 Supported Life Institute presents our 36th Annual Conference

Two-Day In-Person

Supported Life 2022:
“Re-Emergence: Community, Work, Arts, Play”
Empowering All People with Developmental Disabilities to be Fully Included in the Community

SUMMARY DESCRIPTION OF CONFERENCE SESSIONS
Including Session Changes and Substitutions

Use Topic Icons to Help Choose from 26 Session Choices:

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October 13 – 14, 2022
Sacramento DoubleTree by Hilton Hotel
1A Improving Quality of Life Through Caregiver Training.  Mary Rettinhouse, *Calif. Autism Professional Training & Information Network (CAPTAIN)* and *Alta Calif. Regional Center, Sacramento*  Learn about high-quality training & coaching practices for direct service professionals. This presenter discusses the process for adapting a model for training educational staff to use evidence-based practices in classroom settings for use w/ adults in home-like settings. She reviews how the model was implemented in 3 licensed care facilities in No. Calif. & associated outcomes for staff & individuals’ improved lives through enhanced quality of services.

1B The Blueprint: The Meaning of Collaboration.  Beth Crane, *Inland Regional Center, San Bernardino*  This session discusses Transition, Employment, & an important & creative collaboration between agencies to improve employment outcomes for individuals with I/DD. It tells the background of CIE - Community Integrated Employment - & the CIE “blueprint.” Learn what a Local Partnership Agreement (LPA) is, & how they were created. Presenter discusses successes, challenges, & Best Practices for Transition process. This includes thinking outside the box & Collaboration between Local Education Agencies, Dept. of Rehab., & Regional Centers to create vocational options for people.

1C HCBS: Deepening Inclusion - Part 1: Struggles and Solutions.  Jacqueline Lawton, *Alo Consultation, Co-Founder, Stinson Beach*  Validation & remediation efforts have highlighted some statewide challenges service providers face in their transition into HCBS compliance. This session will illuminate & defines these struggles & mindset-shift necessary to accessing deeper inclusion. Presenters delve into common solutions that providers have identified & ways they are making meaning with them, beyond good paperwork. This session guides service providers in centering the experiences of folx receiving services as they navigate the paradigm shift.

1D Regional Centers Supporting New and Innovative Housing Development.  John Decker, *Alta California Regional Center, Sacramento*  Regional centers throughout Calif. are working to connect more individuals with IDD & their families to Affordable Housing. Alta Calif. Regional Center has a number of initiatives & activities to share, including: multi-family housing development, Coordinated Future Planning, partnerships with local counties and the development of Housing Access Services.
2A Nothing Without Us. Andy Imparato, Disability Rights California, Executive Director, Sacramento  Friday morning’s Keynote Speaker - joined by the Director of DRC’s Office of Clients’ Rights Advocacy - will lead a session on a Strategy for making sure authentic, diverse leaders with I/DD are driving a policy agenda and listened to by the policy makers, service providers, "policy experts" and family leaders who make decisions that affect their lives.

2B Sexual Health Competency. Shauna Farabaugh, Certified Somatic Sex Educator, San Francisco  Our sexuality is essential to our humanity. But when it comes to folx with disabilities, many are left out of the conversation. How can you, as a provider, support healthy sexuality of folx you serve? This certified somatic sex educator describes why addressing sexuality in a competent way is important. Attendees will learn important tips to support them when addressing sexuality with the folx you serve - plus what resources are available to support them along the way!

2C A 45 Year Perspective on IDD Services. Jeffrey Popkin, Bakersfield ARC, Bakersfield  As a professional Social Worker with 45 years working in the I/DD system, this presenter has developed a unique perspective based on his experiences over the years working with Individuals, Family & the System. This session shares some of the events which shaped this presenter’s professional career, as well as the many broad changes that brought us to where we are today.

2D Transitioning for Employment from School to Community Supports. Kesha Lovett, Solano County Office of Education - Workforce Development, Fairfield  This session informs families & employment support agencies that provide services to individuals with disabilities. County Offices of Education and School Districts can partner with these agencies to ease the transition after IEP services end. Individuals w/ disabilities & families - and the professionals who support them - will gain a better understanding of how to navigate these support agencies, including how to transition from school employment supports to community employment supports.
3A Using Music to Teach Transferrable Employment and Life Skills.  
Ifunanya Nweke, Founder, Jazz Hands for Autism, Culver City  
Our Thursday after-lunch Keynote Speaker offers this session, which will teach parents, support staff, and educators of adults with disabilities how to incorporate music into different activities to increase learning and to make transfer of skills more successful.

3B Finding Joy through Self-Determination and Creativity.  
Beth Martinko, Parent Advocate, Anaheim  
These presenters say: “We will share our creative approaches & experiences listening to Josh & the Calif. Self Determination Program to support Josh’s path to sharing his contributions with the community.” Leveraging the principles of Self-Determination is discussed, portraying how to expand a circle of support to create a fulfilling and joyous life. Attendees learn to creatively approach lifelong learning & non-traditional career development; & how to channel & celebrate special interests to spark joy & give back to the community.

3C Ending Sub-Minimum Wage: It’s the Law.  
Peter Mendoza, California State Council on Developmental Disabilities, and Proud Self-Advocate, Sacramento  
Since 1938 (84 years), people with I/DD have been paid below minimum wage - sometimes as low as $1.50/ hour - for the work they do, often working in very difficult conditions, set-apart from employees without disabilities. A new law (SB639) signed by Governor Newsom will make paying people w/ I/DD below minimum wage against the law by 2025. Phase-out planning is happening. Learn about SCDD’s key role in implementing SB 639 & how you as self-advocate, family member, or professional support this important advocacy initiative.

3D What is New for CalABLE for 2022?  
Dante Q. Allen, Executive Director, CalABLE, Sacramento  
Learn the advantages of Saving with an “ABLE account.” CalABLE is a savings and investment program that allows individuals with a disability to save and invest without losing eligibility for certain means-tested public benefits programs - such as MediCal and Supplemental Security Income (SSI). Earnings in a CalABLE account are not subject to federal or California state income tax, as long as the money is used for Qualified Disability Expenses.
4A **What You Need to Know About Social Recreation.** Mechelle Johnson, *Alta California Regional Center, Sacramento*  
This Team of staff leaders at Alta California Regional Center is “delighted to inform the community about the restoration of social recreation activities.” Social recreational services play an important role in the lives of all people. This session will focus on the restoration of Social Recreation Activities, Camp and Non-Medical Therapies. Participants will learn what these services are, what is this regional center’s service policy developed around them, and how to access them through the person-centered planning process.

4B **Building Community Partnerships for Person-Centered Employment Outcomes.** Arturo Cazares, *Regional Center of Orange County, Santa Ana*  
Orange County Local Partnership Agreement (OCLPA) has operated for over 4 years, bringing together reps from various community-based organizations committed to improve employment outcomes for individuals with disabilities. Speakers share experiences with cross-agency efforts to promote, develop, & sustain employment. Effective workforce development strategies are shared, esp. their Universal Referral Pilot Program using an integrated resource team approach to ensure collaboration between support agencies.

4C **Deepening Inclusion - Part 2: Cultivating Communication.** Kaitlin Olson, *Alo Consultation, Co-Founder, Stinson Beach*  
How can true inclusion occur when communication remains a barrier? This session lays the groundwork for meaningful communication, regardless of style or ability. Participants can access practical tools which embed concepts of presumed competence, positive control, the right to adult status, & remembering that people & their dreams, desires, & preferences - are not static. Attendees will be inspired to be open to & create experimental communication, with an emphasis on consistency & variation.

This session describes the range of support options for families and the professionals who work with them. Presenters outline the DDS-funded Family Resource Centers, Parent Training Information Centers, Family Empowerment Centers and more. Who can you call, when do you call, and what services can you access as a family member or professional?

4E **Navigating Dating and Relationships with AAC.** Stephanie Fassov, *Sacramento*  
This session explores societal perspectives of relationships and dating for individuals who communicate through AAC (Augmentative & Alternative Communication). As a full-time and lifelong AAC communicator, Stephanie will share her experiences and discuss how societal attitudes and behaviors shape and reshape the relationships between AAC communicators and people without AAC needs. Through personal stories and research from her master's degree, Stephanie will encourage attendees to reframe their perspectives of dating and relationships of AAC communicators.
5A Successful Community Inclusion: What It Is (& Isn’t) – part 1 of 2  
Lisa Drennan, MERGE Inclusion Consulting, Founder, Pembroke, Massachusetts

Within community programs, the term "Inclusion" can have different meanings or it may be labeled “inclusive” when in fact their structure, goals & supports are not creating an authentically inclusive setting. Our Friday after-lunch Keynote Speaker offers this first of 2 sessions. Start by understanding MERGE’s Principles of Inclusion. Next, we’ll explore models of participation: Specialized, Adaptive, Integrated, Peer Buddy, & Authentic Inclusion, & features, benefits, & limitations of each. It is recommended that Part 1 and Part 2 are taken together; however, either one is beneficial as a stand-alone.

5B Consent Takes Practice!  
Shauna Farabaugh, Certified Somatic Sex Educator, San Francisco

Consent isn’t just about sex. In fact, we have the opportunity to help the people we serve understand, practice, and embody consent every day. This increases people’s safety: consent education is abuse prevention. Plus, it fosters agency of the individual; supports self-advocacy; and improves quality of life. A deeper understanding of consent also complements Person Centered Thinking and Planning, helping direct-service providers integrate and implement PCT principles and practices.

5C Stress and Relaxation  
Elizabeth Campos, Office of Clients' Rights Advocacy, Disability Rights California, Sacramento

This training discusses techniques in your everyday environment & how to find ways to relax and reduce stress. Through discussion & video, attendees will learn the signs of stress, plus how to recognize symptoms in order to avoid burnout. This session's goal is to provide attendees strategies to practice self-care during a stressful situation & also recognize when they may need to step away in order to practice self-care - so they may be able to continue an excellent work/life balance.

5D Strategies for Supporting School-Age Neurodivergent Learners.  
Jillian Hall, Twin Rivers Unified School District, Sacramento

In this session, participants will learn about the neurodiversity movement and what it means to be a neurodivergent person. Participants will leave with practical tools that they can apply in a classroom setting to better support school-age neurodivergent learners (e.g. classroom modifications and supports). They will also learn about resources (e.g. books, videos, activities, etc) to teach acceptance and understanding to their peers of all neurological profiles.

5E Demystifying Eye Gaze Access.  
Katerina Fassov, Eyegaze Inc., Sacramento

In this session, eye gaze for communication (AAC) is reviewed, relating how eye gaze systems work. This specialist in Assistive Technology tells how to pre-screen an individual for optimal success. She will tell how eye gaze systems use the “pupil-center corneal reflection method” of eye tracking. Understanding the process can greatly increase a clinician's critical thinking skills and overall success during evaluation & therapy. She further discusses considerations for successful eye gaze access.
6A Accessing Community Inclusion – part 2 of 2. Lisa Drennan, MERGE Diverse Abilities Inclusion Consulting, Pembroke, Massachusetts  
This is the 2nd of 2 Sessions from our Friday after-lunch Keynote Speaker. This session reviews: *Top 10 tips for successfully accessing community programs; *how to set the stage for meaningful participation, *belonging & the potential for building friendships. Then end the session with a brainstorm on the benefits of community inclusion & a deeper dive into the importance of friendship as a goal of inclusion. It is recommended that Part 1 and Part 2 are taken together, however, either one is beneficial as a stand-alone.

6B Walking your Self Determined Path! Maria Klassen, Central Valley Regional Center, Fresno  
Participant Choice Specialists for the Self Determination Program at Central Valley Regional Center provide a general overview of the Self Determination Program (SDP). They discuss the difference between SDP and the traditional system of services delivery; explain how supports and services provided through SDP offer flexibility & choice for community inclusion and are tailored to fit each person's unique needs; as well as share SDP success stories.

6C Person Centered Thinking.  
Jason Parks, Futures Explored, Martinez  
Session Cancelled 
By Speaker

6D Caregiver Coaching for Families with Children with Autism. Sarah Dufek, UC Davis MIND Institute - UC Davis Health, Sacramento  
Effective early intervention for young children with, or at high likelihood of having autism, involves a caregiver component, including input in the development of treatment goals & priorities, identifying support for the family, & learning specific strategies to support their child’s development. This presentation examines the research on effective coaching strategies & provides examples of how to increase caregiver partnership during the use of Naturalistic Developmental Behavioral Interventions. The use of telehealth to deliver coaching will be examined.