

Partnership & Leadership

Fusing Two Core Values of Partnership & Leadership Our Model for Success

Partnership

We work together collaboratively, as a team, with a spirit of heightened cooperation and active participation. All members of our community — consumers, families, service providers, staff, and other community members — share the benefits, obligations and challenges of our joint endeavors equally.

Leadership

Leadership is an act of service to the community as a whole. As an organization, and as individuals, we strive to be in the forefront — pioneering new ways to enhance the lives of people with developmental disabilities, their families and the community we share. We want to inspire the Center to reach its full potential and lead the way for others.

The Partnership & Leadership Development Model

Created in 1992, The Partnership and Leadership Development Model describes the possibilities inherent in the long-term relationship between Lanterman



Dick and Jean Koch listened on as friends and colleagues talked about their many accomplishments over the years.

Regional Center and families. It encourages families and professionals to look upon this relationship as a partnership — a partnership in which each person holds a position of leadership and responsibility for the progress and development of individuals with disabilities, and the community as a whole.

The model grew out of our commitment to be a community-owned enterprise, not a self-contained organization that merely dispenses services. It focuses on Six Phases of Partnership:

- **Laying the foundation by providing essential support**
- **Obtaining fundamental information for effective decision-making**
- **Acquiring basic skills for active collaboration**
- **Transition to leadership**
- **Community leadership**
- **Mentoring leadership in others**

This article is the first in a series highlighting those members of our community who exemplify The Partnership and Leadership Development Model at its best.

Pioneers Dr. Richard Koch and Asenath Young

In the 1960s, the parent-professional partnership between Dr. Koch and Mrs. Young was among those that helped redefine a whole sector of public services, dramatically changing and improving the lives of thousands of people, and creating the network of regional centers that exists today throughout California.

Their example and commitment was so profound, that we named our Koch♦Young Family Resource Center in their honor.

THE MEASURE OF A MAN honoring Dr. Richard Koch

Richard Koch, M.D.

An internationally recognized expert on PKU (a metabolic disorder which causes mental retardation), Dr. Richard Koch stands on more than 40 years of continuous commitment to individuals with developmental disabilities. He was an early advocate in the fight to keep people out of institutions, provide support for families to keep children at home, and ensure community living options for adults.

Speaking at January's tribute in his honor, Lanterman Regional Center Executive Director Diane Anand noted:

"Tonight we pay tribute to you — richly deserved, and long overdue... As teacher, mentor, researcher, physician, advocate, tireless leader, and also as friend, father and husband. We celebrate your 80 years of life and your 50 years of medicine."

continued on page 9



The Koch event brought many people together who had not seen each other in several years. Here, Director of Family Support Services Patricia Herrera shares a hug with regional center pioneer Asenath Young (right).

TIMELINE

Editor's Note: Beginning with this issue, we'll be featuring excerpts from our historical timeline of the regional center system. For copies of the entire document, please contact the Koch♦Young Family Resource Center at 1-800-546-3676.

The Ever-Widening Circle of Inclusion — A Look at Where We've Been

Setting the stage: 1955–1965 — The Era of Institutional Reform:

- People who receive services are known as patients.
- Services are institutional and custodial with little if any programming.
- Decision-making about services is based on institutional standards of professional practice.
- Some private services — in the community but segregated — are provided by the Association(s) for Retarded Children and a few similar parent-driven organizations, without government support.

Historical Highlights...

1955

In California, five state hospitals (DeWitt, Pacific — later renamed Lanterman — Modesto, Porterville, and Sonoma) house approximately 8,500 people with mental retardation.

A Special Clinic for the Study of Mental Retardation, funded by the U.S. Children's Bureau, is established at Children's Hospital Los Angeles.

1959

Operating out of the Special Clinic in Los Angeles is a Traveling Child Development Project, providing diagnosis and counseling in 15 Southern California communities. This project, directed by Dr. Richard Koch, operates on a multidisciplinary model.

Because publicly-funded services are extremely limited and almost exclusively institutional, across the country families of people with mental retardation create their own support and service systems. In California, parent-run organizations such as the Exceptional Children's Foundation (Los Angeles), Villa Esperanza (Pasadena), and Aid for Retarded Children (San Francisco) establish private schools, activity centers, sheltered workshops, and residential services.

1961

President John F. Kennedy, who himself has a sister with mental retardation, appoints a President's Panel on Mental Retardation. This group is charged with the development of a "National Plan to Combat Mental Retardation."

1962

The President's Panel submits its report, recommending community-based care and a reduction of the number of persons living in large, congregate care facilities.

1963

The White House Conference on Mental Retardation is convened to make recommendations based on the work of the President's Panel. A legislative package is developed, including amendments to the Social Security Act establishing the Maternal and Child Health Program.

In California, six state hospitals — Dewitt, Pacific, Fairview, Patton, Porterville, and Sonoma — serve approximately 12,700 people with mental retardation.

Plans are underway to enlarge the state hospital system in California. During an unscheduled visit to one state hospital, a group of people — among them Vivian Walter, then Chair of Mental Hygiene for the California Council for Retarded Children, and a reporter for the *Orange County Register* newspaper — are stunned at the desperate conditions they find. This visit and subsequent publication of the findings prompts a series of hearings and investigations that will lead to dramatic changes in the state hospital system and in the lives of people with developmental disabilities.

During this time in Los Angeles...

A Mental Retardation Joint Agency Project is established to plan for children and adults with mental retardation in Los Angeles County.

1964

Under the impetus of federal legislation (PL88-156) and urging from parents through the California Council for Retarded Children (later, the California Association for Retarded Citizens), the state legislature appoints a Study Commission on Mental Retardation.

During this time in Los Angeles...

The Mental Retardation Services Board is established under a joint powers agreement. The Board recommends the establishment of five regional center areas in Los Angeles County. Eventually seven areas are agreed upon.

1965

The report, "Undeveloped Resource, a Plan for the Mentally Retarded of California," calls for the state to accept responsibility for persons with mental retardation prior to state hospital admission through regional community-based services that would provide "diagnosis, counseling, and continuing services."

Assembly Bill 691 (principal author Jerome Waldie; co-author Frank Lanterman) is enacted and signed by Governor Edmund G. (Pat) Brown. The bill authorizes the establishment of two pilot regional centers for persons with mental retardation under contract with the State Department of Health.

The Social Security Act (PL89-98) is amended to establish the Medicare and Medicaid programs and to provide public funding for care of people with mental retardation and similar disabilities.

More than 13,000 persons with mental retardation reside in overcrowded state hospitals (now called developmental centers) in California with 3,000 people on waiting lists for admission. People often wait two or three years for admission.

The People Living Our Values...

The Guanlao Family — Seeing and Sharing the Gift

Catarina Guanlao was born in 1980, the third child of Emma and Dong Guanlao who also have a daughter, Shauneen, 30, and son, Chris, 26. At birth, Catarina was diagnosed with a congenital defect of the liver known as biliary atresia. When she was just one month old, doctors performed surgery to correct the condition. That was the family's first step on a road of challenges that would change and enrich their lives in ways they never thought possible. When Catarina was 2½ years old, complications resulting from the procedure led to severe brain damage,



The Guanlao family:
(left to right) Dong, Emma, Shauneen, Catarina, and Chris.

and over the years that followed, she went from being lethargic to extremely hyperactive. She was diagnosed with a disorder called "pica," because of her desire to bite and put everything in her mouth, and has also recently been diagnosed as autistic.

Finding the Regional Center and a Support Network

The Guanlaos first found out about the regional center from their social worker at Kaiser Permanente Hospital. Betty Buchbinder was the family's first service coordinator and helped get them connected to the support and services they needed.

It was through Betty that Emma met staff member Patricia Herrera, who was in the process of forming a support group for parents. "Patricia Herrera has been my mentor ever since," says Emma, "She has always been telling me that Catarina can do it. She was the only one to disregard her disability."

For the Guanlaos, meeting parents who faced similar issues was very valuable. They realized that they were not alone and were able to exchange information and advice with other families.

Inclusion at Church

Emma found her personal leadership role at her local church, St. Dominic. Along with parent and Lanterman Board Member Esther Martinez, with support from Bob Martinez, Rene Martinez, Brian Mulhern and Al Nyland, the Guanlaos formed a support group called Families and Friends of Persons with Disabilities (FFPD). Its main goal is the inclusion of individuals with developmental disabilities in church and community activities.

Catarina had such a positive experience with her youth ministry group, the "Faithful and True Group," that she was asked to join the St. Dominic Choir even though she is non-verbal.

Inclusion at School

Catarina spent 14 years in Special Education, and as she approached her teenage years, her hyperactivity began to settle a bit. With new medications and Behavior Management Training, she was making progress. It was at this time that her family and teachers began to notice that depending on who was in her classroom, Catarina's behavior changed drastically. Often she would regress and imitate other children who exhibited some of her old behaviors.

The Guanlaos began to consider an inclusive school setting for their daughter. It was a difficult decision — one that even other family members questioned — but they told themselves, "If we set limits, we'll get nowhere." The following year the family enrolled Catarina at Eagle Rock High School. Throughout high school, Emma and Dong watched their daughter mature as a result of the positive environment she was in, and teachers told the Guanlaos, "In many ways, Catarina has been our teacher."

In 2001, just five years later, Catarina walked across the stage with her fellow "Eagles" and received her diploma. "Inclusion has brought so much happiness to my daughter and to us," says Emma Guanlao. "There are times that you forget that your child has a disability, and that is an inexplicable feeling."

The Guanlaos thank Sam Suzuki, Joe Blaylock, Verlaine Ford, Soo Jung Kim, Brigitte Ammons, Celeste Esguerra and Catarina's many compassionate teachers and assistants for making the inclusion process successful.

The Future

Catarina's family has played a huge role in her success and growth as a young woman. The family has always supported her and included her in normal activities that

"I believe
that everyone
has a gift."

— E M M A
G U A N L A O



Thanks to the strong support of her family, Catarina Guanlao was able to graduate from Eagle Rock High School with her non-disabled peers last June and continues to participate in an array of community activities.

make for a fulfilling lifestyle. She is valued and treated as an important member of the family. Emma Guanlao also has advice for parents who want to do everything, "To be a better person and parent to all of your children, you have to let go and let your child experience life."

As the Guanlaos look to the future, they are planning how to best continue to provide for Catarina and maintain her current level of community involvement. The road ahead holds challenges — some known and some unknown — but the Guanlao family is set to meet them with wisdom and awareness of their gift.

To find out more about FFPD, contact Emma Guanlao at (323) 259-8332 or Sandy Riancho at (323) 664-4448.



As an "Eagle," Catarina Guanlao shared in social events with her peers. Most recently, she attended the Senior Prom, with her Best Buddy, Roni Atwin.

Girl Scouting at its Best Troop 53 and Faye Van Dyke

By Emma Guanlao

One Sunday, while at church, our family noticed some girl scouts selling cookies and having fun together. Right away, Catarina seemed to take an interest in their activity. At that moment, I reflected on my older daughter's experience with the Girl Scouts and I wished Catarina could have the experience of scouting, too.

Fortunately, not too long after that, I met the leader of a Girl Scout troop at one of our parish activities. She referred me to the another troop leader she thought might be able to accommodate Catarina. That leader's name was Faye Van Dyke.

From the beginning, my interaction with Faye was positive. I asked her to come and speak to our support group (Families and Friends of Persons with Disabilities) about the Girl Scouts. She came, along with two colleagues, and although the group was not sure that they would be able to incorporate any of our children into their troop, they remained open to the idea. Following this meeting, Faye allowed us to come and present to the Girl Scout troop. We showed pictures and videos of our children, talked about the activities they were currently involved in, and were able to give the scouts a better overall understanding of our kids.

It was not long afterward that two of our children joined Troop 53. I was so excited for my daughter that right away I bought her uniform and all of the Girl Scout books she would need. In the beginning, I assisted in facilitating her inclusion in the group and later her Life Skills Coach continued to attend meetings and activities with her.

Catarina has enjoyed six very fruitful and meaningful years with Eagle Rock Girl Scout Troop 53 under the commendable leadership of Faye Van Dyke and her assistant Debbie Morga.

Catarina's Girl Scout buddies and their parents welcomed her from day one, and they expressed a desire to learn more about Catarina and a readiness to lend her a helping hand.

Thanks to Faye's exemplary leadership, Catarina was able to be fully included in all of the troop's activities, and was able to complete the requirements necessary to earn the Silver Award, which is the highest award available to Cadette Girl Scouts.

I believe that it took a special leader like Faye who has a good heart and upholds not only in words, but also in action the Girl Scout philosophy, ensuring that the girls be rewarded for doing their best. Faye has dedicated herself, inspiring our children with the highest ideals of character, conduct and service so that they may become happy and resourceful citizens. Her example and leadership gave the girls of Troop 53 a positive experience with persons with disabilities — a lesson they will remember for life.



Girl Scout Leader Faye Van Dyke (right) and her assistant, Debbie Morga, have worked hard to make inclusion a reality for two girls in their troop.



Catarina Guanlao (right front) and some of her fellow girl scouts from Troop 53 visited City Walk on one of their many outings as a group. Catarina has been with the troop for 6 years.

Faye has been dedicated to Girl Scouts for 21 years and to my daughter for six of those years. From the Guanlao family, I would like to extend my sincerest thanks for all that Faye has done — her influence will have an enduring impact on my family and on the future inclusion of individuals with developmental disabilities in community groups.

To find out more about the Girl Scouts, contact the Koch♦Young Family Resource Center at 1-800-546-3676.

A Lesson in Leadership

Leadership

Leadership is an act of service to the community as a whole. As an organization, and as individuals, we strive to be in the forefront — pioneering new ways to enhance the lives of people with developmental disabilities, their families and the community we share. We want to inspire the Center to reach its full potential and lead the way for others.

On October 6 and 13, 2001, Lanterman Regional Center held its 7th annual Leadership Institute. The Leadership Institute is a training program that was developed in accordance with Lanterman's core value of *leadership*. The ultimate goal of the training is to provide an opportunity for individuals with developmental disabilities, family



Garik Gyuloglyan, a Lanterman consumer and a volunteer with the Assistive Technology Project, attended this year's Leadership Institute and commented on the experience, "I think it helped me with my confidence building and learning how to take charge of a situation."

members, service providers, regional center staff and other community members to come together and build their leadership skills as a team. The Institute is also one way that the regional center assures that it identifies and develops new leaders for the future. The Leadership Institute training covers the following topics:

California's developmental disabilities service system, leadership skills, working in teams, how to most effectively facilitate and participate in meetings, working with groups, and legislative advocacy. Information is delivered in a friendly format from various key speakers, and group and individual exercises help make the training a lively event.

Garik Gyuloglyan is a 24 year-old consumer of Lanterman Regional Center who attended this year's Leadership Institute. As a "gamer," Garik has an enormous level of skill with computers, and is essentially a self-taught expert. But beyond his technical expertise, he also enjoys helping other people. For the past 3 years, he has been volunteering with Martin Sweeney, Director of the Assistive Technology Project (ATP) at Lanterman.



Graduates of Lanterman's 2001 Leadership Institute posed for a photo before receiving their certificates of completion.

"I first met Garik in a consultation setting," says Sweeney. "He came in with his mother and I was all set to provide some help or direction with available assistive technology. But almost immediately I discovered how little I had to offer. It was comical — within five minutes I was asking Garik if he could help me!"

As a volunteer, Garik has provided valuable assistance in exploring new products, diagnosing and fixing computer and program glitches, shadowing consumers in computer classes and even instructing a computer class for Armenian parents. Of his experience at the Leadership Institute, Garik says, "I think it helped me with my confidence building and learning how to take charge of a situation." With his newly acquired knowledge and an active interest in the ATP, there is no doubt that Garik will continue to develop his leadership skills.

Keep up the good work, Garik! And to all our graduates, congratulations on your participation in this year's Leadership Institute and best of luck in all of your endeavors.

For more information about the Leadership Institute, contact Ronna Kajikawa in Training and Development at (213) 383-1300 x720.

Holidays Are For Sharing Makes a Difference

Despite a slow start and concerns due to the state of the economy, Lanterman's 21st year of the *Holidays Are For Sharing* campaign turned out to be a successful one. Cash contributions totaled \$21,447, over \$8,000 of which came from staff members through donations or payroll deductions. In addition, Toys For Tots and Disney each donated more than \$10,000 worth of toys, while Hope World Wide and private gift donors contributed another \$7,000 worth. The campaign also received canned good donations and 14 families were provided with gifts and other essential household items through the Adopt-A-Family program. Last but not least, La Curacao was again an important contributor this year, providing over 52 families with various furniture and appliance items. All contributions considered, in total *Holidays Are For Sharing* collected more than \$55,210.

For the families of Eleutereo Ramos and Lidia Cruz, this holiday season was particularly special. These two families were selected for the Adopt-A-Family program based on their needs and special circumstances.

The Ramos family was adopted by one of Lanterman's Early Intervention (EI) Service Coordination teams (and a service coordinator's family member) lead by Regional Manager Candice LaMere and Team Facilitator Laura Hernandez-Prada.

There are four children in the Ramos family, two of whom are regional center consumers. Ms. Ramos, who is not able to read and speaks limited Spanish, has difficulty accessing community resources for her family. As a result, they have struggled without many basic necessities.

"To be able to meet the Ramos



The Ramos family celebrated the holidays with Early Intervention staff from Lanterman who provided the family with toys, food, clothes and other household items.

family was very gratifying," explained the EI team. "The family was overjoyed by the toys, food, clothes, and other household items delivered, and sharing in that experience made our efforts that much more meaningful."

For Lidia Cruz and her mother, this was going to be a difficult Christmas. Lidia's father recently left the family because he was no longer able to cope with his daughter's disability. Lidia and her mother, Dolores Guerrero, were grateful for the support offered by the Serrano family. The Serranos delivered gifts of toys and clothes and spent time playing with

Lidia. Thanks to their kindness, the holidays were a little bit brighter for Dolores and her daughter.

Lanterman would like to thank all those who contributed in making this year's effort a success!

To help support Lanterman families in times of need, don't wait for next year's Holidays Are For Sharing campaign. Donations are accepted year round for our Consumer Help Fund and they do make a difference! To find out more or to make a donation, contact Jackie Ashman at (213) 383-1300 x684.



The excitement was evident on Lidia's face as she opened Christmas presents with her mother and her new friends.



Eleutereo Ramos grinned from ear to ear as he opened presents provided through the Holidays Are For Sharing program.

Armenian Christmas Party A Success

The Armenian Christmas is traditionally celebrated on the 6th of January. This year, the Frank D. Lanterman Regional Center (FDLRC) Armenian Support Group held their annual party on Friday, January 4th. Thanks to the hard work of Mrs. Rima Shahoian, Chair of the Armenian Support Group Committee, and the many committee members who helped coordinate the event, the party was a great success!

In all, approximately 200 Lanterman consumers and family members, as well as Armenian speaking staff members and vendors of FDLRC, gathered at the Hall of the Armenian Society of Los Angeles, in Glendale. Santa Claus was present as well to bring cheer to all party attendees and to deliver gifts to consumers and their siblings. The gifts were donations from community members and Lanterman's *Holidays Are For Sharing* campaign.

In addition to coordinating the gift exchange, community members prepared a wonderful array of food and desserts for the party. Michael Artouni, a singer who impersonates famous Armenian artists, and the "Twins," a popular Armenian rap group, both provided free entertainment. The crowd also kept busy on the dance floor that stayed open until 11:00 p.m.

All who attended had a great time, and the Committee extends their gratitude to those who donated presents, money, food, talent and time to make this year's Armenian Christmas party a success.

To find out more about the Armenian Support Group, contact Rima Shahoian at (818) 548-4349 or Shoghig Dikjian at (213) 383-1300 x546.



Martin Enezliyan (left) and Abraham Temouryan (far right), enjoyed themselves at an annual Christmas party for consumers and families, hosted by the Armenian Parent Support Group.

Sibling Support: Introducing Sibshops to the Lanterman Community

Just before the holiday season, Lanterman held a two-day Sibshops Workshop for parents, siblings of persons with special needs, and professionals. The Regional Center planned the event, featuring Donald Meyer, leader of the national Sibling Support Project and recognized author, to reintroduce the concept of sibling support to our community. The goal of the event was to inform parents and professionals about Sibshops and the importance of sibling support. There was an opportunity for those interested in facilitating on-going groups to be a part of a demonstration Sibshop with siblings of children with special needs.



At Lanterman's Sibshop event in November, Donald Meyer, leader of the National Sibling Support Project and recognized author, facilitated a question and answer session for parents who received advice from sibling panelists (l to r), Leslie Richard, M.D., Anita Castillo, Perla Zuniga, and Eric Tatman.

When parent Donna Jones found out a year and a half ago that her then 2-year-old son Nicholas was autistic, she and her husband were overwhelmed with questions and con-

cerns. As months went by, she realized that a change had taken place in her household. A lot of energy and attention had suddenly been focused on Nikki. Donna realized that she and her husband would have to find new ways of supporting their 7-year-old daughter, Evyn. When she heard about the Sibshops event, Donna thought it would be a great opportunity for herself and her daughter.

Donna says of Donald Meyer, "Don is a captivating speaker. It was very helpful to be able to get input from him and other parents on questions I had about specific incidents with Evyn."

According to Mom, Evyn had a great time participating in the Sibshop. At a Sibshop, she



Evyn Jones (upper right) enjoyed herself at an all-day demonstration Sibshop, where she and other peers who also have siblings with special needs met up to talk, exchange and have a good time.



Parents, professionals, and siblings all enjoyed themselves at the Sibshop event. Ongoing monthly Sibshops will be conducted starting in March.

explained, children are surrounded by peers and they realize that they are not the only one who has a brother or sister with a disability. It is a great opportunity for siblings to be able to express themselves more freely and just plain have fun. "I think kids need an outside source of information and support other than their parents," says Donna.

Evyn recently discovered that one of her longtime friends also has a sibling with autism. Her mother says not only did her experience at the Sibshop teach Evyn about her own feelings, but also it allowed her to better understand some

continued on page 5

Board Member Profile



Ann Seisa

As the CEO of Vagthol's Residential Care Center, Inc., which includes 5 residential facilities, Ann Seisa has been in the business of assisted community living since 1986, serving primarily seniors. In 1991, when Vagthol's extended its mission to serve individuals with developmental disabilities, especially those with severe physical, medical and behavior challenges, Seisa formed a relationship with Lanterman Regional Center.

Born and raised in the Philippines where she earned her Bachelor's degree in Nursing, Ann Seisa moved to the United States in 1980. In the years since, she has continued to enhance her knowledge and skills in the area of nursing and has had hands-on experience in management, education, administrative affairs, and leadership in the areas of nursing practice, public health, skilled nursing care, acute rehabilitation, and community residential programs. Of her experience working with and for individuals with developmental disabilities, Seisa says, "It was a challenge to start with, but I was inspired with the progress and the improvement in the quality of life of the individ-

uals we serve. Families are supportive and appreciative of the work we do."

Ann Seisa became a member of Lanterman's Service Provider Advisory Committee (SPAC) in 1993 and in October of 2001, she was elected Chair of this committee. Her role is to represent the group to the Board of Directors. She collaborates with colleagues in the provider community and participates in strategic planning to help meet regional center goals.

In her free time, Ann enjoys ballroom dancing with her husband of 20 years, Loy Seisa, and supporting their two children, Tristan and Andrea, in their athletic endeavors. Seisa has shown a strong commitment to the field of developmental disabilities and to the Lanterman community as a whole. Through her work with the Board, she plans to "continue to assist and mentor other providers to enhance the quality of services in residential programs by focusing on prevention of illness and promoting of wellness through proper diet, exercise, and a healthy lifestyle."

Board Welcomes Your Attendance at Its Meetings

Please be aware that anyone in the community is welcome to attend the Regional Center Board of Directors meeting which is conducted on the fourth Wednesday of every month at 6:00 p.m. Meetings are held at Lanterman Regional Center. Please call Frank Lara in advance at (213) 383-1300, Ext. 665 so that you can be put on the list of attendees. We look forward to your visit.

Meet the People Behind the Titles...



Focus on Patrick Aulicino

Patrick Aulicino's been a key member of our Lanterman family for 23 years now. But in his current position as Associate Director of Administrative Services, he's more often than not behind the scenes making sure everything financial and computer-related runs smoothly at Lanterman.

After graduating from the University of California, Irvine in 1973 and obtaining a M.Ed. from Colorado State University, Patrick went to work on the team that developed the initial CDER (Client Development Evaluation Report) for DDS. That led to contact with the regional centers, and began a career path that he continues on today.

"I didn't initially plan on working in the field of developmental disabilities," he notes, "but once I got involved there was no turning back. The job keeps changing and is never dull! Despite the challenges, there is satisfaction in seeing what we can accomplish when we see what a difference the dedicated staff of the center has made in the lives of individual consumers and families."

He went from the CDER project to a stint as Executive Director of Developmental Disabilities Area Board XI and then came to work for Lanterman in 1978.

He was initially hired as a Community Organization Specialist, responsible for the newsletter, resource development and public information activities. He then moved to the new position of Evaluation Coordinator, responsible for residential facility reviews, as well as keeping track of individual client CDER data.

In 1985, he became Director of Community Services with responsibility for resource development, vendorization, vendor contracts, program evaluations and some public relations. From there he accepted his present position which includes responsibility for all accounting, budgeting, consumer revenue, operations management and computer functions.

"I've seen us live in three physical locations," he reminisces, "and I was originally interviewed in the old CHLA medical office building. I've also seen our budget grow from less than \$10 million to more than \$60 million annually, and our employees increase from well less than 100 to nearly 170 today. And in what is really an eye-opener, there are staff who currently work at the Center who were born after I began working here!"

When he's not planning for Lanterman's growth, the Altadena resident does take time away from his job to pursue a passion for vintage automobiles (including his restored 1967 Mustang), cooking, and wine appreciation.

Sibling Support

continued from page 4

of her friend's behaviors. "Evyn was able to be more empathetic when she realized that her friend was not acting out towards her, but was dealing with other emotions that caused him to get angry."

Since the Sibshops introductory event, Olivia Hinojosa, Family Support Specialist in the Koch♦Young Family Resource Center, has been coordinating with trained facilitators to plan the continuation of a Sibling Support Project in the Lanterman community. In recognizing the importance of family in the lives of individuals with devel-



Breakout sessions like these helped parent Donna Jones (upper left) to get valuable input from others on questions she had about specific incidents with her son, Nikki and daughter, Evyn.

opmental disabilities, siblings cannot be overlooked. As Donald Meyer points out, "Siblings have a lifelong relationship with their sibling with special needs." We encourage you to take advantage of the Sibshop program to help support the siblings in your family.

On Wednesday, March 6, from 7:00 p.m. – 9:00 p.m., Lanterman will hold a Parent Orientation to Sibshops here at the regional center. Sibshop facilitators Lourdes Tabullo (service coordinator), Maribel Ortiz (service coordinator), Evlin Abed (service coordinator), Anita Castillo (service coordinator), Lance Toyoshima (service coordinator), Mandi Moradi (psychologist), and Anita Arcilla-Gutierrez (nurse) will be on hand to introduce themselves and talk a little bit about the Sibshops project. Sibshops will be conducted on the 3rd Friday of every month starting in March (3/15). There will be one group based in the Los Angeles area and one in the Foothill area. Exact locations of the Sibshops will be announced at the Parent Orientation. Sibshops will be open to siblings ages 6 – 12 years.

For registration information, please contact Olivia Hinojosa at (213) 383-1300 x705. To view previous articles on Sibshops, visit our website at www.lanterman.org and click on "What's New?"

Thank You for Your Support

Thanks to over 100 letters that we received from the community, Lanterman's proposal for the Alternative Staffing Plan was recently approved by the Department of Developmental Services! Lanterman has always supported a system that includes specialists (Medical, Dental, Education, etc.), so that each service coordinator has the needed support to best serve consumers and families. The Regional Center felt that the Family Support Specialist and the Resource & Information Specialist positions also supported this model because they allow for more efficient service coordination. With the approval of the Alternative Staffing Plan, these 2 positions in the Koch♦Young Family Resource Center will be counted as a part of the Service Coordination Staffing Model.

Again, we thank you for your support — your letter made a difference!

Health and Wellness

This is the fourth in a series of articles describing what Lanterman Regional Center is doing to improve the overall health of our consumers. In this article, we discuss several activities aimed at improving the quality of psychiatric care provided to consumers.

The Lanterman/NPI Special Clinic

As we reported in the first article in this series, comprehensive health assessments revealed that the psychiatric and other mental health services Lanterman consumers received were very often of poor quality. This was reflected most notably in the overuse, under use, and inappropriate use of psychiatric medications and by the scarcity of psychiatrists in the community who had an understanding of developmental disabilities and could effectively treat people with these conditions. As a result of this finding, the regional center established a special clinic for consumers at the Neuropsychiatric Institute (NPI) at UCLA.

NPI has a national reputation for excellence in research and services in psychiatric care. It was considered a desirable site for this clinic because many of the psychiatrists and other professionals who work there are also affiliated with the university's Tarjian Center of Excellence. This center of excellence (previously called a University Affiliated Program, or UAP) was established with federal funding to provide specialized diagnostic and treatment services to individuals with developmental disabilities. The combined knowledge and experience found at NPI and the Tarjian Center were seen to be a powerful resource for addressing the psychiatric and behavioral challenges of our consumers.

By the end of 2001, the Special Clinic had served over 150 adults and children with complex psychiatric conditions and many challenging behaviors. The response of family members and other care providers to the Clinic has been overwhelmingly positive – so much so, that the regional center is looking at ways to transfer some of the knowledge and expertise found in the Clinic to psychiatrists who serve consumers in the community.

Review of Medication Use in Licensed Homes

Another way we are trying to improve the quality of psychiatric services provided to consumers is

through review of medication use in group homes. Doctoral level pharmacists, working as consultants to the regional center, look at how residential staff handle medications and they make recommendations for changes in procedures when appropriate. More importantly, they review the records of each consumer living at the facility paying particular attention to the medication combinations, dosages, and their appropriateness in relation to the diagnosis. The pharmacists report their findings to the center's Clinical Services Department whose medical professionals follow up with the facility and the attending physician when necessary.

Guidelines for the Use of Psychoactive Medications

To address in yet another way our concerns about the use of psychoactive medications with consumers, we reviewed relevant guidelines developed in recent years as a result of accreditation, professional, legal, and regulatory activities. We built on the work that had been done and created our own **Guidelines for the Use of Psychoactive Medications**. (Psychoactive medications are those generally used to treat mental disorders.)

The guidelines, accompanied by explanatory material, were sent to all psychiatrists and primary care physicians serving Lanterman consumers. They were then discussed with service providers at one of their monthly in-service meetings at the center. The guidelines were also integrated into a new consent form to be used when a consumer is prescribed psychoactive medications for a mental illness or for behavior control.

More Next Time

If you have questions or would like more information about any of the topics discussed in this article, please call the Koch♦Young Family Resource Center at 1-800-546-3676. In the next issue of the *Viewpoint*, we will discuss some of the activities undertaken to develop safety awareness and otherwise ensure the overall wellbeing of clients, both children and adults.

Car Seat Safety & Your Child

By Zena Begin

Effective January 1, 2002 California law requires that all children 6 years of age OR weighing less than 60 lbs. must be properly restrained in a child passenger restraint system. The new law also requires that all children 4 years of age OR weighing less than 40 lbs. be seated in a toddler safety restraint. Recent polls indicate that 96% of parents who buckle up their children think they are doing it correctly, but car seat checks show 4 out of 5 parents unintentionally make mistakes that could result in their child being injured or killed. In fact, from 1990 through 1999, 33 children under the age of 10 died every week in motor vehicle accidents (www.nts.gov).

For children with special needs, finding the appropriate safety device for your car may be especially challenging. A child may have weak muscle control or they may climb out of the average store-bought seat. Do not allow a dangerous situation to continue. Car seat restraints can be made to fit all children.

For the most current information on appropriate safety devices, please contact Safety Belt Safe at 1-800-745-7233 or visit their website at www.carseat.org. Frank D. Lanterman Regional Center will hold a car seat safety check on March 19th from 9:00 a.m. – 3:00 p.m. at the Atwater Park Center. To schedule an appointment time, please contact Zena Begin at (213) 383-1300 x525. Don't miss it!

New Screenings Available as of January 7, 2002

As of January 7, 2002, California now offers up to 30 newborn screenings for rare metabolic disorders. The state had previously conducted 4 mandatory screenings for the metabolic disorders known as: Phenylketonuria (PKU), Galactosemia, Congenital Hypothyroidism, and Sickle Cell Disease. The additional screenings will not be mandatory as hospitals are not required to provide the expanded testing, but they will be available to parents upon request free of charge.

All screenings in 2002 will be performed using new technology called tandem mass spectrometry (TMS) which provides families with more accurate test results. Each TMS machine will cost the state \$350,000.

Metabolic disorders, caused by a defective gene, lead to poor conversion of food into energy and in turn, toxic chemical build-up in the body. Resulting complications can lead to sudden infant death syndrome or severe health problems. The early detection of metabolic disorders, which can be treated with a special diet and other measures, can allow the more than 250 babies affected each year in California to attain healthy and productive development.

Keep our children healthy and encourage those around you to request screenings for their newborns. To find out more on this subject, visit www.latimes.com and search the archives for "newborns will be screened."

Health and Wellness tips

Down Syndrome Association of Los Angeles — “Changing Lives: Down Syndrome and the Health Care Professional”

In the year 2000, Lanterman awarded performance incentive grants to two organizations to support the creation of valuable new resources for the Lanterman community. Thanks to the hard work of those involved, these projects have now been completed. As highlighted in the previous edition of the Viewpoint, the “Autism Power Pak,” produced by the Foothill Autism Alliance (FAA), is currently being distributed to consumers and families with a diagnosis of autism at the Koch♦Young Family Resource Center. To inquire about obtaining a copy of the Autism Power Pak, call 1-800-546-3676 or contact FAA at (818) 662-8847.

In this edition of the Viewpoint, we would like to introduce an exciting resource produced through the collaborative efforts of the Down Syndrome Association of Los Angeles (DSALA), the National Down Syndrome Society (NDSS), and a team of individuals from Down syndrome support organizations in San Francisco, San Diego, Orange County, Las Vegas and Cincinnati. This group created a program for Healthcare Professionals with the goal of providing accurate and up-to-date information on Down syndrome. The product of their efforts is titled “Changing Lives: Down Syndrome & the Health Care Professional,” and features two NDSS produced videotapes, “Down Syndrome & the Health Care Professional,” and “A Promising Future Together”.

The materials included in this program were carefully selected. The participating organizations had identified that there was a significant need to provide Health Care Professionals with resource materials and provide contacts for

their patients. Although an abundance of information is available on the Internet, it is generally difficult to find relevant medical information quickly. In addition, some of the information found on the Internet on Down syndrome is either incorrect or misleading. Packet contents were narrowed down to such valuable pieces as Health Care Guidelines for individuals with Down syndrome, Down syndrome growth charts and important contact information.

oped to provide families with introductory information on Down syndrome. The goal is to give parents a renewed sense of hope as they build new dreams for their baby.

Now that the initial packet has been completed, group members are conducting pilot programs in Los Angeles County and the state of Connecticut. They are targeting health care professionals in major area hospitals, large pediatric and family practice groups, regional centers, family resource centers and schools. Along with the distribution of the new materials on Down syndrome, presentations and training sessions for professionals are being coordinated.

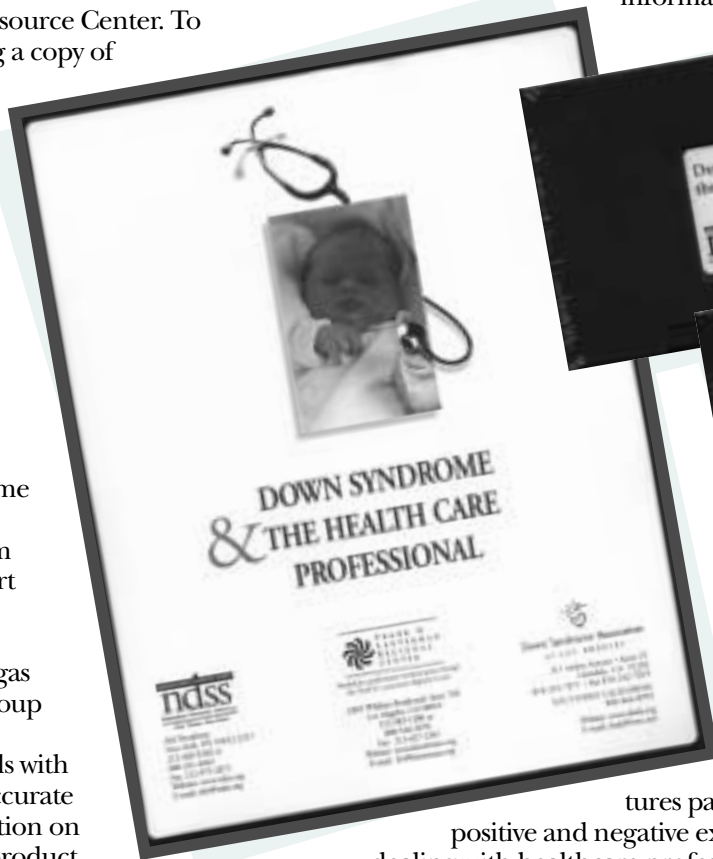
Darryl Mikuni, DSALA President and team participant, says “Our ultimate goal is to build relationships with health care professionals, instead of just mailing materials to offices that would probably just be tossed.”

The initial pilot programs will share the successes and challenges that they experience in the production of

materials, connecting with appropriate contacts, approaching health care professionals and making presentations. The team hopes to raise additional funds to continue expanding this project throughout the United States.

Lanterman congratulates NDSS and all team participants for their commendable efforts towards achieving the shared goals of better informing professionals and families, and building community—with the materials created, the group is off to a great start!

Packets and videos are now available to Lanterman consumers and families at the Koch♦Young Family Resource Center. To inquire about receiving a copy of these materials, call 1-800-546-3676. If you have an interest in planning, coordinating, or facilitating a professional training in our community, contact Maureen Wilson, Director of Training & Development at 213-383-1300 x719 and inquire about the Touchpoints project.



The “Down Syndrome & the Health Care Professional” videotape features

parents telling their positive and negative experiences when dealing with healthcare professionals and how they received the news that their child had Down syndrome. Also featured are two physicians, who provide their professional insight, and individuals with Down syndrome who talk about their lives and aspirations. The goal of this video is to help healthcare professionals increase their understanding of parents and how to best address a family’s needs.

With an overall positive tone, the second videotape, “A Promising Future Together,” was devel-

A Question for Our Families...

In 1997, we published a Guide to Lanterman Regional Center as a tool to help the families we serve better understand what is available to them. Now, five years later, we want to know (#1) do you have a copy of the Guide? and (#2) has the Guide been useful to you?

Each new family that is determined eligible for regional center services should receive a copy of the Guide. It is intended to introduce parents to Lanterman and our services, and serve as a reference for issues that may arise during a child or adult consumer’s development.

The Guide is set up in an easy-to-read question and answer format. It addresses the concerns most often expressed by parents, and includes tips from experienced families and service coordinators. It also outlines a family’s rights and responsibilities under the law.

We continue to adapt and add to the Guide as we work on new translations and inserts, including those on Early Intervention, Transition to Adulthood, and Community Living Options. In upcoming editions of the Viewpoint, we will be highlighting selected sections of the Guide.

If you would like to request a copy of the Guide in English or Spanish, visit the Koch♦Young Family Resource Center from 8:30 a.m.–5:00 p.m. Monday – Friday. If you have questions or feedback on the Guide, contact the Resource and Information Specialist at (213) 383-1300 x716.



SUMMER RECREATION OPPORTUNITIES

The summer months are creeping up and soon enough, we will be looking for outdoor leisure activities. Some of the following resources are vendor programs, specializing in working with people with developmental disabilities; other programs are generic, meaning they work with the community at large, but are including people with disabilities in their programs. For more information on these resources, or to find out about additional social recreation opportunities available, please view Lanterman's Electronic Resource Directory at www.lanterman.org. (The directory also contains medical resources.) If you have a resource you would like to recommend, please contact Lisa Levin at (213) 383-1300 x716.

GENERIC RESOURCES

Boy Scouts of America offers inclusion in scouting. For more information, please contact Pierre Landry at (323) 255-0354 or at Landry@aol.com.

LA Parks and Recreation offers adaptive swimming for children on Saturdays only at 4526 W. Pico Blvd. For more information please call (213) 485-5559.

Plaza de la Raza offers art and cultural experiences, including music, dance and visual arts. They are located at 3540 N. Mission Road and can be reached at (213) 223-2475.

Hollywood YMCA offers a variety of services including a weight room, gym and pool. They are located near Sunset and Wilcox. They can be reached at (213) 467-4161 for specific details.

Jewish Big Brothers Association offers residential summer camps for Jewish boys and girls with disabilities, ages 5 to 12 years of age. For more information, please call (213) 761-8675.

Boys & Girls Club of Pasadena, located at 3230 E. Del Mar Blvd., mainstreams individuals on a case by case basis into their camps, crafts and sports programs. For a schedule of activities, you can call (818) 449-1953.

Adaptive Recreation Program of Pasadena sponsors a variety of recreational activities year round. They offer specialized camp opportunities, as well as including individuals with disabilities into camps run by the Department. For more information call Jackie Arnett at (818) 398-1257.

Pickwick Recreation Center located in Burbank offers a variety of recreation activities, including bowling and equestrian training. Call (818) 845-3199 for further details.

Glendale YMCA offers a variety of programs and classes including swimming. Contact them for more information at (818) 242-4155.

Jewish Programs for the Disabled (Chaverim) offers activities throughout the Los Angeles area for Jewish adults with developmental disabilities. Activities include bowling, miniature golf, music, dances and seasonal dinners. Call (818) 884-1092 for more information.

New Directions provides vacation travel plans for people with developmental disabilities. They coordinate day trips and overnight trips. Call (805) 967-2841 to be put on their mailing list.

Eagle Rock Little League has been including young children in the T-ball division. Practices are held at Yosemite playground. For more information call Joel Zimmerle at (323) 258-6536.

Shane's Inspiration is a spacious playground found in Griffith Park not far from the carousel near Riverside Drive. The swings are large and designed to support children who have physical needs. The towers and forts are connected by wheelchair ramps. This playground is a nice addition to Griffith Park and a no-cost way to enjoy a nice summer day. Pack your picnic basket and enjoy!

Special Olympics is a year round program focusing on a variety of sport activities. The statewide track and field meet will be held in June in Long Beach. Call Michele Broadnax at (310) 215-8380, ext. 108 for the Pasadena area, Paul Badinka at (323) 242-1780 or solametro@aol.com for the greater Los Angeles area, and Danny Price at (310) 458-8300 or danny-price@santa-monica.org for the West Los Angeles area to learn about seasonal activities.

FOOTHILL PASADENA AREA

BCR hosts a dance the second Friday of each month at McCambridge Park on Glen Oaks Blvd. in Burbank. The dances are geared for those 18 years of age or older and cost only \$5.00. Call BCR at (818) 843-4907 to get on their mailing list.

Holy Family C.A.M.P. (Children with Autism Making Progress) is a 6-week day camp located in South Pasadena. Please call (626) 744-7949 for further information.

Club Maple offers social recreation opportunities every Thursday evening, from 7:00 p.m. to 8:30 p.m. at the Maple Park Apartments. Club Maple also coordinates one outing a month with the Glendale Parks and Recreation Department. Call (818) 548-2000 to be put on their mailing list.

Glendale Parks and Recreation offers a summer day camp at three different locations for children 6-15 years of age. Call (818) 548-3797 for more information.

South Pasadena YMCA offers special swimming lessons. Contact them at (626) 799-9119.

LL Frank Center, offers a day camp in Pasadena. Call (626) 449-5661 for more information.

Tom Sawyer Camp, Inc. in Altadena offers summer day camp. Call (626) 794-1156 for a schedule.

LOS ANGELES AREA

Braille Institute offers youth-oriented activities such as afterschool programs, camps and special events for children 6-19 years of age with visual impairments. Call the Youth Center at Braille Institute at (323) 663-1111 for more information.

Etta Israel's Camp Moshe is located in Los Angeles and provides day camp opportunities for children with special needs. Please call (310) 285-0909 for more information.

Elysian Park, located near Dodger Stadium, provides day camp opportunities for children and young adults 6-17 years of age. Activities include field trips, nature walks, theme weeks, arts and crafts, and sports. You can reach them at (323) 226-1402 for further information.

L.A. Goal is located in Culver City and provides a variety of leisure opportunities for adults. For a schedule of their events, call (310) 838-5275.

Jeffrey Foundation in Los Angeles offers day camp opportunities for school age individuals. For details, call (213) 965-7536 and ask to speak with Gabriella.

Los Angeles City Recreation and Parks offers a variety of services throughout the city, as well as several camping facilities: Camp Valcrest, Decker Canyon Camp, Camp High Sierra and Camp Seely. Call the main office at (213) 847-9218 or visit www.cityofla.org for more detailed information.

SOUTHERN CALIFORNIA AREA

Camp Joan Mier and Camp Paivika are both sponsored by Ability First and offer a variety of camping experiences for children ages 7-12, as well as teenagers. For a schedule of camp dates, call (323) 874-3300, x318, x319 or x320.

Easter Seals offers a residential camp program at various camps in San Diego County. Call (619) 336-0630 for more information.

Exceptional Children's Foundation offers residential camp opportunities in the San Bernardino Mountains. Call (213) 735-1421 for details.

Jay Nolan offers both day and residential camp opportunities. Call (818) 361-6400 for details.

Southern California Network coordinates camping trips for families with infants and pre-school children with visual impairments. Call (714) 573-8888 for more information.

Special People's Foundation provides travel and camping services for people with developmental disabilities. Call (310) 618-1833 for more information.

Class Action Suit Filed Against State Demanding Rights of People with Developmental Disabilities to Live in the Community

From: CA UCP Legislative Update, January 25, 2002

A class action lawsuit was filed Friday, January 25, against the State of California and all 21 regional centers, demanding that Californians with developmental disabilities residing in state operated institutions, and large privately operated skilled nursing facilities, community care facilities and intermediate care facilities, have the right to live in the community.

Protection and Advocacy, Inc. filed the suit on behalf of Capitol People First, a self-advocacy organization of people with developmental disabilities, along with 12 Californians who currently live in state operated developmental centers and who want to live in the community. ARC California, the oldest and largest parent organization representing people with developmental disabilities and their families, and California Alliance for Inclusive Communities (CAIC), a statewide parent and family advocacy organization, are the two other organizational plaintiffs. In addition, two California taxpayers have joined the suit, asserting that the State has illegally spent tax dollars by failing to provide people with developmental disabilities options to live in the community.

The defendants in the suit are the California Health and Human Services Agency, the Department of Developmental Services (DDS), the Department of Health Services (DHS), the Department of Finance and the directors of each department, including Agency Secretary Grantland Johnson. In addition, the suit names the 21 non-profit Regional Centers that contract with DDS to provide services to people with developmental disabilities as a defendant, though it did NOT list any of the directors by name.

The filing of the lawsuit in Alameda County Superior Court, was announced in a packed

press conference on Friday morning during the Community Imperative conference in Oakland.

A previous lawsuit filed in 1990, Coffelt v. DDS (settled in 1994), moved over 2,000 people with developmental disabilities out of the state's five remaining institutions. In that lawsuit, four regional centers — North Bay, East Bay, Golden Gate and San Andreas, were named, along with the Department of Finance.

According to Ellen Goldblatt of Protection and Advocacy, Inc., and lead counsel on behalf of the plaintiffs, more people moved into state institutions than were moved out and the state "has not moved forward to reverse the trend of unnecessary institutionalization."

Avery Russell, one of the individual plaintiffs who is a resident in Agnews Developmental Center in San Jose, said at the press conference that he fears for his safety at the state hospital and wants to move to Oregon to be closer to his family.

"I want to be on my own. I'd be happy to be on my own. I want to live close to my family," Russell said to a packed press conference on Friday.

Regional Center Perspective

Regional centers concur, for the most part, with the demands of this new lawsuit. Many of its stipulations are already mandated by law, yet there may continue to be violations due to inadequate funding to provide necessary services.

On a philosophical basis, Lanterman supports this lawsuit. However, in order to develop more specialized resources, hire an increasing number of qualified community staff, address a shortage in nursing care, prevent the influx of children who are medically fragile and adolescents with severe behavior challenges to developmental centers, counteract parental

resistance to removal from developmental centers, and generally comply with the demands outlined in this lawsuit, regional centers must first secure the funding to do so. As we move into an era of progression that necessitates the development of a range of individualized and diverse quality services, the state, regional centers, and the community at large must find creative ways to stretch funds.

Related Issues

AB 896 — In attempt to address the issues brought up by this suit, regional centers have been working over the past year to gather support for Assembly Bill 896. This bill would unify the system of service delivery by DDS, redirecting existing monies. Funds going towards the maintenance of five state institutions, which provide care for 3,700 individuals, would instead go towards the enhancement of services and the creation of additional community living options to address the needs of those 3,700 individuals and the over 100,000 individuals already living in communities throughout California. Please watch for legislative updates and find out how you can help support this important piece of legislation by visiting Lanterman's website at www.lanterman.org or by calling 1-800-546-3676.

Quality Enhancement Network (QEN) — The QEN is a recent project developed by Lanterman Regional Center. The goal of the project is not only to ensure quality service delivery in our community, but also to build a system of continual improvement whereby best practice becomes standard. To find out more about this project or to see how you can become involved, contact Sharon Shueman at (213) 383-1300 x676.

The Governor's Proposed Budget for 2002-2003

By Patrick Aulicino

On January 10, Governor Davis announced his proposed budget for the fiscal year that begins in July of 2002. Although there is a significant shortfall predicted for the State as a whole, the Governor's budget calls for a 6.7% increase (\$140 million increase) in the allotment for the regional center system. This small increase is in contrast to significant reductions for other state departments and programs.

The increase in the regional center budget is broken down into \$152 million for the 10,000 additional consumers and families expected to be served in the coming year, \$17 million for the increased needs of persons with autism, \$2 million to fully fund a risk management system, and \$20 million to assist in moving consumers out of state developmental centers. In order to maintain the regional center system's budget increase at a net of \$140 million, Governor Davis subtracts \$52 million in projected savings from the \$191 million to be spent. This savings is the predicted result of newly imposed statewide service standards that will be common to all regional centers. DDS staff members indicate that there will be special budget language to cover these service standards but they are not able to share the information at this time. The proposed budget allocates no dollars for rate increases or other special projects.

While the increase is good news compared to the reductions being faced by other state agencies and programs, this amount of increase is lower than last year (8.5%) and it is not certain that the amount is sufficient to meet the needs of the current system.

The Legislative Analyst doubts the Governor's generous revenue predictions are accurate and believes that in reality less money will be available. If this is true, the State will have to find ways to save dollars by reviewing programs for possible reductions.

Matthew Conte-Lerner

A Local Olympic Torchbearer at Lanterman

On January 16, 2002, Matthew Conte-Lerner, a 23-year-old resident of Pasadena and a consumer of Frank D. Lanterman Regional Center, became a star! The Pasadena local was chosen to represent his community in the Olympic Torch Relay to take place before the commencement of the 2002 Winter Games in Salt Lake City.

Matthew got involved in the event when his mother, Donna Conte wrote an essay nominating her son to be a torchbearer in the January relay. She explained how her son had demonstrated qualities of Olympic caliber throughout his life as he continuously overcame obstacles related to his disability.

One month after the event, friends, family, and local community members continue to celebrate this young man's participation in the 2002 Olympic Torch Relay. As for Matthew, he is enjoying his newfound fame. Of his experience representing the community and the Olympics, he says, "I'll think about it all my life."

Way to go, Matthew, and congratulations!



"I hope everyone enjoyed seeing me on T.V.," said Matthew Conte-Lerner after his recent participation in the Olympic Torch Relay.

Lanterman Law Clinic Moves to Whittier College School of Law

In the fall of 1996, Lanterman Regional Center, in conjunction with Pepperdine University School of Law, Harbor Regional Center, and Protection and Advocacy, Inc. piloted a Special Education Law Clinic. The goal of the clinic was to empower parents of children with disabilities by assisting them both as a counselor and an advocate to obtain appropriate educational services for their children as mandated by law.

The effort was so successful in its early stages that in 1999 Lanterman formed a partnership with Pepperdine to provide our consumers and families with education advocacy on an ongoing basis. That clinic continued until 2001, when Lanterman formed a new partnership with Whittier College School of Law Children's Rights Project.

The Children's Rights Project is directed by Scott Wylie, Esq. Meredith Goetz, a former Adjunct Professor at Pepperdine University School of Law received her Doctor of Jurisprudence from Whittier College School of Law and has been the continuous supervisor of the clinic. For the past two years, Ms. Goetz has teamed up with Assistant Director, Nora Asahara. Ms. Asahara is a graduate of Pepperdine School of Law and was first involved in the clinic while a student at Pepperdine.

Through the Special Education Law Clinic, law students provide Lanterman parents with information about special education rights and answer families' questions about specific related services and educational programs. They attend Individual Education Plan (IEP) meetings to ensure that children's rights are protected and intervene with school districts to resolve problems children are experiencing in obtaining appropriate education and services. Another important effort of the clinic is to empower parents of children with disabilities by equipping them with self-help and advocacy skills. Moreover, the clinic serves as a resource for families and service agencies by providing information about the laws that regulate special education. With an emphasis on problem solving and a cooperative approach to working with school districts, the Special Education Law Clinic has thus far been able to assist approximately 250 families in resolving issues with school districts, while only about 20 cases have remained unresolved.

The clinic also benefits the law students who are selected to work there by providing them with a unique educational opportunity to develop advocacy, negotiation, communication and research skills to work on behalf of children with disabilities and their families. More than 15 law students who have participated in the clinic since its inception in 1996 have gone on to become professional disability and/or special education attorneys. To encourage the continued retention of these qualified individuals in the field of developmental disabilities, in the year 2000 Lanterman supported the development of a scholarship fund for participants in the Special Education Law Clinic to pursue special education law as a profession upon graduation.

The Whittier Special Education Law Clinic provides multi-lingual, multi-faceted and time sensitive support to Lanterman families and their service coordinators in the area of special education counseling and advocacy—an invaluable service to our community! Of the clinic, Supervisor Dr. Meredith Goetz, Esq. says, "I greatly enjoy the work I am doing with these exceptional law students and the wonderful families we serve. Thank you very much for giving us the opportunity to make a difference."

If your child requires assistance with an education issue, contact your service coordinator. He or she will refer the issue to the Legal Services Division at Lanterman, which coordinates all referrals to the Whittier Special Education Law Clinic.

Partnership & Leadership

continued from page 1

"Tonight is not simply celebrating past accomplishments, although significant and many. Tonight is all about the present and the future, because you are fully engaged and always looking ahead."

"On the occasion of his 90th birthday, Peter Drucker, the father of modern management, was asked 'What is the secret of a long, happy life?' He replied simply, 'Never stop working.' Today at 93, Drucker is still writing, lecturing, traveling, and teaching. This very much typifies Dick."

After hearing many speakers deliver praise and thanks, Dr. Koch himself took the podium at his January event. He expressed his amazement at how far the regional center system had come over the years, but he also challenged the crowd, "I expect to see continued improvements!"

Asenath Young

Mrs. Asenath Young is the parent of a son with a developmental disability and the grandparent of a young adult with cerebral palsy. Active in the regional center since its inception in 1966, she became the first president of

New Research Grants to Explore Autism and Mental Retardation

Article provided by the Department of Developmental Services (DDS)

Over the past several years, the Department of Developmental Services (DDS) has been cooperating with several research efforts in the State of California aimed at increasing understanding of developmental disabilities. Two new projects have recently received funding from the Centers for Disease Control (CDC) and the National Institutes of Health (NIH). These projects are designed to increase our knowledge of the causes of autism and mental retardation.

NIH-funded Center on Environmental Factors in the Etiology of Autism

The University of California, Davis (UCD), has received 5-year funding from the National Institute for Environmental Health Science to create a Center on Environmental Factors in the Etiology of Autism. The Center, which is directed by Dr. Isaac Pessah at UC Davis, has as its principal goal, the advancement of our understanding on how genetic factors and environmental exposure to chemicals interact to increase the risk and severity of childhood autism and other neurodevelopmental disabilities. The central project for this center is a large epidemiologic study directed by Dr. Irva Hertz-Picciotto. This case-control study will enroll children with autism, children with mental retardation, and a comparison group of children without these developmental disabilities.

To identify the children with autism or mental retardation for this study, the UC Davis Center will work with two groups of selected regional centers, one in Northern California and one in Los Angeles. They hope to collaborate with the Regional Center Directors and Medical/Clinical Directors to develop protocols for inviting families to participate in the studies, and for reviewing charts of potentially eligible children.

CDC-funded California Center of Excellence for Autism Epidemiology

The Department of Health Services (DHS) has received 5-year funding from the Federal Centers for Disease Control and Prevention (CDC) to establish a California Center of Excellence for Autism Epidemiology. The California Center, one of four funded by CDC in the U.S., will: 1) establish a large epidemiologic surveillance system/registry for autistic spectrum disorders; 2) conduct scientific studies in collaboration with other CDC-funded centers; and 3) conduct California-based studies on causes and other etiological factors. Although some activities will be conducted statewide, extensive data collection will mostly be limited to families living in the greater San Francisco Bay Area. Dr. Judith Grether, an epidemiologist in the DHS, is the overall program leader of this effort that will involve active collaboration from a large number of California clinicians, other scientists, and community providers.

The California Center will be working with regional centers, local pediatric clinics, and other providers to identify children with autistic spectrum disorders, collect basic information from client charts, and invite families to participate in scientific studies. The Center will also be developing data reports and other materials for use by regional centers, other providers, and families.

Dr. Lisa Croen of Kaiser Permanente, Division of Research, is a co-investigator on both projects and will serve as a bridge between them, to ensure that the projects are closely coordinated. By working together with these well-designed projects, California Regional Centers have a great opportunity to increase our understanding of the causes of autism and neurodevelopmental disorders. We will keep the community informed as there are future developments in these two important studies.

Lanterman Regional Center's Board of Directors in 1979.

A founding member of the Association of Regional Center Agencies, Mrs. Young also helped write the plan for Protection and Advocacy in California. She has been a strong advocate for family support services. She is one of the founding directors of Pacific Oaks College in Pasadena and successfully encouraged the Pacific Oaks Nursery School to include preschoolers with developmental disabilities as a part of its regular nursery school program.

Mrs. Young tells wonderful stories and among those most popular, is her first encounter with her future partner, Richard

Koch: "The first time I met Dr. Koch, he said to me, 'I know we're going to get along. You know why? You're one of the first women I can look in the eye!' It turned out Dr. Koch and I did see eye to eye."

Since that day, the two have accomplished many things, both as a team and individuals. The lasting impact of their efforts serves as an example to all of us of the power of partnership and leadership in our community.

To acquire the full text of The Partnership & Leadership Development Model, please contact the Koch ♦ Young Family Resource Center at 1-800-546-3676.

Training & Events

The Training & Development Unit provides information on training opportunities that focus on developmental disabilities and related topics. The unit staff coordinates training events that are conducted by Lanterman Regional Center. Staff also coordinate registration arrangements for consumers, family members, staff, board members and service providers in the Lanterman Community to attend external educational events of special interest.

The Center publishes a Training and Events webpage that is accessible via the website www.lanterman.org

If you are a parent or consumer in the Lanterman Regional Center service area and are interested in attending a training opportunity outside the Regional Center, contact your Service Coordinator. For consideration, your request must be received by Training and Development three weeks prior to the posted conference deadline. We welcome your suggestions for future training topics and information on upcoming educational events that we can share with others.

You may send comments or request to be on the mailing list by one of the following options:

BY MAIL:

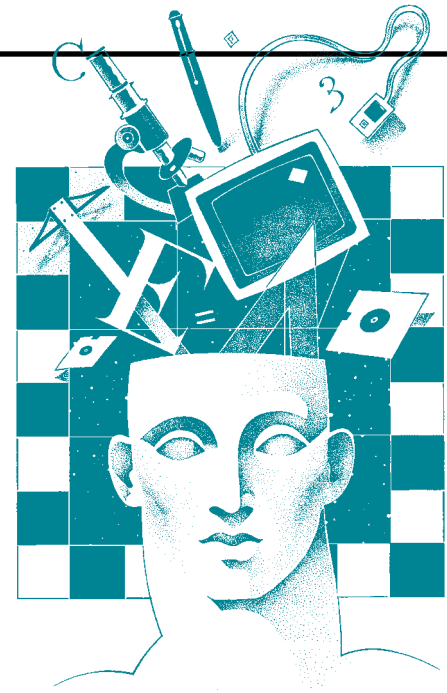
Training & Development
Lanterman Regional Center
3303 Wilshire Blvd. Suite 700
Los Angeles, CA 90010

BY FAX:

(213) 383-6526

BY E-MAIL:

Maureen S. Wilson, Director
Maureen.wilson@lanterman.org
Ronna Kajikawa, Executive Assistant
Ronna.kajikawa@lanterman.org



Lanterman Regional Center Family & Consumer Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for consumers, family members, and board members in the Lanterman Community.

NEW FAMILY ORIENTATION

Lanterman Regional Center provides Orientation Meetings to welcome new consumers and families to the Center. These meetings provide an introduction to the Lanterman service delivery system.

For a schedule of monthly Orientation Meetings, please call (213) 383-1300 ext. 705.

NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD & UP

English & Spanish. Last Friday of Every Month
9:30 a.m.– 10:30 a.m. English, 10:30 a.m.– 11:30 a.m. Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

NEW FAMILY ORIENTATION FOR EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)

English & Spanish. Last Monday of Every Month
9:30 a.m.– 10:30 a.m. English, 10:30 a.m.– 11:30 a.m. Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For Families with children 2 years of age
English & Spanish.
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS

This 20-hour course was developed for Lanterman Regional Center Families by the UCLA-University Affiliated Program. The training is a proactive approach where families learn strategies to manage behavioral concerns. More serious behavioral issues should be discussed with your Service Coordinator. **Please note: This workshop requires referral from your Service Coordinator. Contact your Service Coordinator to register.**

ENGLISH (10 CONSECUTIVE TUESDAYS)

February 26, 2002 – May 7, 2002 • 7:00 p.m.– 9:00 p.m.
BCR, 230 Amherst Dr., Burbank, CA
Presenters: Behavioral Specialist
For Information call (213) 383-1300 ext. 705

SPANISH (10 CONSECUTIVE SATURDAYS)

April 20, 2002 – June 22, 2002 • 9:00 a.m.– 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenters: Behavioral Specialist
For Information call (213) 383-1300 ext. 705

SPANISH (10 CONSECUTIVE SATURDAYS)

June 29, 2002 – August 31, 2002 • 9:00 a.m.– 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenters: Behavioral Specialist
For Information call (213) 383-1300 ext. 705

SERVICE COORDINATION AND ADVOCACY

This training is a 10-hour course for Lanterman families to better enable them to advocate for and assist their family member with a disability.
Presenters: SCAT Faculty

Reservations (213) 383-1300 ext. 705

ENGLISH (5 CONSECUTIVE WEDNESDAYS)

May 1, 2002 – May 29, 2002 • 7:00 p.m.– 9:00 p.m.
BCR, 230 Amherst Dr., Burbank, CA

SPANISH

Dates, Times & Location TBA

PARENTING THE CHILD WITH SPECIAL NEEDS

This is an exciting 5-week course that addresses issues faced by families who have children from birth to age 6 and have special needs. Reservations (213) 383-1300 Ext. 705

FOR PARENTS — SPANISH, AUTISM

February 23, 2002 – March 23, 2002
11:30 a.m.– 1:30 p.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA

FOR PARENTS — SPANISH

May 4, 2002 – June 6, 2002
11:30 a.m.– 1:30 p.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA

BODY TALK

SEXUALITY & SOCIALIZATION TRAINING

Body Talk is a new Sexuality and Socialization Training program specifically designed for adult individuals with developmental disabilities. Each group will accommodate 12 – 15 consumers and run for 12 weeks. The training will cover topics such as human anatomy and reproduction, developing social skills, prevention of exploitation, human sexuality, sexually transmitted diseases, birth control, and health and hygiene. Teen Talk addresses issues specific to pre-adolescence through young adulthood. Parent Talk is a 6 week class designed to address parental concerns and will focus on the parental role in supporting and promoting healthy relationships. **Please note: This workshop requires referral from your Service Coordinator. Contact your Service Coordinator to register.**

BODY TALK FOR ADULT CONSUMERS

Dates, Times & Location TBA

TEEN TALK FOR CONSUMERS

Dates, Times & Location TBA

PARENT TALK DISCUSSION GROUP

This 6 week group will focus on the parental role in supporting and promoting healthy relationships.
Dates, Times & Location TBA

AGING AND DEVELOPMENTAL DISABILITIES

For Parents & Consumers
Rescheduled — Date TBA
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This training is designed to guide parents and consumers as they explore the effects of aging on issues such as living arrangements, social recreation, daily activities, and health. Presenter: LRC Aging Transition Unit Staff
For information call (213) 383-1300 ext. 720

ASSISTIVE TECHNOLOGY

The Adult Education and Career Division of LAUSD in partnership with the Assistive Technology Project of Frank D. Lanterman Regional Center have established these classes to assist Lanterman consumers over the age of 18 and their families. These classes are an introduction to computers and software. Inquire about classes in other languages. Space is limited! **For registration and further information call (800) 546-3676**

FOR ADULTS (BEGINNER) ENGLISH (10 CONSECUTIVE TUESDAYS)

April 23, 2002 – June 25, 2002
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

FOR ADULTS (INTERMEDIATE) ENGLISH (10 CONSECUTIVE THURSDAYS)

April 25, 2002 – June 27, 2002
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

Lanterman Regional Center Service Provider In-Service Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for service providers in the Lanterman Community. For further information on Lanterman Regional Center Training and Development Guidelines, **visit www.lanterman.org**.

BEHAVIORAL INTERVENTION & CLIENT'S RIGHTS

For Service Providers
March 12, 2002
10:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour service provider in-service will provide community residential facility staff with strategies and techniques that will help them effectively address behavioral issues without infringing upon consumers' rights. Class meets requirements for 2 hrs CEU's for Title 17 & Title 22. Presenter: B.I.T.T.
Space is limited to 64 — Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

DENTAL HYGIENE & CARE

For Service Providers
April 9, 2002
10:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
Class meets requirements for 2 hrs CEU's for Title 17 & Title 22. Presenter: Leticia Reyes, RDH
Space is limited to 64 — Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

ADULT SIBLING SUPPORT GROUP

Call for dates, location and details.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

ARMENIAN PARENT GROUP

Quarterly meetings — Glendale Area.
 Call for dates and details
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

ARMENIAN PARENT SUPPORT GROUP

Monthly meetings at group members' homes
 In the Glendale area.
 Monthly — Last Friday 11:00 a.m. — 1:00 p.m.
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

AUTISM SOCIETY OF AMERICA

San Gabriel Valley Chapter Support Group
 1167 N. Reeder Ave., Covina.
 Monthly — 1st Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler (626) 447-3452

BEHAVIOR MANAGEMENT PARENT SUPPORT GROUP

Call for details
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

daDA FATHERS REGIONAL SUPPORT NETWORK

Call for details
Contact: Marty Sweeney (213) 383-1300 Ext. 722

DE MI FAMILIA A SU FAMILIA

(Grupo para Familias con Niños con Autismo)
 Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Primer miercoles de cada mes
 9:30 a.m. — 11:30 a.m.
Contact: Carlos Duque (213) 383-1300 Ext. 570
Romi Castillo (323) 463-3678

DOWN SYNDROME SAN GABRIEL VALLEY PARENT SUPPORT GROUP WITH CHILDREN UNDER SEVEN

Church of the Brethren
 1041 N. Altadena Drive, Pasadena, 91107
 Monthly — 2nd Thursday, 7:00 p.m. — 9:00 p.m.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA

Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Monthly — 2nd Wednesday, 9:30 a.m. — 11:30 a.m.
Contact: Monica Mauriz (213) 383-1300 Ext. 519
Laura Hernandez (213) 383-1300 Ext. 518

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES

St. Dominic's Community Center
 2002 Merton Ave., Eagle Rock
 Monthly — 1st Friday, 7:30 p.m.
Contact: Emma Guanlao (323) 259-8332
Sandy Riancho (323) 664-4448

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED

Call for dates and details
Contact: Alice Gubatan (213) 384-2340

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS

BCR-230 E. Amherst Drive, Burbank, CA 91505
 Monthly — 2nd Wednesday, 7:00 p.m.
Contact: Sue Brooks (818) 66-AUTISM (818) 662-8847

FRAGILE X PARENT SUPPORT GROUP

Call for dates and details
 Monthly — 7:00 p.m.
Contact: (818) 754-4227 Voicemail

GAY AND LESBIAN ADULT SUPPORT GROUP

Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Monthly — 2nd Wednesday, 4:00 p.m. — 5:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP

Monthly — 1st Wednesday, 10:00 a.m.
 Burbank First United Methodist Church
 700 N. Glenoaks Blvd., Burbank, 91502
Contact: Jennifer Wyre (213) 383-1300 Ext. 679
Nora Chitilian (213) 383-1300 Ext. 675

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA

Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Ultimo martes de cada mes
 7:00 p.m. — 9:00 p.m.
Contact: Francisca Arias (323) 965-0379
Lourdes Tabullo (213) 383-1300 Ext. 543
Patricia Rodriguez (213) 383-1300 Ext. 544

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI

Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Monthly — Last Friday, 7:00 p.m. — 9:00 p.m.
Contact: Mercedes Rivera (213) 383-4402

HOLLYWOOD/WILSHIRE PARENT SUPPORT GROUP

Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Monthly — 3rd Tuesday, 10:00 a.m.
Contact: Theresa Edwards (323) 935-7265
Jessye Davis (213) 383-1300 Ext. 549
Ramon Martinez (213) 383-1300 Ext. 568

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK

Locations and times vary each month.
 Call for next meeting
Contact: Sam Suzuki (213) 383-1300 Ext. 559

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

Little Tokyo Service Center
 231 East Third Street, Suite G-104, Los Angeles, CA 90013
 Monthly — 3rd Saturday, 9:30 a.m.
Contact: Mariko Magami (818) 249-1726
Michiko Wilkins (818) 557-0728

KOREAN PARENT SUPPORT GROUP

Asian Advocate for Special People
 Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Monthly — 2nd Monday, 6:30 p.m. — 8:30 p.m.
Contact: Suki Chang (213) 999-3981
Susan Han (213) 383-1300 Ext. 545
Alanah Kim (213) 383-1300 Ext. 531

"LA ESPERANZA"

(Grupo Semanal en Español)
 Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Weekly — Monday, 9:00 a.m.
Contact: Yolanda Hernandez (562) 928-5324
Primitivo Jacobo (323) 464-3689
Bertha Rios (323) 666-4389
Nilda Lopapa (213) 383-1300 Ext. 554

"PADRES UNIDOS LANTERMAN"

(Grupo en Español)
 Children's Hospital of Los Angeles, Conference Room "D"
 Monthly — 2nd Tuesday, 7:00 p.m. — 9:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

RETT SYNDROME SUPPORT GROUP

Pasadena Area. Quarterly Meetings
 Call for dates and details
Contact: Marie Hyland (626) 790-4836
Pep Stenberg (626) 355-5334

SPANISH-SPEAKING PARENT SUPPORT GROUP

(Grupo Semanal en Español)
 Salvin Special Education Center
 1925 S. Budlong Ave., Los Angeles
 Call for dates, 9:30 a.m. — 11:30 a.m.
Contact: Gloria Perez (213) 383-1300 Ext. 553

TEATRO ILUSIÓN

(Grupo Semanal en Español)
 Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Weekly — Friday's, 6:00 p.m. — 8:00 p.m.
Contact: Yolanda Hernandez (562) 928-5324

NEW GROUPS

Mommy & Daddy & ME — EARLY INTERVENTION PARENT SUPPORT GROUP

For families with children 0 to 3 years of age.
 Center for Developing Kids (CDK)
 200 E. Del Mar Blvd., Suite 112
 Pasadena, CA 91105
 Monthly — 2nd Tuesday, 7:00 p.m. — 9:00 p.m.
Contact: DaVonna Jenkins (213) 383-1300 Ext. 533
Abraham Estrada (213) 383-1300 Ex.t 523
Kelly Price-Martinez (213) 383-1300 Ex.t 528
Edward Perez (213) 383-1300 Ex.t 522

SIBSHOPS

For siblings ages 6–12.
 Los Angeles and Pasadena Area.
 Monthly — 3rd Friday, 4:00 p.m. — 6:00 p.m.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

MEETING SCHEDULE

COMMUNITY ADVISORY COUNCILS

Our Community Advisory Councils serve as a link to the community. They provide input on policies, services and programs and offer opportunities for consumers, parents, service providers and staff to network. If you have an interest in serving in the council for your area or in attending meetings, contact: **Lanterman Regional Managers at (213) 383-1300.**

LOS ANGELES BASIN

Third Tuesday of the month
 10:00 — 11:30 a.m.
Sam Suzuki Ext. 559

GLENDALE REGION

Second Tuesday of the month
 6:00 — 7:30 p.m.
John Buck Ext. 619

PASADENA REGION

Third Tuesday of the month
 6:30 — 8:00 p.m.
M.J. Kienast Ext. 617

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF-ADVOCACY GROUP

Lanterman Regional Center
 3303 Wilshire Blvd. Suite 700
 Monthly — First Monday, 4:00 p.m. — 6:00 p.m.
Contact: Armen Frundzhyan (323) 462-7300

THE ACHIEVERS

711 E. Maple St., Glendale, CA 91205
 Call for Dates and Times
Contact: Jack Riggle (818) 848-1246

PASADENA SELF-ADVOCACY GROUP

529 N. Hill Ave., Pasadena, CA 91106
 Call for Dates and Times
Contact: Ara Bezjian (626) 793-1989
bezara@visto.com

If you would like more information on Lanterman's Self-Advocacy Groups, please contact John Stack at (213) 383-1300 ext. 620.

If you are interested in starting a support group but don't know how to take the first step, call **The Koch♦Young Family Resource Center** for information:
1-800-546-3676

New Resources In The FRC Library

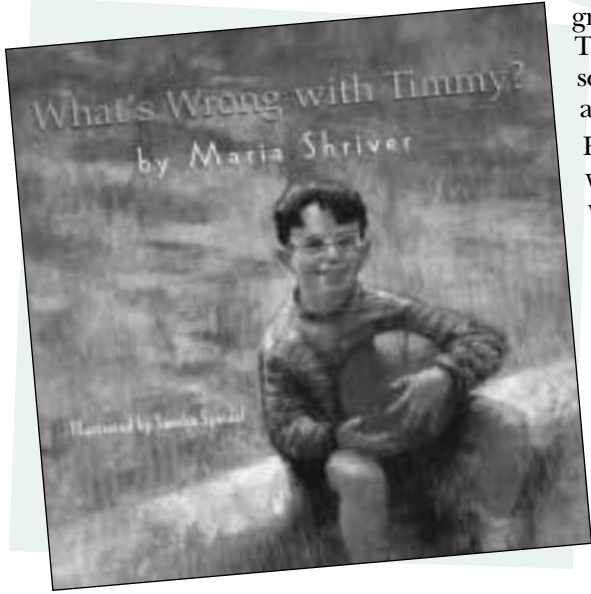
What's Wrong with Timmy?

Helping Children Understand Children with Disabilities

By Maria Shriver

Review provided by Amazon Books.

When 8-year-old Kate meets a boy who seems somehow different, she feels funny inside. After talking with her mom, though, Kate begins to understand that Timmy is just like her in many ways. Timmy has special needs; he takes longer to learn than Kate, and can't walk or run as well. But he also "loves his family, he wants friends, he goes to school, and he dreams about what he



wants to be when he grows up." Kate and Timmy meet, and the seeds of a friendship are planted.

For all those children who ask their parents why someone looks or acts "different," author and journalist Maria Shriver's *What's Wrong with Timmy?* provides a base for discussion. Kate's mother models appropriate behavior, speaking to her daughter calmly and directly, and providing examples from her own life to help Kate understand about Timmy. Illustrator Sandra Speidel's soft, intentionally hazy pastels are lovely; bold, enlarged phrases on the opposite pages of text act as captions. Shriver and Speidel collaborated previously on the tremendously popular *What's Heaven?*

When 8-year-old Kate meets a boy who seems somehow different, she feels funny inside. After talking with her mom, though, Kate begins to understand that Timmy is just like her in many ways. Timmy has special needs; he takes longer to learn than Kate, and can't walk or run as well. But he also "loves his family, he wants friends, he goes to school, and he dreams about what he

Trees Make the Best Mobiles

Simple Ways to Raise Your Child in a Complex World

By Jessica Teich and Brandel France de Bravo

This book was reviewed by Patricia Herrera, Director of Family Support Services and mother to David Jonathan, age 11 months.

New parents, in particular, will find this book worth reading. The book emphasizes that the greatest gift parents can give to their children is themselves. It also encourages parents to slow down, learn to do less, listen more, and most of all to spend focused and fruitful time with their children. This resource reminds parents that they do not have to buy a lot of fancy toys to stimulate their child — a tree outside a baby's window can serve as a mobile.



In today's hectic, high-speed world, Jessica Teich and Brandel France de Bravo point out that children need less "materialistic things" and more unhurried interactions with the people who matter most. They urge parents to treat every task with an infant — even diapering and feeding — as a chance to connect with their child. The two authors also give calming advice about hot button issues such as pacifier use and sleep problems.

The overall message of this book seemed to be that as parents, we should not lose sight of the simple beauty in the everyday world of a developing child. As a new parent, I was reminded of the things that are most important in my life — quality time, love, and acceptance. *Trees Make the Best Mobiles* is written and organized in a manner conducive to either browsing or reading straight through and while it is a practical resource, it is also a fun read. I highly recommend this resource to other new parents who, like me, are trying to give the best of everything to their child.

Partnership & Leadership	1
Timeline	1
The People Living Our Values	2
Girl Scouting at its Best	2
Holidays Are For Sharing	3
A Lesson in Leadership	3
American Christmas Party A Success	3
Sibling Support: Introducing Siblings	4
Board Member Profile: Ann Sessa	4
Meet the People: Patrick Avilcino	4
Health and Wellness	5
Health and Wellness Tips	5
Down Syndrome Association of L.A.	6
A Question for Our Families	6
Summer Recreation Opportunities	7
Class Action Suit Filed Against State	8
Matthew Conte-Lerner: A Local Olympic Torchbearer	8
Governor's Proposed Budget for 2002-03	8
New Research Grants	9
Low Clinic Moves to Whittier College	9
Training & Events	10
Someone Cares: Local Support Groups	11
New Resources in The FRC Library	12

IN THIS ISSUE

PRSRT STD
U.S. Postage
PAID
Permit 1907
Van Nuys CA

FRANK D. LANTERMAN REGIONAL CENTER
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

Viewpoint

Viewpoint is a quarterly publication of the Frank D. Lanterman Regional Center. It is produced for the benefit of all members of the Lanterman Community.

Estimated Circulation: 6000

Managing Editor:
Patricia Herrera
DIRECTOR, FAMILY SUPPORT SERVICES

Editor:
Lisa Levin
RESOURCE CENTER COORDINATOR
KOCH•YOUNG FAMILY RESOURCE CENTER

Contributors:
Diane Anand, Jackie Ashman, Patrick Avilcino, CA UCP, DDS, Shoghing Dikjian, Meredith Goetz, Emma Guanilo, Laura Hernandez, Patricia Herrera, Olivia Hinojosa, Pat Huth, Karen Ingram, Diana Janas, Candice LaMere, Frank Lara, Darryl Mikuni, Ann Sessa, Sharon Shueman, Melinda Sullivan, Maureen Wilson.

Photography:
Henry Harper

Viewpoint can be viewed online at <http://www.lanterman.org>
To contact *Viewpoint* Editors, send e-mail to frc@lanterman.org or call (213) 383-1300 Ext. 716.

WE NEED YOUR HELP

Lanterman Regional Center receives hundreds of pieces of mail each day. You can help your mail get to the right place by writing the addressee's name or department on the envelope. Thank you — this will help us respond to you in a timely manner.

Printed on recycled paper