

delivering

Delivering the
Promise...



promise



FRANK D. LANTERMAN REGIONAL CENTER

*...providing people
with developmental
disabilities with
ever-expanding
opportunities to live
independent, productive
and satisfying lives as
active members of
their communities.*

Introduction

Frank D. Lanterman Regional Center



Four decades ago, we set out on a path to create a new society, one in which people with developmental disabilities would be able to live full, meaningful and active lives as valued, *included* members of the community.

That path has taken us on a remarkable journey of change and evolution. Along the way, we've learned to think differently, describe people differently, and develop innovative ways to fulfill our mission. We've re-defined the meaning of partnership and nurtured the next generation of leaders.

We have challenged perceptions, broadened perspectives and been a community in constant action, guided by our vision – the promise of a quality life for each individual we serve.

We are Frank D. Lanterman Regional Center. And we've been delivering the promise for more than 40 years.

As we face the future, there is much yet to do. And it will be through partnerships and collaborations that we will ensure the future of our promise.

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.

A model for the nation...has stood the test of time

In the 1960s, Assemblyman Frank Lanterman, his colleagues in the Legislature, parents and professionals embraced the ideals of equality and justice for people with developmental disabilities. They shattered the existing model of isolating individuals with disabilities in institutions and replaced it with a vision of each person living a quality life as a valued and included member of the community. Because of their vision and commitment, California created the regional centers – a community-based system of services and supports that became a model for the nation.

Today, Frank D. Lanterman Regional Center is one of 21 regional centers in the state, that together serve more than 200,000 children and adults with, or at risk for, developmental disabilities and their families.

Regional centers serve children and adults from all ethnic and socio-economic groups, and from vastly different geographic areas. They identify, coordinate and monitor a broad range of services provided through networks of individuals and community organizations.

Most of the services received by clients of the regional center are provided by independent service providers under contract with regional centers. These professionals and organizations offer a wide range of services and supports, such as residential care, day programs, respite, transportation and behavior management. Regional centers also work with generic agencies such as local school districts, mental health departments, Medi-Cal, the Social Security Administration and the state Department of Rehabilitation.

The regional centers represented a totally new approach to service delivery that has stood the test of time. They are the hub of a network connecting children, adults and families to services, and promoting full inclusion in the community – partners in lifelong support.

A developmental disability is any one of a series of conditions that dramatically interferes with a person's ability to learn, communicate, move, interact socially and function independently. These disabilities include mental retardation, cerebral palsy, epilepsy and autism, as well as disabling conditions closely related to mental retardation – but do not include conditions that are solely physical, learning or psychiatric in nature. With ongoing support, people with developmental disabilities can achieve their potential and live full lives as active members of their community.

Lanterman Regional Center

Choice, Independence and Active Participation...



Established in 1966, Lanterman Regional Center is a private, non-profit corporation that operates under contract with state government. We serve a specific geographic area, and are governed by a community-based board of directors which includes individuals with developmental disabilities, family members and local leaders.

We serve over 6,000 children and adults of all ages in a culturally diverse area that includes Hollywood-Wilshire, Central Los Angeles, Glendale, Burbank, Eagle Rock, La Cañada-Flintridge, La Crescenta and Pasadena. We work in partnership with our clients, families, service providers and communities to coordinate quality services and supports that address individual strengths and needs, and help each person reach his or her full potential.

We stand on a foundation of empowerment and mutual responsibility in which we work together as partners to create greater self-reliance and independence for individuals with developmental disabilities and their families.

Over the years, we have prided ourselves on our innovative approach to service delivery, particularly in times of fiscal crisis. Whether it's finding more cost-effective approaches for transportation, or encouraging our families to take advantage of programs available to them in the community, we have developed imaginative solutions to budget challenges that not only save money, but empower our families.

We focus on choice, independence and active participation in the mainstream life of the community – and we serve people lifelong, from infancy through school and adulthood, providing assistance in areas such as employment, recreation and community living.

Lanterman Regional Center

Innovation, Leadership, Partnerships...



In today's competitive, interconnected environment, collaboration – the building of alliances – is a necessary strategy. The concept is simple, but remarkably powerful.

Successful partnerships develop not just between organizations and agencies, or service providers and the Center – many grow from the collaboration of an individual with another individual, program or school, for the benefit of those with developmental disabilities.

At Lanterman Regional Center, we have been in the business of collaboration for many years, constantly seeking ways to partner with individuals, organizations and agencies throughout our community for the benefit of the people we serve. We have consistently pushed against tradition and found new ways to foster inclusion of individuals with developmental disabilities in all areas of life.

The pages that follow reflect just a few of the many ways we have developed partnerships born out of mutual interest and benefit.

partnership for...



EMPLOYMENT: Lanterman Clients Find Gainful Employment at Bloomingdale's

Getting a job is one of the things our adult clients have told us they desire most. But finding meaningful employment for individuals with developmental disabilities can be a big challenge – a challenge we've met by forming innovative partnerships to create new employment opportunities in our community.

Bloomingdale's, and in particular, Manager Scott Rutledge, have helped lead the way.

Bloomingdale's has partnered with Lanterman since 1997, when they hired six Lanterman clients to work at their Beverly Center location. Today,

these same adults are still there – a testament to the dependability of our clients amidst a soaring 80 percent turnover of retail staff. "It's a win-win situation for everyone," says Scott. "We believe that by helping people in the community, we make the community a better place. Not only that, but the store also benefits by tapping into a source of truly dependable employees."

Scott, who supervised Lanterman clients for nearly four years during his time at the Beverly Center, was so impressed with their work, that he became involved in our Business Advisory Council.

"It is rare that I am able to build a relationship directly with an employer, because my connections are mainly with job developers and supported employment agencies," says Helene Schultz, manager of Lanterman's Los Angeles/Wilshire Aging Transition Unit, and leader of Lanterman's employment committee. "That is why a person like Scott is such a rare find, and is someone who has truly made a difference in opening doors for adults with developmental disabilities to find meaningful employment."

INCLUSION: Team Spirit T-Ball

Sherman Oaks resident Barbara Reilly is the mother of two typically developing boys who like baseball. One day she read an e-mail describing the successful inclusion of children with special needs in a community baseball game. This got her thinking: why couldn't this happen in my community?

It didn't take long for Barbara to find 10 typically developing children from her church in Glendale, who were interested in playing in a baseball league. She then contacted Tori Preston, the leader of a local support group for parents of children with Down syndrome, and Olivia Hinojosa, a facilitator of another group and mother of 12-year-old Sarah who has Down syndrome.

They worked together to identify other families of children with developmental disabilities who would be interested in joining the new baseball league. The families were told that the new program would be inclusive, meaning non-disabled athletes and athletes with disabilities would play side-by-side.



partnership for...

Barbara's church referred her to the Lutheran Brotherhood Foundation which provided \$800 for field rental, equipment, uniforms and trophies for all participants. *Team Spirit* was born.

By the end of the first season, parents and children alike regarded the program as a huge success. Olivia reflects the feelings of many parents, "I know that not only does Sarah benefit from the experience of being included with her non-disabled peers, but the other children benefit from Sarah's participation as well."

Barbara adds, "My son Alex played T-ball for two years and didn't enjoy it. He thrived in *Team Spirit* baseball, and I believe it was because everyone was enthusiastic and cheering for everyone, regardless of what team they were on. I will never forget when he asked me after the first game, 'Now Mama, which were the children with Down syndrome?'" And that's inclusion at its best.

UNDERSTANDING AND SOCIAL ACCEPTANCE: AFI and Lanterman

Over the years, our community has consistently told us that what they value most and often experience the least is social acceptance and inclusion in the community at large. Recognizing



how media images shape public perception of people with developmental disabilities, we looked for ways to reach out to the media to open a dialogue and begin to impact the depictions of people with developmental disabilities.

The result was a remarkable partnership between Lanterman and the American Film Institute that produced *Perspectives*, an International Film Festival and Forum focused on understanding and inclusion of people with developmental disabilities. Filmmakers, actors, the general public, and the regional center community came together for four thought-provoking days in July 2003 for the first festival and forum.

That was followed by *Perspectives 2004* which built on the momentum and conversations begun

the previous year and continued the dialogue between filmmakers and members of the developmental disabilities community.

"AFI's mission is to advance and preserve the art of the moving image," shares Christian Gaines, director of Festivals at AFI. "One way we achieve this is to program selections that focus on films not widely available through commercial venues and to present these films in context through appropriate filmmaker discussions, critical evaluations and panels, all of which serve as ways of amplifying a film's meaning and making connections with the audience."

Lanterman looks forward to many more *Perspectives*, and is expanding its partnerships with other film festivals and arts organizations to continue this creative and significant event.

HEALTH: Universities Partner with Lanterman to Focus on Health and Wellness

Individuals with developmental disabilities face the same health issues as the general public, but their needs often go unrecognized and underserved by community health care professionals. Lanterman was approached by Alice Dalva of the UCLA School of Public

partnership for...

Health to participate in a two-year research and training project that would focus on female reproductive health in individuals with developmental disabilities.

The goals of the Lanterman-UCLA Reproductive Health Project include training women with developmental disabilities as peer advocates to provide reproductive health and advocacy training; empowering women with developmental disabilities to advocate for their own reproductive health; and to train healthcare professionals to provide accessible, appropriate and competent reproductive health care to meet the needs of women with developmental disabilities.



"I enjoyed going out and teaching other people," shares Sonia Aguilera, peer advocate. "I think teaching information about women's health is important because it's very good for people who are starting in a relationship. I also learned for myself how to resolve a problem if I ever need help or information."

Other health and wellness projects include:

- A partnership between Lanterman and the UCLA School of Nursing that focuses on promoting health in aging for adults with intellectual and developmental disabilities.
- Lanterman and the University of the Pacific School of Dentistry partnered to improve the dental health of individuals with developmental disabilities.
- UCLA's Neuropsychiatric Institute and Lanterman Regional Center are working together to reduce the incidence of over-medication in individuals with developmental disabilities.



OUTREACH: Pasadena Public Library

In August of 2002, Dr. Kevin

Starr, State Librarian of California, launched a two-year, \$1.4 million project entitled "Nothing About Me... Without Me," to assist California public libraries in improving their services to people with disabilities. Thirty public libraries, including the Pasadena Public Library, were selected to participate, and after

careful evaluation of their community's needs the Pasadena Public Library decided to focus their efforts on patrons with developmental disabilities, their families and caregivers.

The library approached Lanterman to be their community partner and the two are working together on:

- Developing an online disability-specific community resource directory
- Enhancing the library collection
- Training library staff

partnership for...

In addition, the Koch♦Young Resource Center and the library have created a lending relationship, allowing Pasadena Public Library patrons access to the highly-specialized materials available at the Resource Center.

Lanterman is also pursuing initiatives to increase the literacy of adults with developmental disabilities, and the Pasadena Public Library wants to reach out and become more accessible for people who are not taking advantage of its resources.

According to Librarian Pat Smith, “The partnership between the Library and Lanterman Regional Center is such a natural one – clients, families and caregivers can attend programs in Pasadena, utilize available community resources, and because of the Internet link and lending relationship they will still have access to many of the same materials, including books, video and software available at the Koch ♦ Young Resource Center.”

“This partnership is a key step in improving the services and supports that we at the Pasadena Library will be able to provide for all people with developmental disabilities,” says Beth Walker, principal librarian of the Pasadena Public Library.

TECHNOLOGY:

Project T.E.C.H. and Lanterman Enrich Children Through DigiKids & Teens

As part of Lanterman’s strategic initiative to advance the social acceptance of individuals with developmental disabilities and increase community awareness, Lanterman partnered with Project T.E.C.H. for a pilot summer program to promote basic computer literacy. “It’s interesting because we are taking the Lanterman community and integrating it with a community-based program,” explains Martin Sweeney, director of the Assistive Technology Project. Lanterman worked in collaboration with Karen Wade, director for Project T.E.C.H., to bring the “DigiKids & Teens” program alive.



Karen’s primary focus is the development of community technology centers to bridge the digital divide by making technology resources accessible. “While the community technology center movement recognizes that socioeconomic and cultural issues are contributing factors to the digital divide, this was a unique opportunity for one center to

become aware of and understand that disability is also part of the digital divide,” adds Marty.

Participants from the Lanterman community and their non-disabled peers met at the Tom Bradley Youth & Family Center in Los Angeles for the “DigiKids & Teens” summer enrichment program. They learned Internet literacy and safety, basic computer literacy, Internet research, creative writing, creating Web pages, digital video and photography. The goal of the month-long session was to have each participant design and contribute a page for a group Web site using what they learned in the classroom and from their field trips. Since a major component of the program was to promote team building, students had to learn to communicate in non-traditional ways, and to respect and appreciate differences. By the time the class went on their first field trip, the non-disabled participants, without direction, took on a protective team role to ensure the inclusion and support of the participants with developmental disabilities.

“Even though it was a short program, families felt that it was a significant summer experience for their children,” concludes Marty. Karen notes, “Our next steps are to expand ‘DigiKids & Teens’ into a year-round youth program and also to bring the same inclusiveness to our adult programs.”

Lanterman Regional Center

The Future

In the forty years since the inception of the regional center system, we have seen much change and continual evolution.

And now, we face a critical challenge – a prolonged era of long-range budgetary shortfall, asked once again to do significantly more with substantially less.

We have identified many needs in our Lanterman community that cannot be met through our regular state budget, but that enhance the quality of life for our clients.

To address these needs we are engaged in fundraising efforts and community partnerships that will enable us to develop other sources of funding to assist families and clients in ways beyond what can be financed through state funds.

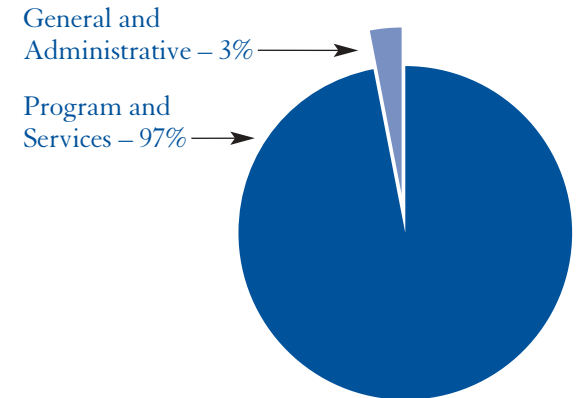
Monies are being raised for a number of projects, such as the *Koch♦Young Resource Center*, the *Lanterman Help Fund*, the *Assistive Technology Project*, the *Roberta Happe Memorial Internship Program*, and the *Perspectives Film Festival and Forum*.

Through the generosity of individuals, corporations and foundations who believe in our mission and recognize that their support is an investment in the entire community, we will continue not only to meet the needs of our clients, but empower them to become contributing members of their communities.

At Lanterman Regional Center, we remain committed to working diligently to be creative, innovative and cost-effective, to ensure the vision, health and stability of our community.

JOIN US. Your support will help ensure that Frank D. Lanterman Regional Center will be able to continue serving future generations of people with developmental disabilities and their families.

ALLOCATION OF FUNDS



As this chart indicates, 97 percent of Lanterman Regional Center funding is used for the direct provision of programs and services to increase the quality of life of our clients and their families. Only three cents of every dollar goes to general and administrative expenses.



FRANK D. LANTERMAN REGIONAL CENTER

3303 Wilshire Blvd., Suite 700, Los Angeles, CA 90010

213.383.1300 FAX 213.383.6526

www.lanterman.org