

Your voice matters!

Join an Individual and Family Support Program (IFSP) Regional Council!

DBHDS
Virginia Department of Behavioral Health and Developmental Services

My Life, My Community

Apply until March 23, 2026!

Share your lived experience and ideas!

DBHDS is looking for people with developmental disabilities (DD) to join our IFSP Regional Councils!

You'll become part of a dedicated group of volunteers who help DBHDS make things better for people with DD and their families.

How do I join?

Apply online until **March 23, 2026**:

surveymonkey.com/r/IFSP-Regional-2026

Got questions? Please email us!
IFSPCommunity@dbhds.virginia.gov





What you'll do on an IFSP Regional Council:

- ✓ Grow leadership skills
- ✓ Build community connections
- ✓ Learn about Virginia's DD service system
- ✓ Help DBHDS make information easier to understand and share

... and more!

Who can join an IFSP Regional Council?

- ✓ People with DD and/or self-advocates over the age of 18
- ✓ People with DD who live in the **Western**, **Northern**, and **Central** regions (check out our map: **https://ifsp.tny.cc/regional-map**)
- ✓ People who are on the DD Waivers Waitlist, receiving DD Waiver services, or living independently