Calling Our Lanterman Leaders...

Creative and committed leaders are the key to successfully fulfilling our mission and making our customer values a daily reality at Lanterman Regional Center. Over the years, we’ve been fortunate to have many members of our community take on the responsibilities of leadership. The Center is always looking for new leaders.

Are you willing to commit your time and energy to play an active, hands-on role as a leader in the next phase of Lanterman’s development?

If you are, then you might just want to attend the Second Lanterman Leadership Forum. The forum will take place April 6-7, 2001 at the Glendale Hilton. You’ll have a chance to impact our future direction in a number of critical areas, including Community Living Options/Housing, Employment, Information/Technology, Community Awareness/Marketing, Health & Wellness, and Education. Attendees will be asked to choose an area of emphasis and commit to actively participating as partners to help set the course for the next five years of our journey.

For more information, please contact Training & Development, Ext. 719 or 720.

FRANK D. LANTERMAN REGIONAL CENTER

Viewpoint

Announcing The Second Lanterman Leadership Forum

For the past few years, the Lanterman Regional Center community has been on an extraordinary journey of discovery. It began with the development of our Strategic Plan, continued through our 30th anniversary, and was hallmarked by our first-ever Lanterman Leadership Forum. This extraordinarily successful gathering reflected on our roots, celebrated our accomplishments, and created a vision for the 21st Century.

Hard to imagine, but it will soon be not only five years since that initial forum — but also our 35th Anniversary! The years since our first forum have been both challenging and productive, as we’ve engaged in a continuing process of listening, learning and planning. And along the way, we’ve realized a very simple truth — the most important part of what we do is the people we serve. In a very real way, they are our “customers.”

The individual and the family are where our efforts begin and end — and it is their satisfaction, their perceived value of their Lanterman Regional Center experience that is our paramount concern.

Recognizing that, we engaged in a thoughtful process to ascertain those things that our customers value in their dealings with the regional center and service delivery system. Guided by the excellent methodology created by Dr. Albrecht, we spent several months journeying to the heart of what we’re about.

The result is our Customer Value Model — a set of characteristics that describe how people would like to experience their interactions with the regional center.

This is such an important milestone, that we feel it’s time to once again gather our leadership in a second Lanterman Leadership Forum. The forum will focus on this Customer Value Model and will be a concentrated, working gathering. Breakout sessions will include Community Living Options/Housing, Employment, Information/Technology, Community Awareness/Marketing, Health & Wellness, and Education.

Attendees will be asked to choose an area of emphasis and commit to actively participating as partners to help set the course for the next five years of our journey.

For more information, please contact Training & Development, Ext. 719 or 720.

Give the Gift of Friendship

Volunteer with Best Buddies to become a friend to an adult with a developmental disability. This is a unique and exciting volunteer opportunity. You’ll be volunteering simply by being a friend.

Best Buddies was founded in 1989 by Anthony Kennedy Shriver. Anthony is the son of Eunice Shriver, founder of the Special Olympics. Best Buddies, a rapidly growing international non-profit organization, is dedicated to enhancing the lives of people with developmental disabilities by providing opportunities for one-to-one friendships and integrated employment.

The Best Buddies Citizens Program is available to the Lanterman community through a $50,000 performance incentive contract funded by Frank D. Lanterman Regional Center. The Best Buddies Citizens Program matches volunteers from the corporate and civic community in one-to-one friendships with adults with developmental disabilities. Buddy Pairs are matched by age, gender, location and common interests. Citizen Buddies (volunteers) are asked to see their Buddy (a consumer) twice a month and maintain weekly contact by phone, e-mail or mail. The Best Buddies Citizens Program hosts quarterly group events for the Buddy Pairs to meet and have a good time.

We have over 60 consumers from the Frank D. Lanterman Regional Center waiting to be matched in a meaningful relationship! Best Buddies can organize a presentation for your religious group, office, or club. To apply to be a Citizen Buddy or to setup a presentation, call Karri Kayor, Citizens Program Manager, at 888-68-BUDDY or visit us at www.bestbuddiesca.org.

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You Spoke We Listened…

Service Coordination — Assist the consumer and family to understand the service system; develop an individualized plan reflecting the desired outcomes; identify appropriate high quality services and supports; link the consumer/family to those services and supports; monitor and evaluate the plan to determine whether the consumer/family are getting the intended benefit and are satisfied.

Every day here at Lanterman, we strive to meet our community’s expectations regarding service coordination. What follow are three concrete examples.

Service Coordinators Attend IEP Meetings
Individual Education Plan Meetings (IEPs) have become a bit easier for Mara Aguirre and her son Carlos Castro, thanks to the presence of their Service Coordinator Gloria Perez. “Carlos is fully included in a 5th grade class at Mayberry Elementary. Carlos and his mother had been having a difficult time getting the needed supports he needed in the classroom, specifically a one-to-one aide for the time Carlos is interacting socially, getting Assistive Technology in place both in the school and in the home, and getting Occupational Therapy reinstated from DDS. She always keeps me well informed and is there early to talk through what our issues and concerns are. She has been lots of help and has given me lots of advice,” says Mara. “My job is mainly to advocate for Carlos’s educational needs and support the family during the IEP meetings,” says Gloria. With Gloria’s help, Carlos has received a one-to-one aide for social situations and a computer. The family continues to work with Gloria and other educational advocates to get OT reinstated.

Since 1995 Service Coordinators and educational advocates have attended 2,249 IEPs. Lanterman staff are always willing to help you with IEPs, whether it’s helping find books and resources on the process, answering your questions as you prepare for your meeting, referring you to an educational advocate, or attending the meeting. If you need support during an IEP, please contact your Service Coordinator.

The Link Between Early Intervention and Neonatal Intensive Care Units
For families who find themselves in the Neonatal Intensive Care Units (NICUs) of local hospitals, the worries and information overload can be overwhelming. Lanterman’s Early Intervention Unit is working to help these families by connecting them immediately with the regional center. Four Service Coordinators, Zena Begin, Maria Romero, Rose Chacana, and Kelly Price-Martinez, make weekly visits to NICUs at Childrens Hospital Los Angeles, Glendale Adventist, Cedar-Sinai Medical Center and Glendale Memorial to meet with the discharge planning teams at each of the hospitals to expedite the assessment and eligibility process.

When the Duque family met Zena Begin at Glendale Memorial in January 1999, they were riding an emotional roller coaster. Their daughter Dominique had been born 27 weeks premature and the Duques were very unsure of what to do and what her long-term prognosis would be. By partnering with Lanterman and the hospital, Dominique received monthly monitoring from the Early Intervention Unit that assisted the family in aiding Dominique’s development. The Duque family continues to work with Dominique to bridge the gap between her functional age and her chronological age. Thanks to the immediate link made between the NICU and Zena, that gap is getting smaller for Dominique.

Clinical Review Helps Consumers with Complex Health Issues
Established in 1998, Clinical Review is a multi-disciplinary meeting where the service coordination staff access a group of specialists to present complex health issues of individual consumers for discussion and recommendations.

Physicians, nurses, a dental hygienist, pharmacists, and psychologists are among those who participate. One example of how well this can work is, a recent referral from a Service Coordinator regarding an individual who expressed his strong desire to live either independently or in a supported situation, rather than in a residential placement. Of concern were his multiple health-related concerns like hypertension, diabetes and mental health issues that require many medical appointments. The team was able to make recommendations on the specific type of support, such as a visiting nurse to assist with recommendations on independent living that will help this consumer reach his goal. The Service Coordinator has located the needed services and as a result, the consumer is scheduled to move from the residential facility to an apartment by the end of this year.

If you know of, or are a person, who would like to be referred to Clinical Review, please contact your Service Coordinator.

Performance Plan Finalized with Input from Lanterman Community
As many readers know, every five years the Department of Developmental Services (DDS) asks each regional center to work with its community to develop a performance plan. A performance plan describes the things (called objectives) that the center will achieve over the coming five years in ten different areas. The ten areas include things such as family support, community living options, and employment.

Lanterman’s latest plan was due to DDS in November of this year. Therefore, throughout the first half of 2000 we did a number of things to find out from our community what our objectives should be. We used community meetings and focus groups to ask consumers, family members, and service providers, as well as regional center staff, what we should be doing during the period 2001-2005. After getting this input, our Strategic Planning Committee developed a draft plan.

In order to give everyone in the Lanterman community one more chance to comment the draft plan, we developed a survey based on the plan’s objectives. In late summer, we sent the survey to all families, adult consumers in supported or independent living, service providers, and regional center staff. The main question the survey asked was how important people thought the various objectives were.

What did we find out? We found out that, in general, people agreed that all the things we proposed to do were important. Below are some of the objectives that people thought were especially important:

- Help consumers and their families learn about employment options.
- Increase supports and develop new resources to give consumers more choices for where and how they live.
- Provide self-determination and self-advocacy training at the regional center.
- Work with generic agencies (like schools, Social Security, Department of Rehabilitation) to make sure consumers and families understand them and can access them when they need them.

Our full survey results, including the final version of the performance plan, will be included in the December newsletter and presented to DDS. We want to thank everyone who attended one of our community meetings and responded to the survey. For more information on the plan, call the Family Resource Center at (213) 383-1300 ext. 730.
La Curacao Provides Generous Donations to Lanterman’s “Adopt A Family” Program

La Curacao, Southern California’s premier retail store for the Hispanic community, has joined the Lanterman “Adopt A Family” team to provide families who are financially strained with the basic items they need. Based in the Pico Union District, La Curacao is very involved in the community it serves, and committed to supporting young children and their families. Under the direction of Elsa Baruch, Community Relations Manager, La Curacao has made donations to three Lanterman families, with plans to help more over the coming months and during the holiday season.

Francisca Arias and her family know firsthand the depth of La Curacao’s commitment. Francisca is a single parent and the sole support for her two children, Irvy and Marlina Sanchez. Both children were born premature, and are Lanterman consumers. Francisca is also a dedicated volunteer at the regional center, and serves as the parent leader for the Spanish speaking Behavior Management Support Group. She is dedicated to the care of her children and to supporting other Spanish speaking families who have children with developmental disabilities.

The “Adopt A Family” program has been part of our community outreach for many years. Our Service Coordinators identify families who are financially strained and have basic needs not supported through government funds. All referrals are then reviewed and assistance coordinated by Jacqueline Ashman, Lanterman’s Director of Human Resources.

La Curacao is making a difference, and we at Lanterman greatly appreciate their generosity to families that have children with developmental disabilities. If you would like more information on the “Adopt A Family” program, please contact your Service Coordinator or Jacqueline Ashman at (213) 383-1300 ext. 684.

Lanterman Launches Family Grief Project

One of the most difficult realities for parents and families is the chronic, ongoing grief that often accompanies a lifetime of caring and advocating for a child with a developmental disability. For these families, each day can bring an unexpected moment of loss. Even more, there are few — if any — opportunities available for people to express this ever-present grief. And too often, this interferes with the efforts of both parents and professionals in doing what is best for the child.

Recognizing this, and prompted by our commitment to continually help build better relationships between parents and the professionals with whom they interact, we have launched the Family Grief Intervention and Training Project. The project is the first of its kind in the country and is being developed by Lanterman in collaboration with Maria Trozzi, Director of the Good Grief program at Boston University, and Dr. T. Berry Brazelton, creator of the Touchpoints model of child development.

Assisting them are Maureen Wilson, Lanterman Director of Training & Development, and an advisory committee of parents and professionals.

The benefits of the Family Grief Intervention and Training Project will be:

• The creation of a model that maps some of the expected times when the family of a child with a developmental disability may experience grief.
• The development of a training curriculum and instructional video to enhance communications skills of professionals so that they feel comfortable recognizing and talking with families about grief issues, and offering them appropriate guidance in expressing their grief.
• Development of an instructional video to help parents and service providers understand the grief process.
• Train and assist volunteer parents who will offer parent-to-parent support groups.
• Training and assistance for support group facilitators who will lead parent support groups that focus on grief issues.

For more information, please contact Maureen Wilson at 213/383-1300, ext. 719.

Board Member Profiles

Ana Villsenor de Rivas

There are some individuals whose warmth and enthusiasm energize everything they do and everyone around them. Ana Villsenor is one such person. Just ask the people she encounters every day at her job at Vons in Montrose, or the members of our Lanterman community.

A committed and active graduate of the Lanterman Summer Leadership Institute, she’s been a member of our Board of Directors since 1997. She’s also served on the Consumer Advisory Council, helping others realize their personal goals.

In addition to her job at Vons, Ana works as a Food Demonstrator at Costco. Both employers praise Ana for her excellent and efficient work. And when she’s not working or volunteering, Ana enjoys living in her own apartment in Glendale.

Bill Dykens

One of Lanterman’s recent additions to the Board is a familiar face — Bill Dykens — who’s returning for a second term of service. He was previously on the Board from 1991-97. “I’m really pleased to be back on the Board,” he says, “especially since I can bring a sense of continuity and past experience to new Board members.”

A Lanterman consumer for many years, Bill applies his computer skills as a Legal Clerk in the Los Angeles City Attorney’s office. He’s also active in the community making presentations to people with disabilities who want to join the work force. In addition, Bill’s a Board Member of APSE, and Vice President of the Hilltop Colony Homeowners Association.

An active advocate for those with disabilities, Bill is returning to the Board because “I like being involved and helping consumers, particularly to ensure that they receive the services they need. As a consumer myself, and past member of the Board, I have a wide range of expertise which I believe can add to the Board and the people to whom we provide services.”

When he’s not working or involved with Lanterman, Bill has many interests, among them travel and going to the movies. He’s also an entrepreneur in a part-time business with a friend selling ceramics. His dream, he says, would be to grow his business to the point “where I can hire people with disabilities.” Odds are he will.
Open the Door Ever So Slightly

Gary Edwards is a tall, handsome man who makes a lasting impression. When you first meet Gary he carefully takes you in with his eyes—as though conducting a private study of your intent and purpose. If you didn't know Gary, you might greet him and wait for a response. In that moment of silent expectation much is revealed. Not only is Gary deaf, he is also autistic.

In our first meeting Gary was with his mother, Theresa Edwards. He glanced from me to his mother when signed and spoke my greeting, "Gary, this is Martin Sweeney. He says, 'Hello.'" In a flash the communication passed and Gary signed to me his welcome. Together, the three of us would start the process of exploring, considering, acquiring and learning how best to use technology on Gary's behalf.

Gary is 43-years old and attends the Center for Communicative Development where he had some prior experience with computers. He had carefully watched as others used the computer and then in turn had taught himself. These were old Apple IIe machines but Gary found great interest and pleasure in being able to express himself in ways which were not previously available to him.

In contacting the Assistive Technology Project (ATP), Theresa was looking for the next step for Gary, something that would include Gary's interest in computers. In the initial consulta-

tion it was clear that Gary had the ability and motivation to do a great many things with a computer. “Before getting the computer, the only real interest Gary had was in listening to his music,” explained Theresa. (Although deaf, Gary has a great passion for listening to music on his CD player and headset.) "Now, as soon as he comes home from school he spends between two and three hours independently on the computer. It has made a big, big difference to Gary.”

In addition to playing games, Gary enjoys using the computer to draw and paint pictures, many of which he has printed and displayed at the Center. It has also become a bastion for social interaction at Gary has found the computer to be a source of mutual interest between him and his 15-year-old nephew, Thomas. This, explains Gary's mother, is a significant change for Gary who in the past would typically wait for others to interact with him. "Tell you, Gary has changed. I don't know whether the computer has anything to do with it," explains Theresa, "but just this past weekend, while visiting at the hospital with family, Gary got up and greeted everyone with a handshake. He's never before initiated or done that by himself.”

Theresa also describes Gary's interest in the Internet and how she is carefully showing him how to safely “surf the Net.” These are all skills that Theresa is picking up as a member of the Adult Computer Education classes offered as part of the ATP partnership with the Los Angeles Unified School District's Division of Adult and Career Education. Theresa attends weekly classes and then transfers those skills along to Gary.

Theresa tells a story about when they were online together and received an Instant Message from Gary's Aunt. “You should have seen his face, his eyes just lit up like a Christmas tree!” It's impossible to measure just how a computer has affected Gary's life. Certainly, he enjoys the games and many of the software programs but has it helped encourage his social development? Has it opened his world just a bit? One may never know for certain but it's not such a stretch to think it has helped push open that door ever so slightly. For more information on the Assistive Technology Project, call Marty Sweeney at (213) 385-1300, ext. 722.

Parenting the Child with Special Needs

A Course for Parents of Special Needs Children, Birth to Five Years of Age

"Parenting the Child with Special Needs" is a five week, two-hour session course designed to provide parents the best possible foundation for raising a child with special needs. The focus is on children birth to five years of age.

The parenting curriculum targets new parents and parents who want to enhance their child rearing skills and maximize their child's potential. The curriculum is parent-centered and it focuses on increasing parental confidence in addition to skill building. The program encourages parents to draw from their existing strengths, as well as providing them with accurate information to help fill gaps in their knowledge.

The "Parenting the Child with Special Needs" program offers access to a great spectrum of knowledge about children with special needs and child development. In addition to learning from the instructor, the program is designed to support the more informal, rich learning that takes place when parents come together in a group to share information and resources. The exchange of information and experiences is a critical part of the parenting program. As much as possible, homogeneous groups are organized so that parents have the opportunity to share their experiences with other parents who are at the same parenting stage and/or have children with similar special needs.

The five, two-hour session parenting course includes the following:

- Developmental stages and milestones
- Intervention and therapy that support child development
- Supporting child development in the family
- Planning and setting goals for your child
- Appropriate expectations and boundaries in behavior management
- Advocating for your child
- Making connections with resources and support

The most recent parenting course was held in September 2000 and it was a great success. The course was organized for Spanish speaking families with children from two to five years of age with Autism. A total of 19 parents graduated from the five, two-hour session parenting course. Alfredo Kerzman, M.S.W., conducted the September course in the Spanish language. The courses are conducted by skilled and experienced instructors that have been contracted by Lanterman Regional Center to offer classes in both English and Spanish in convenient locations in Lanterman's service area. The "Parenting the Child with Special Needs" program is funded by Lanterman Regional Center. If you are interested in attending the parenting training course you can contact your Service Coordinator or Olivia Hinojosa, Family Support Specialist in the Family Resource Center at (213) 383-1300, ext. 705.
Board Targets Four Bold Initiatives

W e need you! These initiatives are big and bold and go beyond what we have tried in the past. They go way beyond what the Lanterman staff can do. These must be community efforts. They can only be accomplished with the help of our community. These are not something the Board can do alone or even with the help of a few volunteers or the regulars who always volunteer. We need you! Don’t think that you cannot help because you have no specialized knowledge, or you are too busy, or no one knows you, or you have no money; or your English is not so good, or you never went to college. We need people with commitment and desire. We need people who share these dreams. We need people who want to make the world a better place for people with disabilities, for your children, for all of us. We want to transform what the Lanterman community offers. But to do it, we need lots of people with lots of heart. We need everyone to participate. We need you! Without you these things will not happen. We need you!

If you like to think boldly, explore possibilities, and are willing to work hard to make things happen — we are looking for you! The first step in making the Board’s Initiatives 2001 — Housing, Employment, Public Awareness/Marketing, and Information/Technology — bold new realities for our Lanterman community is focused on the volunteer vigilance and commitment of individuals like you. First we need to decide on specific goals in each area which will require input from many people. Then we need to figure out how to make those goals become realities. We need people to participate in all parts of this process. Even if you just want to contribute some ideas, pick up the phone and volunteer to do that. Don’t say no! Don’t just ignore us. Pick up the phone and call. Please contact us at (213) 383-1300, x605 and join the Initiative team. WE NEED YOU! EVERY ONE OF YOU.

Help Make Initiatives 2001 A Reality

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

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

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

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

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

BY FAX:
(213) 383-6526

BY E-MAIL:
Maureen S. Wilson, Director
Maureen.wilson@lanterman.org
Ronna Kajikawa, Executive Assistant
Ronna.kajikawa@lanterman.org

Lanterman Regional Center Family & Consumer Training

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

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

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

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

**NEW FAMILY ORIENTATION FOR EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)**
English & Spanish. Last Monday of Every Month
6:30 p.m. – 8:30 p.m. English & Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff
For Information and Dates call (213) 383-1300 ext. 705

**TRANSITION TO PRESCHOOL ORIENTATION MEETING**
For Families with children 2 years of age
10:00 a.m. – 12:00 p.m. English & Spanish
Lanterman Regional Center, FRC
Presenters: LRC Staff
For Information and Dates call (213) 383-1300 ext. 705

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

English (10 consecutive Wednesdays)
January 10 – March 14, 2001, 7:00 p.m. – 9:00 p.m.
Burbank Center for the Retarded
230 E. Ahmadi Dr., Burbank, CA
Presenters: Behavioral Specialist
For Information and Dates call (213) 383-1300 ext. 705

**SERVICE COORDINATION AND ADVOCACY**
This training is a 10-hour course for Lanterman families to better enable them to advocate for and assist their family member with a disability.
Cost: No cost
Presenters: SCAT Faculty
Reservations (213) 383-1300 ext. 705
ENGLISH (5 CONSECUTIVE TUESDAYS)
February 6 – March 6, 2001, 9:30 a.m. – 11:30 a.m.
Glendale Location To Be Announced
SPANISH & KOREAN
Date, Time & Location To Be Announced

**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.

**BODY TALK FOR ADULT CONSUMERS**
Please note: This workshop requires referral from your Service Coordinator.
Dates, Times & Location TBA
Contact your Service Coordinator to register.

**TEEN TALK FOR CONSUMERS**
Please note: This workshop requires referral from your Service Coordinator.
January 17 – April 4, 2001, (Twelve consecutive Wednesdays)
6:30 p.m. – 8:30 p.m.
Shriners Hospital, 3160 Geneva St., Los Angeles, CA
Contact your Service Coordinator to register.

**PARENT TALK DISCUSSION GROUP**
Please note: This workshop requires referral from your Service Coordinator. The 6 week group will focus on the parental role in supporting and promoting healthy relationships.
January 17 – February 21, 2001
(Six consecutive Wednesdays concurrent with Teen Talk)
6:30 p.m. – 8:30 p.m.
Shriners Hospital, 3160 Geneva St., Los Angeles, CA
Contact your Service Coordinator to register.

**RECOGNIZING CHILD ABUSE**
For Early Childhood Service Providers
February 5, 2001, Time and Location To Be Announced
This 1 hour service provider in-service will help community early childhood program staff recognize signs of child abuse in young children with developmental disabilities. Cost: No cost
Presenters: UAP-Children’s Hospital Staff
For Information call (213) 383-1300 ext. 705

**TOPICS TO BE ANNOUNCED**
For Service Providers
February 13, & March 13, 2001, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suit #100, Los Angeles, CA
Class meets requirements for 2 hrs CEU’s for Title 17 & Title 22.
Cost: No cost
Presenter: To be announced.

Space is limited to 64. Those arriving after 10:00 a.m. will be admitted only if space allows.

**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

You Spoke We’re Listening...

Training and Development three weeks prior to the posted conference deadline. We welcome your suggestions for future training topics and information on upcoming educational events that we can share with others.

If you did not receive an assessment survey, please call the Training and Development Unit at
(213) 383-6526

As a part of the strategic planing activities of Frank D. Lanterman Regional Center, the Training & Development Unit is in the process of conducting an assessment to determine training needs in the Lanterman Community. You Spoke We’re Listening...

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for service providers in the Lanterman Community.

**GUIDELINES FOR DIABETIC-TYPE II CARE**
For Service Providers
February 9, 2001, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour service provider in-service will help community residential and day program staff understand their role in the care of a consumer with Diabetes-Type II. Class meets requirements for 2 hrs CEU’s for Title 17 & Title 22.
Cost: No cost
Presenter: Clinical Services Staff
Space is limited to 64. Those arriving after 10:00 a.m. will be admitted only if space allows.
For Information call (213) 383-1300 ext. 720

**RECOGNIZING CHILD ABUSE**
For Early Childhood Service Providers
February 5, 2001, Time and Location To Be Announced
This 1 hour service provider in-service will help community early childhood program staff recognize signs of child abuse in young children with developmental disabilities.
Cost: No cost
Presenter: UAP-Children’s Hospital Staff
For Information call (213) 383-1300 ext. 705

**TOPICS TO BE ANNOUNCED**
For Service Providers
February 13, & March 13, 2001, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suit #100, Los Angeles, CA
Class meets requirements for 2 hrs CEU’s for Title 17 & Title 22.
Cost: No cost
Presenter: To be announced.

Space is limited to 64. Those arriving after 10:00 a.m. will be admitted only if space allows.

For Information call (213) 383-1300 ext. 720
### ADULT SIBLING SUPPORT GROUP
Call for details
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

### ARMENIAN PARENT GROUP
Quarterly meetings – Glendale Area
Call for dates & details
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

### ARMENIAN PARENT SUPPORT GROUP
Monthly meetings at group members’ homes in Glendale area
Monthly – Last Friday 1:00 p.m. – 3:00 p.m.
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

### AUTISM SOCIETY OF AMERICA
San Gabriel Valley Chapter Support Group
1167 N. Reeder Ave., Covina
Monthly – Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler (626) 447-3452

### BEHAVIOR MANAGEMENT PARENTS’ SUPPORT GROUP
Call for details
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

### DOWN SYNDROME SAN GABRIEL SUPPORT NETWORK
Call for dates & details

### EARLY INTERVENTION SPANISH SPEAKING PARENT SUPPORT GROUP
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Wednesday, 9:30 a.m. – 11:30 a.m.
Contact: Rose Chacana (213) 383-1300 Ext. 528
Monica Mora (213) 383-1300 Ext. 579

### FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES
St. Dominic’s Community Center
2002 Merton Ave., Eagle Rock
Monthly – 1st Friday, 7:30 p.m.
Contact: Estefany Martinez (213) 254-6413

### FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED
Call for details
Contact: Alice Gubatan (213) 384-2340

### FOOTBALL ALUMNI ALLIANCE — NETWORK RESOURCE MEETINGS
BOC 230, 1 Ahernet Drive
Burbank, CA 91505
Monthly – 2nd Wednesday, 7:00 p.m.
Contact: Sue Brooks (818) 66-ASD (818) 662-8947

### FRAGILE X PARENT SUPPORT GROUP
Call for dates and details
Monthly, 7:00 a.m.
Contact: (818) 754-0227 Voicemail

### GAY AND LESBIAN ADULT SUPPORT GROUP
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Wednesday, 4:00 p.m. – 5:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592
Melinda Anders (213) 383-1300 Ext. 506

### GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP
Monthly – 1st Wednesday, 10:00 a.m.
Contact: Jennifer Wyse (213) 383-1300 Ext. 679

### GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA
(Spanish-Speaking Behavior Management Group)
Shriners Hospital
3160 Geneve St. (Virgil and Third St.), Los Angeles
Ultimo martes de cada mes 7:00 p.m. – 9:00 p.m.
Contact: Francisca Arias (323) 965-0739
Lourdes Tabulod (213) 383-1300 Ext. 543
Patricia Rodriguez (213) 383-1300 Ext. 594

### HOLLYWOOD/WILSHIRE PARENT SUPPORT GROUP
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Tuesday, 10:00 a.m.
Contact: Jessye Davis (213) 383-1300 Ext. 549
Ramon Martinez (213) 383-1300 Ext. 568

### INCLUSION IN REGULAR CLASSES SUPPORT NETWORK
Locations and times vary each month—call for next meeting
Contact: Sam Suzuki (213) 383-1300 Ext. 559

### JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
March – 1st Saturday, 9:30 a.m.
Contact: Markus Magami (818) 249-1726
Michiko Wilkins (818) 557-0728

### KOREAN PARENT SUPPORT GROUP
Asian Advocate for Special People
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 3rd Monday, 6:30 p.m. – 8:00 p.m.
Contact: Sukhi Chang (213) 999-3981
Susan Han (213) 383-1300 Ext. 545
Alannah Kim (213) 383-1300 Ext. 531

### “PADRES UNIDOS LANTERNER”
Spanish-Speaking Support Group (Grupo en Español)
Children’s Hospital of Los Angeles, Conference Room “D” Monthly – 2nd Tuesday, 7:00 p.m. – 9:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

### REACH
(Respecting Encouraging and Affirming Choices in Housing)
2060 Foothill Blvd., La Crescenta, CA 91214
Monthly – 3rd Wednesday, 7:00 p.m.
Contact: Maria Lehnerweber (818) 248-8024
Emma Guanlao (323) 259-8332

### RETT SYNDROME SUPPORT GROUP
Pasadena Area
Quarterly Meetings
Call for dates and details
Contact: Marie Hyland (626) 790-4836
Pep Stenberg (626) 355-5334

### “LA ESPERANZA”
Spanish-Speaking Parent Group (Grupo Semanal en Español)
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Weekly – Monday, 9:00 a.m.
Contact: Yolanda Hernandez (562) 928-5324

### SPANISH-SPEAKING PARENT SUPPORT GROUP
Salvin Special Education Center
1925 S. Budlong Ave., Los Angeles
Call for dates, 9:30 a.m. – 11:30 a.m.
Contact: Gloria Perez (213) 383-1300 Ext. 556

### TEATRO ILUSIÓN
(Gruppo Semanal en Español)
Shriners’ Hospital
3160 Geneve St. (Virgil &Third St.), Los Angeles
Weekly – Friday’s, 6:00 p.m. – 8:00 p.m.
Contact: Yolanda Hernandez (562) 928-5324

### NEW GROUPS
- **DE MI FAMILIA A SU FAMILIA**
  - GRUPO PARA FAMILIAS CON NIÑOS CON AUTISMO
    - Spanish-Speaking Support Group for Parents with Children with Autism
    - Lanterman Regional Center
    - 3303 Wilshire Blvd., Ste. 700
    - Primer y último miércoles de cada mes
    - 9:30 a.m. – 11:30 a.m.
    - Contact: Yudy Maza (213) 384-5204
    - Carlos Duque (213) 383-1300 Ext. 570
    - Romi Castillo (213) 463-3678

- **GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI**
  - Spanish-Speaking Support Group for Parents with Children with Prader-Willi
  - Shriners’ Hospital
    - 3150 Geneva St. (Virgil &Third St.), Los Angeles
  - Thursday evenings – 7:00 p.m. – 9:00 p.m.
  - Contact: Mercedes Rivera (213) 383-4402

### 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 support for consumers, parents, service providers and staff to network. If you have an interest in serving in the council for your area or in attending meetings, contact: Lanterman Regional Managers at (213) 383-1300.

- **GLENDALE REGION**
  - Second Tuesday of the month
    - 6:30 p.m. – 8:00 p.m.
    - John Stack Ext. 620

- **HOLLYWOOD/WILSHIRE/CENTRAL REGION**
  - Third Tuesday of the month
    - 10:00 – 11:30 a.m.
    - Sam Suzuki Ext. 559

- **PASADENA REGION**
  - Third Tuesday of the month
    - 6:30 p.m. – 8:00 p.m.
    - M.J. Kienast Ext. 617
New Resources
In The FRC Library
These are just a few of the new items now available in the FRC:

Everybody’s Different; Understanding and Changing Our Reactions to Disabilities
by Nancy B. Miller & Catherine C. Sammons
This is a must for anyone interested in the acceptance of the disabled, as well as for professionals and providers. The authors not only walk non-disabled readers through their emotions and reactions to individuals with disabilities or differences, but also take them through each different type of disability or difference such as movement, behavioral, and non-visible differences. They also help readers to guide children’s reactions to disabilities.

Students with Autism
by Jack Scott, Claudia Clark, & Michael Brady
Covering issues related to instructional programming, Students with Autism focuses on the social, behavioral, cognitive and academic abilities of students with autism. The book also looks at program development and service delivery models that are designed to overcome these issues.

Does Your Child Use Sign Language to Communicate?
If they do, we want to hear from you! Lanterman is helping families whose children use sign language to create social interaction groups for their kids. If you are interested in meeting other families and children who use sign language, please contact Sandy Danaha at (213) 383-1300 ext. 536.

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.

Everybody’s Different; Understanding and Changing Our Reactions to Disabilities

Students with Autism

Does Your Child Use Sign Language to Communicate?

Board Welcomes Your Attendance at Its Meetings