**Quality Services in a Time of Emergency**

**October 22, 2020 10:00 am – 4:00 p.m.**

**1 Day Virtual Workshop by**

**Supported Life Institute**

**Empowering All People with Developmental Disabilities**

**To be Fully Included in the Community**

www.supportedlife.org****

**Email Links for Follow-Up Questions for Speakers**

**Plus**

**Additional Resources from Keynote & Session Speakers:**

**Keynote 1 - Nancy Bargmann,** Director, CA Dept. of Developmental Services

“Message from Nancy Bargmann”

**DDSC19@dds.ca.gov**

Resources: [**www.dds.ca.gov**](http://www.dds.ca.gov)

**Keynote 2 -Tony Anderson,** Exec. Dir. Valley Mountain Regional Center

**“**Why We Are Still Thriving During a Global Pandemic”

**tanderson@vmrc.net**

Resources:

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| <https://www.vmrc.net/sac6/> |
| <https://www.vmrc.net/mental-health-wellness-tips-for-quarantine/> |
| <https://www.vmrc.net/mental-health-wellness-tips-for-quarantine-spanish/> |
| <https://www.forbes.com/sites/tracybrower/2020/04/28/how-to-thrive-during-the-pandemic-10-strategies-for-resilience-based-on-brain-science/#6a5d01835cd7> |

**Song Troubadour - Peter Leidy –**

**“**Uplifting Song Selections for a difficult time”

**peterleidy@yahoo.com**

Resources **and CDs**:

[**www.peterleidy.com**](http://www.peterleidy.com)

**Bonus Song - Video:**

<https://www.youtube.com/watch?v=uHywBNchfZk>

**Session 1 -** “Staying Connected: Meaningful Connections During the Time of COVID-19”

**-Anne Silcher for Mains’l, Sarah May,** SCDD North State, **Laura Larson,** SCDD North Coast**,**

**AKSilcher@MAINSL.com**

Resources: [**www.mainsl.com**](http://www.mainsl.com)

**Session 2 -** “Supporting People: Amidst Shifting Routines & Increased Isolation”

**-Jacquie Dillard-Foss,** STEP - Strategies to Empower People

**jacquied@stepagency.com**

Resources: [**www.stepagency.com**](http://www.stepagency.com)

**Session 3 -**

**“**Reinventing, Reimagining, Redesigning Services in a COVID World”

**-California APSE** Board of Directors

**CaAPSE@apse.org**

Resources: [**www.apse.org**](http://www.apse.org)