

Supported Life Institute presents our 32<sup>nd</sup> Annual Conference







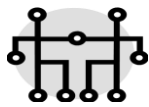


# Supported Life 2018: "Bridges to Meaningful Inclusion"

*Empowering All People with Developmental Disabilities to be Fully Included in the Community*

## Description of Concurrent Sessions and Presenters

October 4 - 5, 2018

CROWNE PLAZA HOTEL SACRAMENTO NORTHEAST

Icon Key For Session Topics	
	Organizational and Staff Development
	Communication / AAC
	Personal Power & Rights
	Employment
	Policy & Legislation
	Family Supports/ Transition
	Relationships
	Living / Community
	Wellness & Health

## Concurrent Sessions 1 A-F: Thursday 10:20 - 11:30 a.m.



**1A Employment First, a Person Centered Approach to Working.** David Grady, *SCDD Central Coast Office, San Jose*. The aim of “Employment First” jobs for all people with developmental disabilities wanting to work, regardless of the level of disability. Adjusting our ideas of work and employment, and broadening our understanding to include vocations and avocations, individuals and providers can pursue work and career options beyond traditional job development strategies. The key is DISCOVERY. Through a person centered exploration of values and character strengths, innovative career options can be identified.



**1B Cooking Up Independence with Look, Cook, and Eat.** Susan Hoss, *Look, Cook, and Eat Digital Magazine, Des Moines, Iowa*. This session introduces a digital magazine service Look, Cook, and Eat and briefly explain its history and mission. Presenters prepare a simple recipe together highlighting features of this process and showing that people with disabilities are capable of preparing simple recipes for themselves and friends and family. Resources available to help promote independence in the kitchen are highlighted. Goals include people’s sense of accomplishment and independence when new skills are learned & honed.



**1C Shining a Light on a Silent Epidemic.** Chris Miller, *Redwood Coast Regional Center Client Advocate, Eureka* People with disabilities are sexually assaulted at much higher rates than others. This includes men w/disabilities too. Silence around male sexual abuse & assault (over 1 in 6 men) undermines understanding about effects of these experiences, & what men with disabilities need to move forward. Self-advocates typically aren’t believed, their testimony discounted. Presenters discuss how to recognize & support men & women with intellectual disabilities who have experienced abuse; how to empower self-advocates to come forward, identify & report abuse; & advocating for education, training & system change.



**1D Assistive Technology As A Method Not A Cure.** Isabel Duncanwood, *Voices Unleashed, Redding*. This presenter discusses: what Assistive Technology (AT) is; what is considered a form of AT; & the different Types of AT. Attendees will learn what are the qualifications for AT & the funding sources available for purchasing devices. This speaker shares that: “I have used AT throughout my life, due to Cerebral Palsy & Muscular Dystrophy. I have also worked in the field of AT for the past 11 years teaching consumers how to use their devices effectively...”



**1E CalABLE Program Overview.** Dante Allen, *California ABLE Act Board, Sacramento*. Their Executive Director gives an overview of the California ABLE Program (CalABLE), which allows eligible people with disabilities to save money in an ABLE account while keeping eligibility for federal & state means-tested programs like Social Security Income & Medi-Cal. Attendees learn about eligibility requirements; benefits & uses of these accounts; contribution limits; impact on public benefits; qualified disability expenses; & proposed state & federal legislation. Plus: enrollment, investment option, & fees specific to CalABLE.



**1F Your Housing Plan.** Mary Eble, *Lanternman Housing Alliance, Napa*. This Executive Director of North Bay Housing Coalition teaches how to create your personalized housing plan. Housing that meets your goals is very challenging to find, so it's important to start planning NOW for your future. Attendees learn about the spectrum of housing available and the types of supports that you can get from your Regional Center.

## Concurrent Sessions 2 A-F: Thursday 2:20 - 3:30 p.m.



**2A What Does Person Centered Mean? The Core Concepts.** Trudy Grable, *Parents Helping Parents, San Jose*. There are many ways to write plans but for people receiving services, it is not planning that matters as much as the presence of person centered thinking and approaches by those who support them. This Credentialed Person Centered Thinking Trainer and plan facilitator teaches the core concepts of person centered thinking and approaches, that when used correctly, result in better lives for the people being supported and the supporter.



**2B Our Sonoma Journey.** David Lopez, *Alta California Regional Center, Sacramento*. These presenters describe their many years of advocacy at Sonoma Developmental Center including Client Advocacy Committee trips to Sonoma, outreach, training and support for residents, staff and families. This panel tells of their activities helping people transition, including the Regional Center's "Friends Helping Friends" program, after closure of that longstanding State Developmental Center.



**2C Abuse and You.** Lori Delagrammatikas, *Adult Protective Services Liaison / CDSS, Sacramento*. It's an unfortunate fact that persons with disabilities experience high rates of abuse. But knowing how to recognize abuse if it happens, can help to stop it. This workshop will teach attendees how to Recognize abuse, how to Report abuse, and What to Expect when they do make a report. This workshop will empower attendees by improving your ability to keep yourself safe – or help others to do so.



**2D Supportive Training with Active Respect: Helping Individuals Communicate.** Jamie Crum, *CTEC/Supported Life Institute, Sacramento*. Supportive Training with Active Respect (STAR) training is a free curriculum available to anyone working with individuals with Complex Communication Needs CCMN). Some agencies are using the STAR training to equip their teams to better serve their clients. AAC mentors & their support staff model communication support strategies as they present this training with their AAC (Augmentative & Alternative Communication) devices. Participants will receive the level 1 of 3 certificates of completion available on the CTEC/SLI website.



**2E Autonomy and Self-Direction through Alternatives to Conservatorship & Guardianship.** Clarissa Kripke, *Office of Developmental Primary Care, UCSF, San Francisco*. Supported Decision-Making (SDM), an alternative to conservatorship, is a practice that respects the right of people with disabilities to make their own choices with the support of people they trust. It is based on the understanding that people with disabilities have the same right as everyone else to direct their own lives. Research shows people with disabilities who have more control over their lives have better life outcomes, including improved health, welfare & independence. This talk by Dr. Kripke & a colleague / family member introduces SDM principles.



**2F Self Advocates as Full Participants in their Documentation.** Kevin Dierks, *Therap, Waimanalo, Connecticut*. These presenters believe that, though progress has been made in involving self-advocates in their life planning, participation in documentation of services has not kept up. Learn about this empowering policy change: "A change so simple it can be communicated & understood in a few seconds ... yet so complex it very well may take a lifetime to implement (fully) ... with an instant impact for the better," speakers state. Though "not always comfortable or easy," it is "a change that will ripple to every corner of your organization. As a Self-Advocate has asked 'why are others writing down my life story?'"

## Concurrent Sessions 3 A-F: Thursday 3:40 - 4:50 p.m.



**3A Creating a One Page Profile as a Positive Introduction.** Trudy Grable, *Parents Helping Parents, San Jose*. Having gone to Session 2A is suggested: the One Page Profile - developed using Person Centered approaches - helps a person to be supported well. The profile's simplicity means it can be understood and acted upon quickly. You leave the session with a 1-page profile for: someone you support, for your son or daughter, or for yourself. (Attendees should have attended session 2A or had previous training in person centered thinking or planning.)



**3B Respectful End of Life & Goals of Care Conversations: Ethical Principles and Practical Tips.** Clarissa Kripke, *Office of Developmental Primary Care, UCSF, San Francisco*. Talking to doctors in the hospital & understanding your rights can be challenging, esp. for people with disabilities and their supporters. Dr. Kripke & a colleague / family member help advocates understand how a hospital works, how to partner effectively with hospital teams, how to request accommodations and how to resolve conflicts. This talk will also review what questions to ask and how to structure team meetings so you and your supporters are heard.



**3C Supporting Regional Center Clients in the Criminal Justice System.** Jordan Eller & Meghan Quallick, *Alta California Regional Center (ACRC), Sacramento* The Intensive Intervention Specialist & the Victim's Advocate & Dev. Ctr Specialist at this Regional Center share how they offer navigational support to clients as offenders &/or victims within the criminal justice system. Making courts more aware of dev. disabilities & of support services that can be provided to clients, they work with attorneys & law enforcement to advocate for client rights & help the client understand the proceedings. Learn how these speakers act as supplemental support to the planning team: offering resources to cope with stress & trauma that follows criminal justice involvement of both victims & offenders.



**3D Makers Hackers Artists and Tinkerers Partnering with the Disability Community.** Jamie Crum, *CTEC/Supported Life Institute, Sacramento*. Engineers, artists, designers, computer programmers & professionals with fabrication skills have been collaborating in "Maker Spaces" to collaborate & create products locally. When Makers are made aware of items needed to help individuals with disabilities, amazing innovation can occur. This session tells about makers as a resource for overcoming challenges related to disabilities, the benefits of "open source," plus attendees can experience products produced by 3D printers & laser cutters at a local maker space. Are there products that you have been dreaming about?



**3E Victim's Rights and Services in California.** Mariam El-menshawi, *McGeorge Law School - Victims of Crime Resc Center, Sacramento*. Crime victims in California should feel empowered throughout the criminal justice system. This Director of McGeorge School of Law's Victims of Crime Resource Center and Managing Attorney at their Legal Center, will provide an overview and explanation of the criminal and civil justice systems. Attendees will gain an understanding of victims' rights in California, which are constitutional rights. The presenter also discusses valuable victim services available in California - if you or someone you know becomes a victim of a crime...



**3F Go Forth, Do Your Imperfect Best and Have the Best Year Ever.** Jason Freeman, *Heroic Yes Productions LLC, San Diego*. This interactive session from this morning's Opening Keynote Speaker is about being kind to what we find as imperfect about ourselves – as well as embracing our best. This way, we can live more productive and joyful lives. (Also meet and get information from this author and speaker - in the Exhibit Hall in the Terrace Room Thursday, or the Information Faire in the Ballroom in the evening.)

## Concurrent Sessions 4 A-F: Friday 10:00 - 11:10 a.m.



**4A Paid Internship Program - Accelerated Pathway to Community Inclusion.** Joey Carroll, *Tri-Counties Regional Center, Santa Maria*. The session tells how the DDS (CA Dept. of Dev. Svcs) Paid Internship Program creates an accelerated pathway to community inclusion & individualized, meaningful careers, & include information for job-seekers & their allies on how to access it in their local communities & self-advocate for unique & individualized internship opportunities such as self-employment & microenterprises. Presenters compare this program with other work experience programs.



**4B Emergency Preparedness: Kits and Plans.** Sonya Bingaman, *SCDD Sacramento Office, Sacramento*. This topic continues to be critical, especially here in California, for ourselves & those we support. Attendees learn the four most common emergencies in California: Floods, Fires, Earthquakes, & Medical Emergencies. The presenter offers strategies to avoid injury and evacuate safely & talks about how to develop a Plan. Also how to assemble a Go-Kit & be prepared to survive for 3 days away from your home, if a disaster happens.



**4C Using a Special Needs Trust with an ABL Account.** Stephen Dale, *The Dale Law Firm, Pacheco*. Special needs trusts have been a common planning tool for many decades to ensure quality of life for a person with a disability. ABL accounts are a new tool that available since 2016. Each of these tools have in common that they are exempt from being counted for needs-based benefits such as SSI & Medi-Cal. Even so, each has their pros & cons. This presentation will focus on how tying a special needs trust to an ABL Account can get the best of both worlds to provide the beneficiary options that have never been available before



**4D Creating Collaboration Between Anti-violence Agencies and Independent Living Centers.** Vanessa Hays, *WEAVE, Sacramento*. Discussion of a collaboration between WEAVE and Resources for Independent Living as a possible model for increasing collaboration between anti-violence agencies and independent living centers. Learn of the efforts of this well-regarded local anti-violence service to increase access for people with disabilities. Hear this important conversation about benefits & challenges of “generic” agency & disability agency collaborations.



**4E Transition: 'It's Not Who You Know; It's How You Treat Them.'** Michael Laharty, *Sacramento County Office of Education, Sacramento*. Lack of social skills continues to remain one of the greatest challenges to gaining employment, successfully connecting to one's community, & achieving & maintaining positive social relationships for youth with special needs. This presentation will explore research-based best practices regarding the development & delivery of effective social skills training programs, & examples of them for all age levels.



**4F IT Security in an Insecure World.** Edie Thomas, *Connections For Life, Vacaville*, and IT Expert Chris Pavan, *Helios Group* These presenters say: “The session will be sharing the experiences Connections For Life had when our IT was breached by a previous employee. I'll share in detail how the breach took place, what our greatest fears were, what steps we took in completing an IT audit for our whole company, the lessons we learned and what precautions agencies can take to avoid having similar experiences.” Best practices and feedback from professional experts in the IT security world are shared.

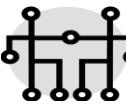
## Concurrent Sessions 5 A-F: Friday 1:45 - 2:55 p.m.



**5A IPP Nuts and Bolts.** Chad Carlock, *Law Offices of Chad Carlock, Davis*. This Session is an overview of laws and best practices for the IPP (Individual Program Plan) process. This attorney, who was today's post-luncheon keynote speaker, goes over timelines and procedures; discusses the contents of a good IPP, and gives insight into the appeals process.



**5B You Can Be Healthy Now!: Healthy Food Choices on Limited Budget.** Jayme Florez, *Self-Advocate, Sonora*. Making healthy food choices is difficult for everybody. For people with disabilities, "it can feel impossible – like we are without a choice." These self-advocacy leaders discuss figuring out how to make smart decisions for ourselves & purchase food for a healthy diet - on a limited budget. Attendees learn how to read nutritional facts using visual aids, & generally that our health has to be a priority to us, as we exercise our right to make healthy choices



**5C Helping Others Achieve Safe Lives and Healthy Relationships.** Susan Whaley, *Safe Life Project, Pleasant Grove*. This session is intended for professionals & family members. Information, strategies & tools are given to help attendees support individuals with disabilities to develop, apply & maintain personal safety, abuse prevention, decision-making/reporting & healthy relationship skills in daily living environments. Attendees learn why & what to teach to help reduce an individual's risk of abuse & how to support individuals to apply skills they learn.



**5D Self-Determination Program: A Different Way of Thinking.** Jennifer Parsons, *Department of Developmental Services (DDS), Sacramento*. DDS will provide information on the history of Self-Determination and where we are now with the Self-Determination Program (SDP). Presenters will have activities for audience participation that address ways to live a self-determined life by identifying and planning out personal goals and dreams.



**5E Inclusion: From Research to Practice.** Carolynne Beno, *Yolo County SELPA – Director, Woodland*. Dr. Beno will offer an overview of what Inclusive Education is and isn't, an explanation of the research supporting the benefits for children with & without disabilities, & videos showing students participating in inclusion educational settings. Participants will have opportunities to discuss in small groups & with partners throughout the session.



**5F Supported Living: Once Upon a Time.....and Then They Lived Happily Ever After.** Rebecca Donofrio, *Harbor Supported Living Services, Capitola*. This Session outlines the history of supported living services (SLS) in California, including the legal, philosophy-based, and legislative steps that were taken to make supported living services a reality. Presenters will include long-time SLS practitioner Joe Donofrio and also a person receiving SLS services.

## Concurrent Sessions 6 A-F: Friday 3:05 - 4:15 p.m.



**6A From Here to There: Work is Everywhere!** Carole Watilo, *Progressive Employment Concepts, Citrus Heights*. This session will focus on practical ways to help people get jobs. This morning's Opening Keynote Speaker will explore the myths, stereotypes, & biases that stand in the way of people Working. The speaker says: "Be prepared to be challenged & invigorated about the possibilities!"



**6B Tight Spaces: Surviving in a Group Home.** Matthew Hartman, Jr., *Self-Advocate, Sonora*. This speaker shares experiences from the various living situations he has had. He shows major differences between living on your own & living in a group home. He shares strategies for surviving in the group, how to make friends, how to advocate for your needs & wants in a way that can keep harmony among staff & peers. He addresses the importance of self-care & medication, learning group home rules to use in a positive, instead of a limiting, way. He talks about how to get what you need from your staff the right way, emphasizing to the audience that their staff works for them, not the other way around.



**6C Grassroots Advocacy: Talking with your Legislators.** Tony Anderson, *Valley Mountain Regional Center, Stockton*. This Regional Center Executive Director & longtime public policy advocate for our field says: "Join us to learn a few tricks of the trade for grassroots advocacy. Learn a few Dos and Don'ts in talking with your legislators, plus how to build power & communicate your message effectively. Learn about effective visits with policymakers, providing testimony in hearings, writing letters & conducting letter writing campaigns, how to be effective using Social Media, as well as a few principles for community organizing & building power."



**6D The Evolution of Housing Options for Community Living.** Yvonne McCuiston Tucker, *Department of Developmental Services (DDS), Sacramento*. The Section Chief in the Community Development & Housing Branch at DDS shares with us an overview of the evolution of community living options in California including new models of care. Participants will learn about a change in the Lanterman Act that could result in the expansion of housing resources for individuals who receive regional center services & live in the community.



**6E Transitioning Adults with Disabilities.** Cory Wiegel, *Yolo County Office of Education, Davis*. Presenters discuss developing powerful transition programs for adults with disabilities & developing meaningful inclusion opportunities in the community for them. Attendees learn about... 1.) Transitioning students with disabilities from high school to adulthood 2.) Developing educational and employment opportunities for adults in transition 3.) Capitalizing on relationships with local colleges & universities 4.) Finding & participating in age-appropriate inclusion opportunities 5.) Building meaningful relationships with the community.



**6F Experience vs. Education vs. Training for SLS staff.** Rebecca Donofrio, *Harbor Supported Living Services, Capitola*. This SLS service requires new staff to complete 10 trainings within the first 90 days of employment: New Hire Orientation, Policies & Procedures, Philosophy & Values, Positive Behavior Supports, Community Building, Money Management/Budgeting, Advocacy/Self Advocacy, Communication/AAC, Relationships & Sexuality, & Generic Resources. These trainings are provided by the Executive Director & Also individuals who receive services. Today's co-presenters are individuals who receive services & are teachers for two classes. Learn about the content of these trainings & other requirements for new staff regarding interviews, one-page profiles, shadowing, etc.