



**Welcome to the Individual and Family Support Program's
March 2026 Coordinated Regional Council Meeting!**

Developmental Disabilities (DD) and the Sibling Journey: Growing Together through Life's Transitions

Featuring presentations from
Brianna A. TenBrink, MBA and Kaitlin McNamara, JD



If you need closed captioning, please check the chat box for the link!





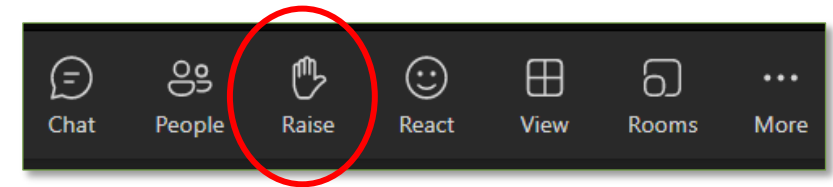
- **Welcome & Ground Rules**
- **What is the IFSP?**
- **The TenBrink Sisters: The Eras Tour** – Brianna A. TenBrink, MBA, Leadership and Advocacy Program Manager, Texas Council for Developmental Disabilities
- **What Adult Siblings Want to Know: Understanding the Evolving Role of Siblings Across the Lifespan** – Kaitlin McNamara, JD, Executive Director, Sibling Leadership Network
- **Panel** – Emil Croyle-Sheire, Monica Mann, and Pete Olson (moderated by Keisha Dortch)
- **Q&A**
- **Council Business and Adjourn**

** If you need closed captioning, please check the chat box for the link! **

** If you need technical support, email IFSPCommunity@dbhds.virginia.gov! **



- **Tonight's main session is being recorded and will be posted to YouTube.**
- **Please be respectful of our presenters, panelists, and other attendees.**
- **Please place your questions in the chat!**
 - The chat is not private.
 - Please identify your region when you are asking your question.
 - If you cannot use the chat box, use the "Raise Hand" feature at the top of your Teams panel.
 - If you have a question that is not related to this topic, you can email IFSPSupport@dbhds.virginia.gov.
- **This meeting is hosted by the IFSP's Regional Councils.**
- **Remember that tonight's meeting is public, so please refrain from sharing personal information.**

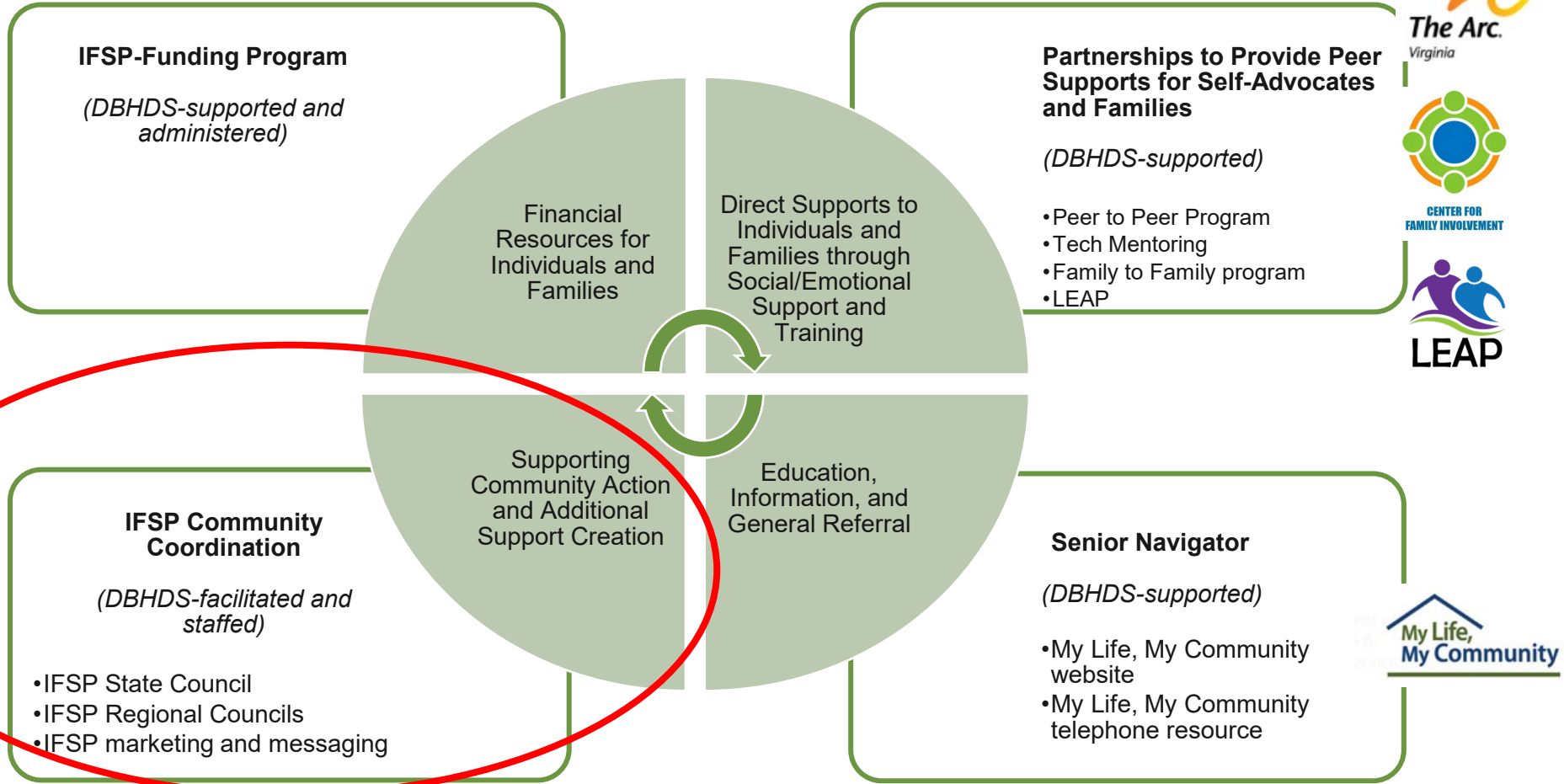
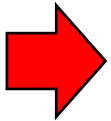


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You are here!



Tonight's presenter: **Brianna A. TenBrink, MBA**

Brianna TenBrink has over a decade of experience working with and directly supporting individuals with disabilities. She began her disability advocacy journey at 10 years old when her two younger sisters were diagnosed as autistic. Her career in disability services began at her local Arc chapter, and she is now the Leadership and Advocacy Program Manager at the Texas Council for Developmental Disabilities. As a graduate and now leader of the Texas Partners in Policymaking program, she trains and supports self-advocates and family members to become effective, collaborative advocates for systems and policy change.

When not working, you can find Brianna hanging out with friends and family and spending time with her dogs, Sasha Fierce and Mochi.



Tonight's presenter: **Kaitlin McNamara, JD**

Kaitlin joined the Sibling Leadership Network as the Executive Director in March 2023. As a sibling, she knows the important role siblings can and do play in the lives of their siblings with disabilities as well as the support and tools they need as they navigate the sibling experience.

After getting her undergraduate degree in political communications from George Washington University, she moved to northern Wisconsin to be close to her three younger sisters. In 2019, she joined the staff at the Wisconsin Board for People with Developmental Disabilities, the Wisconsin DD council, where her work focused on enhancing quality services, educating about human rights, and improving the systems of reporting abuse and neglect of people with disabilities. In 2022, she graduated from The University of Wisconsin Law School where she concentrated on disability justice and changing systems through administrative law. She is passionate about creating inclusive and safe communities for people with disabilities and equipping siblings with the resources and skills they need to advocate alongside their siblings on the issues that matter to them.



Meet our moderator: **Keisha Dortch**

Keisha Dortch is a member of the IFSP State Council representing the Central Region. She previously served as an IFSP Regional Council member for three years.

In her daily life, Keisha works with long-term care programs and enjoys music, shopping, and volunteering. She is a dedicated wife and mother to kids with exceptional special needs and abilities. Keisha is also a Family Navigator for the Center for Family Involvement, a Support Group Facilitator through NAMI, and a Parent Educator for multiple organizations. She has a clear passion for helping families connect to available community resources.





Emil Croyle-Sheire

Youth sibling panelist



Monica Mann

Middle adulthood sibling panelist, IFSP State Council member (Central Region)



Pete Olson

Middle to older adulthood sibling panelist

Meet our panelist: **Emil Croyle-Sheire**

Emil Croyle-Sheire is a 13-year-old aspiring filmmaker in the seventh grade. He plays the baritone sax and guitar. Emil enjoys skiing, baseball, and cross country.

Emil is the middle sibling to his older brother, Arlo, and their younger sister, Maya. Arlo lovingly refers to Emil as his big brother. Emil is a little taller than his 15-year-old sibling who has Down syndrome, ADHD, hearing loss, and complex medical needs. Emil and Arlo's mom, Erin, was working as a journalist in Malaysia when Arlo was born.

Emil and Arlo have always looked out for each other. When they were growing up, people often mistook them for twins. While Emil considers himself an average teenager, he cares and looks out for both his siblings.





The Croyle-Sheire Brothers (and Mom!)

From left to right: Erin Croyle and her sons, Arlo and Emil Croyle-Sheire



Meet our panelist: **Monica Mann**

Monica Mann is a lifelong disability advocate shaped by both personal and professional experience. She currently serves on the IFSP State Council, representing the Central region.

As the middle sister to two brothers with Down syndrome, Monica has spent her entire adult career working in disability services. She is passionate about helping families navigate disability services and finding meaningful resources.



Monica and her brothers

Monica (center) and her brothers



Meet our panelist: **Peter “Pete” Olson**

Pete Olson is an Enterprise Sales Manager at Comcast Business in Richmond, VA. Pete is Kate Olson’s second but “most favoritest” brother of the three. In the Olson pecking order of 8 siblings, he falls third and Kate is fourth.

Pete and his wife Laura currently live in Chesterfield with their two sons, Zach and Luke and their dog, Charlotte. He lives fairly close to Kate, which helps him get to her easily for fun family events or if needed in case of emergency.



The Olson Family and Friends

Pete (front row, left) and Kate (front row, third from left) with some of their siblings and neighborhood friends





- Supporting the Sibling Experience: A Parent's Guide to Starting the Conversation: <https://dbhds.virginia.gov/assets/MyLifeMyCommunity/IFSP-Councils/Supporting-the-sibling-experience.pdf>
 - Talking to Siblings About Disability: <https://www.navigatelifetexas.org/en/family-support/talking-to-siblings-about-a-disability>
 - Organization for Autism Research (Resources for Siblings): <https://researchautism.org/families/sibling-support>
 - Shining Through Podcast: Episode 11: Family Roots to Policy Boots: Brianna's Advocacy in Action: <https://inspirend.org/shining-through-podcast/> (Listen on [Spotify](#))
 - Podcast: Rocking the Big Sister Role with Brianna TenBrink:
 - Part 1: <http://tiny.cc/btb-bigsister-1>
 - Part 2: <http://tiny.cc/btb-bigsister-2>
- Sibling Leadership Network: <https://siblingleadership.org>





- Sibling Support Project: <https://siblingsupport.org/>
- The Center for Family Involvement at VCU: <https://cfi.partnership.vcu.edu/>
- The Arc of Virginia's Peer Supports: <https://thearcofva.org/peer-mentoring>
- PEATC (Parent Educational Advocacy Training Center) event:
 - “Supporting the Whole Family: Disability Through the Adult Sibling Lens”
 - Registration: <https://tinyurl.com/462zx3jt>
 - **March 24, 2026** at 6 p.m.





Before we wrap up ...

Don't forget to let us know what you think!

- Please scan the QR code to fill out the Satisfaction Survey!
- You can also click the link that is being shared in the chat.

THANK YOU!





- **IFSP State and Regional Council Recruitment**
 - Deadline: Monday, **March 23rd, 2026**
 - People with developmental disabilities and/or self-advocates **over age 18**
 - Anyone with a developmental disability who lives in the following areas:
 - **Western Region** (Region 1),
 - **Northern Region** (Region 2), and
 - **Central Region** (Region 4)
 - Apply here: <https://surveymonkey.com/r/IFSP-Regional-2026>





- The recording and PowerPoint slides will be shared on the My Life, My Community website and on the IFSPCommunity Facebook page:
 - <https://mylifemycommunityvirginia.org>
 - <https://www.facebook.com/IFSPCommunity>
- Save the date!
 - **The next IFSP State Council meeting:** Friday, April 24th
 - **Our next IFSP Coordinated Regional Council meeting:** Thursday, May 21st discussing educational options in Virginia for students with developmental disabilities
- To receive the latest updates from the IFSP, please make sure you are subscribed to our email list! <http://tiny.cc/ifsp-email>





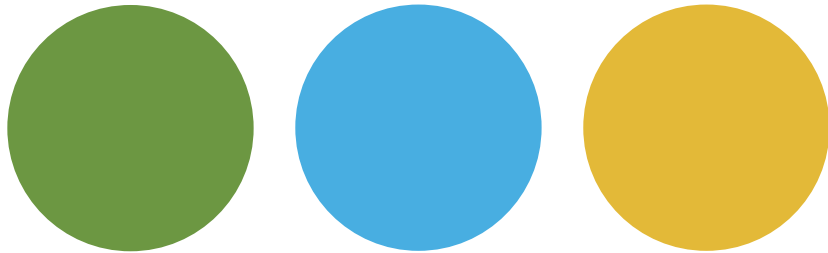
To our IFSP Council cohosts and moderator:

Jonathan Wallace
Shawn Kirk
Keisha Dortch

To our IFSP Central Regional Council

To our Hamilton Relay captioner:

Brenda Perin



To our main session presenters, panelists, moderator, and Central Regional Council RNC:

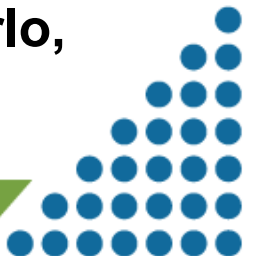
Brianna A. TenBrink, MBA
Kaitlin McNamara, JD

Emil Croyle-Sheire
Monica Mann
Pete Olson

Sarah Horne

To all the siblings, especially:

Myah, Leah, the McNamara sisters, Arlo, Monica's brothers, and Kate



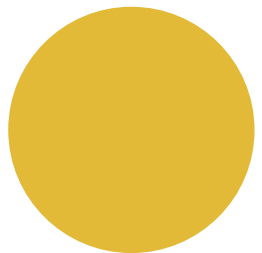
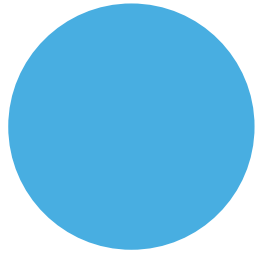
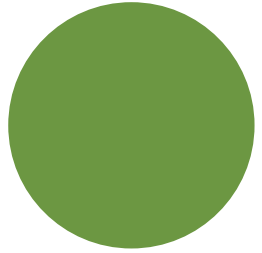


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Thank you!

Follow the IFSP on Facebook:
facebook.com/IFSPCommunity

