



Valley Mountain Regional Center
702 N. Aurora Street
Stockton, CA 95202
(209) 473-0951



Posted on:

www.vmrc.net

www.scdd.ca.gov/northvalleyhills

VMRC Self Determination Advisory Committee Meeting



DATE: Thursday, December 19, 2024



TIME: 3:30pm-5:00pm

WHERE: Online through Zoom

Zoom Meeting:

Join on your computer or mobile app:

Join Zoom Meeting

<https://us06web.zoom.us/j/83850843208?pwd=RYaIQiEpgN6kzPRaEmHxutc4i5kYXh.1>

Meeting ID: 838 5084 3208

Passcode: 986067

Or call in (audio only): Dial by your location

- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)

For security reasons you must be signed into your Zoom account to access the meeting. Please ensure you are signed into Zoom before clicking the link above or entering the ID & passcode.

Pursuant to Government Code Sections 11123.1 and 11125(f), individuals with disabilities who require accessible alternative formats of the agenda and related meeting materials and/or auxiliary aids/services to participate in the meeting, should contact Dena Hernandez at the SCDD North Valley Hills Office, 2529 W. March Lane Suite 105 or by phone: 209-473-6930 or Email: northvalleyhills@scdd.ca.gov. Requests must be received by 5pm, on Thursday, December 12, 2024. Spanish Interpretation is at all meetings and doesn't require a special request.



**Valley Mountain Regional Center
Self Determination Advisory Committee (SDAC)**

**REMINDER from the Self Determination Law
WELFARE AND INSTITUTIONS CODE Section 4685.8**

Role of this Committee

Each regional center shall establish a local volunteer advisory committee to provide oversight of the Self-Determination Program.

The regional center and the State Council on Developmental Disabilities shall each appoint one-half of the membership of the committee.

The committee shall consist of the regional center clients' rights advocate, consumers, family members, and other advocates, and community leaders.

A majority of the committee shall be consumers and their family members.

The committee shall reflect the multicultural diversity and geographic profile of the catchment area.

The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent with the requirements, and may make ongoing recommendations for improvement to the regional center and the department.

These are PUBLIC Meetings-so everyone is welcome.

The focus of this committee is to discuss the

Self Determination Program

This is not the meeting for individual concerns/issues about traditional VMRC services and supports. Please contact your service coordinator for help on individual concerns.

The 5 Principles of Self-Determination



Freedom

You plan your own life and make your own decisions, just like people without disabilities are able to do.

Authority

You decide how money is spent for your services and supports.

Support

You pick the people and supports that help you live, work and play in your community.

Responsibility

To make decisions in your life, to be accountable for using public money and to accept your valued role in the community.

Confirmation

You are the most important person when making plans for your life. You are the decision maker about your services.



Valley Mountain Regional Center
Self Determination Advisory Committee (SDAC)
Thursday, December 19, 2024
3:30pm-5:00pm

AGENDA

Item 1: Call Meeting to Order- Vivian Nicolas -Chair

Item 2: Introductions- Committee members can introduce themselves. Public guests are welcome to put their name in chat.

Item 3: Establish Quorum- Vivian Nicolas- Chair

Item 4: Approval of the agenda-ACTION-Vivian Nicolas- Chair

Item 5: Approval of the minutes from September 19, 2024 & October 17, 2024-ACTION- Vivian Nicolas-Chair. Because there were no action items due to no quorum for the November meeting, there were no minutes taken for the November meeting.

Item 6: Chair Report-Information-Vivian Nicolas-Chair

- Binders-Mary is compiling binders, and items have been translated into Spanish. Each binder will be in English and Spanish.
- RFP process-SDAC leadership team received information on the process by email. Next step is to meet on the process with VMRC, in December. VMRC has set up an SDP email to receive any RFP's going forward.
- SDAC Leadership team will review bylaws and suggest any needed updates regarding attendance, conflicts of interest, and other.

Item 7: Replace vacant leadership position-Assistant Secretary-Vivian-take nominations to vote at January meeting.

Item 8: ICC Self Determination Support Project Proposal-ACTION-Vivian-summarize clarifications & vote on proposal in packet that was presented at the August meeting. Please see attached proposal summary for additional details.

Item 9: Public Comment- *This item is for members of the public to comment and/or present information to the VMRC SDAC. Each person will be afforded up to three minutes to speak, but if need an interpreter up to six minutes. Written requests, if any, will be considered first.*

The VMRC SDAC will also allow public comment, not to exceed a total of seven minutes, for public comment prior to action on each agenda item.

Item 10: Update on the Self Determination Program-*Information*-VMRC Staff to provide updates to the committee, including Fiscal Report for funding balances for our LVAC

How is GT Independence interfacing with VMRC SDP clients? Vendor status?

What is the plan for structuring the VMRC SDP unit to keep continuity and minimize delays in service provision?

Item 11: Event Workgroup-*Information/Action*-Dena & Vivian-Updates from October 24th meeting and update on IF training opportunity.

Item 12: Membership-*Information*-Dena

Item 13: Self Determination Issues-*Discussion-Advisory Committee & VMRC Staff*-Time for committee members or VMRC staff to share any issues, questions or success stories regarding Self Determination, or announcements of upcoming training or opportunities for participants.

- We would like to know which FMS's our committee wants to hear from so we can reach out to maybe be a guest speaker at one of our events and be open to a Q&A-we want to be mindful of this not being open to personal client experiences as we want to protect privacy but how best to work through barriers, in general, and work together to problem solve. Please have this information to discuss at the November meeting.

Join the VMRC SDAC on Facebook:

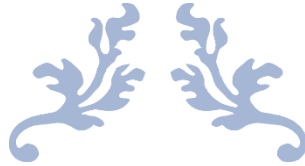
<https://m.facebook.com/groups/401810838352575/?ref=share&mibextid=DcJ9fc>

SCDD SDP Orientation: <https://scdd.ca.gov/sdp-orientation/?fbclid=IwAR3BNnHWCWlv4gwgXdXgYxfcHubPZnVuJ4KF6hyrpV5bREdsl-8lxZFJdSY>

Item 14: Next Meeting- The next meeting is scheduled for Thursday, January 16, 2025 from 3:30-5pm. There will be a new Zoom link for the 2025 meetings that will be on the January agenda.

The VMRC SDAC meetings are held monthly on the 3rd Thursday-from 3:30pm-5:00pm. Meetings can be attended virtually on Zoom. For meetings, the Zoom link is the same each month.

Item 15: Meeting adjourned.



Valley Mountain Regional Center Proposal

SDP TRAINING

November 1, 2024



Autism Society of Los Angeles
21250 Hawthorne Boulevard
Torrance, CA, 90503
310.849.6505
Kim@AutismLA.org



Phoenix Facilitation of California LLC
811. N. Catalina Avenue, Suite 2018
Redondo Beach, CA, 90277
310.863.7977
Naomi@GoPhoenix.org

Table of Contents

SUMMARY OF PROJECT	2
SCOPE OF SERVICES	2
Recruitment	2
Training	3
Delivery	3
Total Cost & Timing	3
ASLA SKILLS, EXPERIENCE AND QUALIFICATIONS	4
FEEDBACK FROM TRAINEES	6

SUMMARY OF PROJECT

The Autism Society of Los Angeles (ASLA) & Phoenix Facilitation of California LLC propose to combine forces to support the implementation of the Self-Determination Program (SDP) at Valley Mountain Regional Center (VMRC). With a combined total of well over 100 years of experience with people with developmental disabilities throughout the lifespan, both lived and career-based, the team assembled for this project has the ability and desire to meet the needs of the diverse community of VMRC. ASLA & Phoenix Facilitation's teams are made up of subject matter experts and parent advocates who aim to provide culturally and linguistically appropriate training via Zoom to further the overall reach of SDP and Person-Centered Regional Center services at VMRC.

The outreach and training initiatives will be provided in a variety of modalities and two languages in order to ensure access to the broader community and to decrease roadblocks and hindrances to engagement that could be caused by factors such as limited technology access, geographic location, need for multilingual services, and/or time and schedule constraints.

ASLA and Phoenix Facilitation recommend this training as a way for trainees to gain SDP foundational knowledge.

SCOPE OF SERVICES

Recruitment

ASLA & Phoenix Facilitation will seek out trainees from diverse backgrounds who reside within VMRC's catchment area, through social media advertising, VMRC parent and vendor groups, and other creative avenues to ensure widespread knowledge. VMRC and the LVAC will be an active partner in recruitment. Focus will be on the recruitment and training of self-advocates and family members of individuals with developmental disabilities, with a particular emphasis on community members from historically underrepresented groups. Participants who self-identify as non-White and/or as speaking a language other than English will be prioritized.

ASLA & Phoenix Facilitation will provide training to this cohort, with training and materials available in English and Spanish (with a minimum of 5 participants required for services to be provided in Spanish).

ASLA & Phoenix Facilitation can support a maximum of **50 trainees in English, as well as 50 trainees in Spanish**, with a minimum of 5 participants required for services to be provided in Spanish. Additional non-minority/English-speaking trainees will be considered only if there is not sufficient interest from underserved communities. There will be a maximum of 100 participants accepted into the training, with the understanding that natural attrition is anticipated.

Please note, ASLA heard the VMRC community at the LVAC who requested the training provide many spots, but we caution that this will mean that not all participants' questions will be addressed due to volume of attendees.

Training

Training will be provided in lecture format via Zoom. Due to the one-day format no hands-on workshops will be included. There will be no homework. Pre- and post-tests will be administered along with course evaluation. NOTE: Time will not permit workshops.

The training will be provided in 1 day.

Training topics and modules will include, but not necessarily be limited to the following.

- **SDP Fundamentals**, This will include sessions on:
 - a. Principles of SDP
 - b. Fundamentals of Person-Centered Planning
 - c. Basic overview of the budget
 - d. Basic overview of the spending plan

- **Understanding VMRC SDP Processes**, introducing the VMRC process flowchart identifying roles throughout the SDP lifecycle and the VMRC team. This customized module is created in partnership with VMRC leaders and staff, and will include a VMRC Resource reference page.

Delivery

Live Zoom delivery in core English and core Spanish , across 1 day for each language. Materials are delivered in core language, not using translation, to assist with knowledge acquisition. ASLA believes delivering live in core language is critical for knowledge acquisition and sharing.

Content Material will be provided in English and Spanish.

Total Cost & Timing

\$13,000 with recruitment of trainees occurring in Winter 2024. Training will be implemented in 2025 (based on the timeframe of the award and stipulations of when funding must be exhausted by).

ASLA SKILLS, EXPERIENCE AND QUALIFICATIONS

ASLA Experience with:

- Languages, flexibility and ability to engage underrepresented communities**
 56% of the ASLA staff is bilingual with Spanish and English or Korean and English. Only 33% of the ASLA team is Caucasian. The Community Moderator role within ASLA is to bridge the language/cultural gap and represent underrepresented communities.
- Person-Centered Planning**
 More than 50% of the ASLA staff are Person-Centered Thinking trained through the Learning Community for Person-Centered Practices. Phoenix Facilitation is a credentialed PCT Trainer.
- Self-Determination**
 ASLA was a co-sponsor on the Self-Determination Law and has been providing instruction since 2015. 44% of the ASLA team have one or two family members in SDP. See portfolio of projects below.
- Use of plain language/universal design practices**
 ASLA has been providing plain language content and universally designed practices in their delivery and deliverables to help break down barriers and improve access for all.
- Community resources, Regional Center system, and other agencies who have a role in supporting people with intellectual and/or developmental disabilities**
 67% of the ASLA team have a regional center family member, so are familiar with navigating community resources and systems. In addition, ASLA provides a free Resource Warm Line to help the community navigate systems of support.
- Data Collection and Analysis**
 33% of ASLA team is a MBA (Masters in Business Administration) or Engineer so they have a strong competency in data and analysis, also demonstrated through projects listed below which have all included data collection, analysis and reporting.

ASLA has the expertise, both lived and technical, to balance existing training commitments across California. ASLA has a proven track record implementing SDP projects since 2015, most recently:

Year awarded	Project title	Grant/contract number	Languages supported
2024	Inland Regional Center (IRC)	IF recruitment, training & testing	English, Spanish
2024	Harbor Regional Center (HRC)	IF Training	English, Spanish
2024	South Central Los Angeles County Regional Center (SCLARC)	IF Training	English, Spanish
2023	DDS SAE - Cross-Cultural Independent Facilitator Advanced Training Program	22-c27	English, Spanish, Korean

2022	DDS - Cross-Cultural Independent Facilitator Mentor Training Program for the Self-Determination Program	21-c27	English, Spanish, Korean
2022	Eastern Los Angeles Regional Center (ELARC)	ASLA/0352 2021/2022	English, Spanish, Cantonese
2022-2023	North Los Angeles County Regional Center (NLACRC)	If Training & Support Group Facilitation	English, Spanish
2021	DDS SAE - Cross-Cultural Independent Facilitator Mentor Training Program for the Self-Determination Program	20-c27	English, Spanish, Korean
2019-2020	DDS SAE - Cross-Cultural Independent Facilitator Trainings and Ongoing Support for the Self-Determination Program	18-c27	English, Spanish

The primary members include Carola Camacho Maranon (Project Lead & IF), Kim Sinclair (Executive Director), Naomi Hagel (IF), and Jane Sakurai (Program Coordinator).

SEE PRIMARY RESUMES

Carola Camacho Maranon M.Sc.

carolcamaron@gmail.com
carola@autismsla.org

EXPERIENCE

Autism Society of Los Angeles — Program Leader

5/2023 - present
Develop Cross Cultural Advanced IF Training Program for state-wide participation. Ensure operations and materials support diverse cultural needs of participants. Develop and support collaborative relationships to support ASLA program goals.

Autism Society of Los Angeles — Hispanic Community Moderator

9/2022 - 5/2023
Provided cultural leadership for Spanish-speaking participants in ASLA's Cross-Cultural IF Mentor Training Program. Led in the development of curriculum for program, with emphasis on needs of diverse groups. Created unique climate for workgroups, optimizing cultural interaction and support.

Ongoing Consulting and IF work

6/2022 - present
IF and Founder at Resilience Facilitation Services LLC
3/2023 - present
SDP Coach at Phoenix Facilitation and HRC project
4/2021 - 6/2022
IF at Exceptional Connections

EDUCATION

Independent Facilitator Certificate, Guidelight Group (March 2022)

Person Center Thinking Training, ELARC U, March 15 th and 16 th 2022.

Self-Determination Independent Facilitator Certificate, DVU and ASLA, October 2020.

Fundamentals of Facilitation Certificate, State Council of Developmental Disabilities, (March 2019)

IFP French Institute of Petroleum, Paris, France — Master of Science in Refining, Engineering, Construction and Gas 2005 -2007

San Simon University, Cochabamba, Bolivia — Bachelors in Chemical Engineering 2004.

OTHER

ELARC SDP Local Advisory Committee — Co-chair

9/2023 - Present. Appointed by SDCC.

HRC SDP Local Advisory Committee — Member

2/2015 - 9/2017 - Appointed by SDCC.

Lanterman Office of Administrative Hearings (OAH)

Advisory Committee — Member

8/2023 - Present.

SKILLS

Reliable, responsible, organized
Goal oriented
Good team player
Able to learn quickly
Works well under pressure
60 WPM

LANGUAGES

Trilingual English, Spanish, French



Naomi Hagel, M.S.

Torrance, CA 90503
(310) 863-7977
Naomi@GoPhoenix.org

EXPERIENCE

Phoenix Facilitation of California LLC — Founder

2022 - Present
Serving as an Independent Facilitator, Person-Centered Planner, and advocate to ensure individuals and families receive the services they are entitled to through the Regional Center, school districts, and generic resources. Training and supporting other Independent Facilitators, Person-Centered Planners, and traditional service vendors while working in concert with up to seventeen Regional Centers statewide. Providing coaching and consultative services to participants, families, Regional Center staff, and other stakeholders via Request for Proposal (RFP) funds awarded by Local Volunteer Advisory Committees (LVACs) at multiple Regional Centers. Ability to work closely with a training team to support diverse and monolingual/multilingual populations.

South Central Los Angeles Regional Center, CA — Program Manager (II)

2017-2022
Led the implementation of the Self-Determination Program, enrolling 48 participants, working closely with the Department of Developmental Services (DDS). Responsible for overall supervision of service provision for up to 1000 Persons Served, including the hiring, management, disciplinary action, and daily support of up to 14 Service Coordinators (SCs), support staff, and Team Leader. Credentialed by the Learning Community for Person-Centered Planning as a Person-Centered Thinking Trainer; trained staff, provider partners/vendors, and other stakeholders on Person-Centered Thinking and Planning.

Dungarvin, Long Beach, CA - Program Director

2015-2017
Monitored and ensured quality of all aspects of a day program for up to 60 adults with developmental disabilities, including the recruitment, hiring, and supervision of up to 25 staff at a time from pre-hiring to post-termination.

EDUCATION

City University of New York, Hunter College, New York, NY

2012 - Master of Science in Mental Health Counseling

Mercy University (formerly Mercy College), Dobbs Ferry, NY

2010 - Bachelor of Science in Psychology

SKILLS

Person-Centered Thinking
Independent Facilitation
Training
Management
Grant Writing
Lanterman Act & Medicaid
Waiver Requirements



FEEDBACK FROM TRAINEES

- “Gracias a estas capacitaciones pude entender mejor el proceso de autodeterminación de una forma clara y bien explicada, con estas capacitaciones no solo se beneficiará mi hijo que pronto será un participante de este programa si no también otras personas que podré apoyar en este proceso, gracias por proveer estos talleres totalmente en español, esto ayudó mucho a que pudiera entender mejor la información presentada.”

(Translation)

“Thanks to these trainings I was able to better understand the self-determination process in a clear and well-explained way. With these trainings, not only will my son who will soon be a participant in this program benefit, but also other people who I will be able to support in this process, thank you for providing these workshops entirely in Spanish, this helped a lot to better understand the information presented.”

- “Yo recomiendo 100 % sus capacitaciones porque en ningun lugar o organizacion las proporcionan en mi idioma Español eso es una gran desigualda pero gracias a

ASLA pude tener estas capacitaciones en Espanol , me ayudo a tener mas conocimiento y comprension del programa de autodeterminacion y poder ser un facilitador Independiente con amplio conocimiento y preparacion para desempeñar un buen trabajo para mis clientes y mi hijo. Tambien recordemos que muchas familias vivimos en area rural y es muy dificil atender en persona asi que una vez mas gracias ASLA por tener estas capacitaciones por zoom . solo me resta decir que recomiendo 100% las capacitaciones de ASLA . Gracias.”

(Translation)

“I 100% recommend their training because no place or organization provides them in my Spanish language, that is a great inequality but thanks to ASLA I was able to have these trainings in Spanish, it helped me to have more knowledge and understanding of the self-determination program and to be able to be a facilitator Independent with extensive knowledge and preparation to do a good job for my clients and my son. Let's also remember that many families live in rural areas and it is very difficult to attend in person so once again thank you ASLA for having these trainings via zoom. It only remains for me to say that I 100% recommend ASLA training. Thank you.”

- Agradezo a ASLA por estar compartiendo todo este conocimiento con nosotros para empoderar a la comunidad, espero estar en muchos más entrenamientos ofrecidos por Carola, es un honor compartir con personas con gran humanidad como usted, necesitamos más personas como usted para poder ayudar a tanta familia tan necesitada. Estoy hambrienta de aprender y poder aportar un granito de arena a la comunidad y poder sentir que estoy viviendo para servir y sirviendo para vivir! 💕💕

(Translation).

I thank ASLA for sharing all this knowledge with us to empower the community. I hope to attend many more of the training offered by Carola. It is an honor to share with people of such great humanity like you. We need more people like you to help so many families in need. I am eager to learn and to contribute to the community, to feel that I am living to serve and serving to live! 💕💕”

- “... ASLA strives to make sure there is simplicity and inclusion in their training

sessions. The trainers/staff are very accommodating and willing to answer any questions you may have.”

- “... It has been a fabulous year of training for me!! I have learned so much about SDP and many things that are involved with it. Now, I can proudly say I know what SDP is! With my trainings, I would like to help my community (Korean) and to advocate SDP! Without ASLA’s trainings, I wouldn’t have dreamed of helping others! Thank you for your great work and trainings! Hope you can continue to offer more trainings for various levels of learners!”
- “I just wanted to take a moment to express my appreciation for the training provided by ASLA. It truly stands out as one of the best out there! The depth of information and the wealth of resources available are invaluable for anyone...”.
- (From recent chats)
 - “Thanks for the great information in this training tonight. It was loaded with information.”
 - “Thank you – so helpful and informative 🙏 grateful to learn from you.”
 - “These sessions are extremely helpful. Thank you.”
 - “Thank you I learned a lot today.”
 - “Gracias Carola and Naomi - saben lo que estan haciendo.” (Translated: “Thank you Carola and Naomi - they know what they are doing.”)