

The Second Lanterman Leadership Forum A Success by Any Measure!



Geri Jewell, actress and comedian, greets Ara Bezjian, a member of the Consumer Advisory Committee, during her Friday night performance.

After nearly 35 years of service to the community, Lanterman Regional Center has come to realize what Karl Albrecht says: "The outstanding service organization is one in which all servers know clearly who their customers are; they know what constitutes value for them; and they work continually to deliver value."

Although we have a long history of service, we value self-reflection — setting aside time to clarify our goals as a community and plan the necessary steps to achieve those goals.

It was with this in mind that we decided to hold the Second Lanterman Leadership Forum . . . *Our Customer Values in Action*, on April 6 and 7. The event was a huge success, highlighted by an impressive array of speakers.

Karl Albrecht opened the forum by discussing Lanterman's Customer Value Model — a model whose develop-



Karl Albrecht addresses the crowd.

ment he guided. His keynote address focused on the theory behind Lanterman, and how to improve our service to the community.

Peter Drucker, another prolific writer and noted leader in the strategy and policy of businesses and nonprofits, spoke about the increasing movement toward nonprofits. Community-based nonprofit organizations, he pointed out, are often "obsessed with a mission," which



Assistive Technology display set up at Lanterman Poster Board Session.

makes achieving financial and service goals much more feasible.

Thomas Gilhool discussed the progression of the law as it relates to those with developmental disabilities, in particular the Sanchez case, in which he is currently participating. The case could take steps to equalize pay differentials between institutional workers and direct care workers in the community.

Harvard Professor James Austin, spoke about the importance of collaboration and strategic alliances between nonprofits and businesses. Gary Stern, an associate of Peter Drucker, and



David Clark, a distinguished speaker in the area of Assistive Technology, takes time out to eat.

president of Stern Consulting International, shared his expertise in the area of social sector strategizing, marketing and performance.

Closing the forum was Chairman of the Drucker Foundation Board Frances Hesselbein. Renowned for her years of dedication in leading social sector organizations toward excellence, she noted that although obstacles may present difficulties, especially in terms of funding or regulations, it is important to continue moving forward to contribute whatever small piece is possible to make change occur.

While the keynote speakers inspired forum attendees on a philosophical level, and demonstrated models of leadership to follow, five Strategic Direction Sessions focused on issues of particular importance to our community for the next five years. The sessions were:

- "A Place of My Own: Meeting Affordable Housing Needs" led by Bob Laux
- "Empowering People to Find Real Work in the Real World" led by Lou Brown, Ph.D.



Diane Anand, Executive Director of Lanterman Regional Center with Frances Hesselbein, Chairman of the Board of Governors of the Peter F. Drucker Foundation for Nonprofit Management.

- "Changing Technology And Developmental Disabilities in The 21st Century" led by David Clark
- "Exploring New Strategies For Health Promotion" led by James H. Rimmer, Ph. D.
- "Advocacy For Inclusive Education" led by Curtis Richards

These Strategic Direction presentations set the tone for the next day's Work Group Sessions, which created plans of action specific to each area of focus.

A special poster session and reception entitled "Delivering Customer Values," was the perfect complement to the first day's presentations. After hearing about the models we should strive to follow, the poster session demonstrated the ways in which these models are already in effect benefiting our community. Among the customer values highlighted were: Information and Technology, Health and Wellness, Affordable Housing, Employment, Person-Centered Service Coordination, Inclusive Education, Self-Determination, Community Ownership, and Social Acceptance of People with Developmental Disabilities.

Forum participants could also take part in discussions on either the Quality Enhancement Network (QEN) or Grassroots Advocacy for AB 896 and the Sanchez lawsuit.



Peter Drucker signs book for staff member, Olivia Hinojosa.

At the end of the first day, Lanterman hosted its 35th Anniversary Dinner at the Glendale Hilton Grand Ballroom. Geri Jewell, actress and comedian, capped off the night with a wonderful performance.

Overall, the Second Lanterman Leadership Forum was a huge success. It provided an historical perspective on our progress over the last 35 years, and was a chance to clarify goals and create a common vision for the years to come. But perhaps most importantly, the forum presented an opportunity for active members of the community to meet and be mutually inspired. We thank all those who participated, and look forward to the years of progress to come.



The crowd of forum attendees looks on as Thomas Gilhool, Esq. presents in the Glendale Grand Ballroom.

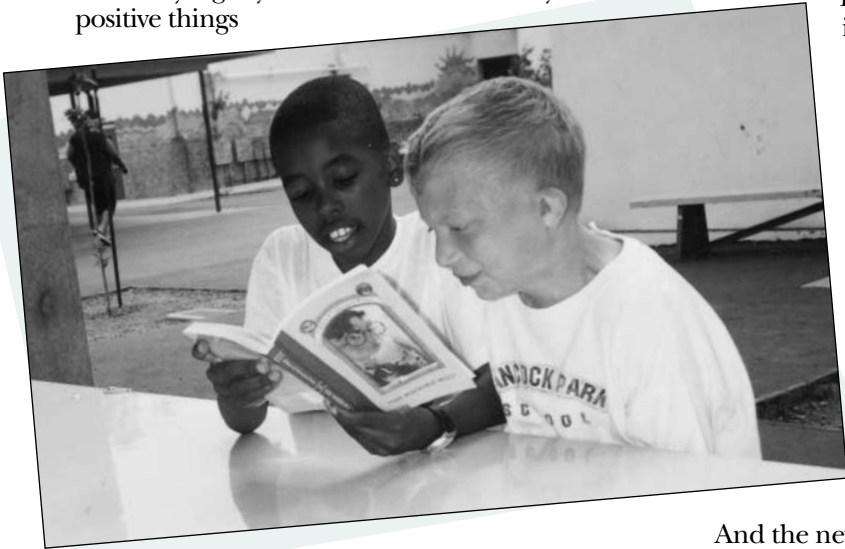
You Spoke We Listened...

Social Acceptance of People with Disabilities — People with disabilities are accepted as unique individuals and are welcomed as equal participants in all aspects of community life and social interactions.

Including individuals with developmental disabilities in all aspects of community life is one of our most important customer values, and we're committed to expanding our efforts in this area. In the last *Viewpoint* we featured several stories of acceptance in action, and we followed up with a poster session at our recent forum. What follow are some of the people and programs we highlighted.

Being Included in School with Non-disabled Peers

Dillon Suddeth is 12 years old, and he's been attending Hancock Park Elementary School for nearly eight years. His mother has only positive things



Dillon Suddeth (right) works with "peer helper" Joshua Revels.

to say about his experience there. As a child with Noonan's Syndrome, Dillon has both physical and mental delays. In many other schools, Dillon's disability would automatically exclude him from a normal classroom setting, but Mrs. Suddeth explains that this is not the case at Hancock Park, where "the whole campus is in tune to incorporating special education students into the regular routine."

Dillon and his schoolmates with developmental disabilities have 5th grade "coaching peers" during portions of the school day. After school, Lanterman helps fund a three-hour program in which, Dillon has a 1:1 aide who helps him play with other children, or assists while Dillon works on homework with others. Dillon is encouraged to interact directly with the other children and have them help him with his homework, rather than the aide taking him aside to work on it.

Mrs. Suddeth says Dillon continues to grow as he gains confidence from the friendships he develops and is challenged by his integrated environment. However, equally exciting to Dillon's mother are the changes she has seen in the other children. She's visited Dillon's class and talked with his peers to answer their questions about her son. As a result, the other children have not only accepted Dillon as a peer, but they've also grown as individuals by having this experience.

Social acceptance of children with disabilities is increasing, but continues to be a challenging process as more and more children with significant disabilities are being mainstreamed. Each day, 20% of Lanterman children (400 out of 2,000 children between the ages of 5 to 18) spend at least part of the day with general education students.

Whenever Lanterman families request after-school programs or social recreational activities, we encourage parents and Service Coordinators to explore the possibility of integrated programs. One of the most important tips we can give is that you as parents must believe that this is the right thing to do — that your child should not be excluded simply because of his or her disability. Lanterman's role is to promote tolerance, diversity and acceptance, so that there will be many more success stories like that of Dillon Suddeth.

Real Jobs, Real Pay, Real Benefits, and Real Responsibilities

Our consumers are clamoring for more employment opportunities, and we've responded by forming the Strategic Initiative Committee on Employment. The group is committed to marketing the concept of competitive and supported employment throughout the community. The committee is comprised of community members, Lanterman staff, consumers, a representative of the Department of Rehabilitation, representatives of educational agencies, employment leaders and supported employment agencies.

In 1995, when we first began collecting data we had 149 consumers either in supported or competitive employment in the community. Through our efforts, the number of consumers presently employed in the community has risen to 256. And local businesses are realizing the untapped resource our consumers represent. The impressive roster of employers partnering with Lanterman includes Bloomingdale's, Trader Joe's, Vons, Ralphs, Glendale Memorial Hospital, Cedars Sinai Medical Center, Universal Studios and Bank of America to name a few.

And the news is spreading from one business to another. Trader Joe's describes employee Colin as an "excellent worker," who is "great with the customers and his co-workers." Her Ralphs supervisor describes Susan by saying, "I wish I had two of her" and the administration and staff are extremely pleased with the accomplishments of the group working at Glendale Memorial Hospital.

Self-Advocacy

Today, as it becomes more and more possible to accomplish things independently, whether by way of the Internet, a cell phone, or through self-representation, the skills of self-advocacy have become even more important. At Lanterman, our Consumer Advisory Committee (CAC) meets monthly to help individuals increase their self-advocacy. The meeting is attended by Billy Hall, Reynalda Sanchez, Sonia Aguilera, Ara Bejjian and Walter Panameno. Ana Villasenor, Erick Homiak and Anthony Gallardo also attend as their schedules permit.

During the past few months, the group reviewed a survey conducted by Sherry Beamer on the success of self-advocacy groups. They also received a presentation from Debbie Kane concerning consumer rights and the content of her training for home care staff. The



Sonia Aguilera and Reynalda Sanchez, two active community members, in front of Self-Advocacy poster at Lanterman Forum.

group agreed that at least one CAC member should be present when she presents these trainings at the homes.

Consumers are gradually becoming more actively involved in advocacy. There are currently 18 individuals serving on our board and various committees. Five consumers attended the Lanterman Leadership Forum held in April.

At present, there are four self-advocacy groups that meet on a monthly basis: Mid-Wilshire, Glendale Self-Achievers, Pasadena, and PAR Central. If you or someone you know is interested in joining a self-advocacy group, please contact John Stack at 213-383-1300 ext.620.

Developing Friendships through Best Buddies

Best Buddies California is a nonprofit organization which emphasizes social acceptance of persons with developmental disabilities by promoting one to one friendships and integrated employment opportunities.

Best Buddies High School matches high school students in friendships with students with developmental disabilities. Best Buddies has chapters at the following high schools in the Lanterman catchment area: Fairfax in Los Angeles, John Burroughs in Burbank, Blair in Pasadena, and Eagle Rock and Hoover in Glendale. In the future look for them at John Muir in Pasadena. If you would like to get the Best Buddies program started at your high school call 1-888-68buddy(28339).

Best Buddies Citizens provides opportunities for adults in the community to develop a friendship with an individual with a developmental disability. Typical



Julia Dunlap, Best Buddies representative in front of their poster at the Lanterman Forum.

activities include going to the movies, visiting museums, going shopping at the mall and making weekly telephone calls "just to touch base." Lanterman and Best Buddies have matched 14 adult consumers with a community buddy, but we're always looking for more volunteers. If you're interested in being a buddy or know of an organization or church that may be interested, contact Olivia Hinojosa in the Family Resource Center at ext. 705.

Most recently Best Buddies has launched a new program called **e-Buddies**, an innovative e-mail friendship program. If you are interested in getting involved, go to www.ebuddies.org for more information. If any of the other Best Buddies friendship programs interest you, you can log on to www.bestbuddiesca.org or call 1-888-68buddy(28339) and ask for Analee Miranda to find out more.

AB 896 and the Sanchez Lawsuit

Grassroots Advocacy Session conducted by Thomas Gilhool, Esq., and Art Bolton

Now, more than at any time in recent memory, it's vital for our community to mobilize at the grassroots level and make their voices heard on two key matters — Assembly Bill 896 and the Sanchez Lawsuit. Both were discussed by Thomas Gilhool and Art Bolton at a special session during our recent Leadership Forum.

Many people are referring to AB896 as the most important development since the formation of the regional center system. The bill addresses several issues, including:

- the unequal division of the developmental services system
- the poor condition of state institutions and the high cost of repairs
- the disparity in wages and benefits between state employees and community workers
- the shortage of affordable housing for people with developmental disabilities that live in the community
- the lack of adequate support to allow families to care for their children with developmental disabilities at home

Assembly Bill 896 proposes to unify the California system of service delivery so that there would be no division of funds between state institutions and regional centers. Currently 25% of state funding for individuals with developmental disabilities goes towards the maintenance of a small number of state institutions and the care of 3,800 people. The remaining funds are stretched thin to provide housing and a wide variety of community services for the 170,000 families being served by the regional center system.

The bill would also:

- Increase the wages of community service workers
- Create the Lanterman Trust fund which would keep all funds generated from the lease or sale of state institutions, and use them to provide low or deferred interest loans for housing, as well as create technical centers of excellence to produce adaptive equipment, customized wheelchairs, and other items for people with special needs
- Help families who wish to, to care for members at home
- Assist regional centers in developing community living alternatives

Sanchez vs. Johnson is a lawsuit to help ensure the civil rights of individuals with developmental disabilities in California. The fundamental issue is the extreme disparity between the wages and benefits provided for direct care employees working in state developmental centers, as opposed to those working for community providers — for essentially the same job. Under the current divided system, regional centers cannot pay competitive wages to hire and retain qualified staff for community care facilities, thus penalizing those children and adults with developmental disabilities who live at home or in residential placements in their communities.

With 170,000 families in the regional center system, there is amazing potential for a grassroots movement on behalf of AB896 and the Sanchez case. However, the numbers mean nothing if no action is taken. A simple letter written to Governor Gray Davis and your local state legislator expressing concern as a person familiar with the regional center system can make a big difference.

Lanterman is doing all it can to help facilitate community involvement in both these efforts.

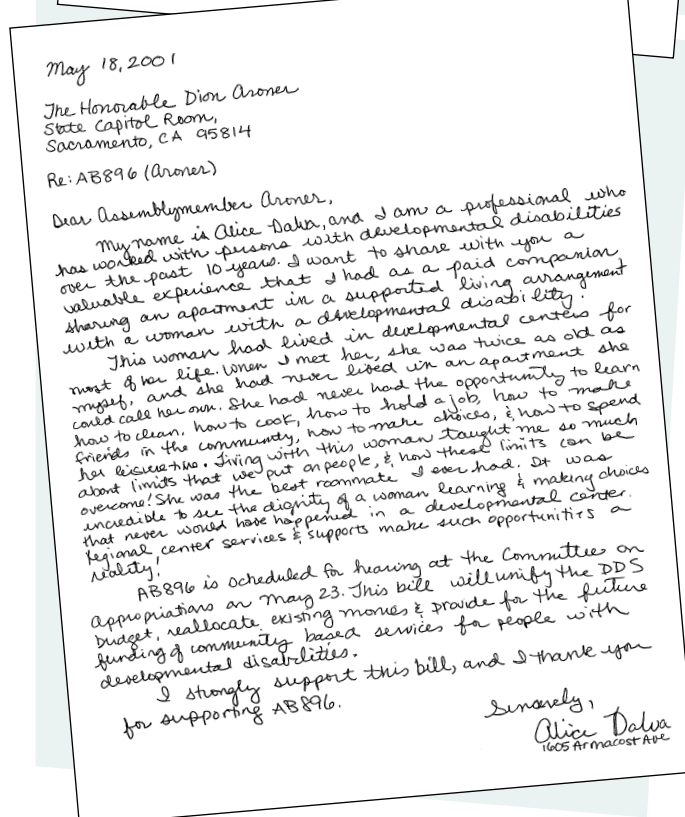
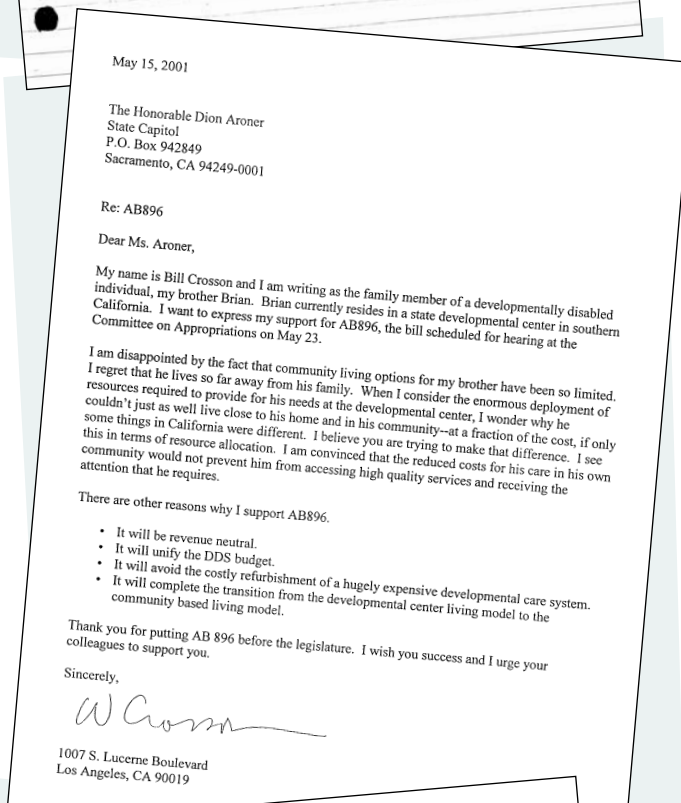
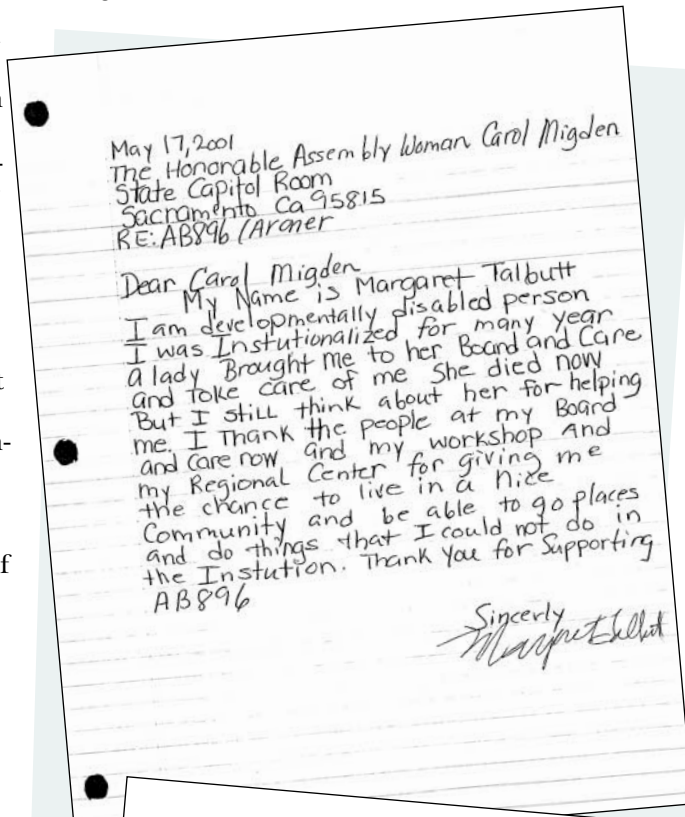
Visit our website at www.lanterman.org or www.sanchezvsjohnson.org for more information. If you don't have access to the Internet, there are three sample letters shown at right.

If you would like, you may send your letter to Lanterman Regional Center (3303 Wilshire Blvd., Suite 700, Los Angeles, CA 90010, Attn: AB 896), and we will send it along with others in a group effort.

Please let your voice be heard on both these important matters. You *can* make a difference.



Thomas Gilhool, Esq. and Art Bolton (above, left to right) lead a grassroots session (above, lower) on AB 896.



Collaboration and Building Strategic Alliances

Necessity, Challenge, Opportunity



In this picture, Barbara Patoff, consumer employee at Bloomingdale's, places security tags on retail items.

In his book *The Collaboration Challenge*, Harvard Business Professor James Austin states: "The twenty-first century will be the *age of alliances*. In this age, collaboration between nonprofit organizations and corporations will grow in frequency and strategic importance. Collaborative relationships will increasingly migrate from the traditionally philanthropic, characterized by benevolent donor and grateful recipient, toward deeper, strategic alliances."

As a featured speaker at our recent Leadership Forum, Dr. Austin expanded on this idea in his engaging talk *Collaboration and Building Strategic Alliances*. The concept is simple, but remarkably powerful. In today's competitive, interconnected environment, no business or organization can survive — let alone thrive — going it alone. Collaboration and the building of alliances is a necessary strategy.

From the standpoint of nonprofits, we are in an era where the traditional barriers are gone, where the federal government is playing less and less of a role in our lives, and where our social issues are far larger than either the public or private sector can address alone.

To fulfill our missions and achieve our goals, we must join forces. However, any partnership must benefit both parties. The best, most successful and most enduring alliances come from mutual interests.

A case in point is the area of employment — specifically the employment of individuals with developmental disabilities — which brings together Lanterman and the business community of Los Angeles in a win-win partnership.

Employers benefit from a rich source of loyal, motivated, hard-working employees — an asset to any bottom line.

Lanterman consumers, in turn, benefit from the opportunity to have a real job that allows them to be productive members of their community and gain the pride of earning their own living.

For too long, the job market has been limited for individuals with developmental disabilities — not because they lack ability or motivation, but because the business community has been unsure or unaware of them. Empowerment through employment is a natural collaboration between the regional center and the business community that benefits everyone.

In the words of James Austin, "High-performance collaborations are about

Advocating for Inclusive Education

Lanterman Strategic Direction Session led by Curtis Richards

A key topic addressed at Lanterman's recent Leadership Forum was Advocacy for Inclusive Education. We were fortunate to have Curtis Richards — a nationally-recognized leader in the disability community, who served in the U.S. Department of Education under the Clinton Administration — lead an informative discussion on this issue. Richards began by sharing his personal history. As a child with severe visual impairment, Richards faced several challenges in the school system. Fortunately, he had extremely supportive parents who pushed him to excel and maintained high expectations of what their son was capable of achieving. Thanks to their persistence and resourcefulness, Richards was able to participate in a regular classroom setting. Understanding that many children did not have the opportunities in education that he himself had as a child, Richards found his calling in public advocacy.

At the forum, he outlined changes in the education system that have taken place in the past 35 years, particularly with the 1975 passage of IDEA (Individuals with Disabilities Education Act), and its premise that every child should receive a free appropriate public education.

Richards pointed out that since IDEA's passage the graduation rate of individuals with developmental disabilities is up 15%, and there is now

three times the number of students with disabilities going to college.

But even with this progress, much remains to be done in the area of education. Special Education should not be viewed as a place — it should be considered instead the adequate supports and services to allow a child to function and succeed in a regular classroom to the fullest extent possible.

Richards stressed that the challenges faced by those advocating for inclusive education are the same global challenges confronting the education system as a whole. While the topic of school reform in many cases opens an enormous can of worms, there is consensus that education needs to be improved. In addressing school reform, there is no reason that Special Education should not be woven in as an important element of these necessary changes. Diversity is a fact of life, and the system is gradually evolving to embrace these differences as a way to enhance ourselves and our education.

Richards suggests that in advocating for the inclusive education of a child with a developmental disability, the advocate consider how the segregated worlds of special education and regular education can effectively be meshed.

Working together to make school reform a reality leads to unity. In essence, the goal is to help teachers and administrators rather than engage



Curtis Richards reads notes at Lanterman Forum inclusive education presentation.

in battle with them. With an open, communicative work relationship, there is no reason that substantial progress cannot be made.

For those interested in pursuing this topic, here are several resources:

- A guide to the IEP at www.ed.gov/offices/OSERS/osep/index
- NICHCY hotline at 1-800-695-0285
- The Alliance at www.taalliance.org
- Parent Training and Information Centers (PTI) at www.taalliance.org
- Centers for Behavior at www.pbis.org
- National Transition Network at <http://ici2.coled.umn.edu/ntn/>
- Department of Education at <http://interact.uoregon.edu/wrrc/edprograms.html>

The Doctor is In Touchpoints Special Needs Conference featuring renowned Pediatrician Dr. T. Berry Brazelton

On July 20-21, 2001, Lanterman Regional Center will host a second Touchpoints Conference *Because You Care About Children: Building a Touchpoints Community for Children with Special Needs* at the Hilton Glendale Hotel. The event will bring together recognized authorities on child development and disabilities, including Dr. T. Berry Brazelton, to provide parents and professionals in the Lanterman community and Los Angeles County with guidance and instruction specific to children with special needs.

Dr. T. Berry Brazelton, Clinical Professor Emeritus of Pediatrics at Harvard Medical School and Founder of the Child Development Unit at Children's Hospital in Boston, is currently a Professor of Psychiatry and Human Development at Brown University in Providence, Rhode Island. A prolific writer, Dr. Brazelton is best known for *Touchpoints: Your Child's Emotional and Behavioral Development* and *What Every Baby Knows*. Among his other achievements include writing for Family Circle Magazine and the New York Times, hosting the cable TV series "What Every Baby Knows," and creating the Neonatal Behavioral Assessment Scale (NBAS), widely used clinically and in research to test the neurological response of newborns, their emotional well-being and individual differences.

The Brazelton Touchpoints Center believes that establishing and maintaining relationships with parents is the basis of preventive care. This idea is at



Artist: Juli, age 6

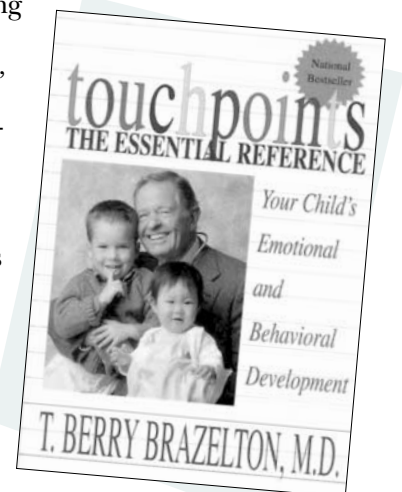
the core of the Touchpoints model, developed by Dr. Brazelton, which focuses on building alliances between parents and providers around key points in the development of young children. "Touchpoints" are predictable periods in a child's development that can be disruptive to families, but can also provide an opportunity for practitioners to connect with parents.

The two-day conference will cover the Touchpoints Model fundamentals, particularly as they pertain to children with special needs.

Topics will include, building

a Touchpoints community that really recognizes the uniqueness of each individual child, communicating bad news and its impact on parent-professional relationships, healthy sibling issues and techniques to assist families in dealing with ongoing grief.

The conference will be held at the Hilton Glendale Hotel located at 100 West Glenoaks Blvd. in Glendale, California. Conference registration brochures will be sent to Lanterman Community members in June. For more information or to receive a conference registration brochure if you are not on our mailing list, call 213-383-1300 ext. 757. For information in Spanish, call ext. 730.



Collaboration and Building Strategic Alliances

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much more than giving and receiving money. They are about mobilizing multiple resources and capabilities to generate benefits for both partners and social value for society."

Employing People with Disabilities — The Collaboration Opportunity

Are you an employer? Do you know someone who is an employer? Have you considered hiring someone with a developmental disability?

People with developmental disabilities make excellent employees and good business sense.

Currently, approximately 250 adult consumers of Lanterman Regional Center are employed, either independently or with some support. There are, however, many more individuals who have the capability and desire to be out in the community receiving real pay for real work.

Twenty years ago, most of our adult consumers who were able to do productive work spent

their days in sheltered workshops, performing repetitive tasks such as routine assembly and packaging side by side with others who also had developmental disabilities.

Ten years ago, we saw consumers branching out into community employment, into areas such as janitorial, gardening, and fast food jobs, often with a small group of other people with developmental disabilities.

Today, we see individuals with developmental disabilities earning real dollars in real jobs of their own choosing in the community. These jobs are in a variety of industries and locations.

Lanterman is launching a major strategic effort to assist those consumers who want to work to find paying jobs that interest them. If you have a job opening or know of a potential employer who might want to discuss the opportunities with us, please call 1-800-546-3676.

Job Opportunities Blossom at Bloomingdale's

One of the biggest challenges in the retail industry is keeping good employees. In fact, the turnover in retail in California is 80%. But

Bloomingdale's has discovered at least one solution to this challenge — hire individuals with developmental disabilities.

"It's a win situation for everyone," says Scott Rutledge, Group Manager, Bloomingdale's Beverly Center. "We believe that by helping people in the community, we make the community a better place." Not only that, he explains, but the store also benefits by tapping into a source of truly dependable employees.

Seven Lanterman consumers work at the Beverly Center location, and Rutledge couldn't be more pleased with their performance. "They want to work, they're productive, and they stay," he says.

Speaking to other employers, Rutledge urges "I would highly recommend looking in your company for a job that can be filled by a person with a developmental disability. You'll find it good for you and good for your business."

Peer Support Evaluation

In 1994, the Lanterman Regional Center established a Peer Support Program to be coordinated through the Family Resource Center. The goal of the program is to help new families become more quickly acquainted with the regional center and its services by matching them with experienced volunteer families. Early this year, Lanterman completed a periodic evaluation of the Peer Support Program. A phone survey was conducted with a sample of 51 families who had been matched with peer partners during the period of October-December, 2000. Thirty families (59% of the sample) responded to eight survey questions about their peer support experience.

The questions. Respondents were asked whether their peer contacts made them more knowledgeable about the center and its services and whether they were satisfied with the information and support they received from their partners. They were also asked whether they intended to access services that they had learned about from their partners and what these services were. Finally, they were asked whether the relationship with their peer partner had endured beyond a few initial contacts.

The responses. The respondents were most interested in accessing information and services on Autism — including parent support groups, training opportunities and written or video materials. Other popular items were information and parent support focused on Down Syndrome, information on educational issues (inclusion, advocacy, and individual educational planning), and Service Coordination and Advocacy Training (SCAT). A significant number of the respondents were interested in Spanish language information and services.

In general, families rated their peer partner experience as useful and helpful, whether or not the relationship was an enduring one. Respondents reported that their contacts with peer partners better prepared them to participate in parent support groups and to make use of the multi-media library. In addition, 70% of the respondents felt more knowledgeable about the regional center as a result of their contacts with the peer support partner and 86% reported being satisfied with the information and support they received.

Survey results suggested that at least some families would get more out of the program if the match occurred somewhat later — after they have had a chance to adjust to their family member's diagnosis and assess their own needs. Discussions with the peer partners suggest that talking with the family at a later point in time may also be a useful strategy for them under certain circumstances. For example, a continuation period after the initial call might allow a peer support partner the time to research what may be more appropriate and helpful answers to some of the family's questions. If this is true, an expansion of the program could potentially contribute to its effectiveness.

Summary. The general response to the survey was overwhelmingly positive and the peer support program appears to contribute to a more positive relationship between families and Lanterman Regional Center. The program also appears to be an effective strategy for educating families about the center and its services. In the future we hope to encourage peer partners to more actively promote additional resources, such as the Assistive Technology Lab and our family orientation program.

Your input is invited. We are continually working to strengthen the relationships between Lanterman families and the regional center. The Peer Support Program is only one means for doing this. If you have other ideas or suggestions for how we could better develop these relationships, feel free to contact the Koch♦Young Family Resource Center at 1-800-546-3676.

Health and Wellness Activities at Lanterman

Over the last few years, Lanterman Regional Center has been carrying out a major initiative aimed at assessing and improving the physical, mental, and dental health of our consumers. Many of the activities in this initiative were developed in response to findings of comprehensive health assessments of consumers, conducted for us by UCLA Schools of Medicine, Nursing, and Dentistry, and the USC University Affiliated Program at Childrens Hospital Los Angeles. Adults' examinations were conducted by UCLA and children's examinations were conducted by USC.

The focus of these examinations was the overall health of the consumers. First, we looked at their health status (i.e., how healthy are they and do health issues interfere with their functioning?). We also evaluated the extent to which people were receiving recommended preventive health services. For children, these services include things such as immunizations, hearing and vision screening, and periodic dental examinations. For adults, preventive health services include things such as screening for mammography, cholesterol monitoring and blood pressure checks.

We found that adults with developmental disabilities have significant challenges to their health, particularly with regard to preventive services, management of psychiatric and behavioral problems and general fitness. For example:

- A significant number of these adults had not received recommended preventive health services. This included immunizations as well as screening procedures such as pap smears, mammograms and colon examinations.
- About 4 in 10 adults were either obese or overweight.
- Fewer than half the adults reported getting regular exercise.
- Almost one-quarter of consumers *without* a psychiatric diagnosis were receiving one or more psychoactive medications.
- A very high percentage of these consumers — particularly the women — reported having been victims of violence.

The assessment of children between the ages of 3 and 18 suggested that children with developmental disabilities have even more health challenges than their adult counterparts. Again, these challenges were related to preventive health services and overall fitness. For example:

- Nearly one-fifth of the children did not have a regular primary care physician.
- Almost one-third of the children lacked at least one of the recommended screening procedures for their age.
- More than one-quarter of the children had not received the immunizations recommended for their age.
- Sixty-one percent (61%) of these children had not seen a physician for a routine general health visit for over a year.
- Almost half had active medical problems; and one-quarter of these children had not been monitored by a physician within 6 months.
- Nearly half of the children had poor overall nutritional status or were judged to be at risk for malnutrition.
- Almost one-third of the children were overweight or obese.

The examinations also revealed serious unmet needs among the children in the areas of dental health, speech and language development, and behavioral/social and psychological functioning.

As an immediate response to the findings, we have sent an information packet to several physicians who serve our consumers. This letter tells them about the findings of the assessments. It includes sets of preventive health guidelines for adults and children as developed by the American Academy of Family Practice. We encouraged them to adhere to these

guidelines with our consumers. Finally, we included in the letter a new "Physician Report of Physical Examination" that they may use to report examination results to the regional center and to residential care providers. We plan on sending a similar packet of information to our residential service providers.

Many other activities have been developed within the center to improve quality and access to health services for our consumers.

These services include:

- Continuation of the health assessments.
- Activities aimed at expanding the network of health care providers who are willing and able to serve our consumers.
- Development of health and wellness programs intended to directly serve consumers and their families.
- Development of programs to educate staff, service providers, and families about issues of health and wellness.

We will be telling you more about some of these activities in the next issue of *Viewpoint*.

Grassroots Day 2001

Do you know who represents you in the State Assembly and Senate? Have you taken the time to write, e-mail, phone or visit them to discuss issues that are important to you? On April 25, ARCA's annual Grassroots Day, six representatives from the Lanterman catchment area met with five of our elected officials or their staff to discuss several bills that affect Lanterman consumers, their families and their service providers.

Lanterman representatives included Marjorie Heller (Board/parent), Kristin Conder (parent), Martin Sweeney (parent), Dewalt Brown (provider/parent), Francesca Laughery-Carson (consumer/staff) and Karen Ingram (staff). These six traveled to Sacramento to promote awareness of important issues being confronted in the Lanterman community. In addition to AB 896 (see related article), representatives discussed AB 227 (written by Senator Chesbro to expand the Self-Determination Project), the energy crisis and the role that regional centers play in the lives of persons with developmental disabilities and their families.

Francesca Laughery-Carson attended Grassroots for the first time and spent hours reading the bills and preparing for the meetings. Asked how she enjoyed her introduction to legislative advocacy, Francesca stated "I found the whole experience very inspiring and rewarding. I had so much drive and fire for each of the bills I was supporting. I learned a lot from going. When it comes to the legislature and how it works, and being able to understand it all, as well, was very exciting for me. What a thrill!"

Our elected officials need to hear how the bills they are considering will affect people with developmental disabilities — for better or worse. They need to hear from each of us. You can learn more about current bills on the Lanterman web site (click on the state seal). Visits to our elected officials' offices here in L.A. County will also be scheduled throughout the year. If you would like to participate, please call 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:

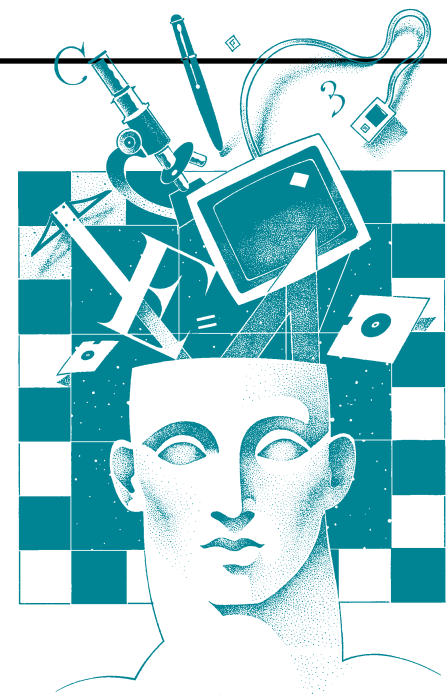
Training & Development
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

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 1-800-546-3676.

NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD & OLDER

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

For Information and Dates call 1-800-546-3676

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 1-800-546-3676

IEP TRANSITION WORKSHOP

For Families with children 2.5 through 3 years of age
English & Spanish Workshops Available

For Information and Dates call 1-800-546-3676

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. For Information call 1-800-546-3676.**

ENGLISH (10 CONSECUTIVE TUESDAYS)

July 11, 2001 – September 12, 2001, 7:00 p.m. – 9:00 p.m.
Location TBA
Presenters: Behavioral Specialist

ENGLISH (10 CONSECUTIVE TUESDAYS)

September 17, 2001 – November 19, 2001, 7:00 – 9:00 p.m.
Location TBA
Presenters: Behavioral Specialist

SPANISH (10 CONSECUTIVE SATURDAYS)

June 16, 2001 – August 18, 2001, 9:00 a.m. – 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenters: Behavioral Specialist

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.

Cost: No cost
Presenters: SCAT Faculty
Reservations 1-800-546-3676

SPANISH (FIVE CONSECUTIVE TUESDAYS)

September 11, 2001 – October 9, 2001, 9:30 a.m. – 11:30 a.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

ENGLISH (FIVE CONSECUTIVE MONDAYS)

October 1, 2001 – October 29, 2001, 7:00 p.m. – 9:00 p.m.
GUSD, 223 N. Jackson St., Glendale, 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, 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.

Contact your Service Coordinator to register.

BODY TALK FOR ADULT CONSUMERS

Please note: This workshop requires referral from your Service Coordinator.
Dates, Times & Location TBA

TEEN TALK FOR CONSUMERS

Please note: This workshop requires referral from your Service Coordinator.
Dates, Times & Location TBA

PARENT TALK DISCUSSION GROUP

Please note: This workshop requires referral from your Service Coordinator. This 6 week group will focus on the parental role in supporting and promoting healthy relationships.
Dates, Times & Location TBA

TOOTH TALK

For Parents-Spanish
June 13, 2001, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

This training is designed for parents. It stresses the importance of healthy teeth and preventive dental care for people with developmental disabilities.

Cost: No cost
Presenter: LRC Dental Hygienist Staff
For information call (213) 383-1300 ext. 720

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.

INTRODUCTION TO THE LANTERMAN QUALITY ENHANCEMENT NETWORK

For Service Providers
June 12, 2001, 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.
Cost: No cost
Presenter: LRC QEN
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

CONSUMER RIGHTS

For Service Providers
July 10, 2001, 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.
Cost: No cost
Presenter: To be announced
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

AGING AND DEVELOPMENTAL DISABILITIES

For Parents & Consumers
June 20, 2001, 4:30 p.m. – 6:00 p.m.
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.
Cost: No cost • Presenter: LRC Aging Transition Unit Staff
For information call (213) 383-1300 ext. 720

ACCESSING MEDICAL INSURANCE FOR AUTISM TREATMENT

For Parents
June 23, 2001, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour presentation will provide parents with information that will assist them in advocating for specific autism treatment options through their medical insurance plan, HMO or PPO.
Cost: No cost
Presenter: Christopher Angelo, Esq., Attorney & Parent of a child with autism
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 the Lanterman consumers over the age of 18 and their families. These classes are an introduction to computers and software.
Cost: No cost • Presenters: Los Angeles Unified School District
For registration and further information call 1-800-546-3676

FOR ADULTS — ENGLISH (SIX CONSECUTIVE TUESDAYS)

July 10 - August 14, 2001
10:00 a.m. - 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

FOR ADULTS — ENGLISH (FIVE CONSECUTIVE FRIDAYS)

July 13 - August 17, 2001
10:00 a.m. - 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
Space is limited!

AGING AND DEVELOPMENTAL DISABILITIES

For Service Providers
August 14, 2001, 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 help community residential staff through the issues of Living Arrangements, Social Recreation, Daily Activities, and Health. Class meets requirements for 2 hrs CEU's for Title 17 & Title 22.
Cost: No cost • Presenter: LRC Aging Transition Unit Staff
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

QUALITY ASSURANCE/QUALITY ENHANCEMENT

For Service Providers
September 11, 2001, 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.
Cost: No cost • Presenter: To be announced
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



Assistive Technology

S U M M E R S E R I E S

Summer Fun with Computer Games

Thursday, June 14 • 10 a.m.–1 p.m.

Frank D. Lanterman Regional Center, Assistive Technology Lab, 7th Floor
3303 Wilshire Blvd., L.A. • RSVP (213) 383-1300, ext. 730

Perhaps one of the best ways to learn and explore the potential benefits of computer technology is through games. For a whole generation of experienced users, games were the initial and primary motivation to learn and develop early technology skills. In this hands on workshop, *gamer Garik G.* will demonstrate and preview a number of popular software games for children and young adults.

Recommended for young adults and family members interested in the latest and hottest computer software games. Seating is limited to the first 15 reservations.

Multi-sensory Software for Reading & Learning Difficulties

Thursday, June 28 • 6–9 p.m.

Frank D. Lanterman Regional Center, Assistive Technology Lab, 7th Floor
3303 Wilshire Blvd., L.A. • RSVP (213) 383-1300, ext. 730

Whether due to blindness, learning disabilities, or a reading difficulty such as dyslexia, millions of people around the world struggle with reading everyday. However, access to printed word is now a possibility with the reading software developed by Kurzweil Educational Systems Group—a division of the Lernout & Hauspie company, a leading provider of speech and language technology products. Regional distributor **Lisa Smolen** will present a demonstration of Kurzweil 3000 and how it reads scanned or electronic text aloud using human sounding synthetic speech. Words are highlighted in contrast as they are spoken. This auditory and visual presentation of information can help increase reading accuracy, speed and comprehension for struggling readers.

Recommended for parents or caregivers of individuals who may benefit from the use of assistive technology to promote and support reading and language skill development. Seating is limited to the first 15 reservations.

Getting Started: DynaVox Systems Workshop

Thursday, July 19 • 9 a.m.–3:30 p.m.

Frank D. Lanterman Regional Center, Family Resource Center Conference Room, 7th Floor
3303 Wilshire Blvd., L.A. • RSVP (213) 383-1300, ext. 730

A leader in the field of Augmentative and Alternative Communication, DynaVox Systems has been committed to helping thousands of individuals with speech, language, learning and physical disabilities express themselves more fully. DynaVox representative **Joshua Witt** will present a beginner's overview on the basic skills and considerations needed for the successful use of DynaVox products. Participants will learn about important hardware features for optimal care and use of DynaVox products.

Recommended for parents or caregivers of individuals who may benefit from the use of assistive technology to promote and support communication and language skill development. Seating is limited to the first 12 reservations.

Using Computers to Teach Children with Autism

Thursday, July 26 • 6–9 p.m.

Frank D. Lanterman Regional Center, Berendo Main Conference Room, 7th Floor
3303 Wilshire Blvd., L.A. • RSVP (213) 383-1300, ext. 730

James Schumacher is the parent of a boy with autism and the developer of a software program called *Labeling Tutor*, which teaches associations between images, sounds and written material. He will present his thoughts on the availability and features of software needed to teach children with autism. His talk will examine the characteristics that one should look for in software and review some of the specific software products that are now on the market. There will also be a detailed demonstration of his *Labeling Tutor* product, which he specifically designed to meet the needs of autistic children. There will be time for questions from the audience.

Recommended for parents or caregivers of children who may benefit from the use of assistive technology to promote and support educational development of children with autism. Seating is limited to the first 50 reservations.

IntelliKeys Adaptive Keyboard

Thursday, August 9 • 6–9 p.m.

Frank D. Lanterman Regional Center, Assistive Technology Lab, 7th Floor
3303 Wilshire Blvd., L.A. • RSVP (213) 383-1300, ext. 730

The IntelliKeys adaptive keyboard is one of the most popular and powerful access products designed to meet a wide range of individualized needs. At home, the classroom, or even at work—the IntelliKeys keyboard is a tool of unlimited potential. Its most powerful feature is the ability to customize overlays so as to meet the most unique needs of an individual user, student or employee. This will be a hands-on workshop introducing IntelliKeys and a number of supporting software programs.

Recommended for parents or caregivers of children who may benefit from the use of assistive technology to promote and support a wide-range of language, communication and educational development. Seating is limited to the first 15 reservations.

Lanterman Regional Center Service Provider In-Service Training

continued from page 6

CONSUMER SEXUALITY/ SOCIALIZATION

For Service Providers
October 9, 2001, 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.
Cost: No cost
Presenter: TBA
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

COMMUNITY FORUM

For Service Providers
November 13, 2001, 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.
Cost: No cost
Presenter: TBA
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

Taking a Chance on the "Wheel"

Ever since she was young, Lanterman consumer Nicole Berry has watched "Wheel of Fortune" faithfully, dreaming of one day being a contestant. She pursued her dream, diligently applying to be a contestant on the nightly game show. And when she received the call for an audition, she was prepared. The show aired April 16th and Nicole was a "Champion Player." She played well, solved some very difficult words/phrases and was a remarkable cheerleader for herself. She won approximately \$9,600.00 and a brand new car.



Nicole plans to invest her winnings in *Cookies and Sweets & Good Things to Eat*, a business that she has started with her mom. Nicole is currently taking a baking class at Los Angeles Trade Tech School to "help me advance in the cookie business." Given her determination and perseverance, there's no doubt she'll succeed at that as well. Congratulations, Nicole!



About CycleUSA

CycleUSA stands for **Cycle to Understand and Solve Autism**. On April 27th, 2001, John Keating, the father of a son who has autism embarked on a bicycle journey that began in New York City and ends in San Diego. The journey will take approximately 3 months to complete and will be marked by many stops along the way in various cities to raise research dollars and promote autism awareness. Along the route, Mr. Keating will be stopping in Los Angeles on Sunday, July 15, 2001. A public cycling event will take place and families with individuals with autism are encouraged to participate. If you are interested in meeting Mr. Keating or finding out more about CycleUSA and the Los Angeles event, contact the Koch•Young Family Resource Center at 1-800-546-3676 for more information.

The Ever-Widening Circle of Inclusion

An Historical Perspective of Regional Centers

As part of our Leadership Forum, Lanterman Regional Center produced *The Ever-Widening Circle of Inclusion*, an historical perspective on the regional center system and how it has evolved over the past 35 years. The booklet includes legislative milestones, as well as profiles of pioneering individuals and a look into the future.

The Ever-Widening Circle of Inclusion is available for sale at \$3.75. Please contact the Family Resource Center for further information at 1-800-546-3676.



Someone Cares

Local Family/Consumer Support Groups

ADULT SIBLING SUPPORT GROUP

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

ARMENIAN PARENT GROUP

Quarterly meetings — Glendale Area
Call for dates & 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 — Wednesday, 7:30 p.m.
Contact: *Patricia Kreysler (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 (323) 933-2983*

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: *Rose Chacana (213) 383-1300 Ext. 528*

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*
Esther Martinez (323) 254-6413

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: *Erick Homiak (323) 654-7146*

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

VILLA ESPERANZA SELF-ADVOCACY GROUP

2116 E. Villa, Pasadena, CA 91107
Call for Dates and Times
Contact: *Kelly White (626) 449-2919*

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

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED

Call for 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*

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
3360 Geneva St. (Virgil & 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) 666-3489
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*

REACH

(Respecting Encouraging and Affirming Choices in Housing)
2606 Foothill Blvd., La Crescenta, CA 91214
Monthly — 3rd Wednesday, 7:00 p.m.
Contact: *Maria Leinenweber (818) 248-8624*
Emma Guanlao (323) 259-8332

RETT SYNDROME SUPPORT GROUP

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

GRUPO DE APOYO PARA PADRES

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. 556*

TEATRO ILUSIÓN

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

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.

GLENDALE REGION

Second Tuesday of the month
6:30 — 8:00 p.m.
John Stack Ext. 620

HOLLYWOOD/WILSHIRE/CENTRAL REGION

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

PASADENA REGION

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

*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*

SAVE THE DATE

Family Picnic

*Crystal Springs Picnic Area
in Griffith Park*

September 22, 2001

10:00 a.m. — 3:00 p.m.

Info will be sent to families in August.
For questions, please contact Celeste Esguerra x655 or Ivette Rodriguez x 699.

New Resources In The FRC Library

Periodicals

In addition to the growing collection of books and videos that are available to families and other community members at the Koch♦Young Family Resource Center, there are also multiple periodicals that are accessible on site. These little known resources contain some very valuable and pertinent information on developmental disabilities. Although the periodicals are not available to be checked out, you are welcome to come spend time in the library and browse the selection. This could provide the opportunity to ascertain whether a publication is appropriate for you or your family before buying a personal subscription. We invite you to come and take advantage of the information in our library.

Other periodicals on file include:

- Ability
- Advances, Institute for Family-Centered Care
- Advocate, The Newsletter of the Autism Society of America
- Autism Research Review International
- Board Member, The Periodical for Members of the National Center for Nonprofit Boards
- California Journal
- Connections, Down Syndrome Association of Los Angeles
- Disability Resources Monthly, The Newsletter that Monitors, Reviews, and Reports on Resources for the Independent Living
- Disability Solutions, A Resource for Families and Others Interested in Down Syndrome and Related Disabilities
- Down Syndrome News, The Newsletter of the National Down Syndrome Congress
- Down Syndrome Quarterly
- Environmental Nutrition, The Newsletter of Food, Nutrition and Health
- Exceptional Parent
- Exceptional Parent Resource Guide
- Families and Disability Newsletter, The University of Kansas Beach Center on Families and Disability
- Focal Point, A National Bulletin on Family Support and Children's Mental Health
- Harvard Women's Health Watch
- Infants and Young Children
- Japanese Speaking Parents Association of Children with Challenges Newsletter
- Momentum, Autism Society of Los Angeles
- Narrative, Newsletter of the National Alliance for Autism Research
- Orphan Disease Update, National Organization for Rare Disorders, Inc.
- Pacesetter
- PHP Special Addition



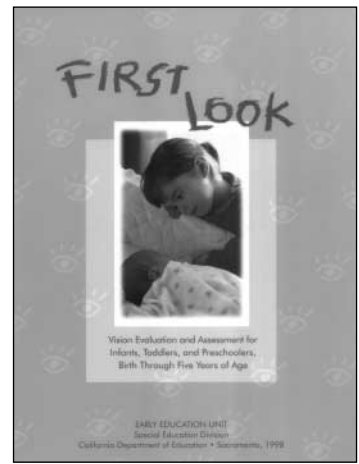
Inclusion Times

National Professional Resources, Inc.

Inclusion Times is a periodical focusing on inclusion of children and youth with developmental disabilities. To the Times, "Inclusion means more than mainstreaming"—it represents "dignity, respect, justice, diversity, and quality of life." Editions are published five times a year

and each one discusses various challenges being faced in the education system and beyond. Articles promote awareness, present current issues, and provide readers with advice and resources to help make successful inclusion a reality.

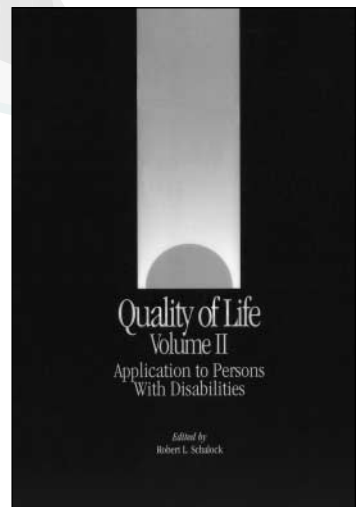
Two exciting new resources being added to the library collection are:



First Look

Early Education Unit

First Look, compiled by the Special Education Division of the California Department of Education (Early Education Unit), provides guidance in vision evaluation and assessment for infants, toddlers, and preschoolers, birth through five years of age. This resource was prepared with local educational agencies and regional centers in mind, in order to help them follow the guidelines set up within Early Start to assure the timely and comprehensive multidisciplinary evaluation of children.



Quality of Life Volume II, Application to Persons With Disabilities

Robert L. Schalock

In this edition, Robert Schalock addresses several issues having to do with the quality of life of individuals with developmental disabilities. The book is a useful guide in pursuing such goals as defining what is important in a life of quality for all persons, aligning service delivery and supports for people with developmental disabilities with those definitions, developing a technology of supports, and evaluating and aligning public policy with the concept of the quality of life. Important topics covered in this study include emotional well-being, physical well-being, interpersonal relations, self-determination, material well-being, social inclusion, personal development and rights.

Board Member Profiles



Dewalt Brown

Dewalt Brown has been the Executive Administrator of Pasa Alta Manor Residential Centers since 1974. Each of the 12 centers in Pasadena and Altadena provide care for approximately 115 people with developmental disabilities and behavioral challenges. In addition to providing basic care, the centers facilitate several activities, including Special Olympics, dance therapy, advisory councils, and a few trips per year. In previous years, they have visited Washington, D.C. to meet with Congressmen, taken cruises to Mexico and stayed at a Dude Ranch.

Dewalt was inspired to pursue the social service field by his family, who has been in the care business since 1947. His wife, brother and sister are also in the business of serving people. Dewalt is not only the Executive Administrator of Pasa Alta, but also the Chair of the Lanterman Service Provider Advisory Board. He has been planning and coordinating trainings with Lanterman since 1980.

In his spare time, Dewalt enjoys playing sports and exercising—something he feels is important for himself as well as his consumers. In the future, Dewalt would like “to continue providing better quality services.” He has learned over the years that the individual approach to service works best and a constant process of education is necessary to improve the quality of care he can provide.



Mariko Magami

Mariko Magami is a parent who became involved with Lanterman when her daughter, Erika, was born in 1987. Over the years, she has been an extremely active member of the Lanterman community. In 1994, she founded the Japanese Speaking Parents Association of Children with Challenges (JSPACC). She was president of the association for five years and continues to be very involved. Her work includes translating, advocacy, planning meetings, coordinating speakers and even corresponding with authorities and citizens in Japan who are aware or inquisitive about the developmental services system in California.

Mariko became a member of the Lanterman Board of Directors by referral from Director of Family Support Services, Patricia Herrera. Patricia had seen Mariko taking an active role in advocating after completing a 10-month Advocacy Training from 1993–1994. Mariko describes the training as one of the most rewarding programs she has taken part in. Each month a new issue was addressed, and at the end of the 10-month period, the trainees presented a mock trial in Sacramento to practice legislative advocacy.

In her free time, Mariko enjoys reading books and traveling. Because for her “Erika has opened the door to a completely new world,” Mariko plans to continue to advocate for children and adults with developmental disabilities. She also hopes to expand the network of Japanese speaking parents in the community and between Japan and the U.S.

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.

Announcing Sibshops

Most of the five million children with disabilities and chronic health impairments have brothers and sisters. Despite a clear need for services and considerations, many brothers and sisters grow up without resources—such as access to support programs and sources of information—that would help them in their roles.

Since 1990, the Sibling Support Project has been a national program, created by Donald Meyer and housed at the Children's Hospital in Portland. Dedicated to the interests of brothers and sisters of people with special health and developmental needs, the Project's primary goal is to increase the availability of peer support and education programs for these brothers and sisters.

For the adults who plan them and the agencies that sponsor them, Sibshops are best described as opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context. They reflect an agency's commitment to the well-being of the family member most likely to have the longest-lasting relationship with the person with special needs.

Originally developed for eight to thirteen-year-old siblings of children with developmental disabilities, the Sibshop model is easily adapted for slightly younger and older children.

Sibshops are not therapy, group or otherwise, although their effect may be therapeutic for some children. Sibshops acknowledge that most brothers and sisters of people with special needs, like their parents, are doing well, despite the challenges of an illness or disability. Consequently, while Sibshop facilitators always keep an eye open for participants who may need additional services, the Sibshop model takes a wellness approach.

The Sibling Support Project believes that brothers and sisters have much to offer one another—if they are given a chance. The Sibshop model intersperses information and discussion activities with new games (designed to be unique, off-beat, and appealing to a wide ability range),

cooking activities, and special guests who may teach participants mime, how to juggle or, in the case of one guest artist who has cerebral palsy, how to paint by holding a toothbrush in your mouth. Sibshops are as fun and rewarding for the people who host them as they are for the participants.

What are the goals of the Sibshop model?

- *Sibshops will provide brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting.*
- *Sibshops will provide brothers and sisters with opportunities to discuss their common joys and concerns with other siblings of children with special needs.*
- *Sibshops will provide brothers and sisters with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.*
- *Sibshops will provide brothers and sisters with an opportunity to learn more about the implications of their sibling's special needs.*
- *Sibshops will provide parents and other professionals with opportunities to learn more about the concerns and opportunities frequently experienced by brothers and sisters of people with special needs.*

Who runs Sibshops?

Sibshops are best facilitated by a team of service providers (such as social workers, special education teachers and professors, psychologists, nurses) and adult siblings of people with special needs. At the very least, the team of facilitators will need to: be knowledgeable of the disability or illness represented, possess a sense of humor, enjoy the company of children and respect the young participants' expertise on the topic of life with a brother or sister with special needs.

This is where the regional center comes in. This fall, Lanterman will host a Sibshops Workshop featuring Donald Meyer of the Sibling Support Project. In the past, Lanterman Regional Center held sibling support workshops for several years, and now the center would like to reintroduce the philosophy and concept of sibling support. This will be our kick-off event to offer ongoing Sibshops for our Lanterman community. We have a dedicated team of service coordinators who will be coordinating this effort with monthly Sibshops to begin in January 2002.

The Sibshops Workshop will be held on Friday, November 30th and Saturday, December 1st. Mark your calendars now and watch for more information in the next Viewpoint. If you have questions, or would like to register for this event, please call the Family Resource Center at 1-800-546-3676.



Workshops for brothers and sisters of kids with special needs!

Printed on recycled paper

Viewpoint

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