

ALTA CONNECTIONS

The Quarterly Client, Service Provider, and Staff Update Newsletter



More on our featured artisan
Matt Duff-Kelly pg. 9

EXECUTIVE DIRECTOR'S MESSAGE

Executive Director Lori Banales

As 2022 sunsets and we welcome in the new year, I wanted to take this opportunity to reflect back on the collective accomplishments of our ACRC family of staff, clients, caregivers, vendors and community partners.

Together, this team has invested their time and vision to create and implement initiatives that promote person-centered outcomes. As previously highlighted, ACRC has adopted a Strategic Plan concentrating on Housing, Employment, Client and Family Supports, and Community Inclusion and Engagement. Within this plan there are identified activities that tie to our agencies Performance Contract with the purposeful intent to streamline our focus and output to maximize results. These documents set the priorities that guide our agency work, a road map so to speak. I would like to share some of the work that has been conducted in the area of housing over this past year.

ACRC Strategic Plan -

<https://www.altaregional.org/post/acrc-strategic-plan-0>

ACRC Performance Contract -

<https://www.altaregional.org/post/performance-contract-0>

WHAT'S INSIDE THIS ISSUE:

- MESSAGE FROM ED
- CLIENT SPOTLIGHT
- CLINICAL CORNER
- CLIENT CORNER
- SANTA DAY 2022
- COORDINATED FUTURE PLANNING UPDATE
- RESOURCE UPDATES
- ACRC BY THE NUMBERS
- FEATURED ARTISAN PROFILE

Continued pg. 2

EXECUTIVE DIRECTOR'S MESSAGE - CONT.

Executive Director - Lori Banales

Through our activities related to Coordinated Future Planning, we have developed a training curriculum and associated planning materials for caregiver succession that incorporated subject matter experts (clients, family members, staff) as the developers and as the presenters. Embracing the involvement and perspectives of our community has enriched the training experience. Additionally, the Client Advisory Committee (CAC) has focused their committee work to support housing by creating video content that describes the continuum of living options. These videos will be available to support planning teams through the living option discussions as they develop succession plans and identify the desired future living arrangement. The first video focuses on living independently and is posted on our website. I'm happy to share that the filming and production of this video was completed by clients served and employed by Futures Explored/Futures Films. There are several objectives under the Housing Focus Area where we continue to concentrate our efforts. This past year, ACRC has become a member of the Lanterman Housing Alliance and continues to cultivate partnerships with housing developers to increase the number of side-aside units across our ten-county catchment area. We currently have two approved projects (Sacramento and Elk Grove) and are looking to add two more over this next year should we receive the approved funding (Woodland and Lake of the Pines). We continue to collect data related to the succession planning process regarding unmet needs and use it for targeted resource development with the idea that when the time comes, the desired service will be available.

Additionally, ACRC has contracted with a Housing Access Service vendor to assist clients in exhausting all available vouchers and resources. We are also supporting an energetic cohort of parents that wish to engage at the local level to include people with developmental disabilities in their county's housing plan. With community input, we developed a Community Resource Development Plan to include a funding request for a staff Housing Navigator. This position is designed to promote access to independent, community-based housing options and to navigate the housing application process.

This is a snapshot of the work happening at the regional center and this work will continue and evolve as we welcome in 2023. Progress on all areas of the Strategic Plan will be reported to the Board of Directors within the first quarter of the new year as the previous year's data is downloaded and becomes available. We look forward to sharing more and learning how to create the best opportunities and supports for those who are served at ACRC! HAPPY NEW YEAR!

ACRC HOLDS A MICROENTERPRISE FAIR



On November 30, 2022, ACRC held a Microenterprise Fair at the Sacramento office. We had over a dozen regional center clients who own small businesses selling arts, crafts, baked goods and more. As we emerge from the COVID pandemic we look forward to hosting more events like this.



WE WELCOME SHANNON WILLOUGHBY DENTAL COORDINATOR TO CLINICAL STAFF



Shannon Willoughby has 13 years of experience working in the field of dental and oral health. In addition to being a registered dental hygienist, she holds a Bachelor's degree in Dental Hygiene. Her extensive direct care experience, administrative skills and warm personality make her a great fit for supporting the clients we serve in increasing access to quality and timely dental care.

ACRC LEADS THE EFFORT TO DEVELOP RESOURCES FOR TRAINING ADULT SERVICE PROVIDERS TO USE EVIDENCE-BASED TEACHING PRACTICES

Did you know that all 21 regional centers have employees that are a part of the California Autism Professional Training & Information Network (CAPTAIN)?

As a part of their participation in CAPTAIN, regional center cadre are charged with sharing information and providing training on Autism and evidence-based practices (EBPs) within their local communities. In 2019, the regional center CAPTAIN group was awarded a grant to support this work. This grant funded the CAPTAIN Adult Resources and Evaluation project, also known as the CARE project. The primary goals of the CARE project were to increase service provider knowledge and use of evidence-based practices in order to improve service outcomes and overall quality of life for persons served.

ACRC's very own Autism Specialist, Mary Rettinhouse, who is on the executive leadership team within CAPTAIN participated in the development of new training resources and served as the sole trainer for this project. Three residential facilities across our state were selected to receive both didactic training as well as five weeks of ongoing coaching. In total 8 staff and 7 clients participated in the CARE project. Overall, 92% of client goals were met or exceeded and providers increased both their knowledge and use of EBPs. In order to scale up this project, each regional center has set a goal to use the EBP training modules with their service provider communities and by the end of 2022, 12 of 21 will have met that reaching over half of our state!



Mary Rettinhouse, MS, BCaBA
Autism Spectrum Disorder
Clinical Specialist



CLINICAL CORNER

EMPOWERING SELF-DETERMINATION THROUGH ADVANCE CARE PLANNING



In our January 2022 newsletter, we reported that Alta California Regional Center (ACRC) was partnering with the Coalition for Compassionate Care of California (CCCC) a second time to support service coordinators with planning team discussions surrounding advance care planning and documenting the person's wishes in their Individual Program Plan (IPP). With the consistent involvement and support of the Steering Committee and Advisory Group, input was sought to better inform the training for service coordinators.

On September 13, 2022 CCCC personnel: Judy Thomas, JD, CEO, Kristine Wallach, COO, and Keeta Scholl, Program Manager provided an in-depth training that focused on topics such as: advance care planning, understanding a person's cultural lens, healthcare decision making, clinical considerations and much more! The Thinking Ahead – My Way, My Choice, My Life at the End workbook Thinking Ahead Workbook has been updated and still contains a legally recognized Advance Health Care Directive available to be completed by a person served through the regional center.

Since the training, the feedback received has been positive as service coordinators have expressed feeling more comfortable engaging in advance care planning discussions and documenting the information in the person's IPP; therefore, memorializing a person's wishes should they become incapacitated and unable to express their desires when a timely medical decision is to be made on their behalf.

As this was a pilot project, ACRC and our sister center, Valley Mountain Regional Center (VMRC) participated in the planning phases of the training. The next steps involve CCCC soliciting additional grant monies to support the project expansion to the 19 remaining regional centers.

It was a pleasure to collaborate and work with the CCCC again and we are grateful for their expertise in advance care planning, end-of-life care, and passion to empower regional center clients with self-determination in advance care planning.

ACRC IN OUR COMMUNITY- STAFF CELEBRATE HMONG NEW YEAR



CLIENT CORNER

The Client Advisory Committee completed their video to demonstrate "life in my own home". The video showcases clients who receive independent living services, supportive living services and clients who receive generic resources and support to live safely in their own home. The goal of this project is to 1) increase awareness of housing options and 2) increase the number of clients living in their preferred living arrangement.

Please visit this link to watch <https://youtu.be/mMI2iLsyuvY>



For additional information about ACRC's CAC and a list of upcoming meeting dates, please visit our website:

<https://www.altaregional.org/client-advisory-committee-cac>.

CLIENT SPOTLIGHT - ADAM NEBLETT

Hello, my name is Adam Neblett. I am 30 years old and successfully manage a local business called, Red Dogg Walking Services. I built this business from the ground up ten years ago. I walk dogs and feed them. I ensure they receive adequate exercise, everyday. My clients, the dog owners, reside in the Freeport and Land Park neighborhoods in Sacramento. I have a few clients that reside downtown. My business is limited to these neighborhoods because I pride myself in providing good services. I can easily travel to these locations by bike, light rail or bus. I have a strong work ethic and credit my mom for instilling it. She taught me to work hard and be a, "go-getter."



Red Dogg Walking Services is a home-based business. I live and work in the neighborhood that I love. I have lived in the same location since 2010 and have a roommate. I receive In-Home Support Services (IHSS) and my dad is my IHSS worker. I have a family circle to lean on when I need solutions. My dad is a curious person and likes to explore things. When I get stuck, I will ask myself, "What would my dad do in this situation?" I usually come up with an answer when I pause and think. Animals rarely let you down, this is why I am passionate about taking care of them.

In my spare time, I enjoy watching the San Francisco 49ers play football. When they win, I win by over-celebrating their victories. If I could go back in time, I would love to meet Dr. Martin Luther King. He advocated for change in way that didn't hurt people. I would also love to meet former President of the United States, Barak Obama, he seems like a really fun person to hang out with. I would also love to create an opportunity for my dad to meet Tiger Woods. My dad loves to play golf and I would love for him to meet Tiger one day.

If you are thinking about starting a business I have this advice: There will be bumps as you grow your business. Don't give up, one day you will become a seasoned veteran.

For more information about Red Dogg Walking Services, call 916-548-8150.

DREAM THEATRE INC ENTERS ANNUAL SYLVIA BESANA HOLIDAY PARADE IN ROSEVILLE

The Dream Theatre cast performed a song for the judges and one 1st place!

For more information about Dream Theatre visit www.dtrocks.org



COORDINATED FUTURE PLANNING INITIATIVE - UPDATE

After a year of development, ACRC's Coordinated Future Planning Task Force delivered four hours of training to approximately 125 ACRC service coordinators and managers. Key aspects of this initiative include documenting a caregiver succession plan in IPP meeting for clients living with aged caregivers and offering a range of future living options at planning team meetings. This training, largely delivered by regional center clients, family members and service providers will aid service coordinators in having these important discussions with clients and families.

To view more information and recordings of the trainings please visit:

<https://www.altaregional.org/post/coordinated-future-planning-cfp-training>



DISABILITY HOUSING ALLIANCE

The Disability Housing Alliance (DHA) is a newly formed group of parents and organizations who are dedicated to increasing housing options for people with intellectual and developmental disabilities (IDD). The group includes Future For Our Kids, Alta California Regional Center (ACRC), State Council on Developmental Disabilities (SCDD), and Placer Independent Resource Services (PIRS), along with many parents. Future For Our Kids is the point of contact for the group and is a Placer County resource for parents of transition age kids and young adults with intellectual and developmental disabilities who gather regularly to discuss planning a life of quality for adult children. This group will meet monthly with ACRC's Director of Community Services in support of ongoing housing development for ACRC clients. To join please email futureforourkidsca@gmail.com

Goals:

- To establish a group of parents and others to be local advocates for housing development.
- To cultivate community allies and champions including local officials, planning commissions, service organizations, and others.
- To encourage development of housing that is affordable, supportive, and is the choice of the individual.



RESOURCE DEVELOPMENT UPDATES

Resource changes over the last quarter

New Service Providers

SOCIAL RECREATION/ SPORTS CLUB

Dolphin Swim School Inc.

COUNSELING SERVICES

Jessie Ott

The Next Step Therapy
Center for Holistic Psychology

PERSON CENTERED PLANNING PROVIDER

Quality Life Services

RES FACILITY FOR ADULTS

Cister's Loving Care Home II

Nicobella Home Care Inc.

Ella Rose Care

Bella Hills Care Home

Bestlife - Eastside

Vineyard Home Care Inc

Milestone Care Home Inc

SPECIALIZED THERAPEUTIC SERVICES

RPK Forensic Psychological & Consultation Svs
(3 - 21)

RPK Forensic Psychological & Consultation Svs
(21 & up)

Milotz Psychological Service Inc

CLIENT/PARENT SUPPORT/BEHV. INTVNT

Early Days Autism Center

BEHAVIOR ANALYST

Moving Mountains LLC

Impact Behavior Analysis & Solutions

New DDS Guidance Impacting Day Programs, Independent Living Services, Employment Services and Tailored Day Services

The Department of Developmental Services recently released new Directives that should be of interest to the thousands of ACRC clients whose services were altered during the COVID-19 pandemic. These directives mark the end of Nonresidential Alternative Services effective January 1, 2023. Additionally, the Department is allowing day program, day program look-a-likes (like employment programs) and independent living services to be provided remotely (either via phone or computer) until December 31, 2023. Finally, DDS released documents to simplify and standardize the process to initiate Tailored Day Services. DDS directives to regional centers can be found at: <https://www.dds.ca.gov/rc/regional-center-directives/>. We recommend you review the following:

- 12/01/2022 Alternative Nonresidential Services
- 12/01/2022 Tailored Day Services
 - Enclosure A
 - Enclosure B
- 11/23/2022 Remote Services – Day Programs and Independent Living Services

Closed Service Providers

TRANSPORTATION

Med Star - Vendor Request

RESIDENTIAL

Warner's Family Home #2 - Facility Relocated

Cadway Home - Facility Relocated

SPEECH PATHOLOGY

Stephanie Garo - Vendor Request

WE HAVE TO SHARE - RESIDENTIAL SC MAHLET TAREKEGN

My name is Mahlet Tarekegn. I was born and raised in Ethiopia, East Africa. Ethiopia is considered the birthplace of coffee and I was excited to share my culture and host the Ethiopian coffee ceremony with my colleagues at Alta Regional Center. Ethiopia's coffee ceremony is a part of the social and cultural life which usually lasts 2 to 3 hours. An invitation to attend a coffee ceremony is considered a show of friendship or respect and is an example of Ethiopian hospitality. Most importantly, coffee ceremony is considered therapeutic and the best way to socialize because people gather around to chat and catch up on life.



PROVIDER ADVISORY COMMITTEE UPDATE

The Provider Advisory Committee (PAC) exists to provide advice, guidance, recommendations, and technical assistance to the Regional Center and the Board on issues impacting the provider community. The PAC also works to support existing providers and develop quality service options in our region. Some of the items we are currently working on include:

- Transitioning out of Alternative Services
- Problem solving of workforce issues
- Rate Study: implementation acceleration; addressing issues with the Supported Living and Independent Living rates

Consider Joining the Provider Advisory Committee

The PAC is looking to recruit new members! All providers are welcome to consider joining the PAC. In order to best represent our entire ACRC provider network, the PAC is especially interested in adding providers who provide the following services: specialty services (PT, OT, ABA, Speech, etc.), early intervention or children services, residential services, and homemaker or personal assistant services. We are also looking for representation from all of ACRC's 10 counties. Providers who are interested should join us at our monthly PAC meetings on the second Thursday of the month from 9:30am-11:30 am. Participants can join us online or in-person in the Brenda Smith Conference Room. Providers who attend 7 or more meetings are eligible to apply for formal PAC Membership. You can learn more about the PAC online at <https://www.altaregional.org/provider-advisory-committee-pac>. You can also contact the PAC Outreach Committee Chair, Eric Ciampa, at eciampa@ucpsacto.org with additional questions.

ACRC BY THE NUMBERS

Did you know that ACRC is growing by approximately 1000 clients annually?

Here is who we serve as of December 8, 2022:

Early Start - 2311

Lanterman Clients - 25,668

Total = 27,979

SANTA DAY 2022



FEATURED ARTISAN PROFILE - MATTHEW DUFF-KELLY BOMB'OS Hot Chocolate and Hot Cherry Bombs



My name is Matthew Duff – Kelly. I started Bomb'os business in December of 2020. I started this business as a way to gain experience around starting and maintaining a business. My goal is to have my business financially support me. I sell Holiday Themed Desserts and cater to a bomb sensation.

Our goal as a company is to go out of the normal and create desserts that are tasty and memorable. Our goal is to have people open up their minds to new yummy treats that are decorated depending on the Holiday.

Menu:

Hot Coco Bombs - Homemade Hot Coco Mix, Tooth Fairy Meltable Chocolates
Hot Cherry Bombs - Oreo Cookies, Cream Cheese, Maraschino Cherries, Tooth Fairy Meltable Chocolates

How can we buy your work? Email Matt mduffkelly@yahoo.com
Instagram @bombosbusiness

