

# SERVICE STANDARDS

# VALLEY MOUNTAIN REGIONAL CENTER SERVICE STANDARD

## SOCIAL RECREATION and CAMP SERVICES

### Philosophy and Purpose

It is the philosophy of VMRC that people with developmental disabilities have access to age-appropriate social recreational activities, including camping services and associated travel expenses. VMRC believes that such activities are an important and necessary part of all people's lives. These activities help to ensure a person's emotional well-being, promote, and develop friendships, and enhance social skills. As such, VMRC will promote the participation of people with developmental disabilities in meaningful, preferred social/recreational activities.

The purpose of social recreation services is to meet the person's need for socialization and access to recreational activities. VMRC is aware that people with developmental disabilities are often socially isolated and may not have opportunities for social interaction and recreation with a wide circle of friends and acquaintances, including people without disabilities.

### Definition

Social recreation services include those supports and services that allow the person to socialize with friends or peers. or spend structured or unstructured time engaged in recreational activities. Typically, people access and participate in social recreational activities through their families, residential services, schools, or day programs.

Benefits of social recreational activities in –

- Children – promote social growth and development.
- Adults – prevent isolation, encourage development of social skills, learn social boundaries; form long-lasting relationships; promote community engagement.

### Eligibility

The Planning Team, as defined in W&I Code 4512 (j), which includes the person served, reviews the need for socialization and for recreation and develops a statement of goals based upon the needs, preferences, and life choices of the person. The Team considers several factors that support or inhibit the achievement of the person's goals (e.g., the people's own abilities, family, friends, residential care facility, and community resources). Use of generic resources should be explored, and the cost effectiveness of the requested service considered. VMRC will fund approved services if/while generic resources are being explored and the exploration of generic resources shall not delay the implementation of these services.

The Team shall take into account the consumer's need for extraordinary care, services, supports and supervision, and the need for timely access to this care.

("Planning team" means the individual with developmental disabilities, the parents or legally appointed guardian of a minor consumer or the legally appointed conservator of an adult consumer, the authorized representative, including those appointed pursuant to subdivision (a) of Section 4541, one or more regional center representatives, including the designated regional center service coordinator pursuant to subdivision (b) of Section 4640.7, any individual, including a service provider, invited by the consumer, the parents or legally appointed guardian of a minor consumer or the legally appointed conservator of an adult consumer, or the authorized representative, including those appointed pursuant to subdivision (a) of Section 4541, and including a minor's, dependent's, or ward's court-appointed developmental services decisionmaker appointed pursuant to Section 319, 361, or 726.)

### **Implementation:**

It is VMRC's intent to advocate and supply information to people, their family members, and service provider on social/recreational activities. This can be achieved by VMRC providing supports and services, either through purchase of service funding or through generic resources, targeted to the unique needs of each person, as identified by the planning team.

### **Exceptions and Appeals Process**

As with all VMRC purchased services, if the Planning Team determines there is a need to request an exception to these standards, a Purchase of Service (POS) Exceptions request should be submitted. Please refer to the POS Exceptions Policy.

VMRC recognizes that there may be occasions when a decision is made by VMRC that may not satisfy the person or his/her legally authorized representative. When the person

or his/her legally authorized representative believes a VMRC decision is illegal, discriminatory, or not in the person's best interest, an appeal can be made to challenge that decision. All processes shall be in compliance with W&I Code, Section 4700-4730.

# VALLEY MOUNTAIN REGIONAL CENTER SERVICE STANDARD

## NONMEDICAL THERAPY SERVICES

### Philosophy and Purpose

It is the philosophy of VMRC that people with developmental disabilities have access to age appropriate nonmedical therapy. VMRC believes that such activities are an important and necessary part of all people's lives. As such, VMRC will promote the participation of people with developmental disabilities in meaningful, preferred nonmedical therapies.

The purpose of nonmedical therapy services is to meet the person's need for specialized services and supports, or special adaptations of generic services.

### Definition

Nonmedical therapy services should be those supports and services that are supplemental to the primary intervention or treatment support of the consumer. All interventions must be evidence-based practice related to the qualifying condition and developmental disability of the consumer. Examples of potential nonmedical therapies include those listed in WIC 4688.22(a)(2), such as specialized recreational therapy, specialized art therapy, specialized dance therapy, and specialized music therapy.

Requested nonmedical therapy providers should have verifiable credentials to implement any requested therapies. If required by the California Code of Regulations Title 17 or the California Department of Developmental Services, service providers shall be credentialed, certified, or licensed by an appropriate licensing or credentialing body.

For the purposes of identifying allowable nonmedical therapies, the provisions of Welfare and Institutions Code 4648(a)(17) does not apply to nonmedical therapies.

### Eligibility and Implementation Process

Nonmedical therapy includes services and support that are evidenced-based practice in order to be considered habilitative. Testimonials will not be considered a valid indication that a nonmedical therapy is evidence-based. Requested nonmedical therapy services must be identified through the IPP/ISFP process with the planning team and included in

the IPP/IFSP. The Planning Team as defined in Welfare and Institutions Code 4512 (j), which includes the person served, reviews the need for nonmedical therapy and develops a statement of goals based upon the needs, preferences, and life choices of the person. The Team considers several factors that support or inhibit the achievement of the person's goals (e.g., the person's own abilities, family, friends, residential care facility, and community resources). Use of generic resources should be explored, and the cost effectiveness of the requested service considered. VMRC will fund approved services if/while generic resources are being explored and the exploration of generic resources shall not delay the implementation of these services.

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### **Exceptions and Appeals Process**

As with all VMRC purchased services, if the Planning Team determines that sufficient support exists to request an exception to these standards, a Purchase of Service Exceptions request should be submitted.

VMRC recognizes that there may be occasions when a decision is made by VMRC that may not satisfy the consumer or his/her legally authorized representative. When the person or his/her legally authorized representative believes a VMRC decision is illegal, discriminatory, or not in their best interest, an appeal can be made to challenge that decision. All processes shall be in compliance with Welfare and Institutions Code, Section 4700-4730.

# OUTREACH FLIERS

# Social/Recreation and Camp Services



Effective July 1, 2021, changes to Welfare and Institutions (W&I) Code section 4648.5 restores regional center authority to fund camping services and associated travel expenses and social recreation activities.

## What is Social/Recreation?

- Services and supports that allow a person to socialize with friends or spend structured or unstructured time engaged in recreational activities.
- Activities that promote social inclusion and engagement.
- Promotes social growth.
- Prevents isolation, encourages development of social skills, teaches social boundaries, forms long lasting relationships and promotes community engagement.

## Who is Eligible for Social/Recreation Services?

- People who live with family or independently and do not attend day programs.
- People who live with family or independently and attend day programs, but do not have social/recreation in their Independent Service Plan (ISP).

## How will Social/Recreation be Implemented?

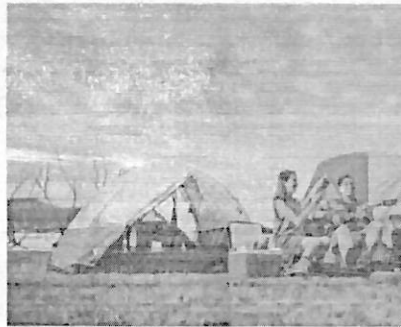
- The Planning Team will determine together if a need exists.

Ask your Service Coordinator about Social/Recreation and  
Camping Services!





# Social/Recreación Y Servicios de Campamento



A partir del 1 de julio de 2021, los cambios a la sección 4648.5 del Código de Bienestar e Instituciones (W&I) restaura la autoridad del centro regional para financiar los servicios de campamento y los gastos de viaje asociados y las actividades de recreación social.

## ¿Qué es Recreación/Social?

- Servicios y apoyos que permiten a una persona socializar con amigos o pasar tiempo estructurado o no estructurado participando en actividades recreativas.
- Actividades que promuevan la inclusión social y el compromiso.
- Promueve el crecimiento social.
- Previene el aislamiento, alienta el desarrollo de habilidades sociales, enseña límites sociales, forma relaciones duraderas y promueve la participación de la comunidad.

## ¿Quién es elegible para los servicios Recreativos/Social?

- Personas que viven con la familia o de forma independiente y no asisten a programas de día.
- Personas que viven con la familia o de forma independiente y asisten a programas de día, pero no tienen servicios recreativos/social en su Plan de Servicio Independiente (ISP).

## ¿Cómo se implementará la actividad Recreativa/Social?

- El equipo de planificación determinarán juntos si existe una necesidad.

¡Preguntele a su Coordinador de Servicios sobre Servicios Recreativos/Social de Campamento!



UNDERSTANDING  
THE NEW AMENDED  
CALIFORNIA LAW ON  
SOCIAL RECREATION  
SERVICES  
TRAINING MATERIAL

**Understanding the New Amended  
California Law on  
Social Recreation Services**



# Training Goals

- ▶ Overview of the New Law
- ▶ Key Changes in the Law
- ▶ Restriction No Longer Allowed ( New Accessibility for Social Recreation Services)
- ▶ Regional Center Social Recreation Policy
- ▶ Legislative Intent and Goals
- ▶ How to Identify Needs and its Benefits of Social Rec
- ▶ Provide a Brief Understanding of Participant Directed Services
- ▶ Provide an Overview of the Appeals and Resolution Process

## Key Changes in the Law

- ▶ Regional Centers to place a high priority on promoting full inclusion and independence through access of social recreation services.
- ▶ Regional Centers will make social recreation services widely available to individuals served.
- ▶ Regional Centers will increase access to individuals served to participate in an array of social recreation services, so that they may lead the lives that they want in the community.

## Key Changes in the Law (cont.)

- ▶ Regional Centers to develop a Purchase of Service Policy and Procedures to decrease barriers in accessing social recreation services.
- ▶ Regional Centers to expedite and reduce administrative barriers to the utilization of social recreational services.
- ▶ Regional Centers will create an easier payment method for social recreation services through Participant-Directed Services.



# Significant Dates

- ▶ By October 1, 2024- Regional Centers will have at least one point of Contact regarding access to social recreation services.
- ▶ By January 1, 2025- Regional Centers shall adopt procedures aimed at increasing the availability of providers and expediting vendorizations for social recreation accordingly.
- ▶ By March 1, 2025- Regional Center staff will provide access on the RC website all training curriculum or materials, along the dates of training provided to RC staff.
- ▶ By March 1, 2025, Regional Center staff will provide access on the RC website all training curriculum or materials, along the dates of training provided to RC staff.

Choose the correct statement?

A. Regional Center can limit access to social recreation.

B. Regional Centers can request families to rely on generic resources.

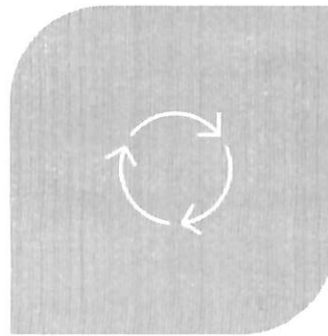
C. Regional Centers will make social recreation services widely available to individuals served.



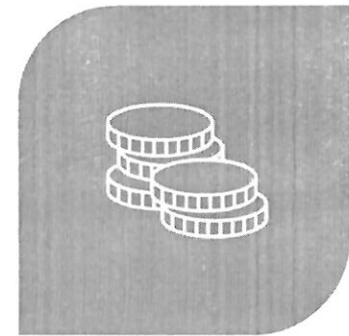
**Effective July 1, 2023, a Regional Center shall not require an individual or family member to do any of the following**



**CANNOT REQUIRE IN-HOME SUPPORTIVE SERVICES (IHSS) USE FIRST.**



**NO SERVICE EXCHANGE REQUIRED (E.G., RESPITE HOURS FOR RECREATION HOURS).**



**NO OUT-OF-POCKET COSTS OR COPAYMENTS.**

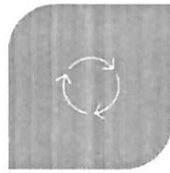
## Legislative Intent and Goals

- ▶ Prioritize inclusion through recreation.
- ▶ Make services widely available.
- ▶ Increase access for children, underserved communities, and those who cannot afford services upfront.
- ▶ Reduce administrative barriers to the utilization of these services by consumers to the fullest possible extent.

Select three actions that Regional Centers are no longer allowed to do?



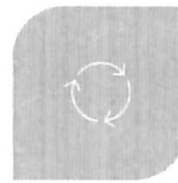
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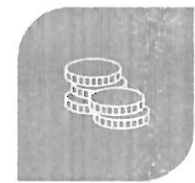
NO OUT-OF-POCKET COSTS OR COPAYMENTS.



Use the same training twice



DME



POS

# Social Rec Policy



**State of California**

**WELFARE AND INSTITUTIONS CODE**

**Section 4688.22**

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4688.22. (a) The Legislature finds and declares both of the following:

(1) The Legislature places a high priority on promoting the full inclusion and independence of individuals with developmental disabilities, including through opportunities for recreation, consistent with Section 4501 and paragraphs (6) and (7) of subdivision (b) of Section 4502.

(2) As such, it is the intent of the Legislature for social recreation services, camping services, and nonmedical therapies, including, but not limited to, specialized recreation, art, dance, and music, to be among the services and supports within the meaning of subdivision (b) of Section 4512 and be made widely available to consumers, not only for socialization, but to lead the lives that they want in the community. It is further the intent of the Legislature that regional centers, when developing purchase-of-service policies and related procedures, and that the department, when reviewing regional center purchase-of-service policies and related procedures, reduce administrative barriers to the utilization of these services by consumers to the fullest possible extent.

(b) The regional centers shall use the following principles when purchasing social recreation services, camping services, and nonmedical therapies:

(1) Consumers shall receive services and supports in settings that are typical of those in which persons without disabilities engage in social recreation, camping, or nonmedical therapies.

**Link WIC 4688.22**



Who will be providing the legislature information on the status of implementation?

## The benefits of social recreation Services for individuals with developmental disabilities

- ▶ **Social Skills Development**
- ▶ **Create diverse circles of Friendships**
- ▶ **Sense of Belonging**
- ▶ **Improve Physical and Mental Health**
- ▶ **Enhanced Self Esteem**
- ▶ **Physical Activity Benefits**
- ▶ **Cognitive Stimulation**
- ▶ **Expand on the circles of support**

## How to identify Soc/Rec needs for individuals served?

- Inquire about the area of interest, abilities, preferred social settings, desired level of interaction, communication methods, & accessibility needs. You can obtain this information from the individual served, family, care giver, or support staff.
- Explore the individual's preference by asking what activities do they enjoy doing in their leisure time.
- Review if the individual prefers individual or group activities.
- What type of social interactions do they seek? casual, structured, or competitive



## How to identify Soc/Rec needs for individuals served?

- Any concerns about physical abilities and inquire if adaptive equipment is required for participation
- Explore about the individuals comfort level with interacting with others and if support is necessary in initiating a conversation or maintaining a relationship.
- Does the individual want to participate in activities within their local community? Or have something else in mind
- Are there accessible community programs or organizations that could be a good fit?

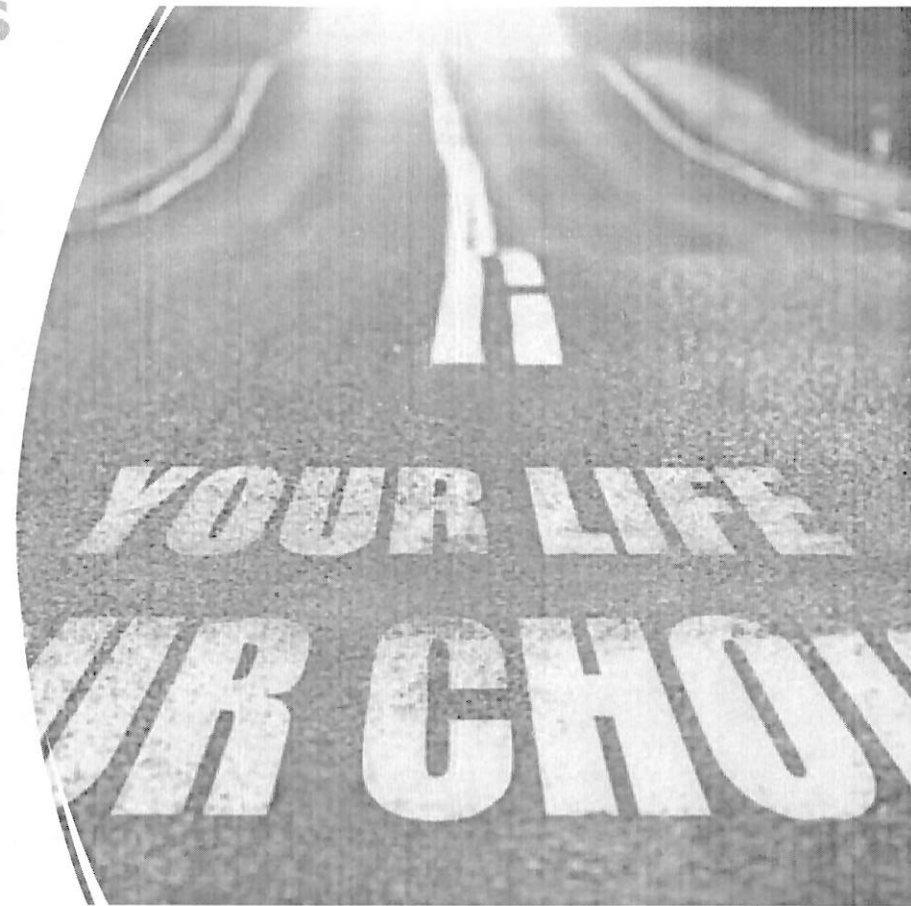
## Soc/Rec appeals process

If agreement cannot be reached in part or in its entirety:

- ▶ the individual and/or family has a right to appeal the decision as specified in the Lanterman Appeal Process.
- ▶ For information in the Appeal Process:  
<https://www.dds.ca.gov/general/appeals-complaints-comments>

## Participant-Directed Services

- Payment Flexibility Through Participant-Directed Services
- Allows more providers to accept payment via fiscal management services (FMS).
- Easier for regional centers to pay upfront, reducing out-of-pocket costs.



Thank you for joining the social recreational training  
on understanding the new amended California law  
on social recreation services.

**SERVICE STANDARDS  
UPDATE  
TRAINING MATERIAL**



**SERVICE STANDARDS  
UPDATE**



# Updates

Social Recreation and Camp Services

Nonmedical Therapies Services

**Welfare and Institutions  
Code 4688.22 effective July  
1, 2023**



**DDS Directive on November  
3, 2023**

**DDS Directive on February 6,  
2024**

A decorative graphic consisting of a vertical line on the left side, a horizontal bar at the top, and a horizontal bar at the bottom. The vertical line and the top bar are dark grey, while the bottom bar is a lighter shade of grey. The text is centered in the white space to the right of the vertical line.

**Changes Made to Social  
Recreation and Camp  
Services Service Standard**

A decorative graphic consisting of a vertical line and two horizontal bars. The vertical line is positioned on the left side of the page. The top horizontal bar is located above the vertical line, and the bottom horizontal bar is located below it. The space between the top and bottom horizontal bars is divided into two sections by the vertical line: a light gray section on the left and a white section on the right.

**Changes Made to  
Nonmedical Therapies  
Service Standard**



# Questions?

Social Recreation and Camp Services

Nonmedical Therapies Services

**THANK YOU**

Jason Toepel, Compliance  
Officer

Christine Couch, Director of  
Case Management, Adults

**SOCIAL RECREATION**

**&**

**NON-MEDICAL**

**THERAPY SERVICES**

**TRAINING MATERIAL**



*Social Recreation & Non-  
Medical Therapy Services*



# Agenda

- Overview of the New Law
- Key Changes in the Law
- Restriction No Longer Allowed ( New Accessibility for Social Recreation Services)
- VMRC Social Recreation Service Standard
- Legislative Intent and Goals
- How to Identify Needs and its Benefits of Social Rec
- Provide a Brief Understanding of Participant Directed Services
- Provide an Overview of the Appeals and Resolution Process
- Non-Medical Therapy Service Standard
- Non-Medical Therapy Requests
- Final tips & Takeaways

## Social Recreational Law Amended

- amended Welfare Institutions Codes Section 4688.22 that provides Regional Centers and the Department of Developmental Services with the opportunity to expand, train & promote the access of social recreation services for individuals with developmental disabilities.
- This is an advancement in improving the lives of individuals with developmental disabilities by placing a high priority in promoting full inclusion and independence through these new opportunities of social recreation services.

## Key Changes in the law

- Regional Centers to place a high priority on promoting full inclusion and independence through access of social recreation services.
- Regional Centers will make social recreation services widely available to individuals served.
- Regional Centers will increase access to individuals served to participate in an array of social recreation services, so that they may lead the lives that they want in the community.
- Regional Centers to develop a Purchase of Service Policy and Procedures to decrease barriers in accessing social recreation services.
- Regional Centers to expedite and reduce administrative barriers to the utilization of social recreational services.
- Regional Centers will create an easier payment method for social recreation services through Participant-Directed Services.

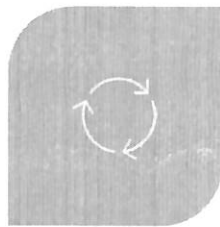
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**NO SERVICE EXCHANGE REQUIRED (E.G., RESPITE HOURS FOR RECREATION HOURS).**



**NO OUT-OF-POCKET COSTS OR COPAYMENTS.**



## Legislative Intent and Goals

- Prioritize inclusion through recreation.
- Make services widely available – eliminate barriers – do not exchange for other services or require access to generic resource, i.e., IHSS.
- Increase access for children, underserved communities, and those who cannot afford services upfront – vendor social recreational activities in our community, other option parent vendored.
- Minimize administrative obstacles to ensure individuals served can fully access and utilize services. No out-of-pocket cost or co-payment requirements

## Social Recreational Service Standard

- Philosophy – access to age appropriate social and recreational activities, camp and associated travel.
- Ensure emotional well-being, promote and develop friendships and enhance social skills.
- Purpose – meet person's needs for socialization and access to recreational activities, include supports/services allowing a person to socialize with friends or peers, or spend structured or unstructured time engaged in recreational activities. For children to promote growth and development.
- Eligibility – Planning team meeting as defined in W&I Code 4512 (j), includes person served, need for the service, preferences, choice, explore generic resources, cost effectiveness (generic resources cannot delay social recreational services.)
- Implementation – advocate and implement services through purchase of services and/or generic resources, targeting unique needs of the individual.
- Appeals Process - any service denial requires a Notice of Action (NOA)



**State of California**

**WELFARE AND INSTITUTIONS CODE**

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(b) The regional centers shall use the following principles when purchasing social recreation services, camping services, and nonmedical therapies:

(1) Consumers shall receive services and supports in settings that are typical of those in which persons without disabilities engage in social recreation, camping, or nonmedical therapies.

**[Link WIC 4688.22](#)**





# The benefits of social recreation Services for individuals with developmental disabilities

- Social Skills Development
- Create diverse circles of Friendships
- Sense of Belonging
- Improve Physical and Mental Health
- Enhanced Self Esteem
- Physical Activity Benefits
- Cognitive Stimulation
- Expand on the circles of support

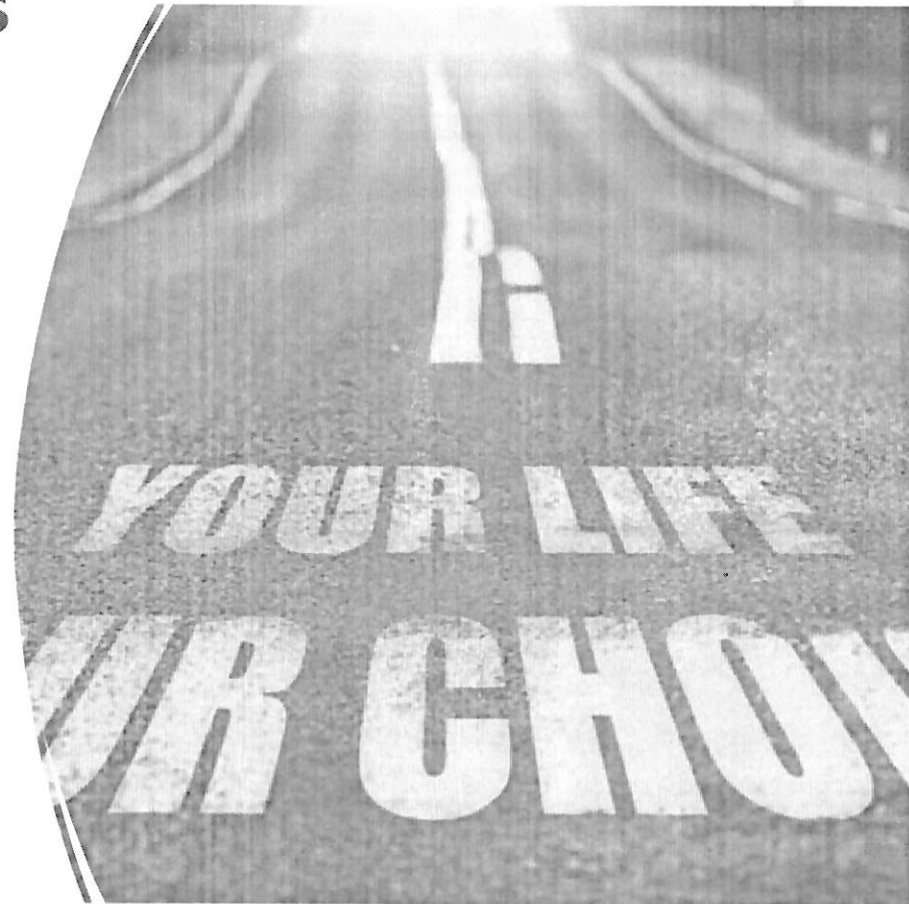


## How to identify Soc/Rec needs for individuals served?

- Inquire about the area of interest, abilities, preferred social settings, desired level of interaction, communication methods, & accessibility needs. You can obtain this information from the individual served, family, care giver, or support staff.
- Explore the individual's preference by asking what activities do they enjoy doing in their leisure time.
- Review if the individual prefers individual or group activities.
- What type of social interactions do they seek? casual, structured, or competitive.
- Any concerns about physical abilities and inquire if adaptive equipment is required for participation.
- Explore about the individuals comfort level with interacting with others and if support is necessary in initiating a conversation or maintaining a relationship.
- Does the individual want to participate in activities within their local community? Or have something else in mind.
- Are there accessible community programs or organizations that could be a good fit?

# Participant-Directed Services

- **Payment Flexibility Through Participant-Directed Services**
- Allows more providers to accept payment via fiscal management services (FMS).
- Easier for regional centers to pay upfront, reducing out-of-pocket costs.



# Non-Medical Therapy Service Standard

- Philosophy – people with developmental disabilities have access to age-appropriate non-medical therapy. These activities are an important and necessary part of all people’s lives, promote participation in a meaningful and preferred non-medical therapies.
- Purpose – meet the person’s need for specialized services/supports, or special adaptations of generic resources.
- Definition – supports/services supplemental to primary interventions/treatment to support the individual, evidence-based practices related to qualifying condition/developmental disability, as defined in W&I 4688.22 (a)(2) i.e., specialized music therapy or art therapy, etc. and require viable credentials.
- Eligibility/Implementation – evidence-based practices, Planning team meeting as defined in W&I Code 4512 (j), includes person served, review need for non-medical therapy.
- Appeals Process - any service denial requires a Notice of Action

## Non-Medical Therapy Requests

- Service Coordinator receives request to fund non-medical therapy services.
- Service Coordinator reviews request with PM to determine if a non-medical therapy request or a social recreational request.
- Often, non-medical therapy requests do not meet the service standard, therefore the request is considered for social recreational services.
- If request meets criteria for social rec services, the request can be approved.

## Final tips & takeaways

- Power Point Presentation, social recreational flyers , service standards and links to regulations will be emailed to PMs at conclusion of the training.
- Program Managers to provide training to teams.
- Program Manager confirm each SC is trained by submitting digital signatures via chat feature in Teams to Vickie Cahoon by February 25, 2025.



# Questions



Thank you for your time!

Julie de Diego, Division Manager, Children Services

Cindy Jimenez, Division Manager, Early Childhood  
Services



**DATES TRAINING WAS  
PROVIDED TO  
REGIONAL CENTER  
STAFF**



DATES TRAINING WAS  
PROVIDED TO  
REGIONAL CENTER  
STAFF

<b>Training Date</b>
1/28/25
1/29/25
2/5/25
2/6/25
2/11/25
2/11/25
2/13/25
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