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[Independent Perspective #1815 \(Dr Scott Sabella\).mp3](#)

Transcript

00:00:00 Speaker 2

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living (WNYIL). Our guest today is Dr. Scott Sabella, Professor of Rehabilitation Counseling at Counseling, School and Educational Psychology at the University at Buffalo. And I'm your host, Ernie Churchwell. Welcome to the show Dr. Sabella.

00:00:22 Speaker 1

Thanks, Ernie. Happy to be here.

00:00:24 Speaker 2

And we're delighted to have you. And you are here because you can tell all our listeners about the SMART Lab and how this exciting new research project has assistive things for people with disabilities and others. First of all, what does SMART stand for?

00:00:44 Speaker 1

Sure. So, our SMART Lab is tackling mental health and assistive technology barriers and underrepresented groups, and it stands for Services, Mental health, Assisted Rehabilitation Technology lab. Smart, let's be smart about it, as our tagline.

00:01:04 Speaker 2

Terrific. Who is this mainly focused on or done for?

00:01:09 Speaker 1

Well, it's a seed grant from the University at Buffalo Graduate School of Education, and they're competitive seed grants for research projects designed to study and address inequities and new and novel ways for a scale up later for a later project, and specifically, our project investigates barriers to accessing mental health services and assistive technology by underserved groups with disabilities.

00:01:38 Speaker 2

When you say underserved, you're talking about people with multiple disabilities, mental health and other types of disabilities?

00:01:46 Speaker 1

Yes. Thank you. So, underserved groups with disabilities, we're really talking about the idea of intersectionality. And that's a phrase that was coined by Kimberly Crenshaw in 1989 and intersectional discrimination and barriers are really complex and multi layered.

00:02:07 Speaker 1

Discrimination when people have or belong to two or more marginalized groups. So, if we're talking about people who have identities that are that are marginalized because of ability or disability and race, ethnicity, nation of origin or immigration status, gender identity, sexual orientation, age, language, any type of identity.

00:02:33 Speaker 2

Once you are connected with individuals that have this sort of difficulty in connecting with the services they need, what can you do for them?

00:02:42 Speaker 1

Well, that's what we're investigating. So, this is called a participatory action research project and what that means is we're trying to do research and really use the knowledge and expertise of those participants, those that have disabilities, those that are from marginalized groups to help us find strategies to improve access. So, what we do, we have multiple stages, but the first is investigation and we're reaching out and collaborating with groups of individuals with disabilities and from underrepresented populations to find out what barriers they're experiencing. And then in a later stages, we're going to talk to professionals that have supports for individuals with disabilities and work in mental health.

00:03:34 Speaker 1

And get their perspectives and stage 3 or phase three is the development of resources and knowledge and or resources and education and training and then outreach to try and talk to individuals with disabilities and those from underrepresented groups to help improve their increase their awareness.

00:03:55 Speaker 1

And knowledge of mental health, resources and assistive technologies that may help them in their daily lives.

00:04:03 Speaker 2

I'm sure you've probably inspired curiosity in a number of people as to whether your programs will help them.

00:04:12 Speaker 2

If they want to talk to you about them, how can they reach?

00:04:14 Speaker 1

Well, I think the best way we're affiliated with the rehabilitation counseling program, our, principal investigator on the project is Dr. Courtney Ward Sutton, I'm the Co-Pi and also the director of our rehabilitation counseling program that focuses on counseling for individuals with disabilities.

00:04:33 Speaker 1

So, you can Google UB rehabilitation counseling and it'll bring you to our program page. And my information is right at the bottom of the page.

00:04:41 Speaker 2

Alright. Well thank you so much for being with us, Dr. Sabella.

00:04:46 Speaker 1

Thank you, Ernie. My pleasure.

00:04:48 Speaker 2

You've been listening to Independent Perspective, a public affairs presentation of WNYIL. Our guest today was Dr. Scott Savella, Professor of Rehabilitation and Counseling at the Counseling, School and Educational Psychology at the University at Buffalo. And I've been your host, Ernie Churchwell.