

# ONE Doice

One Voice Edition 43 | November 2020 | International Stutter Association

### inside:

- Announcement ISA Board of Directors
- 2 2021 Joint World Congress on Stuttering and Cluttering: Open call for abstracts
- Find the right words
  Stamma
- The other side of ISAD
  Sigridur Fossberg with Pamela Mertz
- Nigeria; What's Happening in Oboh Joseph Juliana Owajimam
- L'Association Bégaiement Communication highlights the ISAD 2020 in a number of ways! Jean-François Leblanc
- Dear Fearless:

  Mentorship Around the World

  Miss Plano 2021 | Landry Champlin
- Stutter Live in Greece
  Sybren Bouwsma & Alex Ispoglou
- We want to hear & see from you! ISA Board of Directors



#### 4nnouncement

## **Announcement ISA Board of Directors**

ISA Board of Directors



The ISA seeks a new national stuttering association to organize the next World Congress on People who Stutter in 2022. If your association in interested, then this is your chance! Hand in your bid to the ISA Board of Directors till December 20, 2020 by email.

## **Dear ISA Member Associations Dear National Stuttering Associations**

The ISA Board of Directors met with the planning committee for the next International World Congress on People who Stutter in 2022. As you might remember, the event was to occur in Israel. The planning committee alerted the board that they were unable to proceed with their planning, and requested to withdraw their bid to host the ISA World Congress in 2022. The board accepted this request.



At this time, the board has decided to continue the process for the World Congress in 2022. We would like ISA member associations and other national stuttering associations to consider hosting the World Congress in their country in 2022.

If your organization would like to submit a bid to host the next International World Congress on People who Stutter in 2022, please contact the board at admin@isastutter.org until the 20th of December 2020. The bid can be in the form of an email sharing the name of your group, the name of your city and country. Afterwards we will get in contact with you and tell you how to proceed.



Please make sure that your organization has the capacity to organize and facilitate such a big event. Here you can find information about the last ISA World Congress in 2019 in Iceland:

Send your proposal by email. We are looking forward to your proposals!

Thanks a lot in advance! ISA board of directors





#### **JWSCS 2021**

# 2021 Joint World Congress on Stuttering and Cluttering: Open call for abstracts

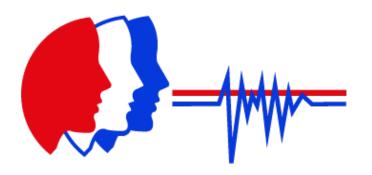
Montreal, Canada from July 22 to 25, 2021

The Joint World Congress on Stuttering and Cluttering (JWCSC) brings together academics, researchers, speech-language pathologists, people who stutter, and people who clutter for dialogue and collaboration on current research, viewpoints, and treatments for stuttering and cluttering.

Following a very successful first meeting in Hiroshima, Japan, in 2018, the second JWCSC is scheduled to take place in Montreal, Canada at the Centre-Mont-Royal from July 22 to 25, 2021.

#### The JWCSC

The JWCSC is co-organized by the International Cluttering Association (ICA), International Fluency Association (IFA) and International Stuttering Association (ISA), with local host organizations, Association bégaiement communication (ABC) and Canadian Stuttering Association (CSA). On the theme of "One World, Many Voices: A Global Collaboration", we aim to create a mutual benefit for everyone interested in the science and understanding of living with stuttering and cluttering.



## Open call for abstracts & speaking proposals

Online submission is open for both oral and poster presentations from people who stutter or clutter, clinicians, and researchers. We strive for people who stutter or clutter to share their experiences, and to feel supported and valued; we want those who work with people who stutter and clutter to have opportunities to share and update their skills; and we want researchers to have an opportunity to present high-quality research in a stimulating environment.

Abstracts must be submitted in English; however, an option to present in French will be available. Translation will also be provided for some presentations. Submit your proposals at jwcsc.org. The deadline for submissions is February 10, 2021.



#### **JWSCS 2021**

#### **Congress Support Grant for Students and Junior Faculty**

We are happy to also announce that an R13 Conference Grant has been kindly provided by the National Institute on Deafness and Other Communication Disorders (NIDCD) for undergrad and grad students. Eligible candidates are required to submit an application for support after abstracts have been reviewed and accepted.

#### COVID-19

Changes to the in-person schedule for the JWCSC due to COVID-19 will be announced on our website and social media accounts in January 2021.

#### **About the JWCSC**

The JWCSC is organized by the International Cluttering Association, International Fluency Association, and International Stuttering Association, with local host organizations, Association bégaiement communication and Canadian Stuttering Association. The upcoming JWCSC will take place in Montreal, Canada from July 22 to 25, 2021. More information about the JWCSC at jwcsc.org.

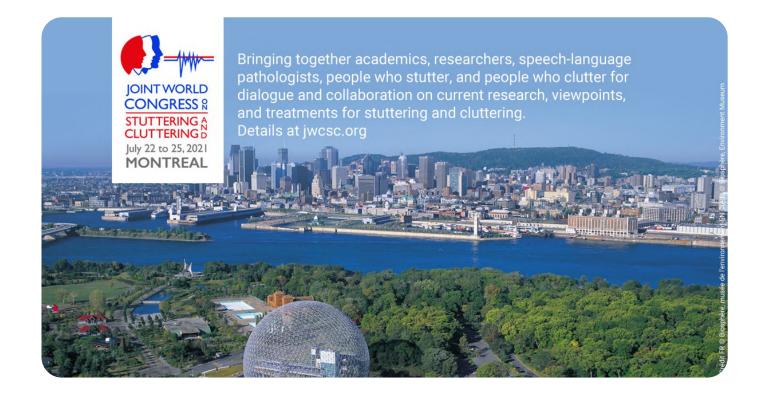
#### Contact

General inquiries info@jwcsc.org



Submissions inquiries submissions@jwcsc.org





#### Stamma

## Find the right words

### Jane Powell | CEO Stamma

The British Stammering Association (Stamma) launched a global campaign, created by VMLY&R and in collaboration with Wikipedia, to change the public's perception of stammering. 'Find the Right Words' aims to start a new conversation around harmful biased language, one which has never entered the public eye when it comes to stammering.

The campaign is supported by the National Stuttering Association in the USA, the Canadian Stuttering Association, the Australian Speak Easy Association, and the Irish Stammering Association, giving the message a truly global reach.





Jane Powell CEO Stamma

👩 @stammauk

The way stammering is often talked about in the media is about how people have overcome or been defeated by their stammer. This is unhelpful. A stammer is a physical condition, it is how some people talk.

#### Jane Powell, CEO of Stamma

Speech and language therapists are committed to making society inclusive and accessible for all, however we communicate. So the Royal College of Speech and Language Therapists (RCLST) is delighted to endorse these important guidelines, which will help to tackle a persistent stigma and to challenge common misconceptions about the reality of living with a stammer.

Derek Munn, Director of Policy and Public affairs at the RCLST

Stamma has issued Editorial Guidelines around Stammering in advance of the ISAD 2020 (the 22th of October) and are urging the media and key influencers to help create change and understanding around stammering by keeping to the guidelines and send out a message that it's OK to talk differently.



Unfortunately we couldn't implement hyperlinks on page 4, the article written by Stamma. You find all hyperlinks on this page.

British Stammering Association (Stamma) | Facebook

VMLY&R | Facebook

Wikipedia | <u>Facebook</u>

National Stutter Association | <u>Facebook</u>

Australian Speak Easy Association | Facebook

Irish Stammering Association | Facebook

Campaign information | Website

Editorial Guidelines | Website





## The other side of ISAD with Pamela Mertz

Sigridur Fossberg Th | ISA board of directors



#### **ISAD (International Stuttering Awareness Day)**

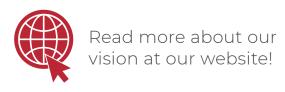
Having been on the International Stuttering Association's (ISA) wish-list since 1995 during an ISA conference in Linköping, Sweden, in 1998, October 22nd was designated as International Stuttering Awareness Day by European League of Stuttering Associations, International Fluency Association and International Stuttering Association. The purpose of ISAD is to change public attitudes and fight discrimination toward people who stutter; promote self-esteem and opportunities of people who stutter; and build a community, providing an opportunity to exchange ideas and strengthen the relationship between researchers, clinicians and people and children who stutter. This year marks the 15th anniversary of ISAD recognition by the European Parliament. As of today, ISAD has not been recognized internationally. Although, who knows what might happen in the future!

#### **ISAD Online Conference**

The ISAD Online conference was initiated by Judy Kuster and Michael Sugarman to educate and build a world-wide community of professionals, parents and people who stutter online to discuss issues and research on the topic of stuttering. The conference runs from October 1st to October 22nd each year Its vision is to:



.. celebrate a wealth of perspectives and stories as we unite to raise awareness and work towards creating a world that understands, accepts, and supports people who stutter.









The conference mission:



To carry on a tradition of education by offering a conference-type experience in the form of personal stories, videos, creative expression, therapy ideas, and research, along with ongoing discussions about stuttering. This conference connects people who stutter and their allies, encouraging meaningful dialogue around stuttering and allowing us to learn from a diversity of voices.

#### The other side of ISAD: Interview with Pamela Mertz

I interviewed Pamela Mertz, one of the main coordinators of ISAD online conference. I wanted to give a voice to someone who makes it possible for different voices around the world to be heard from October 1st – 22nd. So who is Pamela Mertz? I asked her to tell me a little bit about herself and her work within the stuttering community. Pam explains that she was a covert stutterer for more than 30 years.



I felt shame and embarrassment because I stuttered (from a young age) and figured the only way I could not stutter was to not talk. As I grew older, I increasingly felt that my personality was no longer mine. I began to find a way out, but the way found me. I was fired from a job in 2006 due to stuttering, and after getting over the shock, I began looking for stuttering support resources for the first time ever.





Pamela Mertz

She goes on: "I found a local chapter of the NSA and for the first time met others who stutter. The rest is history -I went to my first NSA conference in 2006, and became actively involved with the stuttering community soon after. I served on the board of the International Stuttering Association from 2016 - 2019. I am presently on the board of the National Stuttering Association (NSA) since 2016. This year, I was the webmaster and moderator for the ISAD online conference which ran from 10/1 - 10/22 2020."

As Pamela hails from the US, I couldn't resist asking her about the recent presidential election. How she feels about that the next president will most likely be Joe Biden, a person who stutters. How does she think stuttering community can use this opportunity to raise awareness? "I am hoping that the President-elect will use his massive platform to help raise awareness of stuttering. To me, now, he seems to refer to his stuttering as something he has "overcome." He clearly has not, so I hope the pressure of the spotlight doesn't foster his desire to appear fluent ..

but hope he'll remember how his open stuttering can help so many people, especially children and teens."

I move on to the topic at hand and inquire Pam about her experience on the organizing team: "I've helped out with the ISAD organizing team for about 5 years now. This year was the first time I actually was responsible for all of it, from getting it ready to closing it out. As noted earlier, this year was the first time I served as webmaster and loaded everything on the site before the conference began, served as moderator, then closed the conference out a few days after 10/22/2020. It was a LOT of work. At the same time, it's been a rewarding experience to realize that I was able to do the webmaster part myself." When asked about the importance she sees in the work, this dedicated volunteer replies:

**Organizing the ISAD online** conference gives me an opportunity to help increase awareness of stuttering through the work of people around the globe. It is important to me to give people who stutter a voice and for us, as a global community, to learn from stuttering voices that may be different than ours.



#### ISAD

I asked if she experienced the conference differently this year, with the COVID pandemic. She explained that since the conference has always been online, it felt very much in line with what we have been used to. I asked what national associations were doing in COVID times. Pam answered that she didn't hear back from some associations on the topic, "so they were fewer than usual, around 10 submissions in total for the "Around the World" section of the conference. However, the overall number of submissions, 49, was the highest that the conference has had in recent years." While more and more stuttering related conferences have moved online this year, due to COVID, I wonder how ISAD distinguishes itself from the rest. Pam explains: "The other conferences are "in person" via video chat. The essence of the three-week online conference is to really give enough time so that authors feel like their paper meant something." When asked about the length of the conference Pam responds "I think it was designed like that to give people enough time to interact with authors and for SLP students to engage and ask questions. With 49 submissions, it would be hard I think to get through them all in just a week and thoughtfully respond and engage. I like that it starts on October 1 and ends on ISAD day, stuttering is celebrated for a longer time than usualli"

I ask Pam about the importance of sharing best practices with different countries. She explains: "Yes, that is crucial. Many countries do not have developed resources for people who stutter (PWS) and also suffer with the stigma of "difference" far more than wealthier, resourced countries. Best practices about support groups and speech therapy (tele-therapy these days) will help countries to develop grassroots social support networks, because I believe the best practice for PWS is to meet other PWS - that has been proven to decrease isolation and feelings of shame and guilt." I ask if she believes diversity in contributions for the annual ISAD online conference is important. She remarks that diversity in stuttering voices is always important. "We had submissions this year from several African countries. two from Japan, and quite a nice diversity across many countries. Interestingly, the panels of both "Talk to a PWS" and "Talk to a Professional" were very diverse. The panel of PWS was made up of nine people from nine different countries."





ISAD

I wonder if Pam sees something, she would like to change about ISAD. She responds: "Start advertising and promoting it sooner. We received a lot of submissions at the last minute, which created a little more stress for the group (namely me) with getting everything vetted and loaded on the site." When inquired about ISAD's future, Pam says: "I'd like to find a way to entice the general public who doesn't stutter to participate and learn from the conference. This year, as in years past, most visitors were SLP students who had been assigned to attend the conference and ask questions. Many students waited until the last few days and then asked tons of questions that we found it hard to answer them all due to it being the final days of the conference." While rewarding, Pam encourages others to volunteer for the conference, explaining that it's a great experience but warns that people should know it's actually quite a lot of work.



Stammer Foundation

# Nigeria What's Happening in Stammer Foundation

Oboh Joseph Juliana Owajimam



Nigerias Stammer Foundation was registered in mid-2018 but activities started fully in May 2019 with the creation of a support WhatsApp group that currently hosts over 100 participants with 4 being speech and child behavioral therapists.

#### **Hangouts**

While members nearby meet to share and support each other physically, other hangouts have been online due to physical distance and the recent pandemic (Youtube).

Stammer Foundation Hangout (July 2019)

- (c) stammerfoundation
- Stammer Foundation
- ( ) +234 810 165 951 5



#### **Our first ISAD event**

In 2019 we held our very first International Stammering Awareness Day event with over a hundred participants who joined us at the physical location. In attendance were Nigerian government officials, people who stammer, and others interested in the cause (Youtube).







#### Stammer Foundation

#### 2020 & its challenges

The year 2020 came with its challenges (Covid 19 and #Endsars peaceful protest in Nigeria), due to this, all three events organised this year were all held online.

Early in the year 2020, Stammer Foundation had to speak against the federal ministry of interior in Nigeria, as they outrightly excluded those who stammer from applying for employment. This open letter protest was carried by The Sun Newspaper and the Whistler Newspaper in April.

You can find more information of the Nigerian Stammer Foundation on our website.

## Stammer Foundation, **NBA** kick against exclusion from recruitment exercise

6th April 2020



#### The LEN initiative

One of the foundation's initiatives is LEN meaning Leadership Empowerment Network (LEN). This is an initiative that provides a platform for people who stammer to learn, get empowered, network, discuss issues, effect change, and assess quality mentorship, counsel, and speech therapy from professionals, leaders, and experts in various fields, so they can become leaders and channels of empowerment to others.

So far we have organized two programs under the LEN initiative, employability skills webinar (Youtube) and communication and public speaking webinar (Youtube). These programs were organised to tackle some issues raised within our WhatsApp community. The programs tuned out successful and highly impactful. Check the Youtube videos too!

#### **ISAD 2020**

We also organised the International Stammering Awareness Day 2020 with the theme Creating an inclusive education and employment culture for the most vulnerable in our society. It was held online and in attendance were Nigerian government officials, NGO stakeholders, people who stammer, and others interested in the cause (Facebook video).

We look forward to having more impactful programs and partnerships that will shape our members positively and society at large, visit our website!



#### ABC France

# L'Association Bégaiement Communication highlights the ISAD 2020 in a number of ways!

Jean-François Leblanc | President ABC

### "Je je je suis un podcast "

Our first highlight of this year's International Stuttering awareness Day (ISAD) is undoubtedly the launch of the podcast "Je je je suis un podcast". To our knowledge, this is the very first podcast in French that addresses stuttering. Hosted by Geneviève Lamoureux, person who stutters, Community Agent at ABC and Master's student in Speech-Language Pathology (SLP) at Université Laval and Judith Labonté, SLP.



The first season will consist of 11-one-hour episodes featuring the two co-hosts and generally a guest, either a person who stutters who tells his/her story dealing with stuttering, or a so-called specialist who will provide information on the science of stuttering, or on resources available for people who stutter.

The inaugural episode was released on October 21. The following and upcoming episodes will be released at about two-week intervals, until March 2021. Our podcast is available on most well-known podcasting platforms, including Apple Podcasts, Google Podcasts, Spotify, Stitcher, Tuneln, Spreaker, and YouTube.

The launch of "Je je je suis un podcast" was announced through a press release, which caught the attention of a reporter from HuffPost Ouébec edition, who asked Geneviève Lamoureux for an interview. A full-length article was released by HuffPost Québec on October 22. Titled "Après en avoir eu honte pendant des années, j'ai choisi d'assumer mon bégaiement" ("After years of shame, I have finally learned to live with stuttering"), the article presents Geneviève's journey dealing with stuttering, from shame to being comfortable identifying as a person who stutters.

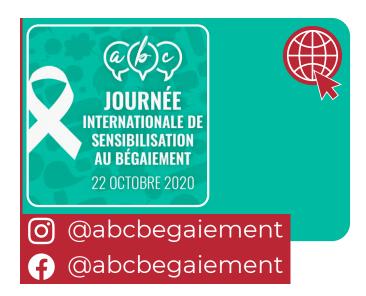
Given the highly positive feedback that we have received from people who stutter and SLPs, particularly through our social media platforms and the number of downloads and listenings, we certainly intend to plan a second season of "Je je je suis un podcast". Stay tuned!

#### La Tour de Montréal lighted in marine green on October 22 to celebrate International Stuttering Awareness Day

Our press release also mentioned that for the second year in a row, the Parc Olympique has accepted our request for a thematic lighting of La Tour de Montréal in marine green to celebrate International Stuttering Awareness Day (ISAD) on October 22. Right next to the Olympic Stadium, La Tour de Montréal has become one of Montréal's most iconic monuments. This is one of the many ways our association, in partnership with local organizations of broad outreach, contributes to raise awareness about stuttering.

#### Our traditional one-day meeting in person replaced by two half-day virtual meetings

The prevailing COVID-19 pandemic has forced us to cancel the one-day in-person meeting that was originally planned for Saturday, October 17. ABC's board quickly switched gears to organize two half-day virtual meetings, the two Saturday mornings of October 17 and 24. Under the theme "Ensemble mal-gré la distance", our virtual program featured: a conference from Anne Moïse-Gingras, SLP, who presented preliminary data on the efficacy of virtual reality on speech-language therapy for people who stutter; a presentation by Ysabelle Trudeau, a lawyer who stutters; an ice-breaker workshop hosted by Myriam Fauteux, ABC board member; and a workshop



that I hosted, inspired from the reading of "Stammering Pride and Prejudice". Both mornings ended with open mic sessions.

Additionally, we have organized a Happy Hour on Friday October 23 from 5 to 7 PM, with virtual icebreaker and board games. Finally, in the early afternoon of October 24, we livestreamed John Gomez's documentary "When I Stutter", with French subtitles. We had a decent turnout for both half-day meetings, even though most would agree that virtual meetings, no matter how "real" they aim for, are not the same as in-person meetings. A one-day meeting is planned next year around the same date. Hopefully we can do it in-person.





**<が** Miss Plano

## **Dear Fearless: Mentorship Around the World**

Miss Plano 2021 | Landry Champlin



My name is Landry Champlin and I am currently serving as Miss Plano 2021, a preliminary title in the Miss America (Texas) Organization, a competition characterized by community service, scholarship, female empowerment, and public speaking.

#### My social impact initiative

As a titleholder, I have the opportunity to advocate for my social impact initiative, "Live Fearless: Defining Life Without Limits," a program dedicated to empowering humankind to dream bigger, face their fears, and pursue a fearless lifestyle outside of their comfort zone. This initiative was inspired by my own experience competing, succeeding, and speaking publicly in the Miss America Organization, despite being a person who stutters. I am also the founder and president of a not-for-profit organization entitled, The Live Fearless Foundation. Through this platform, I provide scholarship opportunities as well as character education programs to students across the USA in an effort to inspire our next generation of leaders to learn, live, and lead a life of fearlessness.

As a young child, I was diagnosed with a "speaking block," a type of stuttering that caused momentary breaks in my speech, keeping me from articulating my thoughts freely. I faced tremendous amounts of anxiety and struggled to find the confidence to participate in the simplest of tasks. I never felt comfortable ordering at

restaurants, making new friends, or reading aloud. The fear of physically not being able to choose the words I wished to speak silenced me for much of my childhood. I found myself isolated from my peers, teachers, and in many cases, family members. Though I had a fantastic support system, no one in my immediate family or community stuttered. I often found myself wishing I had a platform in which to share my experiences with another stutterer.

#### Music, my coping mechanism

Instead, I turned to music as a coping mechanism for my speech impediment and developed a passion for singing and performing. These were mediums in which I was able to communicate without stuttering. This experience eventually led me to the Miss America (Texas) program, where I had the opportunity to share my musical talents onstage. However, in order to succeed. I had to find the confidence within myself to Instead, I turned to music as a coping mechanism for my speech impediment and developed a passion for singing and performing. These were mediums in which I was able to communicate without stuttering.

This experience eventually led me to the Miss America (Texas) program, where I had the opportunity to share my musical talents onstage. However, in order to succeed, I had to find the confidence within myself to fearlessly speak publicly during the interview and onstage question portions of the competition. At the age of 14, I entered my first local competition for the title of Miss Plano's Outstanding Teen. Throughout the competition, I stuttered. More importantly, I DID NOT WIN. I did, however, walk away wstagith the realization that self growth and confidence can only develop outside of one's comfort zone. I decided to apply this way of thinking into my everyday life and eventually was fortunate enough to win the title of Miss Plano over 5 years later.

#### **Living Fearlessy**

Coincidentally, I began to understand the direct correlation confidence had on the way I spoke and presented myself. It was through this experience that my passion of living fearlessly and mentoring others was born. I set out to inspire tomorrow's leaders to find comfort outside of their comfort zone by providing tangible resources, scholarships, and sharing my own journey as Miss Plano. Despite these efforts, I still felt that the stuttering community was marginalized due to severe stigma and lack of conversation surrounding speech impediments. I quickly realized the only way to normalize stuttering on a global platform was to fearlessly come together and share our collective experiences.







This being said, I am humbled and excited to introduce the "Dear Fearless: Mentorship Around the World" program to the International Stuttering Association community! Through this new mentorship program, stutterers from across the country will be matched with a virtual pin pal to provide guidance, a listening ear, and share stuttering experiences with one another as we all navigate life as individuals who stutter. It is my hope through this program that we can grow in our confidence as speakers and become closer as a community!



Miss Plano | #LiveFearless



**o** @missplanotx



If you would like to be a part of this new initiative, please email missplanotx@gmail.com or direct message me on Instagram @missplanotx! I could not be more thrilled to connect with you all as we mentor stutterers across the world!

Nothing worth having comes from a comfort zone.

## Stutter Live

## **Stutter Live in Greece**





Sybren Bouwsma & Alex Ispoglou

ISA board of directors

Board member of Mediaterranea

A flourishing society is one that allows the integration of every member despite his/her peculiarities. Especially, as far as stuttering is concerned people find it hard to understand what stuttering is leading to uncomfortable situations for both people who stutter and people who don't.

#### **Stutter Live**

Based on this principle, the Greek association Mediterranea cooperated with a consortium of stuttering and non-stuttering associations from Finland, Estonia, Iceland, Serbia, North Macedonia and the Netherlands in order to organize the Stutter Live project. This new initiative is funded by the Erasmus+ programme and includes two activities, one training course and one youth exchange.

#### **Stutter Live**

From 8-13 October 2020,
Mediaterranea in cooperation with its
partners implemented the training
course Stutter Live in the small and
picturesque town of Goumenissa.
The training course was a big event
for the town and allowed youth
workers from the involved
associations to gather and share
their experiences while learning new
approaches on the topic of stuttering
and social inclusion. All sessions were
implemented under the coordination
of trainers Alexandros Ispoglou and
Sybren Bouwsma.

During the four day programme with interactive sessions participants learned about:

understanding what stuttering is in a non-formal way.

understanding what emotions people have when they stutter or when they hear somebody stuttering.

building up a simulation of the society and dealing with peculiarities.

building up a successful and safe environment for future actions with people who stutter.





#### Stutter Live

#### The training course

The training course was based on effective non formal activities in order to achieve the desired impact. For instance:

#### Introduction

An introduction where we shared our experiences with stuttering and doing an exercise where we stuttered on purpose and finished each other sentences, to get a bit of the feeling of stuttering for the non-stuttering participants.

#### **Theater play**

A theater play ('Forum theater') part of the theatre of the oppressed about a school situation where one of the pupils has a severe stuttering, and has to and one of the acting teachers say: 'I have never had such a bad student in my class before, because of your stuttering you made a complete fool of yourself'. The play could be stopped at any time by the audience and you could change roles with the people in the play.



#### **Outdoor workshop**

An outdoor workshop on listening without judging, where one person told a story and the others listened carefully in different ways.

#### **Future plans**

After the training course, a youth exchange will be organized in Thessaloniki for participants between 18-25 yo for stuttering and nonstuttering participants from Greece, Finland, Estonia, Iceland, Serbia, North Macedonia and the Netherlands. There youth workers who took part in the training course will be given the chance to practice the learnt methodologies.



#### Contact







Announcement

## We want to hear & see from you!

ISA Board of Directors



Send in your stories and photos and we will publish them in the next issue of One Voice.

We want to know what's going on in your part of the world in the stuttering community. Email your stories and images to admin@isastutter.org

## Want to get involved?

We are looking for someone to help us produce our newsletter One Voice. Sent twice a year, we are open to creative ideas. Interested please email us at admin@isastutter.org

### Interact with us online!











