FRANK D. LANTERMAN REGIONAL CENTER

Viewpoint

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There's Something Special About Special Olympics' "Profile Project"

Laying the Groundwork — Two years ago, in the fall of 2000, Lisa Levin, a former staff member of Lanterman Regional Center, and Mike LaFemina, two of the three acting directors for UCLA Special Olympics at the time, stayed well into the evening after their director's meeting to discuss what a large role the organization plays in the lives of the athletes and how much potential there was for the organization to do more for the athletes.

Starting Small — An idea was born that evening for a project that would eventually be dubbed the "Profile Project." The plan for the project's first year focused on identifying and interviewing different athletes each month. Project leaders would identify specific athletes of the month based on the coaches' relationships with the athletes and their families, as well as overall knowledge of the athlete. "We conducted phone interviews with the athletes to gather basic information about their goals and what they hoped to accomplish through Special Olympics," notes Steve LaFemina, a past director of UCLA Special Olympics who is currently helping to restructure the "Profile Project." "We wanted to make sure we were providing the best possible service to our athletes and that the program was helping them grow and develop personally." As part of the project, at the end of the month, the coaches took the athletes out to lunch at places such as Third Street Promenade in Santa Monica. By spring of 2001, Special Olympics had already named two sets of athletes of the month.

Trying a New Strategy — In the summer of 2001, the project leaders evaluated the success of the "Profile Project," but were still left with the feeling that there was more they could be doing for the athletes. "We tossed around several ideas for further development of the program and asked ourselves numerous questions about the direction we wanted the program to take," comments LaFemina. "We thought the program could function as a discussion group of athlete issues or that we could write resumes for athletes graduating from high school, but then we started asking ourselves if it was our role to help them find jobs and what role the regional centers could play in the program."

For the 2001-2002 year, the "Profile Project" took a much different approach. The project discontinued choosing athletes each month, but began to involve more coaches, hold additional meetings, and also write athlete resumes.

After nearly two years, of trying different strategies, the project leaders were concerned that they still had no understanding of how the "Profile Project" fit into the larger system of services available to the developmentally disabled. "We could talk about writing resumes and finding the athletes jobs, but we had no idea if these were the best ways to handle these issues," shares LaFemina. "We entered the summer of 2002 in serious need of direction for the program."

Building the Foundation — One afternoon in the fall of 2001, Levin who was now working full-time at Lanterman Regional Center's Koch ♦ Young Family Resource Center (FRC), shared information about her involvement with the UCLA Special Olympics program with Patricia Herrera, director of family support services. One aspect of the FRC's mission is to help consumers by aiding and educating their support systems. Herrera and Levin concluded that there was a good possibility that the FRC could assist the coaches and athletes.

"We knew that Lanterman Regional Center was a valuable resource, and by summer 2002, we were definitely ready for help with structuring a successful program," adds LaFemina. The reason the coaches had started the "Profile Project" was because they saw themselves as a support system for the athletes and because of the role the coaches filled, they believed that a partnership with the FRC would be beneficial to developing the project to its fullest potential. "One of the small things that came out of the 2001-2002 year was that we at least learned what we did not know," notes LaFemina.

Going the Distance — Several months ago, LaFemina approached Herrera for assistance with restructuring the "Profile Project." Some of the coaches had already participated in workshops through Lanterman and others had attended the recent FRC open house. "We collectively decided that although the coaches knew the athletes well, we knew very little about the system of supports established in Los Angeles. It was essential that we learn about the system before developing a direction for the program," explains LaFemina.

The FRC offered to fill in the gaps in information through a three-hour training session. The six coaches heading up the restructuring of the "Profile Project" attended a late afternoon training session on Tuesday, September 24, 2002. Given by Wendy Weyenberg, Olivia Hinojosa and Herrera, staff members in the Family Resource Center, the training condensed the most critical parts of the standard five-week training course designed for service coordinators. "We aren't training them to be service coordinators, but because they interact with the athletes regularly, many of whom are regional center consumers, it is important for them to know what supports exist already," shares Herrera.

"The workshop answered everything we wanted to know. We asked a lot of questions about a variety of topics including financial resources, job programs, living programs, education, and legislation. We were all amazed at how much work was put into the session and how thorough the presentation was," comments LaFemina.

Moving Forward — The "Profile Project" leaders are currently working on developing a structure for the program using the information from their training. "Our awareness of 'person-centered planning' has helped us look at the 'Profile Project' as a program which identifies the needs of the athletes and takes the appropriate steps to facilitate these interests," remarks LaFemina. The training helped the coaches realize that they are not service coordinators and will not be able to provide jobs and housing. "We can however apply the model of the Individual Program Plan (IPP) and use it to help each athlete achieve their athletic goals," adds LaFemina.

"The training helped us realize that we are a valuable asset to the athletes," concludes LaFemina. "As their coaches and friends, we arguably know more about these athletes than everyone but their parents and guardians. We now know that however we end up styling the program, we can use our relationships with the athletes to help them express their needs."

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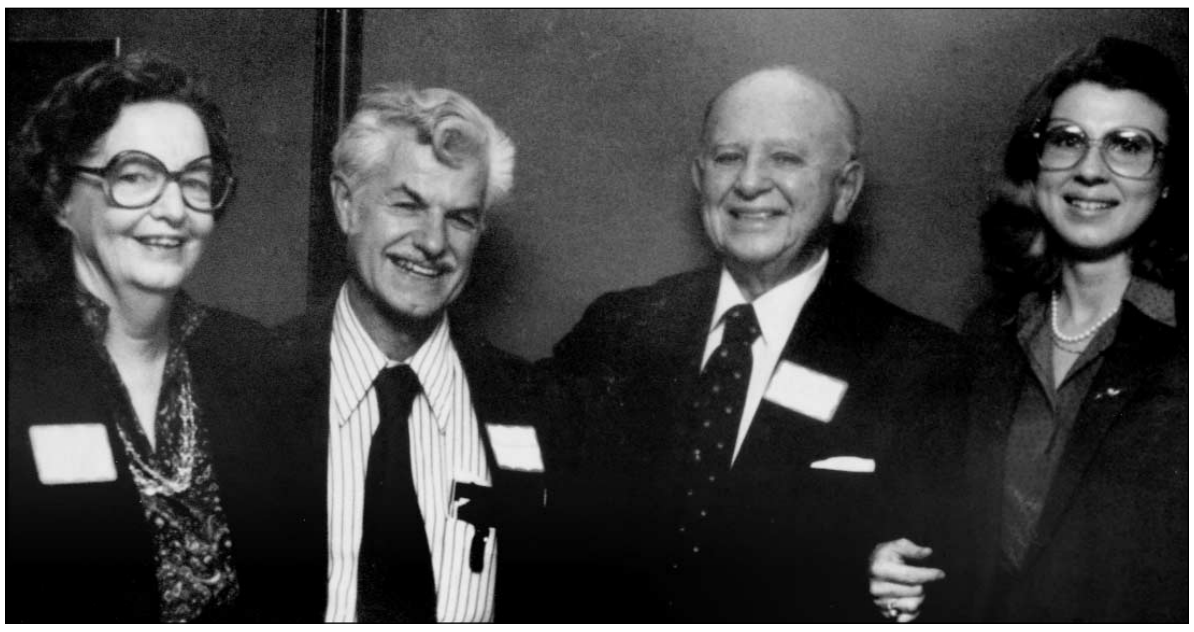
Executive Director Diane Anand Celebrates 25 Years of Service to our Community

"It's amazing what you can accomplish if you don't care who gets the credit."

— President of the United States of America, Harry Truman



Asenath Young, Lanterman's first board president; Dr Richard Koch, one of the Regional Center founders; Assemblyman Frank D. Lanterman; and Anand come together to recognize the separation of the Regional Center from Childrens Hospital and the renaming of the Center.

The year was 1977 and Diane Anand was searching the *Los Angeles Times* for job prospects. One ad that caught her eye was for the Director position at the Regional Center for Developmental Disability at Childrens Hospital of Los Angeles. "What is a developmental disability?" Anand thought when she read that. Even though she had worked as a pediatric nurse at Childrens Hospital in the late 60s, Anand had not been introduced to the term and did not know about the Regional Center, which started as a pilot project at the hospital in 1966.

In 1971 following her graduation from the School of Public Health at UCLA with a Masters degree in Maternal and Child Health, Family Planning and Population Studies, Anand followed her heart to Indiana for five years. Her husband, a pediatric nephrologist, was teaching at Indiana University Medical School in Indianapolis. While she was there, she became involved in maternal and child health, eventually directing the federally funded statewide family planning program.

"It was during this period that I was first introduced to the importance of educating public policy makers about various issues affecting both the community's health and its health programs," shares Anand, "including the budget — generally the most powerful policy." The early 70s were a hotbed of unrest over family planning and abortion. A number of Planned Parenthood clinics were fire bombed and pro-life zealots harassed Indiana's former Senior Senator, Birch Bayh, for his pro-choice position on abortion. "This was an exciting time to be involved in maternal and child health issues. I decided that I wanted to cap my education and chose law because of my interest in public policy and my experience in Indiana," adds Anand.

After five years in the Midwest, Anand and her husband returned to Los Angeles in 1976, where he joined the USC Medical School faculty at Childrens Hospital and she enrolled in Loyola Law School shortly after the birth of her first child, a daughter. "After starting school, I realized that I would never be satisfied simply practicing law. I was chafing to return to directing a program of public health significance," explains Anand, "and that's what led to my job search."

Not only did the name — developmental disability — catch Anand's eye, the vision set forth in the Lanterman Act for individuals with developmental disabilities struck her as forward looking and revolutionary public policy for the time with its focus on independence, productivity and community living similar to peers without disabilities. With a family planning background, Anand was also drawn to the prevention and early intervention aspects of the Regional Center mission. "The selling point, however, was that the center was administered under a private, non-profit organization model with control at the local level and allowed for significant community involvement," adds Anand.

Anand with Kathryn Nack, Lanterman's second board president, at the premiere of "We're Here to Speak for Justice."

Anand, who was appointed director in December of 1977, came on board at a very critical time in the history of the Regional Center. The first major revision to the Lanterman Act had passed in 1976 detailing the individualized planning concept (IPP), and for the first time schools were mandated to provide "a free and appropriate public education in the least restrictive environment regardless of the degree of the child's disability" under federal law (P.L. 94-142). It was at this time that the Regional Center also came under court order to identify and open cases on all individuals who were judicially committed to state hospitals for the developmentally disabled, and to assess their ability to live in the community.

Additionally, Childrens Hospital and the state were contemplating separating the Regional Center from the hospital and having the center form its own corporation and board of directors. "I believe that I was hired because of my experiences in Indiana," adds Anand. During her tenure in Indiana, she directed the separation of the family planning program from Indiana University and organized a non-profit corporation and board of directors."

Working from the old medical office building, which was the original Childrens Hospital built in 1901, Anand oversaw the Regional Center separation from Childrens Hospital in 1979, the incorporation of the Los Angeles County Developmental Services Foundation, and with Frank Lanterman's blessing, the renaming of the Center to Frank D. Lanterman Regional Center. She also finished law school and along the way had a second child — a son.

About this time Lanterman Regional Center was serving approximately 1600 children and adults with a budget of $2.7 million. "That early vision continues to evolve today with a strong focus on inclusion, and active participation in community life, with many more choices than those earlier days," comments Anand. Today the Center is serving approximately 6,000 children and adults with an annual budget of $75 million.

Anand's contributions over the last 25 years have all been colored by her steadfast belief, so eloquently phrased by President Harry Truman, "It's amazing what you can accomplish if you don't care who gets the credit." "To me it is all about promoting collaboration and partnerships with other people and organizations in order to reach our vision," shares Anand.

> "We need to keep thinking strategically and innovatively. What limits us is thinking that we are already doing the best that we can do."
>
> *— Diane Anand*

Anand with Dr. T. Berry Brazelton at the 2001 Touchpoints Special Needs training program.

Anand is a strong proponent of strategic planning and organizational development. In 1995 when an amendment to the Lanterman Act required regional centers to prepare performance plans as part of their contracts with the state, she wrote a paper, "Transforming the Regional Center for the 90s and Beyond: A Framework for Action," challenging the Center to go beyond the basic requirements, and begin thinking strategically about where the Center wanted to be in the next five years. That process generated significant community involvement in the plan and its goals and culminated in the Center's first leadership forum, "A Community in Action" with over 300 people in attendance. This first plan promoted greater community involvement in the center, and led to the development of mission, vision, and core value statements.

Under Anand's leadership Lanterman Regional Center has undertaken many initiatives. She considers the opening of the Koch ♦ Young Family Resource Center as one of the most influential developments in Lanterman's history. It marked the Center's commitment early on to provide multimedia

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An Update on California's Budget Crisis and its Impact on Regional Center

The state of California is in an unprecedented budget crisis that, analysts project, will continue until the 2007-08 fiscal year. The regional center system has not been spared the effects of this crisis. Despite the fact that the Legislature allocated $1.7 billion for regional centers to purchase services for consumers and families in fiscal year 2002-2003, centers may still require up to $150 million more to provide needed services for the year. At Lanterman Regional Center, we expect this shortfall to affect all services and have an impact on many, if not most, consumers and families.

Because of the looming deficit, each regional center has been required by the state to work with its community to develop an "expenditure plan" that will result in reduced purchase of service spending. Lanterman's plan, described in the last issue of Viewpoint and on our web site, will save almost $2.7 million if all of its goals are met. This plan depends heavily upon the voluntary cooperation of consumers, families, and service providers, however, and there is no guarantee that we can meet that target. Even if we do meet the target, our overall deficit is still projected to be over $5 million. All 21 regional centers are having financial challenges of this same magnitude. Lanterman is not an exception.

A Closer Look at Our Deficit

The projected deficit in the regional center system exists for several reasons. One, obviously, is the overarching budget crisis that is affecting all state-funded programs in California. The second is that regional centers have purchase-of-service obligations that extend to all services listed in all consumers' IPPs, and we must meet these obligations while not exceeding our annual budget allocation.

The cost of services that regional centers purchase is growing much faster than can be accounted for by the increase in the number of consumers. Let's take a closer look at some reasons for this.

Expansion of early intervention services. Services are provided to children under the age of 3 through a federally-funded program called Early Start. Because it is based on a philosophy of prevention, the Early Start program (called Early Intervention in our center) has very liberal eligibility criteria, and the services purchased through the program tend to be one-to-one, are often delivered in-home and, for these reasons, are quite costly.

Increasing incidence of autism spectrum disorders. There has been a dramatic increase in the number of children diagnosed with autism related disorders. A recent report to the state Legislature says the incidence of this diagnosis in California increased 273 percent between 1987 and 1999. Children with autism spectrum disorders require comprehensive intervention programs that are intensive and very costly.

Expansion of the entitlement. In 1997, an amendment to the Lanterman Act expanded the entitlement. While making no changes in the way regional centers are funded, this legislation (SB 1383) greatly expanded the kinds of services that regional centers could purchase and greatly increased the role of consumers and parents in determining what services and supports should be purchased. Consumers' and parents' expectations for services have risen as a result of these changes. Furthermore, Senate Bill 485 placed a provision in the Lanterman Act requiring parents to assume financial responsibility for services to a child with a developmental disability as they would if the child did not have a developmental disability. That provision, which had been a mainstay of LRC's funding policy and guidelines, was removed from the act at the end of 2001 due to a "sunset" clause.

New and costly services. In recent years, we have seen the proliferation of costly new services in addition to the previously mentioned intensive intervention programs for autism. For example, supported living has become increasingly popular among our adult consumers. While this service was intended by the Legislature to be "cost-neutral" when it was introduced in legislation, its costs often greatly exceed the cost of alternatives such as residential care or in-home support. There has also been a dramatic increase in demand for many new services due, at least in part, to providers' determined marketing to families.

Effectiveness of Expenditure Plans: Then and Now

Regional centers were faced with a similar financial crisis in the early 1990s. At that time, we implemented an expenditure plan that included strategies such as using vouchers for transportation and respite. We achieved significant savings, but these things remain in place so there is little room for additional savings in those areas. We have begun implementing vouchers in other areas, but the expected savings are modest in comparison with savings made in the early 90s. Further, we find generic agencies increasingly unable or unwilling to serve people with developmental disabilities. As you know, the health and mental health systems in Los Angeles County have been particularly hard hit financially and their outlook is dismal. These systems are failing badly in their attempts to meet the needs of the uninsured and underinsured residents of the county, a group that includes many of our consumers. Most notable, however, is the failure of the relatively well-funded school districts to provide education and related services to our consumers in accordance with their mandate. In the end, when these agencies fail our consumers, the regional center is responsible for filling the funding gap.

Recently, our board of directors affirmed its support for a resolution passed unanimously at the October meeting of the Association of Regional Center Agencies. That resolution states that regional centers will be unable to meet the service needs of their consumers and families in the current fiscal year despite their best efforts to reduce spending through expenditure plans. Fulfilling the mandate of the Lanterman Act will require additional funding from either federal or state sources. At the same time, centers affirmed their commitment to doing their part to increase the funding that the state can get from the federal government. For example, Lanterman's staff has been working diligently to add additional qualified individuals to the Home and Community-based Waiver program (HCBW). During the period January–June 2002, we added a total of 650 new participants to the waiver.

> Despite the fact that the Legislature allocated $1.7 billion for regional centers to purchase services for consumers and families in fiscal year 2002-2003, centers will still require up to $150 million more to provide needed services for the year.

A Plea for Leadership at the State Level

In 1995, our board submitted testimony to the Special Committee on Developmental Disabilities and Mental Health of the California Senate. The focus of that testimony was the impact of SB 485, passed in response to the fiscal crisis of the early 90s, on services to persons with developmental disabilities. The testimony included an analysis of the challenges facing regional centers and recommendations for addressing those challenges. That analysis is as applicable in 2002 as it was when it was written. It is unfortunate and profoundly significant that the Legislature has attempted to address few if any of the challenges or recommendations discussed in that testimony in the intervening years. Had the challenges been addressed, the fiscal crisis we now face would not be as severe.

The method used to fund regional centers is based on a simplistic view of the regional center system as well as a lack of recognition of the innovations in services and the evolution in parent and consumer expectations that have occurred since the passage of the Lanterman Act. As a result, the entitlement continues to expand and the funding model becomes ever more outdated. Without a

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Special Olympics' "Profile Project"

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Perhaps the coaches were advocates before, but they were not informed. While they will not be service coordinators, they will now be able to direct the athletes to the right resources and help them express their needs.

"The first step in making the 'Profile Project' and the overall Special Olympics program excellent was receiving the training. We are now designing the program and outlining our goals, methodologies and internal structure. We look forward to working with Lanterman in the coming years as our project continues to grow and develop," notes LaFemina.

About the Special Olympics Program — The Special Olympics program was started at UCLA in 1979. Organized and directed by students, the program currently has 25 active volunteers who are either UCLA undergraduates or alumni. "It's great that no matter what capacity a coach fills, whether they direct, participate in the 'Profile Project,' or commit their time to coaching, they can always interact with some really fantastic athletes every Saturday morning," indicates Steve LaFemina, one of the current directors. Athletes range in age from five to 50 and represent a variety of cultures and ethnicities. The majority live in the South Central and Crenshaw areas of Los Angeles and come from group homes or local high schools. "Working with these athletes has undoubtedly been the best part of my college experience. Each one has something unique to offer and they all give me something to look forward to on Saturday morning," shares LaFemina.

Every Saturday morning, approximately 35 athletes are bused from two neighborhood stops, to the UCLA campus where they train in basketball, bocce ball, soccer, softball, swimming and tennis. "We also host a variety of social and holiday events for our athletes including the end-of-the-year banquet and the Christmas BBQ," shares LaFemina. The program also hosts tournaments at the campus including the annual basketball tournament at UCLA's Pauley Pavilion, which was first held in spring of 2000. Within the last several years, the team has been entering in more away tournaments. "It's great that the program has expanded so much recently. Through it all, I'm most encouraged that the coach-athlete relationship has remained so strong," shares LaFemina.

Health and Wellness

Keep Smiling: Lanterman and the University of the Pacific School of Dentistry Partner to Educate About and Improve Oral Care

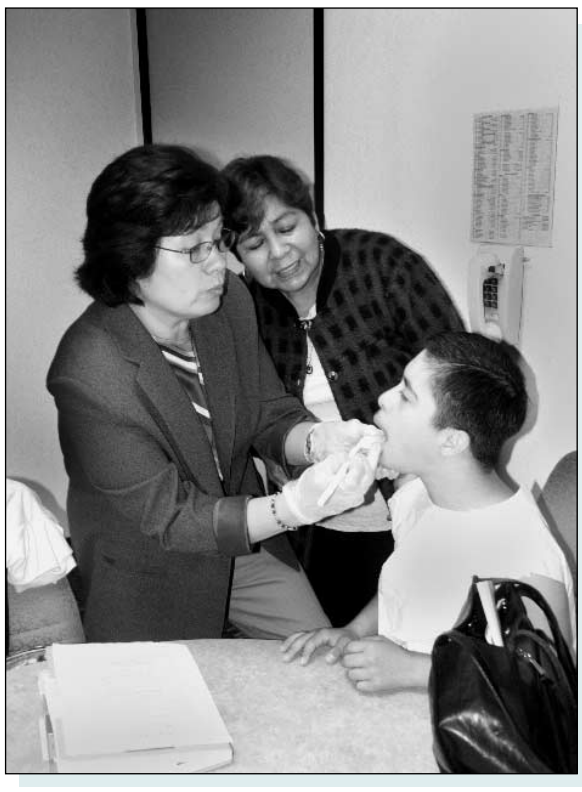
Every day Leticia Reyes, dental hygienist and Lanterman's first dental coordinator, comes into work knowing that because of a unique partnership between a dental school and the Regional Center, members of our community will smile easier and more freely than ever before.

Three years ago, in January of 2000, the University of the Pacific (UOP) School of Dentistry approached Lanterman Regional Center and seven other regional centers throughout the state about partnering to establish a community-based dental system for individuals with special needs. "UOP had received a grant from the California Endowment Grant Program to place eight dental coordinators at eight regional centers," explains Reyes, "and because of Lanterman's commitment to health and wellness initiatives, they were one of the first centers chosen."

> "As we have all heard, knowledge is power and education through training is a key component of the project."
>
> *— Leticia Reyes*

The motivation for this partnership stemmed from a successful project implemented by UOP 10 years ago. Recognizing a need to provide dental care to members of the community who did not have access to dentists, the school built a center housed at their Northern California campus to provide oral care to people who could not obtain it elsewhere. "The program was amazingly successful, and the dental school initiated development of a community-based oral health care model," notes Reyes.

As part of the original project, UOP designed a step-by-step guidebook for implementing community-based care programs and also applied for grants to fund implementation. "The grant provides Lanterman the funding and resources to screen and track 100 consumers, build partnerships with dentists and to educate families and adults in our designated area, which is the city of Los Angeles only," shares Reyes. Above and beyond the region specified in the grant, Lanterman has made a commitment to provide the same care and services to the additional regions in our catchment area not covered by the grant. All told, about 350 individuals have been screened thus far.



Individuals range in age from one to eighty years and live in a variety of settings including private homes, independent living, and vendor facilities. The actual screenings take place both at Lanterman's office and at remote sites. Most of the onsite screenings come at the request of service coordinators, Community Service and Lanterman's physicians. After the initial assessment, individuals are referred to the appropriate community-based dentist for care. "Follow-up with the service coordinators and families is necessary to ensure that the care has been provided and to evaluate when a rescreening needs to take place," comments Reyes.

"As we have all heard, knowledge is power and education through training is a key component of the project," shares Reyes. Reyes instructs individual consumers as well as caregivers how to properly brush teeth and maintain good oral care.

UOP designed a system for participating regional centers to track patients from the beginning all the way through to the final outcome, including the various issues encountered along the way. "The tracking system is critical to making it all happen," explains Reyes. "It tracks visits to the dentist as well as educational sessions."

Another primary component of the dental project is the gathering of resources in the dental community and enlarging the network of dentists. This involves visits to their offices to ensure that before Lanterman refers individuals, the dentists receive training on special needs patient care including sensitivity awareness. In order to familiarize dentists with the regional center and the individuals served, Lanterman hosted an open house on May 30, 2002. During the open house, dentists were not only presented with information about the regional center system, but were able to ask questions regarding any concerns that they have about providing service to the special needs individual.

Well over two years later, the number of requests for screenings and trainings is steadily increasing as members of Lanterman's community become aware of this resource. Just recently Reyes recalls performing a dental screening on an older gentleman who appeared to be embarrassed by the condition of his teeth. When she initially spoke to the consumer, he continually looked down and held his right hand tightly over his closed mouth. He responded to Reyes' question — "Are you experiencing pain from your teeth?" — with "I have shooting arrows in my mouth." He indicated to Reyes that he could not recall when the last time was that he saw a dentist and shared that he was afraid a dentist would hurt him. An examination revealed that all his teeth were decayed to the gum line.

After a brief discussion about his treatment needs, and reassurance that he was going to be referred to a dentist who would make sure not to hurt him, he agreed to a referral and promised to keep the appointment. At the end of the conversation, he smiled at Reyes and stated: "Maybe I'll get a girlfriend when I get my new teeth."

Although the three-year pilot study with UOP is drawing to a close, the results have been outstanding and Lanterman will be continuing its commitment to raising oral health awareness throughout the community. If you have any questions or comments about this project, please contact Leticia Reyes at 213.383.1300 x.745 or leticia.reyes@lanterman.org.

Left, Reyes demonstrates dental hygiene techniques to Irma and Jesus Zamudio during a dental screening.

Above, Zahilynne Macias learns proper teeth brushing techniques from Reyes.

Feeling Stressed Out?

Being a parent can be very demanding and stressful. Being the parent of a child with an autistic spectrum disorder can be even more stressful. This stress is often difficult to deal with, but research has shown that participating in group therapy can reduce the stresses associated with parenting.

As part of her dissertation research, Alena Carter, M.S., is offering eight weeks of group therapy to parents of children with autistic spectrum disorders beginning in January 2003. The groups, which will meet once a week for approximately 90 minutes, are free to parents of children served by Lanterman Regional Center.

During the eight-week period, parents will learn new methods to deal with stress, will be able to meet other parents of children with autism, and will be provided a safe and confidential place to share ideas with other parents. All participants will be asked to complete questionnaires on background information relating to their child with autism as well as their own experiences and feelings.

The groups will be run by Carter, but will also be supervised by Dr. Jason Williams and Dr. Sandra Harris. Carter, currently a doctoral student at Rutgers University, recently completed an internship at the Children's Hospital of Los Angeles. She has been working with children with special needs and their families for several years including planning and providing group therapy for siblings of children with autism and for adults with autism and asperger's disorder.

For more information and to reserve a space, please call Alena Carter at Pediatric and Adolescent Psychology Associates by the end of December 2002. The number is 818.986.4632. Note: Groups will not continue meeting after the eighth week.

Partnership & Leadership

Project T.E.C.H and Lanterman Enrich 2002 Summer Through DigiKids & Teens

Editor's Note: The Partnership & Leadership Development Model describes the possibilities inherent in the long-term relationship between professionals and families in the Lanterman community. It encourages families and professionals to look upon their relationship as an active partnership. The following article highlights a group that embodies this model in action, particularly in terms of developing and mentoring community leadership.

Lily Hixon and Jessica Morris in the "DigiKids & Teens" lab classroom.

Every spring, parents ask themselves the question: What activities should I enroll my child in for the summer? Lots of parents look for programs offered through their local community centers that are not only fun, but also educational. However, many parents of children with special needs overlook what community centers have to offer and turn instead to specially tailored summer programs.

As part of Lanterman's strategic initiative to advance the social acceptance of individuals with disabilities, Lanterman partnered with Project T.E.C.H for a pilot summer program designed to promote basic computer literacy. "It's interesting because we are taking the Lanterman community and integrating it with a community-based program," explains Marty Sweeney, director of the assistive technology project. "As we progress towards the future, we will be encouraging our families to consider community centers for activities in addition to more specially tailored programs."

Every Monday, Wednesday and Friday afternoon from July 29 to August 23, children and teens from the Lanterman community and their non-disabled peers, met at the Tom Bradley Youth & Family Center in Los Angeles for the "DigiKids & Teens" summer enrichment program. Participants learned about Internet literacy and safety, basic computer literacy, Internet research, creative writing, creating web pages, digital video and photography, and team building. Children also went on field trips to places such as USC, a councilman's office, the IMAX Theater, and restaurants. The end goal of the month-long session was to have each participant design and contribute a page for a group website using what they learned in the classroom and from their field trips.

"This was a great way to increase community awareness," notes Sweeney. Lanterman worked in collaboration with Karen Wade, director for project T.E.C.H, to bring the "DigiKids & Teens" program alive. Wade's primary focus is the development of community technology centers to bridge the digital divide that exists in the community by making technology resources accessible to people across the community. "While the community technology center movement recognizes that socio-economic and cultural issues are contributing factors to the digital divide, this was a unique opportunity for one center to become aware of and understand that disability is also part of the digital divide," adds Sweeney.

This was the first time that Project T.E.C.H. had formally designed part of its programming to welcome and accommodate community members who have developmental disabilities. Lanterman arranged for staff development, including disability awareness and sensitivity training for the instructors, and held an in-service designed for the "DigiKids & Teens" participants. "They had an opportunity to learn, ask questions and address concerns that they had about individuals with developmental disabilities," explains Sweeney. "Most of them had very little if any experience, and many even thought that they were in the wrong place on their first day. There was definitely a fair degree of anxiety from both groups of children."

Lanterman also provided an inclusion technology specialist, Kubeshini Naicker, who facilitated the inclusion of the Lanterman participants during the program. A broad range of children with varying abilities and disabilities were involved. Instructors and staff had to creatively trouble shoot both technical and social variables on a daily basis. Since a major component of the program was to promote team building, students had to learn to communicate in non-traditional ways, and to respect and appreciate differences. "By the time the class went on their first field trip, the non-disabled participants, without direction, took on a protective team role to ensure the inclusion and support of the disabled participants," notes Sweeney.

Kubeshini Naicker, inclusion facilitator, with Kenya Richardson.

"This partnership was an enriching experience for me personally," shares Wade. "My professional background is in youth development, but this was the first time I was able to work directly with disabled youth." "This was a very successful pilot program from Lanterman's perspective," adds Sweeney. "We were able to develop best practices in integrating consumers into traditional community-based resources and to identify the appropriate supports necessary to not only welcome, but also serve the unique needs often presented by developmental disabilities."

The ultimate goal of partnering with different community resources is to promote social acceptance and inclusion. With proper planning and support more community centers can welcome and accommodate individuals with disabilities and their families. "We had a spirited, bright and fun group of young people this summer. Their family members were extremely supportive of the program and were always willing to give our staff guidance and encouragement," comments Wade. "Even though it was a short program, families felt that it was a significant summer experience for their children," concludes Sweeney.

"Our next steps are to expand 'DigiKids &Teens' into a year-round youth program and also to bring the same inclusiveness to our adult programs," adds Wade. Visit www.fsstech.org/digikids/ to view the website that the Summer '02 "DigiKids & Teens" designed. The "DigiKids & Teens" program was made possible through a grant from the Northrop Grumman Litton Foundation. For more information contact Marty Sweeney at 213.383.1300 x.722 or martin.sweeney@lanterman.org or Karen Wade at 323.687.4662 or kwade@fsstech.org.

Regional Center's Budget Crisis

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serious attempt to develop a comprehensive solution to these problems, the regional center system cannot survive. The Lanterman board of directors believes that the state owes it to the more than 180,000 people with disabilities and their families who depend on regional centers to make a serious-minded effort to address these longstanding challenges.

Furthermore, we believe the use of expenditure plans to reduce spending is forcing citizen boards, many of whom are consumers and parents of consumers, to make ad hoc decisions in the absence of policy direction from the state Legislature. We believe this is wrong. Because the Legislature has failed to fulfill its proper role, regional center boards, with the help of consumers and parents, are being asked to shoulder the burden of solving a financial crisis that requires a system-wide and equitable solution. The Legislature must provide regional centers with a realistic uniform policy framework that has statewide application.

Regional centers have identified a number of approaches to service delivery and financing that, if applied system wide, would help make the system more financially sustainable. We have urged the Department of Developmental Services to provide leadership and work collaboratively with the Legislature, regional centers, and our communities to identify and evaluate approaches that would increase our capacity to fulfill our mandate in the face of fiscal constraints. We at Lanterman Regional Center are eager to participate actively in such an effort in an attempt to save an entitlement that is highly valued by our community and critical to the welfare of our consumers.

Lanterman Reinvents the Delivery of Behavior Management Services

In the late 1990's, Lanterman Regional Center implemented the very popular behavior management workshops. The curriculum, created specifically for Lanterman by the University Affiliated Program (UAP) at UCLA was designed to offer proactive and preventative skills and strategies to assist families in managing problem behaviors.

Each year, eight 20-hour workshops led by a behavior specialist were held over a period of 10 weeks, four in English and four in Spanish, for up to 20 families at a time. "We believe that the beauty of the workshops is that families benefit not only from the expertise of the behavior specialist, but also from being in a room of families who are sharing common issues," shares Olivia Hinojosa, family support specialist. "The workshops give families the opportunity to gain knowledge from their peers and also lets families know they are not alone in dealing with these issues, effectively decreasing the sense of isolation many experience."

"We've had families who were only receiving one-on-one behavior management indicate to us that there was a key element missing – the ability to talk to and access other families," explains Patricia Herrera, director of family support services. Based on these comments, about a year ago, Lanterman conducted a survey of families who receive one-on-one/in-home services and/or participated in behavior management sessions. The numbers clearly indicated that there was significantly greater satisfaction with the workshop setting.

"Because of the greater satisfaction with behavior management sessions, development began on a comprehensive behavioral management workshop program that expanded on the program we used to offer," shares Hinojosa. The new classes basically follow the same curriculum, but are condensed into six weeks to ease the time commitment that families are making. "We have also designed a second part to address specific behavioral issues that families may have beyond what the first curriculum covers," adds Hinojosa. The program also offers the ability to hold specialty workshops based on the needs expressed by individuals in the basic trainings.

Classes will continue to be held in English and Spanish, but can be taught in Armenian and Korean based on a demonstrated need in the community. "We are starting out offering only two classes each month, one in English and the other in Spanish, but the strength of this new model is that it has the ability to provide approximately 50 classes during a twelve month period," shares Herrera. Antonio Buono and Associates will teach both English and Spanish classes and Alfredo Kertzman will teach Spanish only.

Curriculum Part I covers select behavioral needs including developmental, communication, sensory, coping, fears, and attention; identifying transitions; giving directions effectively; positive and negative reinforcement; behavior consequences; problems associated with using rewards; establishing ground rules; and using ignoring and time out effectively. Curriculum Part II reviews previously learned material plus examines aggression, resistiveness, dangerous behaviors, violence and violent situations from different points of view including the stress model, developmental model, communication model, environmental model, basic needs model and a common knowledge model.

The new program design includes a mandatory one-hour orientation conducted by a behavior specialist to discuss what behavior management is and is not. The orientation also explains the fundamentals of the workshop and addresses the time commitment that families will be signing up for by registering for the six-week workshop.

"Also built into the program is a monthly maintenance piece in the form of a behavior support network," notes Hinojosa. "The attractiveness of a support network lies in its ability to provide families with a forum to ask questions, get answers, simply talk about how things are going, ask for assistance, share successes and celebrate milestones."

The Behavior Support Network sessions will be held in English and Spanish and are open to everyone. The first Spanish Network meeting, facilitated by Kertzman, will be held on Tuesday, November 26, and henceforth on the last Tuesday of the month from 7 p.m. to 9 p.m. at Shriners Hospital located at 3160 Geneva Street; Los Angeles, CA 90020. English Support Network sessions will begin on January 14 and will subsequently be held on the second Tuesday of the month from 7 p.m. to 9 p.m. at the AbilityFirst headquarters located at 40 North Altadena Drive; Pasadena, CA 91107. The first hour of the session will focus on a specific topic and include lesson plans as well as instruction. The second hour will be a discussion-type session.

If this program sounds like a service you and your family would benefit from, please contact your service coordinator to arrange for an orientation. Additionally, as our behavior management program expands, we will be looking to the Lanterman community at large for sites to host trainings. If you have a facility where you would be willing to host trainings, please contact Olivia Hinojosa at 213.383.1300 x.705 or olivia.hinojosa@lanterman.org.

AbilityFirst Presents "One Vision, One Voice" Conference

By now, everyone has heard about the deep cuts the State of California has made across the board to help combat the multi-billion dollar budget deficit. What everyone may not have heard is that a new coalition is being created between regional centers, other agencies, service providers and individuals to make sure that the government hears their voices and the voices of individuals they serve.

Olivia Hinojosa, the Mayor of Pasadena, Bill Bogaard; Jamie Smith-Washington, Pasadena Unified School District, community liason specialist; and Karen Ingram, Lanterman's director of community services.

"Impacted by budget cuts, AbilityFirst took the first step and assumed a leadership role in building this new coalition," shares Steve Rosenthal, director of public relations for AbilityFirst. On October 11, the organization hosted "One Vision, One Voice," a leadership conference on disability services issues, attended by approximately 120 people representing over 30 agencies serving people with disabilities.

"It had been brought to our attention by members of both the California Senate and Assembly that they were receiving visits from organizations that were individually advocating about the same issues," explains Rosenthal, "and that we would be more effective if we spoke with one voice. During a discussion with our President, Ritchie Geisel, we developed the strategy for 'One Vision, One Voice,' because that's exactly what all the organizations have, one vision – to help individuals with disabilities lead fulfilling lives – and we all need to speak with one voice."

The conference's morning session featured two speakers, Senator Jack Scott and Suzanne Reed, chief of staff for Assembly Member Carol Liu, as well as a panel on disability services budget issues including worker's compensation and human resources. "Both speakers shared with the audience the importance of being involved in the budget process and made themselves available for further visits to discuss issues relating to the field of developmental disabilities," adds Rosenthal.

The afternoon session featured a second panel called "Paradigm Shifts: Yes, we can affect the budget!" along with roundtable discussions. "It's important to think differently and creatively about how to effect change, to be actively involved in the budget process, and it is critical that we educate our state policy-makers about developmental disability issues," comments Diane Anand, Lanterman's executive director, who was one of the panelists. Robert Gorski, a panelist from the City of Pasadena, addressed issues when lobbying as a non-profit and methods for lobbying both the legislature and the governor.

"Several running themes came out of the roundtable discussions," shares Rosenthal. "We all have quality programs and services that need funds. We turn out productive individuals who contribute to the tax base and without the funds for our programs, these individuals would be dependent on the welfare systems. The disability community is a group of people that need to be heard, that cannot be cut off, and that will be heard from."

Participants formed an alliance at the conference to be heard as one voice, agencies and regional centers alike, and developed a plan to continue moving forward. Key parts of the plan include holding two additional community meetings, one already held in November, and the other scheduled for December 12, from 9:30 to 11:30 a.m. at AbilityFirst in Pasadena; and to visit legislators in groups at their district offices as a means to building support among local government officials. Additional ideas include educating the stakeholders and demonstrating what the community benefits are from investing in this system. Please contact Steve Rosenthal at 626.396.1010 x. 351 or srosenthal@abilityfirst.org if you are interested in attending the December meeting.

Key participants and exhibitors included Pasadena City College (PCC), PCC Associated Students, PCC Helping Hands Club, AbilityFirst, Almansor Center, City of Pasadena, East Los Angeles Regional Center, Lanterman Regional Center, Lawrence L. Frank Center, San Gabriel Valley/Pomona Regional Center, Personal Assistance Services Council (PASC) and Villa Esperanza.

Lanterman Hosts Event for Fathers and Relaunches Fathers' Support Group

Fathers Make a Difference! – The flier for an event hosted by the Koch ♦ Young Family Resource Center and Lanterman Regional Center announced. The event, designed by fathers for fathers, and hosted on the last Saturday in August, explored some of the issues and challenges unique to fathering a child with special needs.

"Not only did the event provide fathers with the opportunity to meet one another, but we also had a panel that included fathers, young adults with disabilities and professionals working in the field of family support," commented Marty Sweeney, the event's moderator who is also a father. Approximately 25 fathers attended the half-day event organized by four fathers – Aaron Hinojosa, Bob Schneider, Germán Barrero, and Sweeney.

Panelists included Kim Hudson, a young woman with cerebral palsy, who shared her thoughts on her relationship with her father. Hudson, a graduate of Pitzer College with a Masters degree from San Francisco State University, is presently working at Childrens Hospital on a project to counsel individuals with developmental disabilities who have been victims of violence. Shawn Casey O'Brien, community activist and executive director of the Unique People's Voting Project, who has cerebral palsy, discussed his father-son relationship. "It was very interesting to hear from young adults with disabilities about what worked in their relationship with their fathers and what did not," shared Hinojosa.

Simon Lopez and Marty Sweeney both of whom have children with special needs presented the father's perspective. The professional panelists included Dr. Mark Rosenblatt, a therapist and adjunct faculty member of Alliant International University, whose clinical work focuses on children and families; and Patricia Herrera, director of family support services for Lanterman. "Rosenblatt spoke about family health, and the dynamics that are at play when a family member has a disability," noted Sweeney.

The event marked an effort to revitalize and increase the outreach to fathers within the Lanterman community. "In the past there had been a father's support group, and we wanted to tease out the interest in and the possible future of rebuilding a support group specifically designed to meet the needs of dads," explains Sweeney, who helped coordinate a father's support group in the past at Lanterman. "There are a lot of unique issues that fathers encounter with the father-son/father-daughter relationship," adds Sweeney. "Support opportunities specifically designed for fathers are rare," explains Hinojosa, "and we wanted to better meet the needs of dads who have children with developmental disabilities."

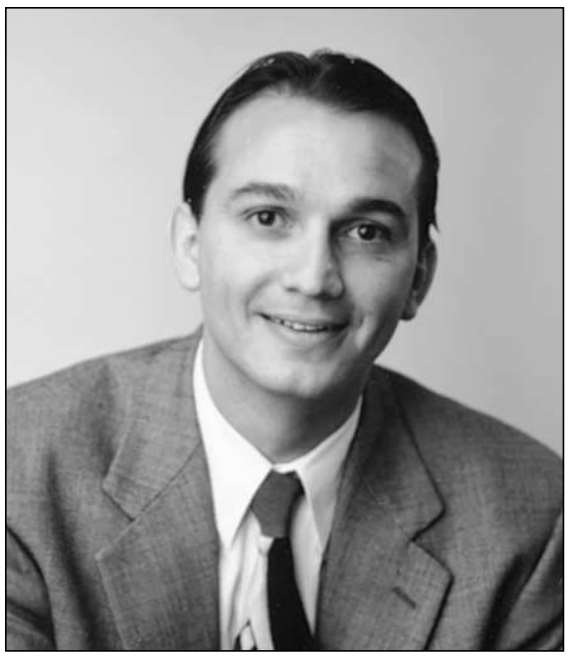
Juan Moreno, Marty Sweeney, Germán Barrero, Olivia Hinojosa, and Aaron Hinojosa (l to r) at the event.

At the end of the day, a group of fathers expressed an interest in trying to create an ongoing support effort. The fathers have subsequently met several times to discuss logistics as well as initial topics to address in the meetings. Topics include education/IEPs; estate planning; behavior management, specifically discipline; sexuality; siblings and family dynamics; and workplace/external relationships. The age range of the children represented is from preschool through college-age young adults.

"There are great advantages to accessing fathers with older children who can share information they have gained and that we have yet to consider if we have younger children," remarks Barrero. "I have already benefited from the meetings."

Meetings are scheduled for the second Monday of every month from 7 p.m. to 9 p.m. at the Denny's restaurant located at 3060 San Fernando Road; Los Angeles, CA 90065. Please call Aaron Hinojosa at 626.296.1556 or aaronh@usc.edu or Germán Barrero at 626.840.9842 or barrero@earthlink.net for more information.

Board Member Profile



Germán Barrero

"Work hard, don't complain, don't get stuck, and go to college, no matter what."

— Germán Barrero, Lanterman Regional Center Board Member

The efforts, accomplishments and experiences that Germán Barrero, the newest member of Lanterman Regional Center's board of directors, brings with him, reflect the knowledge and traits Barrero gained from his second job as a dishwasher for the Covina Peanut Company when he was 16 years old.

Barrero, a native of the Los Angeles area, joined the Regional Center community five years ago. A very active member of the Lanterman community, Barrero sits on the executive board for the Community Advisory Council (CAC) for Pasadena Unified School District and is also a CAC community liaison. In addition, Barrero sits on Lanterman's Education and Lifelong Learning subcommittee, part of the strategic planning committee. Barrero is also one of the coordinators for the recently reintroduced Father's Support Group.

A graduate of California State University Fullerton, Barrero's degree in Communications/Advertising opened doors to the world of broadcast and print media. The know-how he gained from his media planning job as well as his account executive position at a local radio station, gave him the necessary tools to create and maintain "Alcancia de Ahorros," a bi-weekly Spanish "shopper" in the Inland Empire, where he holds the joint titles of founder and publisher.

For his work throughout the Inland Empire community, Barrero has received numerous accolades from state and federal political leaders. Barrero was instrumental in founding the United Hispanic Chamber of Commerce in Ontario; co-chaired the first Inland Empire International Business Expo; and participated in trade missions with Mexico among a host of other accomplishments.

Barrero spends the majority of his free time with his three children – five-year-old twins Milan and Alessandro, and six month old Amelie – and his wife, Rosalinda. With his background as well as his personal interest in influencing public policy and his commitment to being a voice for the underprivileged, Barrero believes that he will be a solid contributor not only to the board but also to the Lanterman community as a whole.

"I feel that it's my calling to be an advocate, not just for my son, Alessandro, but for others with special needs," shares Barrero. "This has taken a priority in my life, and I feel very blessed to have the opportunity and to be in the position to help pave the way for other families by my participation on the CAC and with Lanterman. Someone else filled these shoes for my son, and I look at this as carrying on the torch for those who have come before and those who will follow."

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 contact Frank Lara in advance at 213.383.1300 x.665 or frank.lara@lanterman.org so you can be placed on the list of attendees. We look forward to your visit.

Looking for New Blood... *with experience*

As a multi-million dollar corporation, Lanterman Regional Center is always interested in recruiting board and committee members who have backgrounds in finance, personnel and related areas. Should you or someone you know be interested in volunteering in such a capacity, please contact Patrick Aulicino at 213.383.1300 x.690 or patrick.aulicino@lanterman.org.

A Place to Call Their Own in Pasadena

Driving down North Lake Street near the Pasadena/Altadena border, it's hard not to notice the brightly colored building located on the corner of Rio Grande and Lake. "I'd driven past it hundreds of times during the building's construction, and every time would wonder what the building was going to be used for," commented Maureen Wilson, director of training and development for Lanterman.

On Friday, September 27, 2002, Wilson and over a hundred other friends, family, consumers, partners, and staff of United Cerebral Palsy (UCP) participated in the grand opening and dedication ceremony for UCP's newest affordable housing project, the Pasadena Accessible Apartments.

The idea for the project came from a group of concerned consumers who expressed their desire for affordable and accessible housing in Pasadena at a meeting over seven years ago. Ronald Cohen, executive director for UCP, took the hopes of this group of individuals back to his staff and together they set the ball in motion to build housing in Pasadena.

After literally hundreds of planning meetings, funding meetings, Pasadena City Council meetings, neighborhood meetings, U.S. Department of Housing and Urban Development (HUD) meetings, UCP secured the land, the permits and most importantly the $2.7 million necessary to build the complex.

"Thirteen units, fully accessible, four-two bedroom, nine-one bedroom, 15 people with disabilities living here," commented Cohen in his opening remarks at the ribbon cutting ceremony. "We had a great group of people from a variety of different organizations and agencies," added Cohen, "who helped us build these apartments." Assistance for the project came from HUD, the City of Pasadena, Special Children's League, Los Angeles County Community Development Commission, as well as many other corporate and individual donors. Rent for the apartments is HUD subsidized, and is determined based on individual income.

Although the Pasadena apartments have been filled, UCP is currently working on five additional affordable-accessible projects throughout the Southern California region, with a new 18-unit complex scheduled to break ground in the Burbank area in the Spring of 2003. Please call UCP for additional information at 818.782.2211 or visit www.ucpla.com.

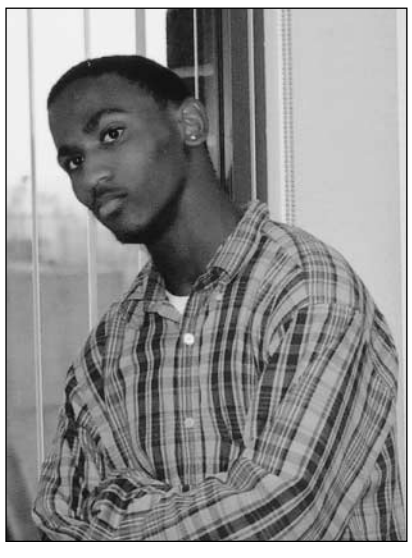
Right, Diane Anand, executive director of Lanterman; Robert Wedemeyer, Lanterman's current board president; and Mariko Magami, Lanterman's current secretary of the board.

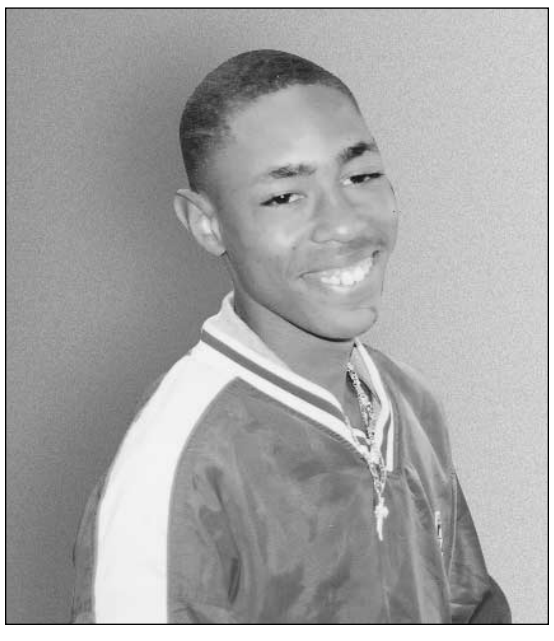
Two Young Adults Make the Transition from Home Life to Independent Living

We all have dreams to grow up, move out and get a place of our own. For Allen Barnes and Miracle Lindsey, United Cerebral Palsy's (UCP) Pasadena Accessible Apartments provided just that opportunity.

Barnes was at a point in his life due to personal circumstances, where he needed to make the transition from home life to independent living. With the help of friends and Regional Center staff, Barnes was able to become eligible for UCP's apartments and to develop the necessary skills to live independently. Lindsey, one of Barnes' closest friends had always wanted to live on his own. Friends and family helped Lindsey learn the necessary skills to live on his own, but were not sure how to find a suitable independent living option.

Lindsey knew about Barnes' need for a roommate at the Pasadena apartments, recognized this as his opportunity to make the transition to independent living and concluded that he was the best man to fill this need. "I'm active in regards to getting what I want for myself and I've learned how to advocate for myself," explains Lindsey. "The apartments are exactly what I was looking for."





Allen Barnes (r) and Miracle Lindsey (l) visit Lanterman's Family Resource Center.

"I want to be by myself, make decisions on my own and I look forward to where this might take me in life," explains Barnes about what he hopes to gain from being a tenant at the UCP apartments. "Living independently is going to be like a job. I have to treat this opportunity as my job to pay the bills on time and to keep the apartment clean. I want to use this model of living independently to manage my own business someday," says Lindsey.

Once Barnes gets settled in, he plans to attend school in the Pasadena area, continue developing his independent living skills such as learning how to cook and managing money, and he hopes to find a job at a sports store. Lindsey is eager to live on his own to be able to see different places, learn new travel routes, and develop the skills as well as the confidence necessary to run a business and achieve his goals. Lindsey currently works at Abram Freidman Occupational Center, where he also attends school. He is the assistant to the teacher in the wallpapering class and helps with cleanup after the students, with repairs in the classroom, answering students' questions, and assisting with students' projects.

Both Barnes and Lindsey look forward to living independently and succeeding on their own. Here's to the power of friends and family working together with community members and organizations in making the dreams of living independently a reality for two young adults.

Lanterman Focuses on the Need for Affordable Housing Within the Community

Whether you are in the market for a first house or moving out on your own for the first time, the two most important buzzwords are "affordable housing." Median home prices and rents are skyrocketing throughout the state of California, especially in the major metropolitan areas such as Los Angeles, as the state's housing crisis worsens.

"There is an especially large demand for low and moderate income housing, but the pace of building these units has not been able to keep up with the demand," explains Diane Anand, executive director. "One of the strategic initiatives of Lanterman's board of directors is to promote the development of affordable housing options in safe neighborhoods." There are three main objectives to the board's strategic initiative – maintain membership in relevant housing coalitions, develop partnerships with proven affordable housing developers, and support legislation that promotes housing initiatives.

The Lanterman community, during the November elections, had the opportunity to support critical legislation – Proposition 46, the $2.1 billion affordable housing bond. "Many voters clearly recognized the need for affordable housing and when the time came, they cast their votes to ease the housing crisis," comments Karen Ingram, director of community services and Lanterman's point person for affordable housing issues. Proposition 46 will make available funding to produce or preserve 131,000 units of affordable housing, will enable 65,000 families to purchase their own homes, and will provide housing assistance for 12,000 farm workers and their families. It is predicted that the bond will also result in $14 billion in economic leverage, 276,000 full-time jobs, and $42 billion in consumer spending.

> "Many voters clearly recognized the need for affordable housing and when the time came, they cast their votes to ease the housing crisis."
>
> — *Karen Ingram*

"There needs to be a wholescale shift in the way government manages housing for low-income families and individuals with special needs," notes Anand. City governments have a greater awareness of the situation, but have limited resources to dedicate to the affordable housing projects. Many cities and counties have created programs that lend money to nonprofits to acquire property for affordable housing projects, which in turn can help nonprofits garner the necessary points to win Department of Housing and Urban Development (HUD) grants.

United Cerebral Palsy's Executive Director, Ron Cohen, shared the one catch to affordable housing in a recent Los Angeles Times article: "Affordable housing is only affordable to the people who move in." Cohen goes on to explain that building affordable housing, particularly for the disabled, requires so much persistence, takes so much risk and so much money that very few nonprofits can afford to build under the current processes. "Given the high property costs and lack of empty land to be developed in this county, especially in our catchment area, as well as the high cost of construction, it has become extremely difficult to find service providers who are able to partner with us to develop housing that people living on SSI can afford," adds Ingram.

There are currently plans by the Los Angeles City Council to redevelop downtown Los Angeles, which is part of Lanterman's catchment area. When fully implemented, up to 12,900 new housing units would be created, a quarter of which would be affordable housing. "Governmental funding via affordable housing trust funds has proven to be a big success," shares Ingram. "Public monies from a dedicated source are used to construct and rehabilitate housing for low-income residents or to subsidize homeownership." This past summer Los Angeles pledged to build the largest trust fund of its kind at $100 million.

"By designating affordable housing a strategic initiative at this pivotal time, Lanterman will be able to be a guiding voice in the development of affordable housing, especially accessible housing in safe neighborhoods for our families and adults with special needs," comments Anand. Lanterman is currently a member of the California Affordable Housing Coalition for Persons with Developmental Disabilities. This past summer in collaboration with Housing Choices and Creative Living Options, the Coalition hosted the "Housing Leadership Summit: Designing Community Blueprints." With the increasing focus on affordable housing, Lanterman must be able to help our families take advantage of the housing trust funds and secure affordable housing within the community, and is developing relationships with nonprofit affordable housing developers to achieve this goal.

Refried Beans, Chilaquiles and "Universal Enhancements"

"You need to be a friend to have friends."

"Life is uncertain, eat dessert first."

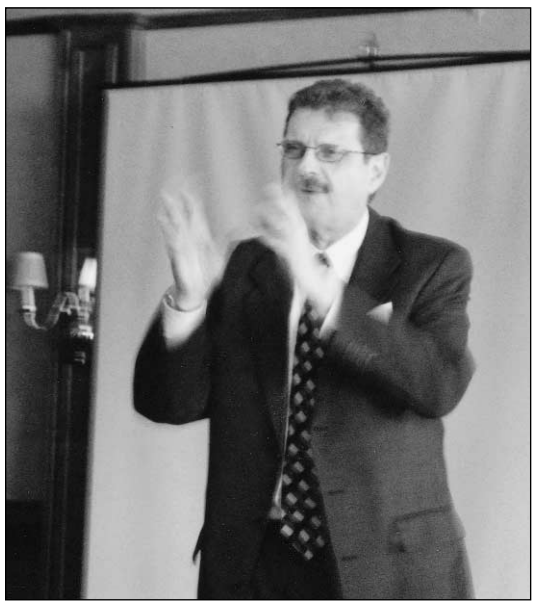
On a bright sun-filled morning in the beginning of November, Lanterman held its fifth annual Service Provider Appreciation Breakfast, sponsored by the Service Provider Advisory Committee. The approximately 150 individuals who attended dined on a traditional Mexican breakfast served piping hot by Luminaria's in Monterey Park.

The highlight of the morning was the keynote address given by Tom Pomeranz, the highly acclaimed creator of "Universal Enhancements," which teaches strategies promoting community participation and supporting individuals with developmental disabilities to have a quality life. Pomeranz spoke to a rapt audience about one specific area of "Universal Enhancements" — improving the quality of the interpersonal relationships between the individuals and their support staff.

The core of the strategies serves to help people "get a life" – not just any life, but a quality life with meaning and value. The "enhancement" comes from having valued relationships and things, such as employment whether volunteer or paid; and this comes from participating in life. "Universal Enhancements" will be an ally in guiding support staff to do whatever they can to help and to assist others in their endeavors, thereby helping our consumers become active participants in their communities.

One of the key aspects of "Universal Enhancements" is the need to provide people with places to live and work where there is both dignity and respect. Support staff need to ask themselves – "Is this a place that I would want to live or work?" If the answer is "no," then they need to reevaluate the quality of the personal interactions and support they are providing. Pomeranz stresses that the two essential qualities every support staff must possess are intellect and empathy. He likens the role of support staff to the role a stagehand performs in a play. Support staff should be a quiet voice in the background.

"Sometimes we all need a reminder that it's not our life, but their life," adds Karen Ingram, director of community services. "It's the support staff's job to help individuals with developmental disabilities overcome obstacles and barriers and participate in life to its fullest. Using the principals of 'Universal Enhancements' fits nicely with our Quality Enhancement Network guidelines."



Tom Pomeranz, creator of "Universal Enhancements."

Audience members participate in the morning's training.

Announcing Drop-off Locations for the Family Resource Center Library

There's work, there's errands, there's family and friends, there's chores and the list goes on and on, so let's face it, some of the things we want to do, we just don't have a chance to do. Well, if one of the things on your "to-do list" is coming to the Family Resource Center (FRC) to check out the latest book or video you may not have to drive so far to get your items.

The FRC is pleased to announce drop-off locations scattered throughout the community. Individuals can request to have materials dropped off at one of these locations and can also return materials to these same locations during the weekdays. There are a few simple steps to take advantage of this service.

The first step is to browse through our collection, all of which is online at www.lanterman.org and decide what you want to check out or give the FRC a call for recommendations at 213.383.1300 x.730. The next step is to call the FRC and let one of the staff know what your selection is, and the drop-off location you prefer. The third step is to pick up the materials you requested. The fourth step is the hard one — finding the time to read and learn from the materials you requested. Should you need to renew your items just call the FRC. And the final step is to return the books to a drop-off location, and the FRC will take care of the rest. There is only one catch to returning items: you need to call the FRC beforehand and in some cases the listed contacts as well.

BURBANK
BCR
230 East Amherst Drive
Burbank, CA 91504
818.843.4907
Contact: Rachel Galpern

GLENDALE
Down Syndrome Association of Los Angeles
315 Arden Avenue, Suite 25
Glendale, CA 91203
800.464.8995
Contact: MargieThomas (Please call before you drop off items.)

LOS ANGELES
Atwater Park Center
3370 Perlita Avenue
Los Angeles, CA 90039
323.666.1377
Contact: Berta Rodriguez

PASADENA
Center for Developing Kids
200 East Del Mar Boulevard, Suite 112
Pasadena, CA 91105
626.564.2700
Contact: Gina Plessen (Please call before you drop off items.)

A.B.L.E. CENTER
1041 North Altadena Drive
Pasadena, CA 91107
626.296.8624
Contact: Cristina Troya (Pick up or drop off Tuesday – Friday only.)

VILLA ESPERANZA
2116 East Villa
Pasadena, CA 91107
626.449.2919
Contact: Vanitta Collins

The Capital Group Companies Sponsors Mentors and Technology Program

"Is it in you? Looking for a way to make a difference?" prompts the flier for the Assistive Technology Project's "Tech Mentorship" program.

The answer is yes and yes for The Capital Group Companies Charitable Foundation. On October 29, The Foundation and The Capital Group Companies granted Lanterman Regional Center $15,000 for the Assistive Technology Project and the Mentors and Technology (MAT) program.

"In order to provide consumers and their families with the necessary support required to sustain the use of assistive technology, the Assistive Technology Project (ATP) seeks to form partnerships with community organizations, agencies and corporations," notes Martin Sweeney, director of the ATP. "By partnering with corporations, we hope to not only attract skilled volunteers to serve as mentors as the MAT program expands but also to seek ongoing sponsorship."

The grant will be used to develop a pilot program by which community members with technology experience (mentors) will provide basic tech support to consumers and family members who are just beginning to learn how to access technology as a developmental support.

"For so many of our consumers and families, technology is a new and intimidating experience," explains Sweeney. "Assistive technology can only be meaningful on a practical level if it becomes part of one's daily routine and the key determining factor is often a helping hand from someone with a little experience. That helping hand is what this tech mentorship pilot is all about."

The primary goals and objectives of the pilot MAT program include the recruitment and training of 20 mentors who will then be matched with 20 Lanterman consumers. The mentorships will be for a minimum of one-year and are designed, through the use of assistive technology, to foster greater independence for individuals with developmental disabilities, expand their life opportunities, and improve the overall quality of their lives.

"This will be an innovative project and the challenge will be to provide individualized technical and educational assistance in an efficient, sustainable and practical manner," shares Sweeney. Many thanks to The Capital Group Companies and Foundation for their assistance with making the MAT program possible. For more information please contact Marty Sweeney at 213.383.1300 x.722 or martin.sweeney@lanterman.org.

Lanterman Awarded Proposition 10 Funding for the Touchpoints Special Needs Project Training Program

During the summer of 2001 Lanterman Regional Center hosted a Touchpoints Special Needs Project training program for professionals throughout the Los Angeles area. Attended by over 250 professionals, including the founder of the Touchpoints training program, world-renowned pediatrician and author, Dr. T. Berry Brazelton, the adapted training program was regarded as a huge success. "Building a Touchpoints Community for Children with Special Needs," is an adaptation of Touchpoints – an education and skill-building program designed to teach medical and allied health practitioners about child development and also improve their capacity to communicate effectively with parents about these issues.

The project, the result of over a year's worth of work by Dr. Leslie Richard, Lanterman's pediatric consultant, was subsequently debuted to Lanterman staff this past summer. "This is an extremely important project because it not only helps professionals understand the Touchpoints model of development, but it also helps them understand the unique challenges faced by families that have children with special needs, and it enhances the professionals' ability to develop alliances and work in partnership with families," explains Patricia Herrera, director of family support services. "We were very keen to secure funding for this project so that we could offer this new training program throughout the year."

Earlier this year, Lanterman received an invitation from the Proposition 10 Commission to submit a full proposal for funding. "The timing of the invitation couldn't have been better," adds Herrera. Lanterman applied to the Commission for $732,370 in order to fund three years of the Touchpoints Special Needs Project training program. Proposition 10 addresses five specific outcomes including school readiness, good health, social and emotional well-being, safety and survival and economic well-being. "The Touchpoints program addresses the first three of these outcomes and also meets the requirements for satisfying a minimum of two 'circles of influence,' by targeting the child, the family, as well as agencies and organizations," notes Herrera.

On Thursday, November 14, Lanterman was awarded the funding requested for the Touchpoints Special Needs Project training program from the Proposition 10 Commission. "With funding we will now be able to continue towards our ultimate goal – to improve the health and developmental outcomes of children ages birth to five years who have or are at risk for a developmental disability by enhancing relationships between their parents and practitioners who serve them through the Touchpoints model," comments Herrera.

Anticipated outcomes of the project include earlier identification of health and developmental problems; increased use of timely, developmentally appropriate interventions; and more effective parenting by the mothers and fathers of children with special needs. The project also provides parents of special needs children with a facilitated group experience that allows them to validate their emotional reactions, and ongoing grief and stress associated with having a child with a developmental disability.

Girl Scout Junior Troop 780 Makes Halloween Spooktacular for Lanterman Families

On October 22, an excited group of Girl Scouts piled into four cars to make the short trip from their school in the Hollywood-Wilshire area to Lanterman Regional Center's office. They came bearing nearly 150 costumes for both children and adults and 100 goody bags filled with candy to be distributed to members of the Lanterman community.

Troop leader, Diana Jackson, who has a younger daughter in Troop 780 and an older daughter served by Lanterman, organized the Halloween-focused drive for the troop. "Lanterman has been great to my family and I wanted to do something to give back to the Lanterman community," shares Jackson. "Many of the troop members know my older daughter so this also added a personal component to the girls' efforts."

Angeles Girl Scout Junior Troop 780 placed a collection box at their school and also worked collaboratively with other troops located in the Hollywood-Wilshire area to collect costumes at their respective schools. Another collection box was placed outside the Angeles Girl Scout Council offices in Santa Monica. A variety of costumes were donated, including pirates, princesses and a host of character costumes such as Buzz Lightyear and Aladdin. One of the Girl Scout mothers, Deborah Sadlouskos, made special costumes for children who use wheelchairs. The troop also spent one weekend putting together the bags of candy as well as sorting and labeling the costumes according to size.

After dropping the costumes off, the troop took a brief tour of the Koch ♦ Young Family Resource Center, the assistive technology lab, and Lanterman's intake unit. "We wanted the children to be able to ask questions about what we do and to be exposed to some of the services and supports we provide," shares Jackie Ashman, director of human resources.

The following Thursday afternoon, Lanterman's service coordinators were invited to view the costumes and select appropriate costumes for children and adults on their caseload.

The Lanterman community would like to take this opportunity to express their heartfelt thanks for the efforts of Angeles Girl Scout Junior Troop 780 in making this Halloween spooktacular for individuals who otherwise would not have been able to celebrate with trick-or-treating and costume parties. If you received a costume and would like to thank the Troop personally, please mail your note to Jackie Ashman; c/o Lanterman Regional Center; 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010 and she will see that they receive them.

Girl Scout Junior Troop 780 displays some of the costumes they collected.

New Evidence that the MMR Vaccine Does Not Cause Autism

Over the years there has been a great deal of controversy about the Measles, Mumps, and Rubella (MMR) Vaccination as a possible cause of autism. Research studies have tended to provide evidence against this theory. At the same time, many parents and several well-known scientists have maintained that the studies have failed to prove that there is no causal relationship between the vaccinations and autism. Recently, however, scientists from Denmark have offered powerful evidence against the hypothesis that the MMR vaccine causes autism. Their study, "A Population-Based Study of Measles, Mumps, and Rubella Vaccination and Autism" appears in the November 7, 2002 issue of The New England Journal of Medicine.

This recent study is particularly powerful because its subjects included all 537,303 children born in Denmark between January 1, 1991 and December 31, 1998. Denmark has a centralized registration system that assigns a unique identification number to all newborns in the country and gives the government the capability of tracking their health and medical history throughout their lives. Using this identifier and related health data bases, the researchers were able to determine the vaccination status of all these children and monitor their development to see whether they developed an autism-related disorder.

As background, the authors reported that Denmark has experienced an increase in the incidence of autism similar to the increase observed in the U.S. over the past 10-15 years. In "the late 80s and early 1990s" the prevalence of autism in children aged five to nine years in Denmark was less than 2.0 cases per 10,000. By the year 2000, the figure had grown to be greater than 10.0 cases per 10,000. The authors pointed out that this increase occurred, as in the U.S., well after the introduction of the MMR vaccine.

The results of the study revealed that 82 percent of the children had received the MMR vaccine and these children were no more likely than those not receiving the vaccine to develop an autism-related disorder. Further analysis revealed no association between the development of autistic disorder and the age at the time of vaccination, the time since vaccination, or the date of vaccination.

It's All About Sharing During the Holidays at Lanterman

Twas the night before Christmas, the eve before Kwanzaa, the beginning of Hanukkah... and because of Lanterman's "Holidays are for Sharing" campaign, 25 percent of the community will be able to participate in the traditions and celebrations of their holiday. For over 20 years, friends and families of Lanterman Regional Center have stepped up to meet the critical needs of members of our community who require a little extra help not only during the holidays, but throughout the year as well. The "Holidays are for Sharing" campaign has two objectives, one to help make holiday celebrations possible through donations of food and gifts, but also to raise money for the "Help Fund" — the fund that gives all year long by providing assistance with emergency food, clothing, shelter and other necessities.

Throughout the years, "Holidays are for Sharing" has made a significant difference in the lives of members of our community and there are several ways that you can help:

- Send a tax-deductible contribution in the form of cash, check, or money order.
- Donate a new gift, art supplies, personal care items, baby products, or a food/gift certificate.
- Adopt-a-Family and provide them with food and gifts for the holidays.
- Give through your company's United Way plan.
- Participate in "Matching Dollars" if your company has a matching fund program.
- Publicize our program through your business, club, church, or service organization.

Just fill out the form on the back side of this article and return it with your contribution. Checks should be made payable to "FDLRC Holidays are for Sharing" and mailed to Holidays are for Sharing; c/o Lanterman Regional Center, 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010. Gifts should be delivered unwrapped to Lanterman Regional Center. For more information, please contact Jackie Ashman at 213.383.1300, x.684 or jackie.ashman@lanterman.org or Lisa Zazueta at x.613 or lisa.zazueta@lanterman.org.

Take Me Out to the Ballpark: *"Team Spirit" Looks Forward to Start of Second Season*

It seems like the 2002 season of America's national past time has just ended, but "Team Spirit," an inclusive children's T-ball league in the Glendale area is already preparing for the 2003 season. There are players to sign up, uniforms and equipment to purchase, fields to rent, and banquets to organize, shares Barbara Reilly, the founder of Team Spirit and mother of two boys.

Started last year by Reilly who was moved by an e-mail she read describing the successful inclusion of children with special needs in a community baseball game, the program was regarded as a huge success by children and parents alike.

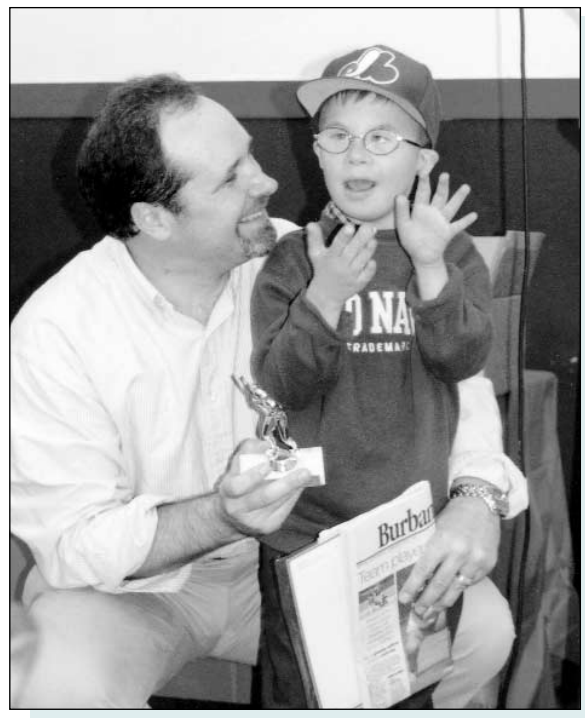
The success of having non-disabled athletes playing alongside athletes with disabilities, garnered publicity in local papers including the Glendale News Press and the Burbank Leader. One of the stories caught the eye of John Gandara, a local resident who read the story in the Burbank Leader and thought to himself: "Wow! I'd love to be a part of that." Gandara contacted Reilly for more information, and she invited him to attend an upcoming planning meeting for the 2003 season. I knew that everybody participating in 'Team Spirit' is just as busy as I am, yet they are still giving back to the community and reading this article inspired me to contribute my time to a good cause," shares Gandara.

Gandara's 18-year-old nephew, Tomas, who lives in Florida, has cerebral palsy. "Tomas and I lived together for the first eight years of his life and I spent a lot of time with him. He had a way of lighting up every space that he entered when he smiled, and when I came to California I realized that I no longer had that connection. Supporting 'Team Spirit' seemed like the perfect opportunity for me," explains Gandara.

"We want this opportunity to play organized sports to be open to everyone and at no cost to the families," shares Reilly. At the planning meeting, Gandara realized that he could also make a financial commitment and enable 20 ball players to participate in the league without cost. "I wanted to give back, and what better way," exclaims Gandara.

"The league had 21 children participate last year divided between two teams, and we are hoping to double it in size this year and create four teams," comments Olivia Hinojosa, a family support specialist at Lanterman. "Our hope is not only to expand the team within our community, but to have other communities perceive 'Team Spirit' as a model and create similar teams that promote partnerships with local stakeholders including community members and business."

The 2003 season of "Team Spirit" is set to begin on the first Saturday in March and continue throughout the month. Games will be held in the Burbank-Glendale area at local parks. Many of the families that participated last year have expressed a commitment to participate this year. There are very few opportunities for disabled and non-disabled children to play alongside each other and if you are interested in having your child or children play in the league, please call Olivia Hinojosa at 213.383.1300 x.705 or olivia.hinojosa@lanterman.org for details.



Coach Tom Reilly presents Zachary Lopez with end of year trophy.

Essays Wanted for Upcoming Book on Disabilities

Have you ever wanted to see your name in print? Well, if you are an adult that has grown up with disabilities and/or health care needs, here's your chance.

Stan Klein, clinical psychologist and educator, and John Kemp, principal partner in a law firm specializing in a variety of areas including disability issues are co-editing a new book called "Guidelines for a Different Journey: Personal Stories for Parents by Adults with Disabilities."

Klein and Kemp are inviting adults who have grown up with disabilities and/or health care needs to write short essays for parents of children with disabilities and/or health care needs. Essayists are asked to share a story or situation that they wish their own parents had read or heard while they were growing up. Guidelines for submitting an essay are as follows:

1. Write an essay of 1500 words, or less. Include a biography of 150 words or less, which will follow the essay in the book should your essay be accepted.
2. Submit an essay either by E-mail or regular mail.
   a. E-mail – Submit an essay either as an attachment in Microsoft Word or paste the essay directly into the body of the E-mail. Send E-mails to stan@disabilitiesbooks.com.
   b. Regular Mail – Submit a printed copy that is double-spaced. Label each page with name and address. If possible, also submit the essay on a disk, which is labeled with name and address. Send printed copy and disk to Stanley D. Klein, Ph.D.; DisABILITIESBOOKS, Inc.; P.O. Box 470715; Brookline, MA 02447-0715.

The deadline for all essay submissions is February 15, 2003, so pick up your pen and paper and start writing. Authors of essays accepted for inclusion in the book will receive $125 for the right to include their essay in the book.

FRANK D. LANTERMAN REGIONAL CENTER

Serving people with developmental disabilities since 1966

Name _____

Address _____

City _____ Zip _____ Telephone _____

Enclosed is my donation of $ _____ ❑ Check ❑ Money Order ❑ Food/Gift Certificate *OR*

❑ Charge $ _____ to my: ❑ Visa ❑ MC Account Number: _____

Signature as it appears on credit card _____ Exp. Date _____

Donations are tax deductible. Make your check payable to: FDLRC Holidays are for Sharing.

❑ I am also interested in "Adopting A Family" for holiday gifts.

Thank you for supporting adults and children with developmental disabilities.

Lanterman Announces "Good Grief Support Groups" for Families

What do you think of when you hear the word grief? Most people associate grief with the loss of a loved one. In families of children with disabilities, grief has a more subtle definition. Grief can simply be defined as our emotional response to loss — loss of hope, loss of friends and family, loss of the dream of the typically developing child, and loss of typical developmental milestones.

Having a child with special needs is something that no family ever anticipates. It can bring about a change in plans, a roller coaster ride of emotions and feelings, and is often a completely different and new way of continuing on with life. The loss that many families experience and mourn is quite often demonstrated through feelings of sadness, doubt, regret and disappointment. In many cases, grief is ongoing, cyclical and frequently ignored by families and those around them.

When a child with a disability achieves mobility, learns to talk, graduates from college, moves out of the home, or gains independence, these are exciting milestones for parents, but can also serve to intensify grief. Mobility may be achieved by the use of a wheelchair, speech through a communication board, graduation is often with an honorary degree, and moving out of the home can mean supported living. "When these milestones are reached, this fact alone makes parents happy, but it also requires parents to accept that their child will probably not be able to accomplish certain things in a typical manner," adds Maureen Wilson, director of training and development at Lanterman. "Acceptance requires parents to let go of the hope that their child will be typical, which is not always easy, and this can intensify grief."

"Recognizing parents' needs for anticipatory guidance through the grief process Lanterman created the 'Good Grief Support Groups'," shares Wilson. Unlike many other support groups that focus on information and advocacy, the "Good Grief Support Groups" address the ongoing grief and stress parents of a child with a disability face. These groups explore different age-related themes and issues that can exacerbate grief.

The establishment of "Good Grief Support Groups" offers parents of a child with a disability a safe opportunity to discuss sensitive experiences and stresses related to a lifetime of caring for their child. The groups also help identify additional support and treatment options that families might need and help families deal constructively with their normal and repressed feelings.

Each group is made up of six to ten parents and is facilitated by a counseling professional specially trained in the areas of grief and disabilities. The four different groups will meet weekly for six weeks. The "New Paths" support group targets parents of children from birth to seven, "Journeys" is designed for parents of children eight through fourteen, the "Bridges" support group is specific to parents of children fifteen to twenty-two, and "Passages" was created to support parents of adult children, twenty-three and over.

Topics discussed include the role of grief in your life, the positives and negatives, how to talk about grief, missed milestones such as cultural differences, impact on family rituals, and redefining perfection, as well as impacts to the relationships within the family and among friends.

Support groups will be offered in English and Spanish. The next "New Paths" support group in English will be meeting six consecutive Tuesdays, beginning January 7 and ending February 11, from 7 p.m. to 9 p.m., at Villa Esperanza, Braun Center, 2116 East Villa Street; Pasadena, CA. The next Spanish "New Paths" support group will be held six consecutive Fridays, beginning January 10 and ending February 14, from 10 a.m. to noon, at Lanterman Regional Center. Please call Maureen Wilson at 213.383.1300 x.719 or maureen.wilson@lanterman.org for more information.

Anand Celebrates 25 Years of Service

continued from page 2

information, help, and support not only to parents of young children but to the entire community including adults with developmental disabilities, providers and staff, promoting learning on the part of everyone.

Her strong commitment to improve and enhance the quality of services provided by the Regional Center and its network of community service providers is reflected throughout the organization. Working with internationally recognized business consultant and author, Dr. Karl Albrecht, Lanterman Regional Center developed the customer value model and package that includes statements of what Lanterman's adults and families value in the service experience with the Center. Recently, Anand has been working with Lanterman's community service providers to promote service enhancement through the development of the Quality Enhancement Network (QEN).

"I am always encouraging the staff to take on innovative projects. The adaptation of the Brazelton 'Touchpoints' model for children with developmental disabilities and their parents and the opening of the Assistive Technology lab are two such projects," adds Anand. "You have to keep in mind that you will always have failures and marginal successes, but you also have stellar successes. The important thing is to keep trying, and to learn from your failures."

Anand has also demonstrated a long-term commitment to developing new leaders — both staff and volunteer — through training, providing leadership opportunities and mentoring based on an experiential model developed at the Center called "Ensuring the Future, a Partnership and Leadership Development Model." This model includes the Lanterman Leadership Institute as well as the annual leadership convocations. A steadfast advocate of leaders knowing and understanding the history and development of the Regional Centers, Anand has been actively involved in the creation of several editions of the historical perspective of Regional Centers, including the latest edition, "The Ever-Widening Circle of Inclusion, Regional Centers: An Historical Perspective," and the historical documentary film, "We're Here to Speak for Justice."

In part because of her nursing and public health background, Anand has a personal focus on improving health outcomes for both children and adults with developmental disabilities. "Improving health outcomes and access to quality health care are personally gratifying endeavors," comments Anand. The Center has undertaken a large number of important health initiatives to improve the physical, mental, and dental health of both children and adults, primarily through collaborations with universities and other health care organizations leading to the development of plans to improve health outcomes for children and adults respectively.

Currently, Anand is involved in promoting Lanterman's strategic initiative on social acceptance of people with developmental disabilities through public awareness via collaboration with the media, especially film and television. "The media plays such a pivotal role in shaping the public's perception of people with disabilities," explains Anand, "and we need to establish an ongoing partnership with the makers of mass media to change the perceptions of people with disabilities." As part of this initiative Lanterman is sponsoring "Perspectives" — A Film Festival and Forum to Promote Understanding and Inclusion of People with Developmental Disabilities.

Looking towards the future, Anand sees both challenges and great opportunities for Lanterman Regional Center and its community. "There will always be competition for limited resources," explains Anand, "which demands that we carefully and continuously examine our priorities as well as the means by which we provide services and supports to our community and be willing to change and grow accordingly." Most of all Anand stresses that "we need to keep thinking strategically and innovatively. What limits us is thinking that we are already doing the best that we can do. There are so many possibilities for enhancing the lives of children and adults with developmental disabilities but only if we continue to develop, learn and try new approaches and methods to how we provide services and support."

Anand with Peter Drucker from the Drucker Foundation at the 2001 Lanterman Leadership Forum – "Our Customer Values in Action." Anand considers Drucker a mentor in the area of strategic planning.

"It has been an honor for me to have served the Lanterman community for the last 25 years. Together we have accomplished so much and I thank you all for your efforts. I'm looking forward to building better and stronger relationships in the coming years."

Recent Acquisitions to Assistive Technology Lab

ASSISTIVE TECHNOLOGY PROJECT

Some exiting new equipment—hardware and software—has recently been added to the Assistive Technology Lab, including such items as a battery-adapted graphics mobile for infants to several software titles designed to support early literacy development. The new equipment adds to a growing inventory of assorted assistive technologies available for exploration and use by Lanterman families and professionals. For more information about the Assistive Technology Project and how you can access these materials, please call (213) 383-1300, x.722.

Here is a brief listing of some of our new assistive technology:

Aids for Daily Living (ADL)
TV & VCR Remote
Reading Pen II

Adapted Toys
Battery-adapted Graphics Mobile
Battery-adapted Train

Keyboards, Monitors & Input
IntelliKeys USB
Flexboard
SwitchBoard & Keyguard
Monitor w/built-in Touchscreen
Penny & Giles Joystick Plus

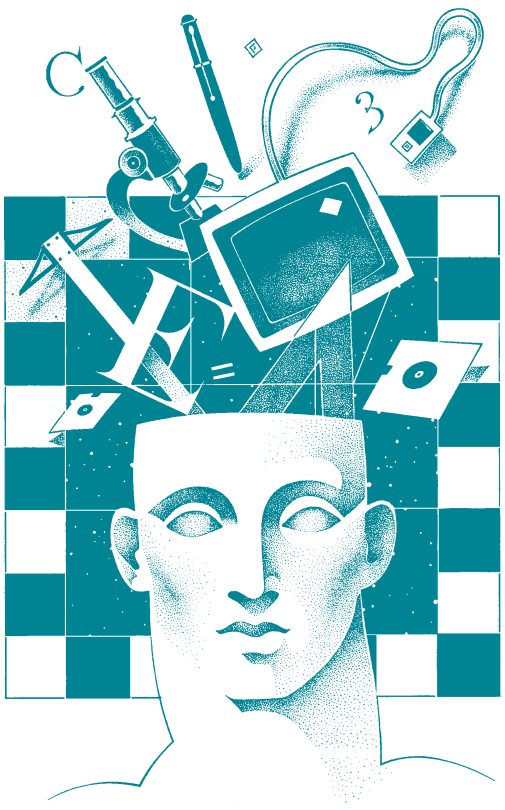
Communication
The Eye-Talk
Sixteen Message Hip Talk
Go Talk
Picture Communication Symbols
AlphaSmart 300IR

Switches
Movement Sensor Switch
TouchFree Switch
Tilt Switch
Dual Purpose Switch
Grip Switch Kit
Maxes Switch Tray
Maxes Small Switch Mount
Maxes Medium Switch Mount
Maxes Large Switch Mount

Software
Stages All-in-One Assessment Kit
Biggy
IntelliPics Studio
BuildAbility
Draft: Builder
Clicker 4
TimeScales
SwitchIt! Maker
ChoseIt! Maker

Literacy Software
Balanced Literacy
WYNN Wizard
Edmark Reading Program (1&2)
Rosa Parks: Freedom Fighter*
Frederick Douglas: A Hero for All Times
On Strike! The Story of Caesar Chavez
The Story of Ann Frank
The Japanese Americans: Prisoners at Home
When Horses Are Gone: A Story of the Nez Perce Indian Tribe
For Liberty: A Story of the American Revolution
Kidnapped
Call of the Wild
Tales from Homer
The Adventures of Tom Sawyer

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 our 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:
213.639.1157

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, and are conducted monthly.
For a schedule of monthly orientation meetings call 213.383.1300 x.730.

EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)

English & Español – Last Monday of every month
9:30 a.m.- 10:30 a.m. - English
10:30 a.m.- 10:30 a.m. - Español
Lanterman Regional Center, FRC
Presenters: LRC staff
For information and dates call 213.383.1300 x.730.

CHILDREN THREE YEARS OLD AND UP

English & Español – Last Friday of every month
9:30 a.m.- 10:30 a.m. - English
10:30 a.m.- 10:30 a.m. - Español
Lanterman Regional Center, FRC
Presenters: LRC staff
For information and dates call 213.383.1300 x.730.

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For families with children two years of age.
English & Español
Presenters: LRC staff
For information and dates call 213.383.1300 x.730.

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS

This six-session course introduces the basic principles, concepts, and practical applications of behavior management. The classes focus on managing and controlling challenging behaviors, and using positive reinforcement to replace inappropriate behaviors. **Please note: This workshop requires referral from your service coordinator. Contact your service coordinator to register, or call the Family Resource Center at 800.546.3676.**

SERVICE COORDINATION AND ADVOCACY TRAINING

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.
For reservations call 213.383.1300 x.730.

ENGLISH
February 6, 2003 - March 6, 2003
7:00 p.m. - 9:00 p.m.
Located in Pasadena, TBA
Presenters: SCAT faculty

ENGLISH
May 1, 2003 - May 29, 2003
7:00 p.m. - 9:00 p.m.
Located in Burbank, TBA
Presenters: SCAT faculty

SPANISH
September 16, 2003 - October 14, 2003
9:30 a.m. - 11:30 a.m.
Lanterman Regional Center
Presenters: SCAT faculty

ENGLISH
October 2, 2003 - October 30, 2003
7:00 p.m. - 9:00 p.m.
Located in Glendale, TBA
Presenters: SCAT faculty

The address for Lanterman Regional Center is:
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

PARENTING THE CHILD WITH SPECIAL NEEDS

This is an exciting five-week course that addresses issues faced by families who have children from birth to age six with special needs.
For information call 213.383.1300 x.730.

SEXUALITY & SOCIALIZATION TRAINING

Lanterman Regional cener offers several options for sexuality and socialization training.
Please note: All of the sexuality and socialization trainings require a referral from your service coordinator. Contact your service coordinator to register.

ABILITIES
Abilities is a sexual abuse and exploitation risk-reduction program for adults with developmental disabilities. This three half-days training includes topics such as: definitions of sexual abuse, assertiveness training, self-esteem and communication, personal safety training, and what to do if a person is ever sexually abused or assaulted.

BODY TALK
Body Talk is a 12-week training for people with developmental disabilities. The training covers topics such as human anatomy and reproduction, developing social skills, prevention of exploitation, human sexuality, sexually transmitted diseases, birth control, health, and hygiene. Teen talk addresses issues specific to pre-adolescence through young adulthood. Parent Talk is a six-week class designed to address parental concerns and will focus on the parental role in supporting and promoting healthy relationships.

GET SAFE
The Get Safe program is a personal safety program for people with developmental disabilities. Topics covered include assertiveness training, safety awareness, defining boundaries, and creating healthy relationships.

WOMEN'S REPRODUCTIVE HEALTH AND SELF-ADVOCACY TRAINING (RHSA)
RHSA is a peer-advocacy-based training program for women with developmental disabilities. The four session training is co-taught by a health educator and a female consumer, and includes topics such as: basic anatomy, menstruation, menopause, pregnancy, sexually transmitted diseases, contraception, the importance of women's health exams, and using self-advocacy to communicate with your doctor.

ASSISTIVE TECHNOLOGY COMPUTER CLASSES

The Adult Education and Career division of Los Angeles Unified School District (LAUSD) in partnership with the Assistive Technology Project of Lanterman Regional Center have established these classes to assist Lanterman consumers and their families. These classes are an introduction to computers and software. Inquire about classes in other languages, independent study options, and open lab hours. Space is limited. ***For registration and further information call 800.546.3676 or 213.383.1300 x.730.***

FOR ADULTS (BEGINNER) — ENGLISH
Dates TBA
9:00 a.m. - 12:00 p.m.
Lanterman Regional Center
Presenters: LAUSD

FOR ADULTS (INTERMEDIATE) — ENGLISH
Dates TBA
9:00 a.m. - 12:00 p.m.
Lanterman Regional Center
Presenters: LAUSD

ESPAÑOL — ADULTO (BASICA)
Dates TBA
9:00 a.m. - 12:00 p.m.
Lanterman Regional Center
Presenters: LAUSD

Save the Date

L.A. County Inclusion Partnership Presents
"Access to Education - Tools for Success"

Saturday, March 1, 2003 from 8:00 a.m. to 4:00 p.m.

Designed for parents, teachers, administrators, related service providers, and students, this conference will provide specific strategies and techniques for educating students in their least restrictive environment.

The conference will be held at the Manhattan Beach Marriott; 1400 Parkview Avenue; Manhattan Beach, CA 90266.

Please contact Hilliary or Danny at 310.258.4063 or visit family@westsiderc.org for questions or more information.

Calling Our Lanterman Leaders…

Creative, committed and effective leaders in all areas of the Lanterman community are the key to successfully fufilling our mission and making our vision a reality, especially given the current challenges we face. Over the years we've been fortunate to have many members of our community take on the responsibilities of leadership, and 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 LANTERMAN COMMUNITY?

If you are, call 213.383.1300, x.719 or 720 to find out more about the next Lanterman Leadership Institute taking place on January 11 and 18, 2003.

ADULT SIBLING SUPPORT GROUP
Call for dates, location and details.
Contact: Olivia Hinojosa 213.383.1300 x.705

ARMENIAN PARENT GROUP
Quarterly meetings — Glendale area
Call for dates, location and details.
Contact: Rima Shahoian 818.548.4349
Sona Topjian 213.383.1300 x.677

ARMENIAN PARENT SUPPORT GROUP
Monthly meetings at group members' homes in the Glendale area.
Monthly – Last Friday 11:00 a.m. – 1:00 p.m.
Contact: Rima Shahoian 818.548.4349
Sona Topjian 213.383.1300 x.677

AUTISM SOCIETY OF AMERICA
San Gabriel Valley Chapter Support Group
1167 N. Reeder Avenue; Covina
Monthly – First Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler 626.447.3452

DE MI FAMILIA A SU FAMILIA
(Grupo para familias con niños con autismo.)
Lanterman Regional Center
Primer miercoles de cada mes
9:30 a.m. – 11:30 a.m.
Contact: 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
Monthly – Second Thursday, 7:00 p.m. – 9:00 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705
Ian & Terry West 818.952.2629

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA
Lanterman Regional Center
Seguendo miercoles de cada mes, 9:30 a.m. – 11:30 a.m.
Contact: Augustina Mellin 213.365.2138
Monica Mauriz 213.383.1300 x.519
Edward Perez 213.383.1300 x.522

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES
St. Dominic's Community Center
2002 Merton Avenue; Eagle Rock
Monthly – First Friday, 7:30 p.m.
Contact: Emma Guanlao 323.259.8332
Sandy Riancho 323.344.9355

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED
Call for dates, location and details.
Contact: Alice Gubatan 213.384.2340

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS
BCR-230 E. Amherst Drive; Burbank
Monthly – Second Wednesday, 7:00 p.m. – 9:30 p.m.
Contact: Sue Brooks 818.66.AUTISM (818.662.8847)

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF-ADVOCACY GROUP
Lanterman Regional Center
Monthly – First Monday, 4:00 p.m. – 6:00 p.m.
Contact: Armen Frundzhyan 323.462.7300

THE ACHIEVERS
Burger King in Glendale
(corner of Colorado and Chevy Chase)
Monthly – Third Monday, 5:00 p.m. – 6:00 p.m.
Contact: Jack Riggle 818.848.1246

PASADENA SELF-ADVOCACY GROUP
529 N. Hill Avenue; Pasadena
Call for dates and times.
Contact: Ara Bezjian 626.793.1989
bezara@visto.com

FRAGILE X PARENT SUPPORT GROUP
Call for dates, location and details.
Monthly – 7:00 p.m.
Contact: 818.754.4227 (voicemail)

GAY AND LESBIAN ADULT SUPPORT GROUP
Lanterman Regional Center
Monthly – Second Wednesday, 4:00 p.m. – 5:00 p.m.
Contact: Joe Perales 213.383.1300 x.657

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP
Burbank First United Methodist Church
700 N. Glenoaks Blvd.; Burbank
Monthly – First Wednesday, 10:00 a.m.
Contact: Jennifer Wyre 213.383.1300 x.679

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI
Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Ultimo viernes de cada mes, 7:00 p.m. – 9:00 p.m.
Contact: Angeles y Jesus Lopez 323.644.3319

HOLLYWOOD/WILSHIRE PARENT SUPPORT GROUP
Lanterman Regional Center
Monthly – Fourth Tuesday, 10:00 a.m.
Contact: Theresa Edwards 323.935.7265
Jessye Davis 213.383.1300 x.549

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK
Dates, locations and times vary each month.
Call for next meeting.
Contact: Sam Suzuki 213.383.1300 x.559

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES
Little Tokyo Service Center
231 East Third Street, Suite G-104; Los Angeles
Monthly – Third Saturday, 9:30 a.m.
Contact: Mariko Magami 818.249.1726
Michiko Wilkins 818.557.0728

KOREAN PARENT SUPPORT GROUP
Asian Advocate for Special People
Lanterman Regional Center
Monthly – Second Monday, 6:30 p.m. – 8:30 p.m.
Contact: Suki Chang 213.999.3981
Christine Yuh 213.383.1300 x.552

LA ESPERANZA
(Grupo Semanal en Español)
Lanterman Regional Center
Lunes, 9:00 a.m.
Contact: Ana Ripoll 213.389.8329
Maria Cibrian 323.666.1601
Nilda Lopapa 213.383.1300 x.554

PADRES UNIDOS LANTERMAN
(Grupo en Español)
Childrens Hospital of Los Angeles (Vermont and Sunset)
Conference Room "D"
Segundo martes de cada mes, 7:00 p.m. – 9:00 p.m.
Contact: Irma Cruz 323.461.9307

RETT SYNDROME SUPPORT GROUP
Quarterly meetings — Pasadena area
Call for dates, location and details.
Contact: Marie Hyland 626.790.4836
Pep Stenberg 626.355.5334

SPANISH-SPEAKING PARENT SUPPORT GROUP
(Grupo semanal en Español)
Salvin Special Education Center
1925 S. Budlong Avenue; Los Angeles
Llame para los fechas, 9:30 a.m. – 11:30 a.m.
Contact: Gloria Perez 213.383.1300 x.553

TEATRO ILUSIÓN
(Grupo semanal en Español)
Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Cada viernes, 6:00 p.m. – 8:00 p.m.
Contact: Yolanda Hernandez 562.928.5324

NEW GROUPS

MOMMY & DADDY & ME — EARLY INTERVENTION PARENT SUPPORT GROUP
For families with children zero-to-three years of age.
Center for Developing Kids (CDK)
200 E. Del Mar Blvd., Suite 112; Pasadena
Monthly — Second Tuesday, 7:00 p.m.– 9:00 p.m.
Contact: DaVonna Jenkins 213.383.1300 x.533
Bernadine Bagasan 213.383.1300 x.517

SIBSHOPS
For siblings ages six-to-twelve.
Los Angeles and Pasadena areas
Monthly — Third Friday, 4:00 p.m.– 6:00 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA
Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Ultimo martes de cada mes, 7:00 p.m. – 9:00 p.m.
Contact: Alfredo Kertzman 714.328.4914

BEHAVIOR MANAGEMENT SUPPORT NETWORK
(Beginning January 14)
AbilityFirst
40 North Altadena Drive; Pasadena
Monthly — Second Tuesday, 7:00 p.m.– 9:00 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705

daDA FATHERS REGIONAL SUPPORT NETWORK
Denny's Restaurant
3060 San Fernando Road; Los Angeles
Monthly – Second Monday, 7:00 p.m. – 9:00 p.m.
Contact: Aaron Hinojosa 626.296.1556
Germán Barrero 626.840.9842

LEARN THE BASICS OF COMMUNICATING THROUGH SIGN LANGUAGE

Communication is the cornerstone of every relationship; only not everyone can rely on the spoken word to communicate. For many years, sign language has been used by deaf people as a means of communicating. Recent research has demonstrated that there are many benefits to using sign language with all children.

Sign language can give non-verbal children a vehicle to communicate their needs, wants and emotions. For children with special needs, sign language can be a critical bridge to the spoken word or be the primary form of communication. In many cases using sign language alleviates frustration and tension, which can otherwise accompany communication.

Nancy Litteken, a special education teacher with Los Angeles Unified School District, is offering sign language classes that target parents and caregivers of children with special needs, therapists, teachers and anyone who wants to communicate with children with language impairments. A native sign language speaker and mother of two children, one of whom has Down Syndrome, Litteken designed the course to specifically address and enhance the communication of special needs children who are not speaking and those who want to communicate with them.

Sign language classes meet for five consecutive sessions and each of the sessions focus on a specific topic such as activities, emotions, behavior, safety, food and home. Classes are $100 with pre-registration and $110 the day of. Please contact Litteken for more information and for a class schedule at 626.798.7331 or learningsigns@aol.com.

*If you are interested in starting a support group but don't know how to take the first step, call **The Koch·Young Family Resource Center** for information:*

800.546.3676

The address for Lanterman Regional Center is: 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010

New Resources In The FRC Library

These two new additions to the Koch •Young Family Resource Center library collection focus on many of the themes addressed throughout this edition of "Viewpoint," including independent living, community inclusion and employment. Whether you are a parent or professional, please visit us in person or online at www.lanterman.org to check out these new resources along with many other resources that focus on similar issues.

Part of the Community — Strategies for Including Everyone

Edited By Jan Nisbet, Ph.D. and David Hagner, Ph.D.

This how-to book not only addresses the value of including every person in the community in order to create a sense of full citizenship for each individual, but more importantly provides tried and true strategies for facilitating the inclusion. The book focuses on the key to fully including individuals with disabilities of all ages — creating communities with extensive natural supports rather than separate inclusive programs. Agencies, administrators, policymakers, educators and advocates learn how to change their community to better support and enhance the lives of people with disabilities. Each chapter of the book details specific examples of inclusion in the community from preschool through buying a house. Children and adults with disabilities, their peers, community and family members share their strategies and lessons learned as they worked towards full community inclusion. The number one secret is careful planning and continuous assistance to make inclusion successful. This is a great book that emphasizes the importance of inclusion in everyday life as a means of improving the lives of individuals with disabilities in their communities.

Six Steps to Employment for People with Disabilities

By Wayne Forster

If you have recently attended a job fair, or are seeking employment for yourself or others, you may have noticed that getting a job is not easy. In fact, getting a job is difficult, time-consuming and often frustrating task for everyone, but it can be especially so for individuals with disabilities. This easy-to-read book is designed to do exactly that; to help people with disabilities find jobs. The six steps outline how to set your career goals, assess your strengths, prepare your resume, search for opportunities, and handle the interview process as well as follow-up after the interview. By following the tips and strategies provided in the six steps, people with disabilities will be able to better manage the extra difficulties and barriers they may encounter when looking for a job and to resolve these issues to create a promising future. "Six Steps to Employment for People with Disabilities" also provides sample resumes, cover letters, interview questions and answers, and other necessary information. If you or someone you know is looking for employment, come and check out this great resource to help you find a job!

FRANK D. LANTERMAN REGIONAL CENTER
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Viewpoint

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Viewpoint can be viewed online at **http://www.lanterman.org** To contact *Viewpoint* Editors, send e-mail to vinita.anand@lanterman.org or call (213) 383-1300 Ext. 715.

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