

ALTA CONNECTIONS

The Quarterly Client, Service Provider, and Staff Update Newsletter



More on our featured artist
Cindy Misner pg. 8

EXECUTIVE DIRECTOR'S MESSAGE

Executive Director Lori Banales

Happy New Year! July 1st marks the beginning of a new fiscal year with a state budget that promotes several new initiatives that support our regional center community of clients, families, vendors and staff. The state has made a commitment with the measures included in this year's budget to stabilize the workforce, reduce caseload numbers, increase opportunities for inclusion, enhance outreach, and focus on early childhood supports, but there is so much more! Over the next several months, Alta California Regional Center (ACRC) will work with the Department of Developmental Services (DDS) to implement these initiatives with the intention of improving the lives of those we serve and support.

While the new fiscal year is upon us, the previous fiscal year closed at the end of June with a notable accomplishment. The ACRC Board of Directors worked with our community and staff to develop a strategic plan that has set the policy direction for our regional center over the next three and a half years. This plan embraces the priorities of the community through targeted activities that will drive positive outcomes.

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EXECUTIVE DIRECTOR'S MESSAGE - CONT.

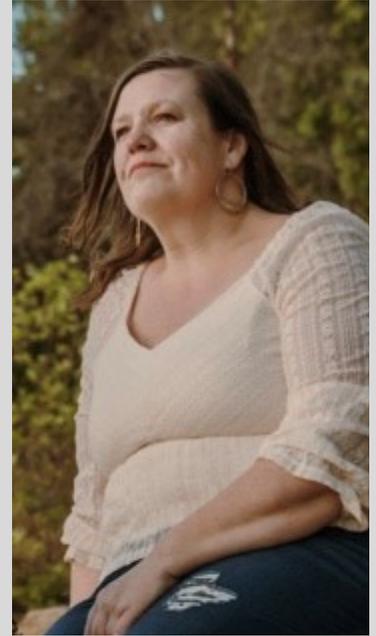
Executive Director - Lori Banales

As you read on in this newsletter, you will find more about the four strategic focus areas:

1. Client and Family Supports
2. Employment
3. Housing and Living Options
4. Community Inclusion and Engagement

Our regional center system continues to grow and evolve. We are charged with many opportunities to advance our services and supports and we do so with gratitude to the state for making these investments. Here's to a great year!

STAFF SPOTLIGHT



Rima Cornish joined Alta as our Deaf and Hard of Hearing (DHoH) Coordinator this past January. Rima was born into a deaf family; she is 5th generation deaf and uses American Sign Language to communicate. Rima has a Bachelor's degree in Family and Child Studies and a Master's degree in Deaf Education. Her passion is working with families to provide support, identify resources and encourage inclusion for their loved one who is DHoH. Prior to joining Alta, Rima worked in the school system with DHoH children and in our vendor community as a job coach.

Rima's role at Alta is to:

- Develop and monitor resources for clients who are DHoH.
- Provide trainings to Alta staff, providers and community on working with clients who are DHoH.
- Provide consultation for Service Coordinators and Planning Teams.
- Provide consultation for Service Providers who are interested in serving clients who are DHoH.

Please reach out to Rima if you want to know more: rcornish@altaregional.org

WE HAVE TO SHARE....

One of the residential service coordinators in the Sacramento office, Sean Elliot, just completed new employee orientation. To thank the trainers and the coworkers he's been shadowing, Sean brought in some cookies with ACRC's logo, in incredible detail, on them.



Welcome on board, Sean!

We have to share this great picture of ACRC Director of Client Services Mechelle Johnson with one of those awesome Alta-logo cookies.



ACRC 2022 - 2025 STRATEGIC PLAN



ACRC has been in the process of developing a three year strategic plan for our agency. We want to acknowledge the work of the board members, stakeholders, and staff in developing this plan. To give the best overview of our plan's four Strategic Focus Areas, see this excerpt from the plan introduction. The full Strategic Plan is available at our website. altaregional.org

The Strategic Plan includes the following four Strategic Focus Areas:

Client and Family Supports – feedback from clients and families emphasized the importance of greater flexibility and person-centered services when supporting individuals who reside in home settings. Providing linkage to available community resources was also highlighted.



Employment – this remains a top priority for California as well as for our regional center. Clients want to work and to contribute in meaningful ways. They want opportunities to plan and prepare for employment while in school and they are looking to our regional center to create those possibilities.



Housing and Living Options – identifying different kinds of housing and living options that people can afford that are accessible and in communities where people want to live. In addition, developing innovative measures to address workforce shortages.



Community Inclusion and Engagement – our community shared the importance of inclusion and engagement and what that means to them. Having access to regional center information in their preferred language is critical to supporting choice and opportunities. Enhancing outreach efforts in the communities where people frequent creates visibility and builds trust. Creating intentional and meaningful connections across our catchment area will expand our service foot print.



CLIENT CORNER

ACRC's Client Advisory Committee (CAC) meets nine months a year, currently in a hybrid format. The Committee Chair is Amy Lampe. This picture is from our June 14, 2022 CAC Meeting.



As ACRC has developed our Strategic Plan, the CAC expressed strong interest in supporting the Strategic Planning Focus Area of **Housing**. ACRC's CAC decided they would like to put together some short videos to discuss different living arrangements. ACRC will upload these videos to our YouTube channel and we will share the videos on our website. Service Provider Futures Explored specializes in film and media services and have already begun advising our CAC on this project.



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

My name is Stephanie. While earning my master's degree, I thoroughly studied ableism. Ableism is the oppression against people with differing abilities. It can be discrimination, prejudice, and pre-judgements toward people who have differing abilities, because the social location of disabled individuals is not in the privileged group. Ableism is similar to other oppressions: such as racism and sexism. It can be expressed through ideas, overgeneralizations, attitudes, microaggressions, and/or environmental barriers, like inaccessibility.

Ableism is frustrating, especially to people who have differing abilities. I developed coping techniques for myself and others with differing abilities and their support systems.

- Say something! Even though acts of ableism are obvious to us, many people unfortunately do not know they reinforce ableism. We have an opportunity to educate people. Specifically, we can teach them what ableism is and what they did is from ableism. We need to be gentle yet straightforward. We do not need to judge them.
- Self-compassion. We need to practice self-compassion after ableism hits us. Ableism makes us feel unpleasant emotions, so self-compassion can make us feel better.
- Know that ableism is a societal issue. Like racism and sexism, the core issue is our society. Some people practice ableism just because they want to be mean, but many people do not know what they are doing is hurtful. It is not an excuse; however, realizing it is a societal issue helps us to have compassion toward the common humanity.



To find additional resources, you can visit my website: wevegotsmarts.com

ACRC Applied Behavior Analysts

Did you know that ACRC has a team of Board-Certified Behavior Analysts who assist clients and their planning teams in various ways?

They provide consistent and often ongoing case consultative support for service coordinators serving clients ranging from Early Start to the elderly - due to the unique issues our clients may present. Our behavior analysts often attend planning team meetings to discuss the behavioral challenges and to recommend supportive services that include evidence-based practices in service delivery.

Our clients may present with a wide range of behavioral challenges that vary in severity and impact independence. These may include, but are not limited to: physical aggression, verbal outbursts, property destruction, tantrums, self-injurious behavior, self-stimulatory behavior, pica, elopement, etc. As our behavior analysts consult with service coordinators, parents or caregivers, and consider the severity of the behaviors and individual needs of clients, they will often observe the clients in their individual or family home settings. Direct observation assists them in providing the most appropriate recommendation(s) for the clients and planning team to consider.

Another role within their purview is to evaluate the progress clients make while receiving an existing service. These services can include: behavior intervention, adaptive skills training, social skills training, and the review of behavior intervention plans for clients residing in community care facilities.

Additionally, another area in which our behavior analysts provide support is with trainings. They develop and provide trainings for service coordinators and vendors.

ACRC behavior analysts do so much to support the clients we serve. If you have a concern about a client's behavior and need some support, please reach out to the service coordinator to discuss the possibility of the need for a behavioral consultation.



AFFORDABLE HOUSING DEVELOPMENT UPDATES



<https://mirasolvillage.net/>

Located just north of downtown Sacramento on Richards Boulevard, the Mirasol Village Development has 15 DDS-funded units set aside for regional center clients. Rent and utility costs are capped at 30% of a client's income. Approximately 30 previously identified regional center clients are going through the final selection process in October 2022. First STEP Housing Access Services is assisting applicants as they gather the needed documents to apply for one of the 15 units.



Coming Soon!
November 2022



<https://ablelightvillage.org/community-locations/elk-grove/>

ACRC is pleased to announce that DDS fulfilled our fiscal year 21/22 funding request to develop 21 set aside units at AbleLight Village in Elk Grove near the intersection of Laguna and Bruceville. This project adds 84 total housing units to the existing Light of the Valley church property. This affordable housing opportunity will have move in dates in 2025. Activities to begin leasing will start in 2024. Rent and utilities will also be set at 30% of a client's income. The co-developer on this project is The John Stewart Company.



RESOURCE DEVELOPMENT UPDATES

Resource changes over the last quarter

New Service Providers

INTERDISCIPLINARY ASSESSMENT SERVICE

Lincoln Training Center

RESIDENTIAL FACILITY ADULTS

Goldenlife, Inc.

SPECIALIZED THERAPEUTIC SVS

Dr J and Assoc Psychological Svs

INDEPENDENT LIVING SERVICE

Tahoe Ability Program

PHYSICAL THERAPY

Christina Estrem, PT, DPT

Provider Advisory Committee Spotlight

Lindsey Dyba is currently the Chief of Programs for Futures Explored. In this role she oversees Futures' 17 programs ranging from Day Programs for people who require intense medical intervention to Supported Employment. She began her career in the I/DD field with Futures in 2004 as a Job Coach and has held various roles of increasing responsibility since that time.



Lindsey is excited and honored to have been elected PAC Co-Chair. She looks forward to working closely with Michelle Ramirez to further the PAC's goals of giving a voice to the provider community and serving as a resource to other providers. As our world continues to evolve and adjust to the many challenges and pressures we currently face, Lindsey hopes to carry on the strong collaboration between Alta and Providers that has been built over the past few years

Closed Service Providers

PARENTING SUPPORT SVS

Training Toward Self-Reliance

RESIDENTIAL

H Patterson Family Care Home - Vendor Passed Away

Dalton Van Striver Care Home - Vendor Request

Cerezo Care Home - Vendor Request

ACTIVITY CENTER

Training Toward Self-Reliance CASS

HOMEMAKER SERVICES

Homecare Services - Vendor Request

INDEPENDENT LIVING SERVICES

Training Toward Self-Reliance

COUNSELING SERVICES

Susan Trunnell MFCC LLC - Vendor Retired

Training Toward Self-Reliance closed all programs with little notice due to insurmountable financial difficulties faced by the company. ACRC held two public meetings with former clients and planning team members.

ACRC BY THE NUMBERS

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

Here is who we serve as of June 14, 2022:

Early Start - 2,373

Lanterman Clients - 25,119

Total = 27,492

COLUMBUS ORGANIZATION - EMERGENCY STAFFING REGISTRY

Alta California Regional Center entered into contract with the Columbus Organization to operate a statewide Emergency Staffing Registry. The Department of Developmental Services (DDS) established this registry to support regional center service providers seeking staff during emergencies, such as devastating fires and flooding. Please visit: <https://www.altaregional.org/emergency-staffing-registry> for additional information, including a YouTube video of a presentation by the registry development team.



If you are a service provider interested in participating in the registry or to get more specific questions answered, please contact:



Julie Flannery – Columbus Organization jflannery@columbusorg.com

Beth Reiniger - Columbus Organization breiniger@columbusorg.com

Aaron Christian – DDS Aaron.Christian@dds.ca.gov

FEATURED ARTIST PROFILE

Name: Cindy Misner

From ARC of Placer County's Studio 700: Cindy is one of the sweetest women you could ever have the pleasure of meeting. She is caring and kind to anyone who crosses her path. Cindy has an eloquent way of presenting herself and speaking about her artwork. Cindy's favorite mediums of art are beading, painting and drawing. She finds her own subjects and puts her unique touch on them. Cindy has been very busy with Zoom classes and creating her own art independently. Over the past two years that she has been participating in alternative program services she has not only painted and drawn amazing pieces but has also grown her own avocado tree, planted a mini succulent garden and made homemade crafts with household items. Cindy is a woman of many talents and interests. Cindy is a wonderfully positive presence at the Arc of Placer County's Studio 700.

How can we buy your work? Contact Studio 700 Program Director Marie Wecker via email. mwecker@placerarc.org

