Partnership & Leadership

Fusing Two Core Values of Partnership & Leadership

Our Model for Success

Partnership

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

Leadership

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

The Partnership & Leadership Development Model

Created in 1992, The Partnership and Leadership Development Model describes the possibilities inherent in the long-term relationship between Lanterman Regional Center and families. It encourages families and professionals to look upon this relationship as a partnership — a partnership in which each person holds a position of leadership and responsibility for the progress and development of individuals with disabilities, and the community as a whole.

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

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

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

Pioneers Dr. Richard Koch and Asenath Young

In the 1960s, the professional partnership between Dr. Koch and Mrs. Young was among those that helped redefine a whole sector of public services, dramatically changing and improving the lives of thousands of people, and creating the network of regional centers that exists today throughout California. Their example and commitment was so profound, that we named our Koch Yong Family Resource Center in their honor.

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

Richard Koch, M.D.

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

Speaking at January’s tribute to his honor, Lanterman Regional Center Executive Director Diane Anand noted: “Tonight we pay tribute to you — richly deserved, and long overdue.... As an organizer, mentor, researcher, physician, advocate, tireless leader, and also as friend, father and husband. We celebrate your 80 years of life and your 50 years of medicine.”

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

Historical Highlights...

1955

In California, the state hospital, Deuel (Pacifica) — later renamed Lantenman — Modesto, Porterville, and Sonoma house approximately 10,000 people with mental retardation.

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

1959

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

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

1961

President John F. Kennedy has a sit-down with mental retardation, appoints a President’s Panel on Mental Retardation.

This group is charged with the development of a “National Plan to Combat Mental Retardation.”

1962

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

1963

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

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

There are endeavors to enlarge the state hospital system in California. During an unannounced visit to one state hospital, a group of parolees from the California Department of Corrections (inmates) outside of the hospital system — leads to the demise of the state hospital system in California.

1964

Under the impetus of federal law (PL89-98) and urging from parents through the California Federation of Retarded Children, the state legislature appoints a Study Commission on Mental Retardation.

During this time in Los Angeles...

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

1965

The report, “Undeveloped Resource, a Plan for the Mentally Retarded of California,” calls for the state to accept responsibility for persons with mental retardation prior to state hospital admission through regional community-based services. The Board recommends the establishment of a study commission on mental retardation.

Assembly Bill 691 (representative Jerome Waldie) is authored and supported by Governor Edmund G. (Pat) Brown. The bill authorizes the establishment of two pilot regional centers for persons with mental retardation under contract with the State Department of Health.

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

More than 13,000 persons with mental retardation reside in overcrowded state hospitals (now called developmental centers) in California, with 3,000 people waiting for admission. People often wait two or three years for admission.
Catarina Guanlao was born in 1980, the third child of Emma and Dong Guanlao who also have a daughter, Shauneen, 30, and son, Chris, 26. At birth, Catarina was diagnosed with a congenital defect of the liver known as biliary atresia. When she was just one month old, doctors performed surgery to correct the condition. That was the family’s first step on a road of challenges that would change and enrich their lives in ways they never thought possible. When Catarina was 2½ years old, complications resulting from the procedure led to severe brain damage.

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

Finding the Regional Center and a Support Network

The Guanlaos found that getting Catarina into a support network was key to her success. The Guanlaos recognized the value of peer support for parents. “Pamela Herrera has been our mentor ever since,” says Emma, “She has always been telling me that Catarina can do it. She was the only one to disregard her disability.”

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

Inclusion at School

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

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

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

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

The Future

Catarina’s family has played a huge role in her success and growth as a young woman. The family has always supported her and includes her in normal activities that make for a fulfilling lifestyle. She is valued and treated as an important member of the family. Emma Guanlao also has advice for parents who want to do everything, “To be a better person and parent to all of your children, you have to let go and let your child experience life.”

As the Guanlaos look to the future, they are planning how to best continue to provide for Catarina and maintain her current level of community involvement. The road ahead holds challenges — some known and some unknown — but the Guanlaos are not alone and are able to exchange ideas with families and friends who have children with disabilities in community groups.

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

Special Education...Inclusion at School

Inclusion at Church

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

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

The People Living Our Values...

The Guanlao Family — Seeing and Sharing the Gift

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

By Emma Guanlao

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

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

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

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

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

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

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

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

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

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

Girl Scout Leader Faye Van Dyke (right) and her assistant, Debbie Morgan, have worked hard to make inclusion a reality for two girls in their troop.
A Lesson in Leadership
Leadership
Leadership is an act of service to the community as a whole. As an organization, and as individuals, we strive to be in the forefront — innovating new ways to enhance the lives of people with developmental disabilities, their families and the community we share. We want to inspire the Center to reach its full potential and lead the way for others.

On October 6 and 13, 2001, Lanterman Regional Center held its 7th annual Leadership Institute. The Leadership Institute is a training program that was developed in accordance with Lanterman’s core value of leadership. The ultimate goal of the training is to provide an opportunity for individuals with developmental disabilities, family members, service providers, regional center staff and other community members to come together and build their leadership skills as a team. The Institute is also one way that the regional center assures that it identifies and develops new leaders for the future.

The Leadership Institute training covers the following topics:

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

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

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

Holidays Are For Sharing
Makes a Difference
Despite a slow start and concerns due to the state of the economy, Lanterman’s 21st year of the Holidays Are For Sharing campaign turned out to be a successful one. Cash contributions totaled $21,447, over $8,000 of which came from staff members through donations or payroll deductions. In addition, Toys For Tots and Disney each donated more than $10,000 worth of toys.

“We want to inspire the Center to reach its full potential and lead the way for others,” said Hope Wright, Executive Director, and private gift donors contributed another $7,000 worth. The campaign also received several donations and 14 families were provided with gifts and other essential household items through the Adopt-A-Family program. Last but not least, Lanterman was again an important contributor this year, providing over 52 families with various furniture and appliance items. The ultimate goal of the campaign turned out to be a success. The family was overjoyed by the toys, food, clothes, and other household items delivered, and sharing in that experience made our efforts that much more meaningful.”

For Lidia Cruz and her mother, this was going to be a difficult Christmas. Lidia’s father recently left the family because he was no longer able to cope with his daughter’s disability. Lidia and her mother, Dolores Guerrero, were grateful for the support offered by the Serrano family.

Lidia and her mother, Dolores Guerrero, were grateful for the support offered by the Serrano family. The Serranos delivered gifts of toys and clothes and spent time playing with Lidia. Thanks to their kindness, the holidays were a little bit brighter for Dolores and her daughter.

Lanterman would like to thank all those who contributed in making this year’s effort a success! To help support Lanterman families in times of need, don’t wait until next year’s Holidays Are For Sharing campaign. Donations are accepted year round for our Consumer Help Fund and we do make a difference! To find out more or to make a donation, contact Jackie Ashman at (213) 383-1300 x684.

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

In all, approximately 200 Lanterman consumers and family members, as well as Armenian speaking staff members and vendors of FDLRC, gathered at the Hall of the Armenian Society of Los Angeles, in Glendale. Santa Claus was present as well to bring cheer to all party attendees and to deliver gifts to consumers and their siblings.

The gifts were donations from community members and Lanterman’s Holidays Are For Sharing campaign.

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

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

To find out more about the Armenian Support Group, contact Rina Shalohian at (818) 545-4349 or Shoghig Dikjian at (213) 383-1300 x456.
Just before the holiday season, Lanterman held a two-day Sibshops Workshop for parents, siblings of persons with special needs, and professionals. The Regional Center planned the event, featuring Donald Meyer, leader of the national Sibling Support Project and recognized author, to reintroduce the concept of sibling support to our community. The goal of the event was to inform parents and professionals about Sibshops and the importance of sibling support. There was an opportunity for those interested in facilitating on-going groups to be a part of a demonstration Sibshop with siblings of children with special needs.

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

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

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

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

Ongoing monthly Sibshops will be conducted starting in March.

Meet the People Behind the Titles...

Focus on Patrick Aulicino

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

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

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

He went from the CDER project to a stint as Executive Director of Developmental Disabilities Area Board XI and then came to work for Lanterman in 1978. He was initially hired as a Community Organization Specialist, responsible for the newsletter, resource development and public information activities. He then moved to the new position of Evaluation Coordinator, responsible for residential facility reviews, as well as keeping track of individual client CDER data.

In 1983, he became Director of Community Services with responsibility for resource development, vendorization, vendor contracts, program evaluations and some public relations. From there he accepted his present position which includes responsibility for all accounting, budgeting, consumer revenue, operations management and computer functions.

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

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

Ann Seisa

As the CEO of Vagthol’s Residential Care Center, Inc., which includes 5 residential facilities, Ann Seisa has been in the business of assisted community living since 1980, serving primarily as a nurse. In 1981, when Vagthol’s extended its mission to serve individuals with developmental disabilities, especially those with severe physical, medical and behavioral challenges, Seisa formed a relationship with Lanterman Regional Center.

Born and raised in the Philippines where she earned her Bachelor’s degree in Nursing, Ann Seisa moved to the United States in 1984. In the years since, she has continued to enhance her knowledge and skills in the area of nursing and has had hands-on experience in management, education, administrative affairs, and leadership in the areas of nursing practice, public health, skilled nursing care, acute rehabilitation, and community residential programs. Of her experience working with and for individuals with developmental disabilities, Seisa says, “It was a challenge to start with, but I was inspired with the progress and the improvement in the quality of life of the individuals we serve. Families are supportive and appreciative of the work we do.”

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

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

Board Welcomes Your Attendance at Its Meetings

Please be aware that anyone in the community is welcome to attend the Regional Center Board of Directors meeting which is conducted on the fourth Wednesday of every month at 6:00 p.m. Meetings are held at Lanterman Regional Center.

Please call Frank Lara in advance at (213) 383-1300, Ext. 665 so that you can be put on the list of attendees. We look forward to your visit.

Profile Board Member Profile

Ann Seisa

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Meet the People Behind the Titles...
Sibling Support  
continued from page 4

of her friend's behaviors. "Eryn was able to be more empathetic when she realized that her friend was not acting out towards her, but was dealing with other emotions that caused him to get angry." Since the Sibshops introductory event, Olivia Hinojosa, Family Congenital Specialist in the Koch/Young Family Resource Center, has been coordinating with trained facilitators to plan the continuation of a Sibling Support Project in the Lanterman community. In recognizing the importance of family in the lives of individuals with developmental disabilities, siblings cannot be overlooked. As Donald Meyer points out, "Siblings have a lifelong relationship with their sibling with special needs." We encourage you to take advantage of the Sibshop program to help support the sibling in your family.

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

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

Car Seat Safety & Your Child
By Zena Begin

Effective January 1, 2002 California law requires that all children 6 years of age OR weighing less than 60 lbs. must be properly restrained in a child passenger restraint system. The new law also requires that all children 4 years of age OR weighing less than 40 lbs. be seated in a toddler safety restraint. For more information on appropriate safety devices, please contact State Senator Bob Sak at 1-800-745-7223 or visit their website at www.carseat.org. Frank D. Lanterman Regional Center will hold a car seat safety check on March 19th from 9:00 a.m. – 3:00 p.m. at the Atwater Park Center. To schedule an appointment time, please contact Zena Begin at (213) 383-1300 x525. Don’t miss it!

New Screenings Available as of January 7, 2002

At the request of the Department of Developmental Services (DDS), Lanterman has always supported a system that includes specialists (Medical, Dental, Education, etc.), so that each service coordinator has the needed support to best serve consumers and families. The Regional Center felt that the Family Needs Assessment Splet and the Resource & Information Specialist positions also supported this model because they allow for more efficient service coordination. With the approval of the Alternative Staffing Plan, these 2 positions in the Koch/Young Family Resource Center will be counted as a part of the Service Coordination Staffing Model. Again, we thank you for your support — your letter made a difference!

Health and Wellness

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

The Lanterman/NPI Special Clinic

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

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

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

Guidelines for the Use of Psychoactive Medications

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More Next Time

If you have questions or would like more information about any of the topics discussed in this article, please call the Koch/Young Family Resource Center at 1-888-546-3676. In the next issue of the Viewpoint, we will discuss some of the activities undertaken to develop safety awareness and otherwise ensure the overall wellbeing of clients, both children and adults.
In the year 2000, Lanterman awarded performance incentive grants to two organizations to support the creation of valuable new resources for the Lanterman community. Thanks to the hard work of those involved, these projects have now been completed. As highlighted in the previous edition of the Viewpoint, the “Autism Power Pak,” produced by the Foothill Autism Alliance (FAA), is currently being distributed to consumers and families with a diagnosis of autism at the Koch Young Family Resource Center. To inquire about obtaining a copy of the Autism Power Pak, call 1-800-546-3676 or contact FAA at (818) 662-8847.

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

The materials included in this program were carefully selected. The participating organizations had identified that there was a significant need to provide Health Care Professionals with resource materials and provide contacts for their patients. Although an abundance of information is available on the Internet, it is generally difficult to find relevant medical information quickly. In addition, some of the information found on the Internet on Down syndrome is either incorrect or misleading. Packet contents were narrowed down to such valuable pieces as Health Care Guidelines for individuals with Down syndrome, Down syndrome growth charts and important contact information.

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

With an overall positive tone, the second videotape, “A Promising Future Together,” was developed to provide families with introductory information on Down syndrome. The goal is to give parents a renewed sense of hope as they build new dreams for their baby.

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

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

The initial pilot programs will share the successes and challenges that they experience in the production of materials, connecting with appropriate contacts, approaching healthcare professionals and making presentations. The team hopes to raise additional funds to continue expanding this project throughout the United States. Lanterman congratulates NDSS and all team participants for their commendable efforts towards achieving the shared goals of better informing professionals and families, and building community—with the materials created, the group is off to a great start!

Packets and videos are now available to Lanterman consumers and families at the Koch Young Family Resource Center. To inquire about receiving a copy of these materials, call 1-800-546-3676. If you have an interest in planning, coordinating, or facilitating professional training in our community, contact Mawuen Wilson, Director of Training & Development at 213-383-1300 x729 and inquire about the Touchpoints project.

A Question for Our Families...

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

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

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

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

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

The Down Syndrome Association of Los Angeles — ‘Changing Lives: Down Syndrome and the Health Care Professional’
SUMMER RECREATION OPPORTUNITIES

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

GENERIC RESOURCES

Boy Scouts of America offers inclusion in scouting. For more information, please contact Pierre Landry at (323) 253-6534 or at Landry@aol.com.

LA Parks and Recreation offers adaptive swimming for children on Saturdays only at 4262 W. Pico Blvd. For more information please call (213) 485-5559.

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

Hollywood YMCA offers a variety of services including a weight room, gym and pool. They are located near Sunset and Wilcox. They can be reached at (213) 867-4161 for specific details.

Jewish Big Brothers Association offers residential summer camps for Jewish boys and girls with disabilities, ages 3 to 12 years of age. For more information, please call (213) 761-8675.

Boys & Girls Club of Pasadena, located at 3230 E. Del Mar Blvd., mainstreams individuals on a case by case basis into their camps, crafts and sports programs. For a schedule of activities, you can call (818) 449-1553.

Adaptive Recreation Program of Pasadena sponsors a variety of recreational activities year round. They offer specialized camp opportunities, as well as including individuals with disabilities into camps run by the Department. For more information call Jackie Arnett at (818) 396-1257.

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

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

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

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

Eagle Rock Little League has been including young children in a T-ball division. Practices are held at Yosemite playground. For more information call Joel Zimmerle at (323) 253-6536.

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

Special Olympics is a year round program focusing on a variety of sport activities. The statewide track and field meet will be held in June in Long Beach. Call Michele Broadnax at (310) 215-8380, ext. 108 for the Pasadena area, Paul Badmink at (323) 243-1780 or solametro@aol.com for the greater Los Angeles area, and Danny Price at (510) 658-5390 or danny.price@santa- monica.org for the West Los Angeles area to learn about seasonal activities.

FOOTHILL PASADENA AREA

BCR hosts a dance the second Friday of each month at McCambridge Park on Glen Oaks Blvd. in Burbank. The dances are geared for those 18 years of age or older and cost only $5.00. Call BCR at (818) 845-4907 to get on their mailing list.

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

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

Glendale Parks and Recreation offers a summer day camp at three different locations for children 6 – 15 years of age. Call (818) 548-5797 for more information.

South Pasadena YMCA offers special swimming lessons. Contact them at (626) 799-0119.

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

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

LOS ANGELES AREA

Braille Institute offers youth-oriented activities such as after-school programs, camps and special events for children 6 – 10 years of age with visual impairments. Call the Youth Center at Braille Institute at (323) 663-1111 for more information.

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

Elysian Park, located near Dodger Stadium, provides day camp opportunities for children and young adults 6 – 17 years of age. Activities include field trips, nature walks, theme weeks, arts and crafts, and sports. You can reach them at (323) 225-1402 for further information.

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

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

Los Angeles City Recreation and Parks offers a variety of services throughout the city, as well as several camping facilities: Camp Valcrest, Decker Canyon Camp, Camp High Sierra and Camp Seely. Call the main office at (213) 947-9218 or visit www.cityofla.org for more detailed information.

SOUTHERN CALIFORNIA AREA

Camp Joan Mier and Camp Paivika are both sponsored by Ability First and offer a variety of camping experiences for children ages 7 – 12, as well as teenagers. For a schedule of camp dates, call (323) 874-3000, x318, x319 or x320.

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

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

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

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

Special People’s Foundation provides travel and camping services for people with developmental disabilities. Call (310) 618-1853 for more information.
Class Action Suit Filed Against State Demanding Rights of People with Developmental Disabilities to Live in the Community

From CA UCP Legislative Update, January 25, 2002

A class action lawsuit was filed Friday, January 25, against the State of California and all 21 regional centers, demanding that Californians with developmental disabilities have the right to live in the community. The Governor's budget calls for a 6.7% increase in state funding for regional centers, an increase of $140 million in the allotment for the regional center system. This small increase is in contrast to significant reductions for other state departments and programs.

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

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

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

Related Issues

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

Quality Enhancement Network (QEN) — The QEN is a recent project developed by Lanterman Regional Center. The goal of the project is not only to ensure quality service delivery in our community, but also to build a system of continual improvement whereby best practice becomes standard. To find out more about this project or to see how you can become involved, contact Sharon Shuerman at (213) 383-1300 x797.

The Governor's Proposed Budget for 2002–2003

By Patrick Aulicino

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

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

Matthew Conte-Lerner

A Local Olympic Torchbearer at Lanterman

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

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

One month after the event, friends, family, and local community members continue to celebrate this young man’s participation in the 2002 Olympic Torch Relay. As for Matthew, he is enjoying his newfound fame. Of his experience representing the community and the Olympics, he says, “I’ll think about it all my life.” Way to go, Matthew, and congratulations!
Lanterman Law Clinic Moves to Whittier College School of Law

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n the fall of 1996, Lanterman Regional Center, in conjunction with Pepperdine University School of Law, Harbor Regional Center, and the Regional Centers of Southern California, piloted the Special Education Law Clinic. The goal of the clinic was to empower parents of children with disabilities by assisting them both as a counselor and an advocate to obtain appropriate educational services for their children as mandated by law. The effort was so successful in its early stages that in 1999 Lanterman formed partnerships with Pepperdine to provide our consumers and families with education advocacy on an ongoing basis. That clinic continued until 2001, when Lanterman formed a new partnership with Whittier College School of Law Children’s Rights Project. The Children’s Rights Project is directed by Scott Syle, Esq. Meredith Goetz, a former Adjunct Professor at Pepperdine University School of Law received her Doctor of Jurisprudence from Whittier College School of Law and has been the continuous supervisor of the clinic. For the past two years, Ms. Goetz has teamed up with Assistant Director, Nora Asahara. Ms. Asahara is a graduate of Pepperdine School of Law and was first involved in the clinic while a student at Pepperdine. Through the Special Education Law Clinic, law students provide Lanterman parents with information about special education rights and answer families’ questions about specific related services and educational programs. They attend Individual Education Plan (IEP) meetings to ensure that children’s rights are protected and intervene with school districts to resolve problems children are facing in obtaining appropriate education and services. Another important effort of the clinic is to empower parents of children with disabilities by equipping them with self-help and advocacy skills. Moreover, the clinic serves as a resource for families and service agencies by providing information about the laws that regulate special education. With an emphasis on problem solving and a cooperative approach to working with school districts, the Special Education Law Clinic has thus far been able to assist approximately 250 families in resolving issues with school districts, while only a small number of cases have remained unresolved. The clinic also benefits the law students who are selected to work there by providing them with a unique educational opportunity to develop advocacy, negotiation, communication and research skills to work on behalf of children with disabilities and their families. More than 15 law students who have participated in the clinic since its inception in 1996 have gone on to become professional disability and/or special education attorneys. To encourage the continued recruitment of these qualified individuals in the field of developmental disabilities, in the year 2000 Lanterman supported the development of a scholarship fund for participants in the Special Education Law Clinic to pursue special education law as a profession upon graduation. The Whittier Special Education Law Clinic provides multi-lingual, multi-faceted and time sensitive support to Lanterman families and their service providers in the area of educational counseling and advocacy—an invaluable service to our community! Of the clinic, Supervisor Dr. Meredith Goetz, Esq. says, “I greatly enjoy the work I am doing. It provides exceptional law students and the wonderful families we serve. Thank you very much for giving us the opportunity to make a difference.” If your child requires assistance with an education issue, contact your service coordinator. He or she will refer the issue to the Legal Services Division at Lanterman, which coordinates all referrals to the Whittier Special Education Law Clinic.

New Research Grants to Explore Autism and Mental Retardation

Articled provided by the Department of Developmental Services (DDS)

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

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

The University of California, Davis (UCD), has received 5-year funding from the National Institute for Environmental Health Science to create a Center on Environmental Factors in the Etiology of Autism. The Center, which is directed by Dr. Isaac Pacheco at UC Davis, has as its principal goal, the advancement of our understanding on how genetic factors and environmental exposure to chemicals interact to increase the risk and severity of childhood autism and other neurodevelopmental disabilities. The central project for this center is a large epidemiologic study directed by Dr. Inra Hertz-Picciotto. This case-control study will enroll children with autism, children with mental retardation, and a comparison group of children without these developmental disabilities. To identify the children with autism or mental retardation for this study, the UC-Davis Center will work with two groups of selected regional centers, one in Northern California, and one in Los Angeles. These projects are designed to increase our knowledge of the causes of autism and mental retardation.

CDC-funded California Center of Excellence for Autism Epidemiology

The Department of Health Services (DHS) has received 5-year funding from the Federal Centers for Disease Control and Prevention (CDC) to establish a California Center of Excellence for Autism Epidemiology. The California Center, one of four funded by CDC in the U.S., will: 1) establish a large epidemiologic surveillance system/registry for autistic spectrum disorder; 2) conduct critical studies in collaboration with other CDC-funded centers; and 3) conduct California-based studies on causes and other etiological factors. Although some activities will be conducted statewide, extensive data collection will mostly be limited to families living in the greater San Francisco Bay Area. Dr. Judith Grether, an epidemiologist at the DHS, is the overall program leader of this effort that will involve active collaboration from a large number of California clinicians, other scientists, and community providers. The California Center will be working with regional centers, local pediatric clinics, and other providers to identify children with autistic spectrum disorders, collect basic information from client charts, and invite families to participate in scientific studies. The Center will also be developing data reports and other materials for use by regional centers, other providers, and families. Dr. Lisa Croen of Kaiser Permanente, Division of Research, is a co-investigator on both projects, and both centers will serve as a bridge to connect collaborative efforts. The projects are closely coordinated. By working together with these well-designed projects, California Regional Centers have a great opportunity to increase our understanding of the causes of autism and neurodevelopmental disorders. We will keep the community informed as there are future developments in these two important studies.

Partnership & Leadership continued from page 1

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

“On the occasion of his 90th birthday, Peter Drucker, the father of modern management, was asked ‘What is the secret of longevity?’ He replied simply, ‘Never stop working.’ Today at 93, Drucker is still writing, lecturing, thinking, and teaching. This very much typifies Dick.”

After hearing many speakers deliver praise and thanks, Dr. Koch himself took the podium at his January 3 event. He expressed his amazement at how far the regional center system had come over the years, but he also challenged the crowd, “I expect to see continued improvements!”

Asceth Young

Mrs. Asceth Young is the parent of a son with a developmental disability and the grandparent of a young adult with cerebral palsy. Active in the regional center movement since 1966, she became the first president of Lanterman Regional Center’s Board of Directors in 1979. A founding member of the Association of Regional Center Agencies, Mrs. Young also helped write the plan for Protection and Advocacy in California. She has been a strong advocate for family support services. She is one of the founding directors of Pacific Oaks College in Pasadena and successfully encouraged the Pacific Oaks Nursery School to include preschoolers with developmental disabilities as a part of its regular nursery school program. Mrs. Young tells wonderful stories and among those most popular, is her first encounter with her future partner, Richard Koch: “The first time I met Dr. Koch, he said to me, ‘I know we’re going to get along. You know why? You’re one of the first women I can look in the eye!’” He turned out Dr. Koch and I did see eye to eye.” Since that day, the two have accomplished many things, both as a couple and as individuals. The lasting impact of their efforts serves as an example to all of us of the power of partnership and leadership in our community.

To acquire the full text of The Partnership & Leadership Development Model, please contact the Koch Young Family Resource Center at 1-800-546-3676.
**NEW FAMILY ORIENTATION**  
Lanterman Regional Center provides Orientation Meetings to welcome new consumers and families to the Center. These meetings provide an introduction to the Lanterman service delivery system.  
For a schedule of monthly Orientation Meetings, please call (213) 383-1300 ext. 705.

**NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD & UP**  
English & Spanish. Last Friday of Every Month  
9:30 a.m.–10:30 a.m. English, 10:30 a.m.–11:30 a.m. Spanish  
Lanterman Regional Center, FRC  
3303 Wilshire Blvd., Suite 700  
Presenters: LIC Staff  
For Information and Dates call (213) 383-1300 ext. 705

**NEW FAMILY ORIENTATION FOR EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)**  
English & Spanish. Last Friday of Every Month  
9:30 a.m.–10:30 a.m. English, 10:30 a.m.–11:30 a.m. Spanish  
Lanterman Regional Center, FRC  
3303 Wilshire Blvd., Suite 700  
Presenters: LIC Staff  
For Information and Dates call (213) 383-1300 ext. 705

**TRANSITION TO PRESCHOOL ORIENTATION MEETING**  
For Families with children 2 years of age  
English & Spanish.  
9:00 a.m.–12:00 p.m.  
B.C.R., 230 Amherst Dr., Burbank, CA  
For Information and Dates call (213) 383-1300 ext. 705

**BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS**  
This 20-hour course was developed for Lanterman Regional Center Families by the UCLA-University Affiliated Program. The training is a proactive approach where families learn strategies to manage behavioral concerns. More serious behavioral issues should be discussed with your Service Coordinator. Please note: This workshop requires referral from your Service Coordinator to register.  
For information call (213) 383-1300 ext. 705

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

**FOR PARENTS — SPANISH, AUTISM**  
February 21, 2002 – March 22, 2002  
11:30 a.m.–1:30 p.m.  
Shriner’s Hospital, 3160 Geneva St., Los Angeles, CA  
For PARENTS — SPANISH  
May 4, 2002 – June 5, 2002  
11:30 a.m.–1:30 p.m.  
Shriner’s Hospital, 3160 Geneva St., Los Angeles, CA

**BODY TALK**  
SEXUALITY & SOCIALIZATION TRAINING  
Body Talk is a new Sexuality and Socialization Training program specifically designed for adult individuals with developmental disabilities. Each group will accommodate 12 – 15 consumers and run for 12 weeks. The training will cover topics such as human anatomy and reproduction, developing social skills, prevention of exploitation, human sexuality, sexually transmitted diseases, birth control, and health and hygiene. Teen Talk addresses issues specific to pre-adolescence through young adulthood. Parent Talk is a 6 week class designed to address parental concerns and will focus on the parental role in supporting and promoting healthy relationships. Please note: This workshop requires referral from your Service Coordinator.  
For Information call (213) 383-1300 ext. 720

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

**TEEN TALK FOR CONSUMERS**  
For Parents & Consumers  
Class meets requirements for 2 hrs CEU’s for Title 17 & Title 22.  
For Information call (213) 383-1300 ext. 720

**DENTAL HYGIENE & CARE**  
For Service Providers  
April 9, 2002  
10:00 a.m. – 12:00 p.m.  
Lanterman Regional Center  
3303 Wilshire Blvd., Suite 700, Los Angeles, CA  
Class meets requirements for 2 hrs CEU’s for Title 7 & Title 22.  
Presenter: Leticia Reyes, RDS  
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

**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 considerations, you must receive a reservation. 
For 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
Sandy Riancho (323) 664-4448  
Monthly – 1st Friday, 7:30 p.m.

Laura Hernandez (213) 383-1300 Ext. 518  
Contact: Monica Mauriz (213) 383-1300 Ext. 519  
Monthly – 2nd Wednesday, 9:30 a.m.–11:30 a.m.

AUTISM SOCIETY OF AMERICA  
San Gabriel Valley Chapter Support Group  
1167 N. Reeder Ave., Covina.  
San Gabriel Valley Chapter Support Group  
In the Glendale area.  
Monthly meetings at group members’ homes  
In the Glendale area.  
Monthly – Last Friday 11:00 a.m.–1:00 p.m.  
Contact: Rima Shaahin (818) 549-4349  
Shoghig Dilijan (213) 383-1300 Ext. 546

BEHAVIOR MANAGEMENT PARENT SUPPORT GROUP  
Call for dates and details  
Contact: Alice Gubatan (213) 383-1300 Ext. 705

dada FATHERS REGIONAL SUPPORT NETWORK  
Call for detail  
Contact: Sandy Mouwiny (213) 383-1300 Ext. 722

DE MI FAMILIA A SU FAMILIA  
(Grupo para familias con Niños con Autismo)  
Lanterman Regional Center, 3300 Wilshire Blvd., Ste. 700  
Primero martes 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

BEREAVEMENT MOTHERS PARENT SUPPORT GROUP  
Lanterman Regional Center, 3300 Wilshire Blvd., Ste. 700  
Monthly – 2nd Wednesday, 10:00 a.m. – 12:00 p.m.  
Contact: Priscilla Good (213) 383-1300 Ext. 579  
Laura Hernandez (213) 383-1300 Ext. 518

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES  
St. Dominic’s Community Center  
2002 E. Northside Ave., Long Beach  
Monthly – 1st Friday, 7:30 p.m.  
Contact: Emily Guzman (213) 383-1300 Ext. 528  
Sandy Kianchan (323) 664-4448

GLENDALE BURBANK Foothill PARENT SUPPORT GROUP  
Shriners Hospital  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Ultimo martes de cada mes  
7:00 p.m. – 9:00 p.m.  
Contact: Francisco Arias (323) 965-0739  
Lourdes Tabuilo (213) 383-1300 Ext. 543  
Patricia Rodriguez (213) 383-1300 Ext. 544

GROUP PARA FAMILIAS CON NIÑOS CON PRADER-WILLI  
Shriners Hospital  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Monthly – Last Friday, 7:00 p.m. – 9:00 p.m.  
Contact: Mercedes Rivers (213) 383-4402

HOLLYWOOD WILSHIRE PARENT SUPPORT GROUP  
Lanterman Regional Center, 3300 Wilshire Blvd., Ste. 700  
Monthly – 1st Thursday, 10:00 a.m. – 12:00 p.m.  
Contact: Theresa Edwards (323) 935-7265  
Jesse Davis (213) 383-1300 Ext. 549  
Ramon Martinez (213) 383-1300 Ext. 580

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: Marko Magami (818) 249-1726  
Michiko Wilkins (818) 557-0728

KOREAN PARENT SUPPORT GROUP  
Asian Advocate for Special People  
Lanterman Regional Center, 3300 Wilshire Blvd., Ste. 700  
Monthly – 2nd Monday, 6:30 p.m. – 8:30 p.m.  
Contact: Sun Young Chang (213) 999-3981  
Susan Han (213) 383-1300 Ext. 545  
Alainah Kim (213) 383-1300 Ext. 531

LE ESPERANZA  
Grupo Semanai en Espanol  
Lanterman Regional Center, 3300 Wilshire Blvd., Ste. 700  
Weekly – Monday, 9:00 a.m.  
Contact: Marlen Hernandez (818) 928-5324  
Primitivo Jacobo (323) 464-3689

PAZ Y ESPERANZA  
(Grupo en Espanol)  
Salvin Special Education Center  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Monthly – 3rd Monday, 7:00 p.m.; 9:00 p.m.  
Contact: Joe Peralas (213) 383-1300 Ext. 592

PADRES UNIDOS LANTERMAN  
Shriners’ Hospital  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Grupo Semanai en Espanol  
(Grupo Semanai en Espanol)  
Contact: Yolanda Hernandez (562) 928-5324

PETE STENBERG  
(626) 355-5334

1041 N. Altadena Drive, Pasadena, 91107  
Locations and times vary each month.  
Contact: John Stack at (213) 383-1300 ext. 620.

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

E-mail: info@lanterman.org.

Fax: (213) 383-3128.

Voice and TTY: (213) 383-3000.

Someone Cares  
Local Family/Consumer Support Groups

SPANISH-SPEAKING PARENT SUPPORT GROUP  
(Grupo Semanai en Espanol)  
Salvin Special Education Center  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Contact: Gloria Perez (213) 383-1300 Ext. 553

TEATRO ILUSION  
(Grupo Semanai en Espanol)  
Shriners’ Hospital  
3160 Genevieve St., (Virgil and Third St.), Los Angeles  
Weekly – Friday’s, 6:00 p.m. – 8:00 p.m.  
Contact: Yolanda Hernandez (562) 928-5324

NEW GROUPS

Monthy & Daddy & Me — EARLY INTERVENTION PARENT SUPPORT GROUP  
For families with children 0 to 3 years of age.  
Center for Developing Kids (CDK)  
200 E. Del Mar Blvd., Suite 112  
Pasadena, CA 91102  
Monthly – 2nd Tuesday, 7:00 p.m. – 9:00 p.m.  
Contact: DelVonne Jenkins (213) 383-1300 Ext. 553  
Albanam Estrada (213) 383-1300 Ext. 523  
Kelly Price-Martinez (213) 383-1300 Ext. 528  
Edward Perez (213) 383-1300 Ext. 522

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

MEETING SCHEDULE

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

LOS ANGELES BASIN  
Third Tuesday of the month  
10:00 – 11:30 a.m.  
San Sukali Ext. 559

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

PASADENA REGION  
Third Tuesday of the month  
6:30 – 8:00 p.m.  
M.J. Kienast Ext. 677

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
Helping Children Understand Children with Disabilities

What’s Wrong with Timmy?

By Maria Shriver

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

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

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

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