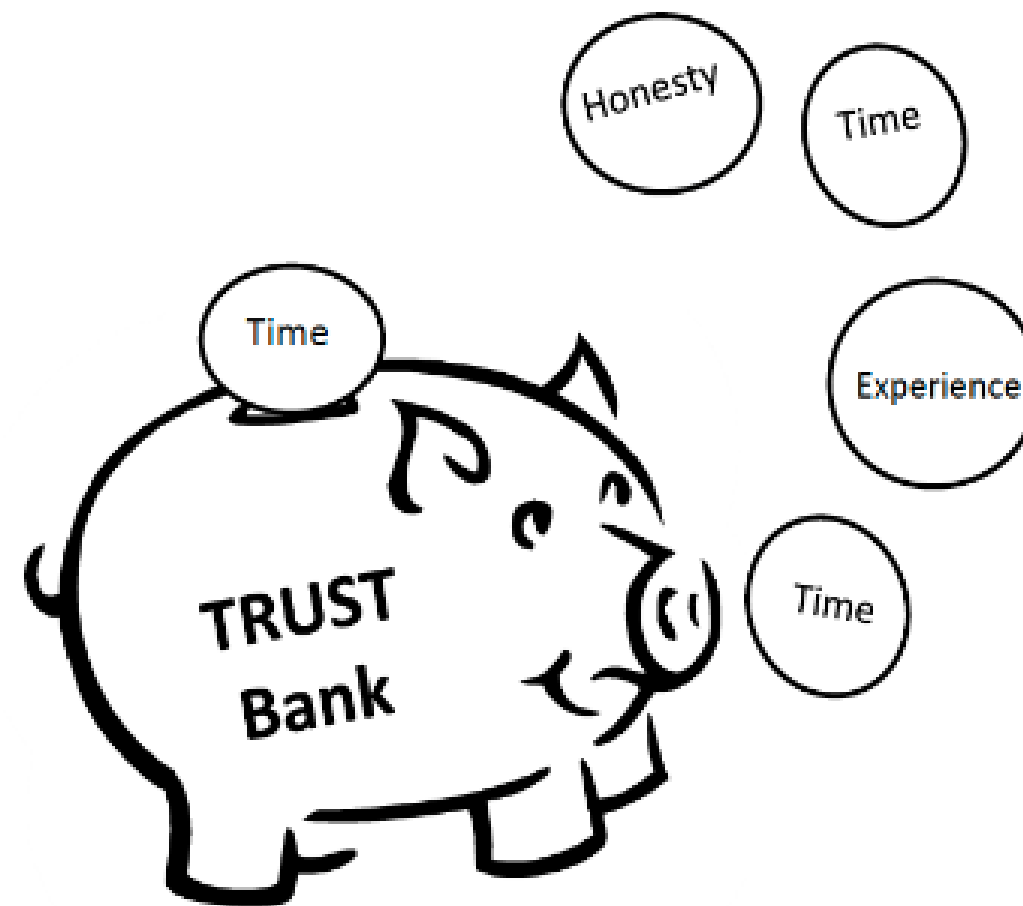
A relationship is **GOOD** when it includes...

- ❖ **TRUST**
- ❖ **CHOICE**
- ❖ **RESPECT**



# TRUST IN A HEALTHY RELATIONSHIP

1. TRUST is NOT the same as liking
2. TRUST is NOT the same as respect
3. Trust has to be earned!
4. It takes TIME to trust people
5. People must *prove* they are trust-worthy



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# CHOICE IN A HEALTHY RELATIONSHIP

In a Healthy Relationship you share choices like:

1. What movies to see
2. What friends to hang out with
3. How much you talk on the phone
4. How much time to spend together



5. You both get to make choices in the relationship!

# RESPECT IN A HEALTHY RELATIONSHIP

RESPECT is a CHOICE you make

1. It's not about liking or not liking people
2. It is treating people like PEOPLE, not like things!
3. RESPECT goes both ways in a healthy relationship
4. *You must also respect YOURSELF!*



5. **RESPECT must be IN a relationship from the BEGINNING -  
or it will never be in it AT ALL!!!**

A couple is walking on a paved path in a park. The woman is wearing a yellow sweater and blue jeans, and the man is wearing a grey sweater and tan pants. They are both wearing boots. The woman is holding a yellow umbrella over both of them. They are looking at each other and smiling. The background is a lush green park with many trees.

**WHAT ARE SOME  
EXAMPLES OF HEALTHY  
RELATIONSHIPS?**

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# Famous Couples in Healthy/Good Relationships



A photograph of two young men laughing together outdoors. The man on the left is laughing heartily, showing his teeth. The man on the right is also laughing and has his hand on the first man's shoulder. The background is a blurred outdoor setting with buildings and trees. The image has a dark, semi-transparent overlay.

# **WHAT MAKES A GOOD FRIEND?**

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# WHAT IS IN A “HEALTHY FRIENDSHIP”?

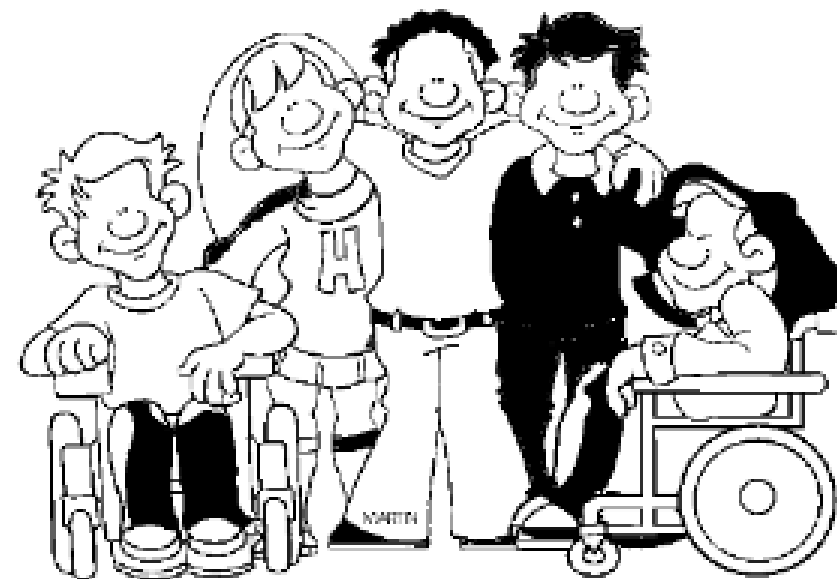
1. You both **CHOOSE** to be friends
2. You treat each other with **RESPECT**
3. You **enjoy** being together
4. You **share** the cost of activities
5. *What others things are in a good friendship?*

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# WHAT IS AN UNHEALTHY RELATIONSHIP?

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# WHAT IS IN AN “UNHEALTHY” RELATIONSHIP?

1. In an UNHEALTHY relationship...
2. There is **NO** respect
3. Your **Rules** are not respected
4. Your **Feelings** are not respected
5. Your **Property** is not respected
6. Your **Privacy** is not respected
7. **YOU** are NOT respected

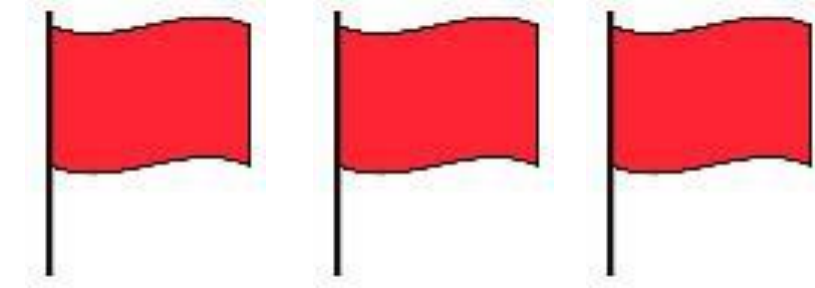


A close-up photograph of a hand holding a single white, oval-shaped pill. The hand is positioned in the center-right of the frame, with the thumb and index finger gripping the pill. The background is a dark, textured surface, possibly a person's skin, which is slightly out of focus. The overall lighting is dramatic, highlighting the texture of the hand and the smooth surface of the pill.

**HOW DO YOU KNOW  
WHEN YOU ARE IN AN  
UNHEALTHY  
RELATIONSHIP?**

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## “RED FLAG” Activity



**“RED FLAGS”** are possible warning signs that may be an indication of a problem, danger or harm to you or someone else.

# Statements...

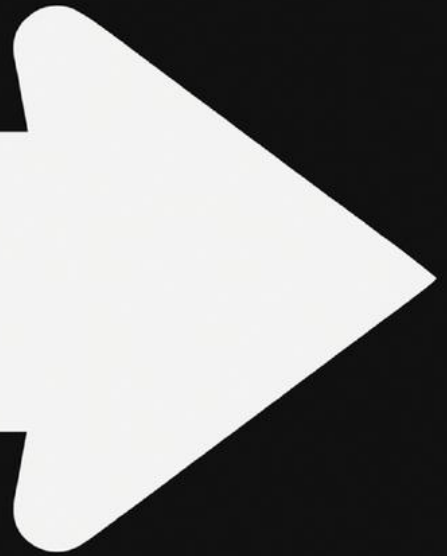
Raise your **“RED FLAG”** if you think that the Statement we read may be a **RED FLAG WARNING SIGN.**



**HEALTH**



**SAFETY**



**DO YOU HAVE  
ANY TIPS FOR  
STAYING SAFE IN  
RELATIONSHIPS?**

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# Tips for Staying Safe.

1. **Good COMMUNICATION** – you should make sure you and your partner/friend agree what the relationship is going to be.

2. **Be CLEAR with the person** – if you say no I don't want to do that, be clear by your actions. Such as no smiling.

3. **Always RESPECT the person.** Treat the person like you want to be treated.

4. **LISTEN to yourself** = Trust your gut feeling

5. If you do not think something is right, **TELL someone you TRUST.**



**Stay Safe!**

# REMEMBER...

We all need **GOOD** relationships and friends in our lives, ones that show us ...

**RESPECT,  
TRUST,  
CHOICE.**



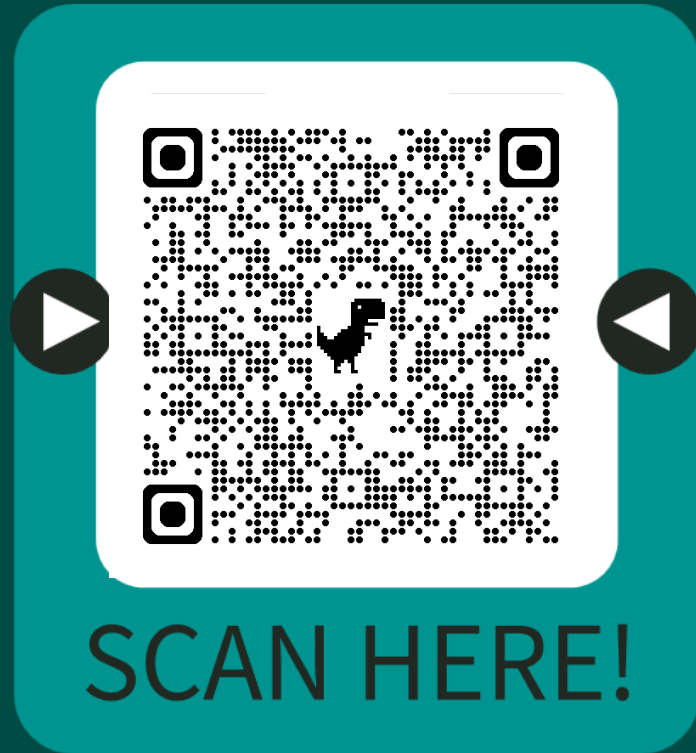


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# QUESTIONS

**Your feedback is important to us!**  
**Please participate in our survey.**



[https://ripin.tfaforms.net/forms/view/4813003?tfa\\_9=701Qk00000Vmooh&tfa\\_23=2025-12-02%20Healthy%20Relationships&tfa\\_144=English&tfa\\_208=](https://ripin.tfaforms.net/forms/view/4813003?tfa_9=701Qk00000Vmooh&tfa_23=2025-12-02%20Healthy%20Relationships&tfa_144=English&tfa_208=)




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# SAVE THE DATE

*2<sup>nd</sup> Annual Statewide*

**RIPIN SELF-DIRECTED SUPPORT**

## **CONFERENCE**

-  **March 20<sup>TH</sup> 2026**
-  **10:00 AM to 2:00 PM**
-  **DoubleTree by Hilton, Warwick**



*Details to come - stay tuned!*

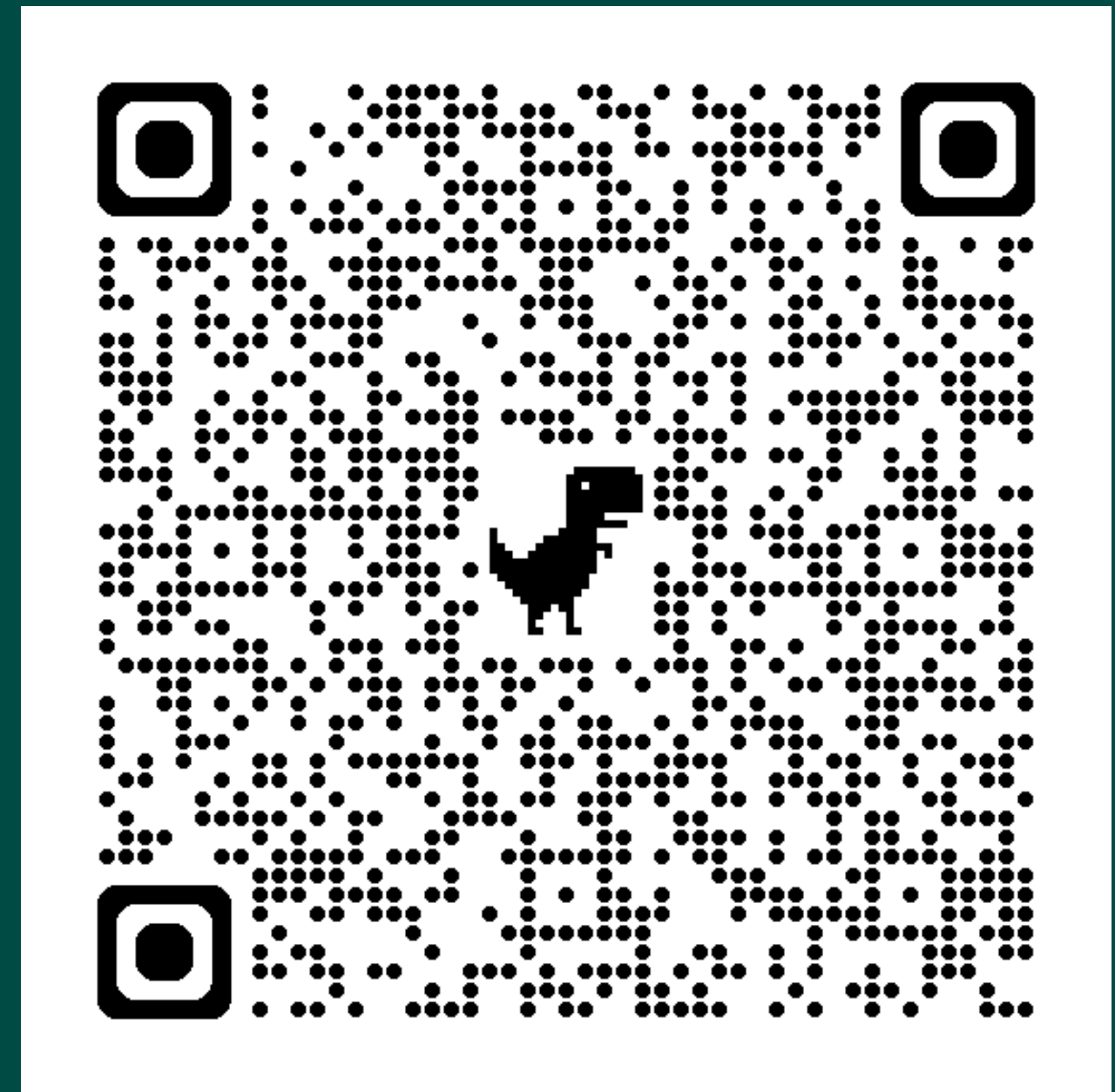
 [ripin.org/selfdirectedsupport](https://ripin.org/selfdirectedsupport)

 [selfdirectedsupport@ripin.org](mailto:selfdirectedsupport@ripin.org)

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# Take Our Conference Survey!



# Our 2026 Calendar



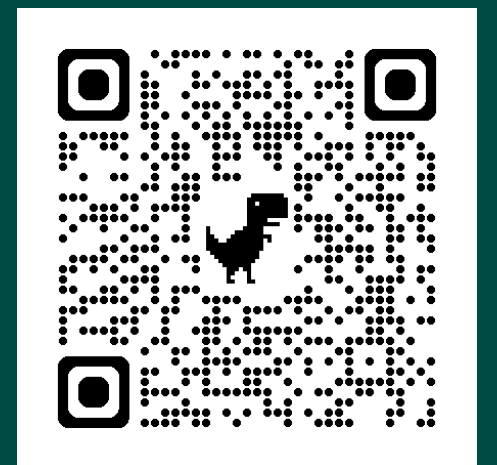
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**SELF-DIRECTED SUPPORT PROGRAM**  
**2026 EVENT CALENDAR**

<b>TUES</b> <b>JAN 13</b>	<b>What's new at Sherlock?</b> An online space for Rhode Islanders to connect, share, and learn together.	<b>6:00-6:30 PM</b> On Zoom
<b>TUES</b> <b>JAN 27</b>	<b>RI Sibs</b> Learn about their mission to empower siblings of people with disabilities through support, tools, and advocacy opportunities.	<b>6:00-6:30 PM</b> On Zoom
<b>SAT</b> <b>FEB 21</b>	<b>Self-Direction Connection</b> Enjoy coffee and donuts as we share ideas and network.	<b>10:00-11:30 AM</b> In Person and On Zoom
<b>FRI</b> <b>MAR 20</b>	<b>Self-Directed Support Conference</b> Join us for an uplifting day of learning, networking, and empowerment.	<b>10:00 AM-2:00 PM</b> DoubleTree by Hilton Warwick, RI
<b>TUES</b> <b>APR 28</b>	<b>Journey with Jennings</b> Marissa Jennings, a Certified Autism Travel Planner shows us how to turn our travel dreams into unforgettable memories.	<b>6:00-7:00 PM</b> On Zoom
<b>TUES</b> <b>MAY 26</b>	<b>Four Seasons of Fun!</b> Four participants share their favorite fun activities across all four seasons.	<b>6:00-7:00 PM</b> On Zoom
<b>THURS</b> <b>JUN 11</b>	<b>DSP Appreciation Night</b> Celebrate your Direct Support Professionals (DSPs) working in self-direction with RIPIN.	<b>6:00-7:30 PM</b> In Person

 [selfdirectedsupport@ripin.org](mailto:selfdirectedsupport@ripin.org)  [ripin.org/selfdirectedsupport](http://ripin.org/selfdirectedsupport)

**REGISTER NOW!**

Register Here



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**Check out our new resource!**

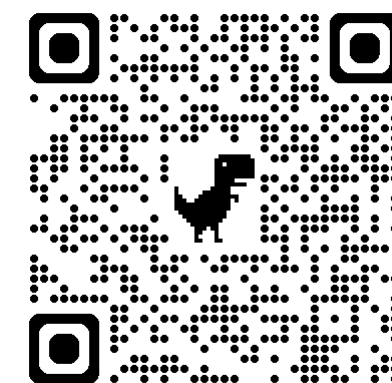
**SELF-DIRECTED  
SUPPORT**

**TOOLKIT**



[ripin.org/selfdirectedtoolkit](https://ripin.org/selfdirectedtoolkit)

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**Sign up for our monthly newsletter!**

# **THE NAVIGATOR**

NEWS AND RESOURCES FROM RIPIN'S SELF-DIRECTED SUPPORT PROGRAM



Visit our webpage [ripin.org/selfdirectedsupport](http://ripin.org/selfdirectedsupport) to sign up!

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# Missed something?

View our content on the web!

Our live webinars are recorded and posted within a few days to our website for you to view at any time.

They can be reviewed here:

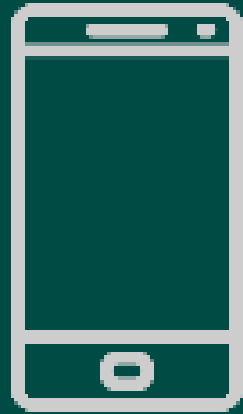
Our Self-Directed Support Program's page:  
[ripin.org/selfdirectedsupport](http://ripin.org/selfdirectedsupport)

RIPIN's webinar page:  
[ripin.org/webinars/sdsp/](http://ripin.org/webinars/sdsp/)



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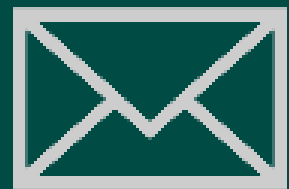
# Contact Us



**401-270-0101**

Monday through Friday

8:00 AM – 5:00 PM



**SelfDirectedSupport@RIPIN.org**



**Website:** [ripin.org/selfdirectedsupport](http://ripin.org/selfdirectedsupport)

**Facebook:** @RIPIN.ORG

**Twitter/Instagram:** @RIPIN\_RI

