



It's this wonderful Network...



*They give you Information,
Support and Hope*



The beginning of 2002 marked a turning point for Tami and Connie Horton. That's when they started taking computer classes together through the Assistive Technology Project. For Tami, the classes represented a way to access the knowledge she already had from taking a computer class at Glendale Community College, and to find other ways of communicating using technology. For Connie, the classes offered the opportunity to learn how to use the technology along with her daughter.

"Our final goal is for Tami to have independent use of the Internet and e-mail, and to be able to access the computer well enough to possibly use it in a job situation," shares Connie. "We are looking for a way in which we can achieve that end goal by utilizing technology that is available."

Tami has cerebral palsy and a vision impairment, so they are specifically interested in auditory feedback programs and equipment suited for Tami's physical limitations. The Assistive Technology Project provides both Tami and Connie a place where they can try out different software programs suited for their needs, such as IntelliKeys and Win.



Information, Support and Hope

When Aaron Hinojosa's daughter Sarah was approaching adolescence, he felt he would benefit from connecting with other fathers who had already been down that path. Aaron knew of the fathers' support network, daDA, which was previously facilitated by Marty Sweeney, and that Marty himself would be a wonderful asset for him to connect with as he embarked on this new journey. Aaron

contacted Marty, and together they enlisted the interest of other fathers, such as Germán Barrero.

"Support opportunities specifically designed for fathers are rare," explains Aaron, "and we wanted to better meet the needs of dads who have children with developmental disabilities." So daDA was reintroduced in the fall of 2002.

"I am truly impressed by the dads attending the meetings. Everyone is busy with their normal duties in life – let alone the challenges and opportunities of raising a special child – and yet carve out the time within this chaotic world to listen, share, inspire and motivate each other. This alone makes it special," says Germán.

"It has been an amazing journey being a father of a child with a disability. Knowing that there are other fathers who strive to be better parents, better advocates and better partners in their home and communities can only bring a positive outcome for the growth of our children. Being a part of daDA has been inspiring, a great support, and has given way to building friendships," adds Aaron.

"The hidden blessings in the special needs community are all the special people we meet that we otherwise would have zipped past in life under normal circumstances. What more can you ask for?" concludes Germán.



The Koch ♦ Young Resource Center

The Koch ♦ Young Resource Center (KYRC) is an integral part of Lanterman Regional Center.

The Resource Center provides information, education and support to people with developmental disabilities, families, professionals, and the community at large. In a spirit of compassion and respect, honoring the diverse cultural values of our community, the KYRC also builds the foundation to facilitate partnerships among these groups.

Established in 1994, the Resource Center is named after Mrs. Asenath Young and Dr. Richard Koch – two pioneering individuals who were instrumental in the development of Lanterman Regional Center, and the state system of service delivery. Both have encouraged the development of support for individuals with developmental disabilities and their families. Both are champions of family-professional partnerships.

Following in the footsteps of its namesakes, the Koch ♦ Young Resource Center empowers individuals to become active partners in lifelong support by enabling them to make informed choices regarding supports, services and life options. The KYRC also strives to nurture and develop our most valuable resource – people – into future leaders.

Multimedia Resource Library

The core of our information network is a multimedia resource library that houses information on a wide variety of subjects related to developmental disabilities.

This comprehensive library features books, video and audio tapes, periodicals, and other materials available for borrowing or use on site in a reading/viewing room.

Staff and trained volunteers are available to help users locate information, but individuals are also free to conduct independent study, and can always browse materials via an online database located on our Web site (<http://library.lanterman.org>). For those who cannot come to the KYRC, special arrangements can be made to deliver and pick up material.

The Koch ♦ Young Resource Center also offers on site Internet access – opening the door to virtually unlimited information.

Community Resource Directory (CRD)

The Koch ♦ Young Resource Center (KYRC) maintains a centralized Community Resource Directory (CRD) with information on community resources available within the Lanterman Regional Center service area.

*Frank D. Lanterman
Regional Center is one of 21
regional centers in
California dedicated to
serving people with
developmental disabilities –
or those at risk for such
disabilities – and their
families.*

*We work with more than
6,000 children and adults
in an area that includes
Hollywood-Wilshire, Central
Los Angeles, Glendale,
Burbank, Eagle Rock, La
Cañada-Flintridge, La
Crescenta, and Pasadena.*

*Our mission is to enable
people with developmental
disabilities to live full,
productive and satisfying
lives as active members of
their communities; to
minimize the risk of
developmental disabilities,
and to lessen developmental
delays in infants and young
children; to promote
partnerships among our
members – our clients, their
families, our service
providers, and our
communities; to build a
community committed to a
common purpose, shared
values, and the richness of
our diversity.*

*Lanterman is the hub of the
community support network,
linking people with services.
The Koch ♦ Young Resource
Center is an integral part of
our service coordination
efforts benefiting the entire
community.*

The CRD is accessible from your home on the Lanterman Web site (www.lanterman.org) or you can browse the directory at a KYRC computer station. Resource categories covered by the CRD include social/recreational activities and specialized health care providers. The KYRC is currently looking to expand the amount of resources listed on the directory based on community needs and requests - your input is appreciated.

If you need assistance using the CRD or locating additional resources, please call the KYRC HelpLine at 1-800-546-3676.

Lanterman Web Site and Viewpoint Newsletter

The supports and services provided by Lanterman Regional Center can only be of value to you and our community if you know about them! One way that Lanterman ensures that you get the information you need, is through our Web site and quarterly newsletter, coordinated by the KYRC.

On the Web (www.lanterman.org), you will find information on Lanterman and its system of service delivery, as well as specific up-to-date information about programs, services, resources, trainings, events, support groups, legislation, and more.

Please visit our site and watch the mail quarterly for your copy of *Viewpoint* newsletter to stay informed about what's happening in our community.

HelpLine

The HelpLine offers basic information, answers to general questions, assistance with finding resources, and referrals by phone on a variety of disability-related topics. Staffed by a trained team of professionals, the HelpLine can be reached within the Lanterman Regional Center service area toll free at 1.800.5.INFORM (800.546.3676) V/TDD. Outside the Lanterman service area, call 213.383.1300 x.730. You can also contact the HelpLine via e-mail at kyrc@lanterman.org. Help is also available on a walk-in basis Monday through Friday.

Support Groups

Equally important as information is support, particularly in the form of support groups, where people can meet, share information, be educated, and offer each other emotional support in a comfortable environment.

In response to needs expressed by community members, the KYRC offers more than 30 different support groups ranging from meetings for non-English speaking families, families with children with specific developmental disabilities, fathers and siblings only, to self-advocacy for adults with developmental disabilities. Sessions are co-led by families and Lanterman staff as part of a family-professional partnership.

When necessary, the Resource Center makes referrals to local, state and national groups on a variety of issues. The KYRC also provides technical assistance to help develop new groups.

Peer Support Partner Program

Established even before the Resource Center itself, the peer support partner program offers one-to-one emotional and informational support for individuals who have a family member with special needs. A peer support partner shares the experiences of having a family member with a developmental disability and is able to provide the unique support that only a person who has "been there" can.

In 1995, a group of parents, professionals and volunteers organized the Asian Advocates for Special People (AASP), also known as the Korean Parent Support Group.

"We recognized the need to address the complicated culturally-based issues that can arise from having a child diagnosed with special needs," shares Suki Chang, a Lanterman parent, "and created a group to help Korean and other Asian families gain knowledge, access key resources, and understand their fundamental rights."

"Our experience and training enable us to guide parents through the variety of disability service systems, assist

with parent-to-parent mentorship programs, and provide emotional support and skills to help parents experience the joys, as well as the challenges of raising a child with special needs," adds Lanterman Service Coordinator Christine Yub.

"The support group functions like an extended family for many participants," explains Suki. "A lot of people within the community don't understand, and families benefit from talking to other families in similar situations." AASP actively involves and educates community members to embrace and support individuals with disabilities and their families. They also encourage parents to understand, accept and embrace their child's disability with confidence, which is very different from the approach taken in Korea.

Long-time member Soon-Young Koh is taking the idea of family support all the way to China. Sponsored by Choong-Hyun Mission Church, Soon-Young will be opening a care home in China and starting a family support program. "It will be a challenge, but the knowledge and experience that I have gained from the support group will be invaluable," she says.

The group publishes a newsletter in Korean, hosts monthly workshops in all areas of disability, and sponsors a radio program.

Information, Support and Hope

Yudy Mazariegos still remembers the day that she was first introduced to the Koch ♦ Young Resource Center. It was March 11, 1996 around 4 p.m. and her son Andres had just been diagnosed with autism. "I didn't know what autism was," recalls Yudy, "and when I asked about it, they told me that the Regional Center had a library with information on autism in Spanish."

During her first visit to the KYRC, Yudy received an information packet on autism and a short orientation to the services and supports available. After some time, she returned to check out a few books, eventually reading every book on autism in Spanish. She also started participating in a family support group and signed up for behavior management training.

"I learned a lot of things that benefit my son and my family including how to use a computer and organize important documents," explains Yudy. She has also participated in a variety of other trainings

including legal rights and responsibilities, and has participated in community activities.

"The Resource Center has been like a second family for me - the door is always open. Thank you to the Center for supporting me, helping me, and teaching me," shares Yudy.



There are many ways to use the Koch ♦ Young Resource Center. Some are obvious, such as the library and support groups, but others are less so, and involve partnerships and collaborations between the KYRC and various organizations.

Veronica Smith is an administrator in the Los Angeles Unified School District's Division of Special Education - Infant/ Preschool Support Services Department. Veronica and her team assist families who have infants and toddlers with vision, hearing or severe orthopedic impairments. During the initial intake process and at all IFSP meetings, team members share information with families about the resource centers in their area, as well as available services and supports.

"Our goal is to raise awareness about the variety of services and supports resource centers offer to families of infants and toddlers with various disabilities," shares Veronica. "We recognize that family resource centers are places within the community for families with special needs where they can access support groups, parent mentors, and information."



Veronica has partnered with the Koch ♦ Young Resource Center to provide trainings for her team about the KYRC services available to families, as well as resources for early intervention professionals. Both agencies have also collaborated to provide public awareness presentations to various community organizations.

"I look forward to the continued development of our partnership as we look for new ways to go out into the community together and share information as a team," adds Veronica.

Information, Support and Hope

When her son, Tim, was diagnosed with Fragile X syndrome in the early 1990s, Mary Seward turned to the newly formed Koch ♦ Young Resource Center for help, and as the KYRC grew and developed so did Mary. She took advantage of a variety of the different services and supports, including service coordination and advocacy training, peer support, and the multimedia library.

Instead of being discouraged about there not being a support group for families who have children diagnosed with Fragile X, Mary - with the guidance of Linda Landry, her peer support partner at the time - formed a support group of her own. That group is now its own non-profit

association that regularly hosts activities for member families, and sponsored the first-ever international conference about Fragile X held in Southern California. The association also publishes a newsletter and has a Web site.

Mary acknowledges that the role of the Fragile X group has changed with the technology available today. When her son was first diagnosed, she vividly recalls, "The doctor handed me a few sheets of scraggly paper with information pulled off the Internet that was horribly outdated and depressing." Data can now be obtained at lightning speed via the Internet, so while the group still provides information, they emphasize their role in helping to create a link between parents in the same neighborhood.

"Families expressed to us that what they were lacking was activities where they could bring their kids and feel comfortable," explains Mary. "Instead of sitting in a circle, we go bowling, rent out a kid's club, or have a big family picnic, and the support just falls naturally into place."

In addition, she started two programs for children with developmental disabilities in the Burbank community that also include typically developing children.

Mary has come full circle, and still remains actively involved with the KYRC, now by offering her support and knowledge to new families through the peer support partner program.



Peer support partners are experienced and trained, and work in partnership with individuals by assisting with advocacy and support needs. Whether the need arises during the birth-to-three period, the transition into the school system, or the transition to adulthood, including work and independent living, individuals are matched with the appropriate peer support partner.

Education and Training

The KYRC offers numerous education and training opportunities geared toward enhancing the parent-professional partnership through knowledge and skill development. Programs offered include service coordination and advocacy training, behavior management, parenting skills and peer support training.

Assistive Technology Project

Technology is revolutionizing society – providing never before seen opportunities for communication, interaction and exploration. Recognizing the power of these new technologies to enhance the quality of life for individuals with developmental disabilities, the Resource Center created the Assistive Technology Project (ATP).

Assistive technology is any device including computers, software, or other adapted equipment that can increase skills and maximize an individual's potential. The ATP provides training in the use of assistive technology through one-on-one consultations, group classes offered in partnership with the Los Angeles Unified School District's Division of Adult and Career Education, and a mentorship program.

These different avenues of exposure help families and individuals learn about the wide range of technologies available for their specific needs, and open up a world of opportunity that may not otherwise have been accessible.

The Koch ♦ Young Resource Center is an integral part of our service coordination efforts and benefits the entire community. It was created through special start-up funds, and serves thousands of people annually. As demand increases, we must rely on private support to maintain services and ensure the growth of this vital resource. We are looking for those individuals, corporations and foundations who share our vision, and recognize the crucial role the Resource Center plays in realizing Lanterman's mission. For information on giving opportunities, please contact the Resource Center at 213.383.1300 x.730 or kyrc@lanterman.org



KOCH•YOUNG RESOURCE CENTER

Frank D. Lanterman Regional Center
3303 Wilshire Boulevard, Suite 700, Los Angeles, CA 90010
1-800-5-INFORM (1-800-546-3676) V/TDD.
213-383-1300 x.730
E-mail: kyrc@lanterman.org
Web site: www.lanterman.org