**Supported Life Institute presents our 33rd Annual Conference**

**Supported Life 2019:**

 **“Opening Doors to Diversity:**

***Cultivate … Participate … Celebrate*“**

*Empowering All People with Developmental Disabilities to be Fully Included in the Community*

**Session Descriptions**

*(brief)*

**October 10 – 11**, 2019

Crowne Plaza Hotel Sacramento northeast

**Icon Key For Session Topics**

 **Living / Community**

**Wellness & Health**



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| Sponsored / Offered by Ca APSE organization **Family Supports/** **Transition** **Living / Community****Personal Power**  **& Rights****Schools****Communication /**  **AAC****Employment****Organizational and** **Staff Development****Health & Wellness****Sponsored / Offered by Ca APSE organization** |   |
|   |   |
| Diversity category **Diversity** |   |
|   |   |
|   | Schools category  |

# Concurrent Sessions **1 A-F: Thursday** **10:20 - 11:30 a.m.**

## Diversity category

1A **Efforts to Reduce Disparities in Regional Center Services.** Sylvia Hoggatt, *Department of Developmental Services, Sacramento*. This interactive session with long-experienced staff from the Department of Dev. Services (DDS) offers an overview of developmental services system, incl. role of DDS & regional centers in overseeing & providing services & supports throughout Calif. Hear update on the data related to disparities & about initiatives to promote equity in provision of regional center services. Presenters focus esp. on efforts to reduce disparities through projects funded by DDS.

## Employment category

1B **I Want to Work! Paid Internship Program (PIP).** Liz Zastrow,*Lodi Unified School District.* This leading voice on Transition notes: “Students want to work. They want to have enough time on a job site to acquire the skills to be hired. Paid Internship Program (PIP) is a way to make this happen. Imagine your students paid to participate in an actual internship. Students can work approx. 800 hours! Join us to learn how to design a PIP program.” Hear success stories & lessons learned via Lodi Career Connections, plus applying for Competitive Integrated Employment (CIE) Incentive Payments & payments for students who have continued to work.





1C **The How To's of an Effective IEP.** Isabel Duncanwood, *Voices Unleashed, Redding****.*** This session presenter notes: “I will discuss how to write an effective Individualized Education Program (IEP), Set up and measure goals within the IEP, and incorporate assistive technology into the IEP.My name is Isabel Duncanwood. I am an AAC Consultant in Redding, California. I have worked in the area of assistive technology for the last 13 years. I have recently finished writing a book called God, Life, and Cerebral Palsy.”

1D **Diabetes, pre and Type II, Who, Why and What to do.** Margaret Shipp, *Public Health Nurse, Oroville.* This session will explain diabetes type II, cause and effect, including people most susceptible to the disease and the tragic effects of it. The presenter, a Public Health Nurse, reviews Nutrition and Food choices, as attendees learn the importance of the A1C test, of monitoring their blood sugar, & the roles of lifestyle as well as genetic risk for diabetes.



1E **People with Intellectual/Developmental Disabilities & Sexual Violence: The Untold Story.** Mark Starford, *Board Resource Center. Rancho Mirage.* Efforts to address sexual violence generally focus on people without disabilities, & women. But men with disabilities also experience sexual violence - w/ fewer support resources. 14% of men w/ disabilities experience violent victimization vs. 4% of men w/o disabilities. Fewer men disclose assault - men w/ I/DD may be even less likely. Learn scope of this issue for both men & women & how to use video clips & training materials to educate / prep support people for sensitive discussions.



1F  **Including all Individuals in Local Housing Plans.** Yvonne McCuistion Tucker, *Department of Developmental Services, Sacramento*. Individuals & families with extremely low incomes are hardest hit by the affordable housing crisis. Many of these individuals include “people with disabilities, seniors, or individuals in the labor force.” Section Chief in DDS Community Development & Housing Branch joins this Housing Policy Specialist in CA Department of Housing & Community Development to discuss empowering Individuals with Intellectual / Developmental Disabilities (I/DD) to be included in local government “housing plans.”

# Concurrent Sessions **2 A-F: Thursday** **2:20 - 3:30 p.m.**

## Diversity category

 2A  **A Deeper Look at Diversity and Disparities.** Tony Anderson, *Executive Director,* & Carlos Hernandez, *Cultural Specialist, Valley Mountain Regional Center, Stockton.* These presenters state: “A lot has been written in recent years about disparity of use of developmental services across race, ethnicity, & cultures. But most reports only take a surface look. Though hard to ascribe causes to differences, it is important to look at them in detail to learn how our community preferences are changing, so we can develop a system ready to meet the modern needs of our regional communities in response to changing demands.



2B **Real Work for Real Pay in the Real World**. Michael Luna, CA *Dept. of Dev. Svcs, Barbara Boyd, CA Dept. of Education, Nina Presmont, CA Dept. of Rehab.* This session focuses on various paths to competitive integrated employment (CIE), for youths transitioning from high school & into “the real world,” as well as for adults who have already transitioned out of high school. Presenters from Department of Rehabilitation, Calif. Department of Education & Department of Developmental Services explain what each department is responsible for & how they are working together to offer services for individuals to find CIE.



 2C **Practical Strategies for Promoting Successful Inclusive Classrooms.** Caitlin Solone, *UCLA - Univ. of Calif. Los Angeles.* Participants learn about the day-to-day life of an inclusion facilitator: reating inclusive educational environments w/collaborative partnerships, developing behavioral & social supports, IEP goals, & accessible curriculum. Learn practical tips & tricks to develop a sustainable inclusive classroom. See what it’s like to create educational access in general ed. classrooms for students with the most unique needs; scheduling & planning techniques; universal design strategies; modification / accommodation; collaborative teaming approaches… Presenter welcomes participant questions, concerns & active whole group discussion.

## Communicatoin / AAC category

2D **Creating Visual Supports Using Your Windows Computer.** Kristen Carroll, CTEC / Supported Life Institute, Sacramento. Need a free, easy way to create visual supports? Schedule boards, token charts, step-by-step directions, low tech communication boards, first/then boards, social communication books, icons to be placed around environment? Visual supports provide individuals necessary cues to aid their participation, interactions, communication, & ability to regulate behavior throughout their day & across environments. Learn about free Chat Editor software & snipping tool with Windows to create these supports



2E **1st Annual Convening toward National Vision to Address Sexual Abuse.** Mark Starford, *Board Resource Center. Rancho Mirage.* The first national “Convening” was held at National Adult Protective Services Conference 8/19/19 in Denver. Participants discussed ground-breaking development of a national infrastructure - with self-advocates & national, state & local stakeholders - to prevent, recognize, report & respond to sexual abuses committed against persons with Intellectual / Developmental Disabilites – 7x greater than general population, according to the Dept. of Justice. Hear about results from this important gathering.

## Personal Power and Rights category

2F **Self-Determination Program in California.** Sonya Bingaman*, Calif. State Council on Developmental Disabilities, Sacramento.* Self-Determination was passed into law in 2018. It began rolling out in 2019. Where are we now? Who is participating & what changes have they seen to achieving their goals? Hear this general overview of the Self-Determination Program & the role of the local Self-Determination Advisory Committee & Statewide Self-Determination Advisory Committee.

# Concurrent Sessions **3 A-F: Thursday** **3:40 - 4:50 p.m.**

## Diversity category



3A **Performing Krip-Hop: Politics Lyrics, Poetry & Movement Making.** Leroy Moore, *Founder. Krip-Hop Nation, Berkeley.* We appreciate today’s afternoon Keynote Speaker following up with a breakout session for attendees to “learn Krip-Hop Politics & write artistic poems & songs by using Krip-Hop Politics & terms.” Participants can delve into this multi-media session focusing on our conference theme & on what diversity, race, & disability mean from the perspective of this longtime researcher, poet, activist, author, writer, lecturer, & performer.

3B **Implementation of CMS Final Rule: Enjoying the Benefits of Community Life.** Katherine Weston, HCBS Specialist, *Alta California Regional Center, Sacramento*. The CMS Final Rule was adopted five years ago. This update to Medicaid legislation directs that Regional Center clients have full access to the benefits of community life. How has this impacted Regional Services at ACRC? Come learn about new services being offered and updates by existing service providers, plus what questions everyone should be asking at the next IPP meeting.



3C **Impact of Disability on Brothers and Sisters.** Angie Rivera, *UCDavis MIND Institute, Sacramento.* This workshop will be a facilitated, sibling panel. Discussion will be on siblings’ unique concerns as well as those which are like their parents’ concerns. They will talk about varied feelings & emotions that siblings experience, such as guilt, embarrassment, etc. They will discuss what their parents did especially well in helping the family accept & adjust to their sibling’s disability - & what could have been done differently. Suggestions will be given to the audience on how to best support siblings so that Agencies can truly be Family-Centered.



3D **Modeling & Prompting: 2 Powerful Strategies to Teach Communication Skills to AAC Learners.**Eric Salter, *CTEC / Supported Life Institute, Sacramento.* “He has an AAC device, but he never uses it.” “She just pushes buttons randomly.” “He has a PECS book, but only uses it to request food.” Have you had similar thoughts or concerns when supporting an AAC learner? Whether supporting a person using low-tech picture board or high-tech speech generating device, learn techniques to help AAC learner truly communicate using their system. Examples & hands-on activities portray implementation throughout the AAC learner’s day.

## Health / Wellness category



 3E **Silence = Violence Statewide Network.** Mark Starford, *Board Resource Center. Rancho Mirage.* Our community is abused at much higher rates than general population - growing despite media attention, but lack of effective action. CA Foundation of Indep. Living Ctrs., Supported Life Institute & Board Resource Center helped initiate the “**Silence = Violence**” Statewide Network in 2016 to address the epidemic of abuse against seniors & people with disabilities. Learn Silence = Violence approach, statewide members & how senior/aging & varied disability communities are coming together “side by side,” outside their normal spheres, learning about each other, collaborating on projects, & placing people with disabilities & seniors at the center.

3F **Diverse is the New Normal: Combatting Old Beliefs, Practices and Perceptions.** Caitlin Solone, *UCLA - Univ. of Calif. Los Angeles.*  This presenter will introduce core concepts from Disability Studies that will challenge participants’ current conceptualizations of what it means to have a disability. Using Larrivee’s (2000) framework of critical reflection, participants will examine their personal beliefs & assumptions about human potential & learning & consider the ethical implications of their beliefs & the way they affect others. Whether service provider, teacher, professional, self-advocate, or family member, this session will push you to think outside of the box & generate new ways of thinking about disability.

# Concurrent Sessions **4 A-F: Friday** **10:00 - 11:10 a.m.**



4A **Cultural Brokering: Outreach and Engagement to Spanish-Speaking Communities**. Maribel Hernandez, *UC Davis MIND Institute CEDD, Sacramento*. This presenter will define cultural brokering and share and discuss how it can be utilized to engage people with developmental disabilities and families of children with disabilities to support their unique needs. Attendees will learn different approaches and recommendations on engaging Spanish-speaking immigrant families and their children to improve their access to services and supports.





4B **Developing Capacity Within Your Organization- Lessons from the Field.** Carole Watilo, *Progressive Employment Concepts, Citrus Heights..* Developing capacity in our organizations to meet ongoing changes - in policies, funding & needs of the individuals we serve - can be challenging. This session focuses on some strategies being used to position services to meet these challenges. The presenter discusses lessons from various organizations who are working to move forward. She highlights strategies around customized employment, paid internships, & person centered thinking.

4C **Blocking the Punches Safety Training**. Jane Singer & Jessica Masser, *Blocking the Punches, Venice*. People w/ disabilities are at risk & frequently victimized. This program helps those w/ a variety of challenges - autism, Downs Syndrome, mental illness – anticipate & respond to situations that may endanger them. If verbal or physical assault, our expecting the unexpected makes dangers of world around us less Feared than Prepared for. Mother/ daughter trainers stress importance of avoiding physical conflict, using respectful, non-confrontational language in basic self-defense moves teaching boundaries & defense from bullying.

## Communication /  AAC

4D **Communication Device Users Stay Connected Using Video Conferencing.** Jamie Crum, *CTEC / Supported Life Institute, Sacramento.*Video calls like Skype, Zoom, Facebook Video and Google Hangouts make it possible to stay connected with others. Video conferencing allows us to use our communication devices, facial expressions, gestures & other non verbal communication methods. It is much more effective than talking on a phone. Presenters demonstrate a video call & discuss why attendees should advocate for adding video conferencing as a skill for their agency's participants, plus logistical tips for individuals & groups.

4E **The Importance of Storytelling.** Elizabeth Morabito, *N&R Publications, Sacramento*.This marketing & publications specialist explains why outreach through storytelling is effective & how to do it for your own agency or for individuals as self-advocates. Attendees can learn from recent successes in Sacramento & now nationwide (w/ State Councils in 6 States) in developing special inserts on Inclusion. Her earlier 10-year nonprofit fundraising & marketing background informs her discussion of the importance of sharing information through stories, different types of calls-to-action, & how to structure a narrative arc to effectively communicate.



4F **Self-Determination Program Initial Implementation: An Update.** Liz Harrell, *DDS / San Diego Regional Center, Carlsbad*. California has launched the Self Determination Program (SDP) across the state. Come hear the latest news about the program. Hear from individuals & family members about where they are at in the process of planning, budgeting, & setting up services. This session will focus on how Self Determination is suited to meet the needs of California's Diverse Population. Co-presenters include an SDP participant, plus a Regional Center Local Advisory Committee Chair who is mother of an SDP participant.

# Concurrent Sessions **5 A-F: Friday** **1:45 - 2:55 p.m.**

## Diversity category

5A **Promotores Program- Far Northern Regional Center.** Larry Withers, *Far Northern Regional Center, Redding*. Speakers discuss implementation, successes, & lessons learned from Far Northern Regional Center's “Promotores” Program. Presenters helped shape this outreach program while increasing the POS Utilization of their target clientele. & also brought cultural competency training to staff and vendors, while creating awareness of disparities within their catchment area. Attendees learn how to create their own Promotores Program, set measures and goals for it, & monitor & track program progress,



* 1. 5B **Employment and Self-Determination.** Pamela Arturi, *Easter Seals Southern California, Irvine.* This session focuses on how Employment & California’s new Self Determination Program (SDP) can interact. Presenters focus on what SDP means for employment, how people can utilize SDP for job development,, & making sure that those with a goal of employment who are in Self-Determination have access to quality supports. Discover what creative new things a person can do within Self-Determination to get to work and what will it look like.

## Family Supports / Transition category

5C **Different Options for Administering a Special Needs Trust.** Stephen Dale, *Dale Law Firm, PC, Pacheco.* This program will discuss different options for administration of a special needs trust, including the Life Passage Planning program which is a network of agencies that are being developed to bring more affordable & person centered case management services to assist in meeting the beneficiaries’ needs. Also discussed is how to incorporate a social network (circle of support) to direct the trustee



5D **Emergency Preparedness for Self-Advocates**. Sonya Bingaman, *Calif. State Council on Dev. Disabilities, Sacramento*. Be Prepared for an Emergency. This session will review the 4 most common emergencies in California: Floods, fires, earthquakes and medical emergencies. We will discuss developing a Plan and preparing a Go Bag. Feeling Safe Being Safe folders will also be shared and reviewed.



5E **Tools for Engaging & Motivating Others - part 1 of 2.** Liz Barnett, *Motivational Interviewing for Change, Long Beach.* This 2-Part Session introduces Motivational Interviewing, for increasing motivation & eliciting “change-talk” using an “elicit-provide-elicit” method. Learn skills & purposes of these methods for working with people. Get the opportunity to practice skills, debrief live & video demonstrations, & ask questions. Dr. Barnett - who has trained Service Coordinators, Family Resource Center staff, & Case Managers, among others - brings her varied experiences to ensure attendees leave w/ insights & concrete skills to implement on the job.



5F **Community Living: Now, More Than Ever.** Mary Ellen Sousa, *Creative Support Alternatives, San Andreas.* Whether brand-new to Community Living or experienced professional, the work brings many rewards plus countless challenges. In dealing w/ challenges, however, we risk losing focus on why Community Living is so important, what our roles can be, & how we can support people w/ disabilities to build more inclusive lives. Someone once said, “The Main Thing, is to keep the Main Thing, the Main Thing”. Come listen, learn, participate, as we share real-life examples of how Community Living can open up amazing experiences.

# Concurrent Sessions **6 A-F: Friday** **3:05 - 4:15 p.m.**

## Diversity category

6A **Addressing the Disparities: The Alta California Regional Center Experience.** Helen Neri, Cultural Diversity Specialist, *Alta California Regional Center, Sacramento*. Hear about the outreach & ongoing activities & service data collected by this regional center to reduce disparities & promote equity in services as recipient of grant funds (through DDS). Since 2016, the law added - besides data collection - the recruitment & hiring of cultural specialists for all 21 regional centers & new funds to augment regional center efforts in these areas, given the broad diversity of clients & families receiving services.



6B **Home and Community Based Services: Overview and Case Studies.** Debra Jorgensen, *Consultant, San Diego*. These presenters will be highlighting the federal Home and Community Based Services (HCBS) Final rules. Learn about some of the HCBS grant results and case studies & how things are being carried out to help individuals gain employment in the community through day programs. Learn more about What the HCBS Rules are, what Agencies can do to steer their Programs in the direction of HCBS - or how to be an advocate and to advocate for yourself or your family.



6C **ABLE and Special Needs Trusts: Either-Or or Yes-And.** Dante Allen, *CalABLE, Executive Director, Sacramento.* Dante Allen of CalABLE & Stephen Dale, of the Dale Law Firm compare & contrast the best uses for CalABLE Accounts & Special Needs Trusts. CalABLE accounts are new savings option that allow consumers to save & invest in a tax-advantaged account, without jeopardizing their ability to collect SSI. The presentation offers real life scenarios & analyzes them to illustrate best cases for the economic benefit of attendees. The presentation also explores how to set up & operate an ABLE account & a Special Needs Trust.



6D **Eyegaze Technology for Communication.** Jennifer Beckett, *CTEC / Supported Life Institute, Sacramento*. Some people need to access a communication device with just their eyes to be able to communicate more independently and effectively. This session addresses: What is eye gaze technology? Who can benefit from eye gaze technology? How can an eye gaze device be used for AAC (Augmentative & Alternative Communication)? How is one of the areas within The Grid 3 Software utilized to make it work?

## Organizational and Staff Development category



6E **Tools for Engaging & Motivating Others - part 2 of 2.** Liz Barnett, *Motivational Interviewing for Change, Long Beach.* This 2-Part Session introduces Motivational Interviewing, for increasing motivation & eliciting “change-talk” using an “elicit-provide-elicit” method. Learn skills & purposes of these methods for working with people. Get the opportunity to practice skills, debrief live & video demonstrations, & ask questions. Dr. Barnett - who has trained Service Coordinators, Family Resource Center staff, & Case Managers, among others - brings her varied experiences to ensure attendees leave w/ insights & concrete skills to implement on the job.

6F **What YOU Can Do to “Keep the Promise” Alive!** Mary Ellen Sousa, *Creative Support Alternatives, San Andreas.* The Lanterman Act is California’s “promise” to people with developmental disabilities and their allies. At its core, it is a promise that people with developmental disabilities will receive the services and supports they need in order to live productive lives in their communities. But this promise is threatened by years of underfunding and political issues: it’s up to all of us to make sure that the promise is honored. This session will offer specific ideas and creative approaches to making sure YOUR voice is heard by your elected officials!