

Alta California Regional Center  
Client Advisory Committee Meeting  
Tuesday, September 10, 2024  
Minutes

**Present:**

Amy Lampe, Chair  
Tom Hopkins, Design. Dir.  
Tiffany Johnson  
Jacie Oakley  
Amanda Parker  
Kimberly Terrell  
Patty Wallace  
Karen Young

**Absent:** (\* excused)

Lisa Cooley\*  
Steven Sanchez\*

**Visitors:**

Robert Levy  
Ruben Medina  
Ashley Robertson  
Jemel Williams  
Joseph Wilson

**Facilitators:**

Amy Fulk

**Staff:**

Lori Banales, Executive Director  
Jennifer Bloom, Director of Client  
Services  
John Decker, Director of Community  
Services  
Camelia Houston, Director of Intake  
& Clinical Services  
Mechelle Johnson, Director of Client  
Services  
Reyva Johnson, Client Advocate  
David Lopez, Client Advocate  
Amy McCreary, Clinical Services  
Manager  
Jacob Miller, Client Advocate  
Lisa West, Executive Secretary

The Client Advisory Committee (CAC) met on Tuesday, September 10, 2024, at 2:00 p.m. to discuss: 1) Message from Lori; 2) "An Overview of Dual Diagnosis and Mental Health Resources"; 3) Updates; and 4) Public Comments/Announcements. All present provided self-introductions.

**Without objection, Amy Lampe made the motion to adopt the CAC meeting minutes of July 9, 2024, as submitted.**

1. ***Message from Lori***



- Lori shared that Governor Newsom has several bills on his desk; he will either sign or veto them by September 30<sup>th</sup>. We are hoping to have the CAC's support for AB 3291, which aligns with Alta's Coordinated Future Planning Initiative. We want to thoughtfully consider the options for clients who live with their older parents. If this bill becomes law, regional centers will be required to start these conversations with clients 22 years and older. Lori and John met with Tony Anderson, the Associate Director of the Association of Regional Center Agencies (ARCA), who shared that support can be shared through the Governor's website at [www.gov.ca.gov](http://www.gov.ca.gov).
  - More information will be shared within the next few days.



## 2. **"An Overview of Dual Diagnosis and Mental Health Resources"**

- Amy McCreary, Alta's Clinical Services Manager, shared a presentation about dual diagnosis and mental health resources.
  - Who does Alta serve?  
Individuals with Intellectual/Developmental Disability (I/DD), cerebral palsy, epilepsy, autism, and 5<sup>th</sup> category (diagnosed prior to the age of 18).
  - What is Dual Diagnosis?  
A person who has I/DD and has a mental health condition at the same time.
  - What are mental health conditions?  
These can affect mood, thinking and behavior (e.g., schizophrenia, bipolar, depressions, anxiety, eating disorders, obsessive-compulsive disorder, and trauma disorders).
  - What can help?  
Medications, talk therapy, outpatient part day/full day, and hospital/out of home help.
  - Where can someone find help?  
Private insurance, Medi-Cal, County Mental Health, and privately funded interventions/services.
  - Why is it hard to get mental health services?  
Not understanding how to start the process, not knowing what services there are, someone might not be able to talk with a therapist, and services are voluntary (not everyone is ready to get help).
  - How does Alta help?  
Find therapists that understand dual diagnosis, make changes to services so more people can get them, add new services to an Individual Program Plan (IPP), work with others that can talk when Alta is closed, Service Coordinators (SCs) can help find these services, and access the resource guides by County (these are posted on Alta's website).
  - What if there is an emergency?  
Call a first responder! (911 – someone needs help RIGHT AWAY because someone is hurt or in danger; 988 – someone is thinking about hurting themselves; County Mobile Crisis Support Teams – not all counties have this).

## 3. **Updates**

- ◆ Peer Advocacy Network (PAN)
  - The group met today to finalize the plan for the September 28<sup>th</sup> Regional Meeting, which will be held at the Wyndham Hotel in Sacramento from 10 a.m. to 2:30 p.m.



- They reviewed the five Life Story presentations that were submitted by Chapter members. There will also be a presentation on Judy Heumann.
- All self-advocates are welcome to attend – the cost is \$5, which includes lunch. Please rsvp to [sli.peeradvocacy@gmail.com](mailto:sli.peeradvocacy@gmail.com).
- ◆ Alta Board
  - Alta’s Board of Directors met on July 25<sup>th</sup>.
    - The Board was given an update on transportation.
    - Lori shared the second quarter data from Alta’s Client and Family Survey.
    - The group reviewed Alta’s Dashboard for the Quarter Ending June 30, 2024.
- ◆ ARCA-CAC
  - The group is planning a Housing Symposium for February 2025.
  - The next meeting is scheduled for September 17<sup>th</sup>, from 9:30 a.m. to 1:30 p.m.
- ◆ DDS-CAC
  - The next meeting is scheduled for November 14<sup>th</sup> & 15<sup>th</sup>, from 10 a.m. to noon.

#### 4. **Public Comments/Announcement**



- Joseph shared information about the Community Living Fund Grant, that is available to individuals within Sacramento, Yolo, Placer and El Dorado Counties, who live under the 300% poverty level. These grants (up to \$5,000) can be used to make modifications to homes so that clients can stay independent.
- The 38<sup>th</sup> Annual Supported Life Conference “Empowering Independence: Innovation is at the Heart” is scheduled for October 17<sup>th</sup> & 18<sup>th</sup>, at the Wyndham Sacramento Hotel. Anyone interested in attending should contact their SC.
- Mechelle shared that there is a Supported Decision-Making (SDM) virtual training for clients/families scheduled for next Tuesday, from 1 to 2:30 p.m. Alta has over 100 individuals registered.
  - She expressed appreciation to the CAC members who are assisting with this training.
- David noted that Alta’s Client Advocates are attending transportation meetings across our ten-county catchment area. They would like to ask for volunteers from various Chapters to attend these meetings, as well. It is important for counties to understand the need for transportation that is accessible to individuals with disabilities. The only way we can make a change is to show up and advocate.
  - Amy and Karen plan to attend the Yuba-Sutter Transit Meeting because there are plans to increase prices.

- Robert shared that the California Foundation for Independent Living Centers (CFILC) is hosting a Webinar on Friday, October 4<sup>th</sup>, at 1 p.m. This webinar will provide information about the ten Propositions that are on the California ballots. Interested individuals can register at [Webinar Registration - Zoom](#).

The next CAC meeting is scheduled for **Tuesday, October 8, 2024**. The meeting adjourned at 2:58 p.m.

Lisa West  
Executive Secretary

cc: ACRC Board of Directors  
Lori Banales