

sclarc scene

south central los angeles
regional center's
newsletter



WORLD DOWN SYNDROME DAY WAS SUPER FUN—This special play date celebrating World Down Syndrome Day was held on March 18, 2017 here at South Central Los Angeles Regional Center in the Golden State Mutual (GSM) historic auditorium. The fun-filled event consisted of circle time activities, songs, bilingual story time, super heroes and a special dance party. See page 4 for more great pictures that capture the fun.

summer issue #2 vol. 15



employment spotlight: sclarc's
rondell bennett

inside

meet the members of
sclarc's navigator team

5

autism awareness
month celebration

10

alert la county: are you
registered?

15

sclarc launches new navigator program to provide enhanced case management to consumers and families

South Central Los Angeles Regional Center (SCLARC) received funds from the Department of Developmental Services (DDS) to implement a new Navigator Program. Two Navigator Specialists and five Navigators have been hired to assist SCLARC's Service Coordinators, improve consumers' and families' knowledge of generic resources, and provide personal assistance to individuals who are requesting needed services. The Navigator staff will also develop and facilitate ongoing trainings and provide individual consultation to consumers, families, and staff. The positions require advanced knowledge of regional center services, major systems of care, and generic resources benefitting consumers, families, and staff. The program will offer families and consumers intensive support and follow up from intake and throughout their regional center experience.

See Meet the Navigator Team on page 5



South Central Los Angeles
Regional Center
*for persons with
developmental disabilities, inc.*

Participants in the SDP must be a client of a regional center, must live at home or in the community but not in a long term care facility, participate in an approved orientation, and be willing to follow certain rules of the program.

SELF - DETERMINATION

The Self-Determination Program (SDP) is a voluntary program which will help people with developmental disabilities and their families have more control over the services and supports that they need to achieve their goals. It will provide them with an individual budget with which to purchase the services and supports they need to implement their individual person-centered plans.

Where can you obtain the latest information?

Sign up for email updates from DDS by sending an email to sdp@dds.ca.gov.

Submit your questions for SCLARC to marshamb@sclarc.org.

The Department of Developmental Services (DDS) has submitted an application to the federal government for the Self-Determination Program.

After the application for federal funding has been approved, the SDP will be implemented for 2,500 participants in California during the first 3 years. DDS will select the clients from each regional center to participate; including 108 from SCLARC

After the three year pilot period, the program will be made available to all interested clients.



SELF-DETERMINATION COMMITTEE MEETINGS 2017

The following dates are for this year's meetings:

Wed Aug 9, 2017	6:00 p.m. to 8:00 p.m.
Wed Oct 11, 2017	6:00 p.m. to 8:00 p.m.
Wed Dec 13, 2017	6:00 p.m. to 8:00 p.m.

All meetings will take place in the Legacy Building, 4th Floor
2500 S. Western Avenue
Los Angeles, California 90018

For more information, please contact Marsha Mitchell-Bray,
Director, Community Services & Family Supports at
(213) 743-3061 or by email: Marshamb@sclarc.org.

sclarc celebrates its super kids and families during world down syndrome day

SCLARC celebrated World Down Syndrome Day (WDSD) which is celebrated around the world on March 21st. The date is significant for its medical reference to Trisomy 21 (three copies of the 21st chromosome, which is how Down syndrome is most commonly manifested). This was the 12th Anniversary of WDSD and SCLARC celebrated on Saturday, March 18, 2017 by hosting a Super Hero party for children ages 0-10 years of age. Siblings and family members had a blast!



meet south central's navigator team members



maria figueroa

As the Community Relations Specialist for SCLARC, **Maria Figueroa** has been an integral part of Community Outreach, Legislative Relations and Housing efforts for the agency. Her work with SCLARC families, community agencies, service providers and contractors has resulted in extremely positive outcomes and partnerships. Ms. Figueroa has demonstrated SCLARC's concern that its consumers' needs are met, within the guidelines of the Lanterman Act. She has an impeccable track record of following up on inquiries, complaints and requests from consumers, families and staff members. She effectively communicates the regional center's standard practices to consumers and families so they understand what services are available to them regarding generic resources and/or housing.

In her new role as Navigator Specialist, she will coordinate with Service Coordinators, families and consumers to explore appropriate regional center services. She will develop ongoing trainings for families and professionals; and also create in-service trainings for regional center staff.

Mireya Romero is a dedicated community activist and a fierce warrior parent for her daughter Christy, who is a SCLARC consumer. Mireya became involved with the regional center after Christy was diagnosed with Down syndrome. From the onset, Mrs. Romero was very proactive in finding the necessary tools to help her daughter. She has also been extremely active at SCLARC serving on its Family Resource Center Advisory Board, Friends Housing's Board, and the Board of Directors for South Central Los Angeles Regional Center. She is not only an advocate for her daughter, but for all the families SCLARC represents. Most recently, Mireya served as SCLARC's Parent Navigator Consultant for the regional center. In her new capacity as Navigator Specialist, she will help lead SCLARC's Navigator team in assisting parents to procure the services while traversing the myriad of agencies and systems involved in meeting the needs of their children. She will also facilitate opportunities for training, education and empowerment.



mireya romero

Narca Butler has most recently worked as a Behavioral Specialist working with families with special needs. As a lead teacher of the high school program for the Jeffrey Foundation, Ms. Butler assisted students and families in achieving behavioral goals and more positive outcomes. As a part of the Navigator Team, Narca will continue to offer families and consumers intensive support, She will follow up as well as facilitate access to additional needed services from generic and community resources.



narca butler

Irene Cortez is the mother of a SCLARC consumer and an active parent-advocate for children and families of children with Down syndrome. In 2009, with the help of Down Syndrome Association of Los Angeles (DSALA), Irene started a support group for parents of children with Down syndrome in her local area. This year, she introduced music to the group, calling it "Music Adventure." Unifying musical instruments with play time, enables children diagnosed with Down syndrome and their siblings to connect in unimaginable ways. In the near future, she plans to add dance and karate to her support group in an effort to provide more engaging activities for Down syndrome children and their families. Irene also assists other parents by helping with IEPs, acquiring assistive technology, In Home Supportive Services and financial assistance.



irene cortez

(see navigators on page 8)



MCCLANEY FAMILY RESOURCE CENTER

Navigator Program

Providing Support, Assistance & Solutions



The McClaney Family Resource Center provides support for families of the South Central Los Angeles Regional Center (SCLARC).

Our new Navigator Program offers assistance to parents and caregivers to help navigate through and connect them to free community resources and much-needed services such as SSI, IHSS and IEP support.

1

SYSTEM NAVIGATION

Staff will assist with connecting to systems of care that provide services to individuals with special needs and their families.

2

EDUCATION

Workshops and in-service trainings will provide information related to child development, obtaining services and referrals to community resources.

3

ADVOCACY

Parents, caregivers and professionals will learn strategies that help them enhance and more effectively advocate for their consumers and/or families.



Early Start & Regional Center

Assistance with intake and services for early intervention and Regional Center support through the IFSP and IPP.



Educational Support

Strategies and guidance that support the development of IEPs.



Community Resources

Training and referrals for services available in the community to support families.

CENTRO DE RECURSOS FAMILIARES DE SCLARC

Programa de Navegadores

Proporcionando Apoyo y Soluciones



El Centro de Recursos Familiares provee apoyo de navegación a familias del Centro Regional del Sur Centro de Los Angeles.

El nuevo Programa de Navegadores de SCLARC está disponible para ofrecer asistencia a padres, cuidadores y profesionales para apoyar consumidores recibiendo servicios del centro regional.

1

NAVEGACIÓN DE SISTEMAS

El programa asistirá con la navegación de varios sistemas de cuidado que proveen servicios a individuos con necesidades especiales y a sus familias.

2

EDUCACIÓN

Talleres y entrenamientos serán proveídos sobre varios temas relacionados al desarrollo y a como obtener servicios y recursos comunitarios.

3

ABOGACÍA

Padres, cuidadores y profesionales aprenderán estrategias para abogar para el consumidor y/o la familia.



Intervención Temprana y el Centro Regional
Asistencia con el proceso de evaluación y con servicios y apoyo por medio del IFSP y el IPP.



Educación Especial
Estrategias para recibir apoyo por medio de IDEA.



Recursos Comunitarios
Entrenamientos y referencias para servicios disponibles en la comunidad para apoyar familias.

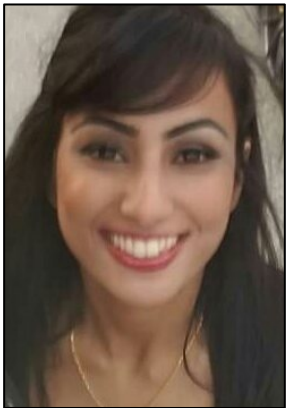
Contacte al Centro de Recursos Familiares para más información al (213) 744-8882

navigator team ... continued from page 5

Rachel Llanos' passion stems from her interest in working with families who may not understand how to navigate the regional center system, as well as school district systems. Ms. Llanos wants to help parents comprehend the process between intake, evaluation and service implementation, in order to better assist them in developing strategies for ensuring SCLARC's families get the services they need. She is a dedicated mentor for other families and has participated in numerous special needs programs, workshops, trainings and conferences. She has extensive knowledge in child development, motivational interviewing, and end-of-life nursing education. All of this led to her becoming a highly qualified Family Representative with Miller Children's Palliative Care Program, where she helped many parents navigate various systems.



rachel llanos



sangita prasad

Sangita Prasad is a dedicated professional with more than five years of early intervention experience working with individuals with disabilities and their families. Ms. Prasad has tremendous knowledge in developing, planning, coordinating and implementing student IEPs. As a teacher at the California Children's Academy in Early Childhood Education, Ms. Prasad provided support for students, enabling them to fully participate in various activities. As a Special Education Teacher in the Early Intervention Program at Atwater Park Center, she helped consumers with developmental disabilities and their families prepare for their IEPs. She is adept in assessing students' skills to identify their needs and develop teaching plans based on those needs. Ms. Prasad has a Bachelor's in Management, with a focus on Child, Family, and Education Studies. She also has advanced training in the Strengthening Families, Infant and Toddler Rating Scale Overview.

meet the board: ascary navarro blossoms as an advocate

Ascary Navarro has been an active board member of South Central Los Angeles Regional Center (SCLARC) since September 2016. He describes his participation in the board as "a way to provide a voice for those who need their voices heard." Mr. Navarro is also the secretary for the regional center's Consumer Advisory Committee (CAC). The purpose of the CAC is to help consumers, staff and the community members



ascary navarro

become more aware of the issues that affect persons with developmental disabilities.

The Consumer Advisory Committee (C.A.C) meets every month. The CAC members are composed of SCLARC consumers who identify topics that are important to all SCLARC consumers. The group also invites speakers to address these topics. The President of the CAC then shares this information with SCLARC Board of Directors at their bi-monthly meetings.

Recently, Ascary was offered a position as an after school program aid. He received assistance in finding the job from Pathways Regional Employment Support. He is also a graduate of CSU Dominguez Hills with a BA in Psychology.

SCLARC Grupo de Apoyo para Padres (3 y arriba)



Verano 2017

Entrenamiento y Apoyo para Padres

El Centro McClanley de Recursos para la Familia en colaboración con el Centro Regional ofrece un grupo de apoyo mensual para padres de SCLARC. Este grupo proveerá información y educación a padres con niños con necesidades especiales, y también proveerá una oportunidad de conocer a otros padres quienes comparten sus desafíos y triunfos.

Comprender el Comportamiento y su Significado

Lunes, 17 de Julio de 2017 - 9:30 a.m. - 11:30 a.m.

Los padres aprenderán qué es el temperamento y cómo influye en la personalidad de un niño. Aprenda sobre diferentes tipos de personalidades y cómo trabajar con niños pequeños.

Servicios y Apoyos del Centro Regional

Lunes, 21 de Agosto de 2017 - 9:30 a.m. - 11:30 am

El personal del Centro Regional ofrecerá información sobre los servicios y apoyos disponibles para los consumidores del Centro Regional de Los Angeles.

Transición a la Edad Adulta

Miércoles, 20 de Septiembre de 2017 - 9:30 a.m. - 11:30 a.m.

Los invitamos a aprender sobre la importancia de desarrollar un plan de transición para estudiantes que reciben servicios de Educación Especial. La presentación se tratará sobre el desarrollo del plan, opciones disponibles para jóvenes y maneras de incorporar a otros sistemas de cuidado como el Centro Regional, Colegios, Programas de Trabajo y Programas de Día. Se recomienda que padres de clientes del Centro Regional mayores de 14 años de edad asistan.

Llame a la oficina del FRC al (213) 744-8882 para preguntas o para reservar espacio.

Grupos de Apoyo para padres se juntan en:

SCLARC Centro McClanley de Recursos para la Familia
2500 South Western Avenue, Los Angeles, CA 90018

Estacionamiento disponible, entre por Hobart Blvd.

Estamos en el tercer piso. No se ofrece cuidado de niños.



sclarc celebrates world autism awareness month

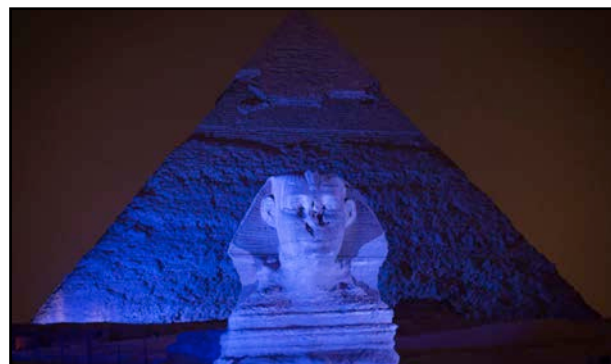
by pamela colvin-lee
autism community liaison, sclarc

South Central Los Angeles Regional Center has been celebrating World Autism Awareness Month, every year, since its inception in 2008, and this year was no different. SCLARC began its Autism Month festivities by celebrating World Autism Awareness Day on April 1st just as landmarks and buildings all over the world were illuminated blue to bring about awareness. SCLARC's staff, consultants, families and friends showed their support by voluntarily wearing blue to work, writing their emails in blue, displaying blue desk lights, wearing blue accessories and encouraging their communities to "Light it up Blue." For its ninth year, SCLARC has participated in the Autism Walk and formed TEAM SCLARC to raise funds for autism research/education, and programs. SCLARC has partnered with IDEAL Program services to successfully raise over \$4,200 for SCLARC's Charitable Programs. SCLARC's Charitable Programs is a special fund that supports those programs which do not have funding through our traditional DDS contracts.

Today, one in 68 children is diagnosed with an Autism Spectrum Disorder. Despite this high prevalence, research shows that many parents of young children have very little knowledge about autism. Autism awareness campaigns seek to educate parents about the growing rate of autism in this country and to ultimately increase the level of early detection. In recent years, these efforts have improved the quality of life for individuals with autism and their families.

SCLARC's Kick Off Registration Drive chaired by SCLARC's Autism Community Liaison Pamela Colvin-Lee was held on March 30, 2011 at SCLARC. The agency registered 175 staff, families and friends who generously donated funds and received their signature Autism Walk royal blue team shirts. The tradition of SCLARC's Ambassador Families was continued. Families, identified by their Service Coordinators as energetic and involved, who have children or loved ones diagnosed with autism participated in SCLARC's Autism Awareness Month kickoff event, 5k Walk and represented the agency at other special Autism Month events.

The Autism walk event was held at the Veterans Park in Carson. Hundreds of families walked 3.2 miles led by Assembly member Mike A. Gipson and SCLARC parent Renita Verner, Founder/President of Autism Advocates in Action, a nonprofit organization supporting families to provide activities for children with autism. The goal of the event, along with its community information fair, was to provide education, community awareness, advocacy, and resources.



sclarc employment spotlight:

rondell bennett is working to stay on the right track

by **ernest mcrae**
sclarc service coordinator

Rondell Bennett has overcome many challenges. From homelessness to incarceration, this 24-year-old, father of one has never given up hope. Currently, he resides at Shepherds Adult Residential Facility and has found employment with the Mattel Corporation as a result of participating in Peak Training Institute (PTI). While enrolled in this program, Rondell gained valuable pre-employment skills, including preparing a resume, job searching techniques, interviewing skills, and following-up on the job leads he developed. He also gained practical volunteer experience working at Marshall's, Best Buy, and Petco. Although these were not paid experiences, he did receive a stipend.

Approximately two months ago, Rondell was referred to the ARC Long Beach by his service coordinator. There, he was offered a supported employment position with the Mattel Corporation. Rondell started this assignment in a group placement, which means he was assigned a job coach who supervises five to eight individuals during a designated work shift. Rondell excelled at this assignment. His duties included grounds keeping, event set up, office maintenance, and recycling. Rondell also gained mailroom experience by accurately sorting and delivering mail throughout a 15-story corporate office building.

Mattel's human resources department and Rondell's coworkers are extremely pleased with Rondell's work ethic and job performance. Most recently, he has moved into an individual work assignment in the Shipping and Receiving Department. This job entails learning new computer skills as well as shipping and receiving packages from all over the world. The best part is Rondell has a position that give him a new skill set and entitles him to two weeks paid vacation, sick leave, medical and dental coverage, pay raises and a retirement plan. This is competitive integrated employment at its best. Congratulations Rondell! Keep up the good work.



rondell bennett

DID YOU KNOW ...

Competitive integrated employment (**CIE**) is **work** performed on a full-time or part-time basis by a person with a **developmental or intellectual disability** within an **integrated** setting. Wages are at least minimum **wage** or higher and at a rate **comparable** to non-disabled **workers** performing the same tasks. The salaries earned by persons with a disability in an integrated employment setting are constant with individual's wages earned by other employees in the community who do not have disabilities and implement the same or comparable work.

sclarc's can club:

meeting the social needs of sclarc's adult consumers

by **desiree boykin**
sclarc consumer advocate

Many people with disabilities are very lonely. According to the 2014-15 National Core Indicator Adult Consumer Survey data, 10 percent of respondents reported feeling lonely “often (more than half the time). When people are connected to a social network, they are generally happier, healthier, and better able to adjust to life’s ups and downs. Monthly, the CAC Club chooses activities that expose its members to a wide range of activities around the Los Angeles area. Recently, the club visited the Long Beach Aquarium, the Fiesta Harbor and Dave & Buster’s —these were first time visits for many of our consumers. For more information on how you can become involved with the CAC Club and go on social outings with us, call 213.743.3071. You can also refer to our Facebook page www.facebook.com/SCLARCCAC.



do you know about sclarc's consumer advisory committee?



The CAC members are composed of SCLARC consumers who identify topics that are important to the group. The CAC also invites speakers to their meetings to address these topics.

South Central Los Angeles Regional Center's Consumer Advisory Committee (CAC) meetings are held on the 4th Monday of each month. November/December meetings may be held on the 3rd Monday of the month.

WHERE: SCLARC

**2500 S. Western Avenue 4th Floor
Los Angeles CA 90018**

TIME: 10:00 A.M. to 12 NOON

**For additional information, contact
Desiree Boykin at (213) 743-3071 or
desireeb@sclarc.org.**



BOARD OF DIRECTORS MEETINGS 2017

The following dates are for this year's meetings:

Tue Sep 26, 2017	7:00 p.m. to 9:00 p.m.
Tue Nov 28, 2017	7:00 p.m. to 9:00 p.m.

**All meetings will take place in the Legacy Building, 4th Floor
2500 Western Avenue
Los Angeles, California 90018**

**For more information, contact Deanna Corbin, Executive
Assistant at (213) 744-8877 or by email: Deannac@sclarc.org.**



South Central Los Angeles
Regional Center
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Participantes en el SDP deben ser clientes de un centro regional, vivir en casa o en la comunidad pero no en algún centro de cuidados a largo plazo, participar en una orientación aprobada y estar dispuestos a cumplir con ciertas reglas del programa.

El Departamento de Servicios de Desarrollo (DDS) ha sometido una solicitud al gobierno federal para el programa de autodeterminación (SDP). Después de que la solicitud sea aprobada, el SDP será implementado para 2,500 participantes en California durante los primeros tres años.

DDS elegirá los clientes quienes participaran de cada centro regional.

DDS elegirá 108 clientes de SCLARC quienes participaran en el SDP durante los primeros tres años. Después de este periodo de prueba el programa estará disponible para todos los clientes interesados.

¿Dónde puede obtener la información más actualizada?
Inscríbese para recibir noticias del DDS por correo electrónico, solo mande un correo electrónico a sdp@dds.ca.gov y pida que lo incluyan en la lista de avisos de noticias. Mande sus preguntas dirigidas a SCLARC a mariaf@sclarc.org llame al 213.744.8402.

AUTO-DETERMINACIÓN

El programa de autodeterminación es un programa voluntario que ayudara a personas con discapacidades y a sus familias tener más control sobre los servicios y apoyos necesarios para alcanzar sus metas. Les dará un presupuesto individual con el que podrán comprar los servicios y apoyos necesarios para implementar sus planes individuales.

DID YOU KNOW ...

In major disasters, between 70% to 95% of victims are rescued by neighbors, not professional responders. The County of Los Angeles' 5-Step Neighborhood Action Kit is a free resource that can help you and your neighbors get organized and ready to act. To learn more about how to help get your neighborhood disaster-ready, download the Neighborhood Action Kit and its supporting documents by clicking on the links on this page. For more information, or to request for a speaker from Los Angeles County's Office of Emergency Management to come out to speak, email oem@ceooem.lacounty.gov or call (323) 980-2260. To learn more, download the Neighborhood Action Kit and its supporting documents by clicking www.lacounty.gov/emergency/partnering-with-your-neighbors-to-be-ready.

community emergency response team training provides people with much needed skills

Following a major disaster, fire and rescue resources may be unable to immediately respond to all those in need. In such a crisis, it will be neighbors assisting neighbors until emergency response personnel can arrive. Community Emergency Response Team (CERT) training provides residents with the skills and tools necessary to take care of themselves, their families, neighbors, and coworkers in the event of a disaster. LACoFD offers free, FEMA-approved 20-hour CERT training to the communities we serve. Classes are taught by trained emergency personnel, including firefighters and Emergency Medical Services (EMS) personnel. Through this training, residents learn about hazards that may impact their area as well as basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Upon completion of the course, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

The CERT program can provide an effective first-response capability. Acting as individuals first, then later as members of teams, trained CERT volunteers can fan out within their assigned areas, extinguishing small fires, turning off natural gas inlets to damaged homes, performing light search and rescue, and rendering basic medical treatment. Trained volunteers also offer an important potential workforce to service organizations in nonhazardous functions such as shelter support, crowd control, and evacuation. If you are interested in signing up for CERT training, go to <http://www.fire.lacounty.gov/lacofd-cert-program/>.

are you registered for alert LA?

Los Angeles County is currently in the process of transitioning Specific Needs Awareness Planning (SNAP) registrants into its new **Alert LA County** system. The original SNAP software platform has become obsolete and Los Angeles County has implemented an emergency mass notification system that will be used to contact County residents and businesses via recorded phone messages, text messages or e-mail messages in case of emergency. The system, called **Alert LA County**, will be used by the County's Emergency Operations Center to notify residents and businesses of emergencies or critical situations and provide information regarding necessary actions, such as evacuations. The system utilizes the telephone companies' 911 database and is able to contact land-line telephone numbers, whether listed or unlisted. If the call is picked up by an answering machine, the system will leave a recorded message. If you have a disability, the County strongly encourages you to register with the Alert LA County system. To register, go to <http://www.alert.lacounty.gov/>.



PARENT ADVISORY COMMITTEE MEETINGS 2017

The Parent Advisory Committee (PAC) will meet on a quarterly basis to discuss resource development and service needs. It will also give PAC members an opportunity to update SCLARC management regarding their individual parent group's activities. PAC meetings at the regional center will be held January, April, July and October.

The next meeting is on:

Mon Oct 16, 2017 10:00 a.m. to 11:30 a.m.

All meetings will take place in the Legacy building, 4th Floor
2500 Western Avenue
Los Angeles, California 90018

Please share with your families and mark your calendars.

For more info, contact Marsha Mitchell-Bray,
Director, Community Services & Family Supports
(213) 743-3061