

North Los Angeles County Regional Center  
**Self Determination Local Volunteer Advisory Committee**  
**Meeting Minutes**  
January 19, 2017

- Present:** Sandra Baker, Victoria Berrey, Richard Dier, Allison Cameron Gray, Michelle Heid – Committee Members  
Ruth Janka, Evelyn Chamorro – NLACRC Staff  
Julie Eby-McKenzie – State Council on Developmental Disabilities
- Absent:** Nicole Carter, Mercedes Del Cid, Ellen Jannol, Debra Newman, Bebo Saab – Committee Members
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**1. Call to Order & Introductions**

The meeting was called to order by Richard Dier at 7:04p.m. Introductions from the Committee were made. A quorum was present.

**2. Public Input & Comments**

There was no public input.

**3. Training Topic: Independent Facilitators Panel.**

The training topic began at 7:08pm.

Richard introduced Liz Harrell from Eastern Los Angeles Regional Center.

Liz has managed the self determination program at ELARC since 1998. There are currently 25 people on the program that will transition into the new program when it becomes available.

Tonight, Liz is going to give an overview of person-centered practices. She cautioned that she does not have all the answers about how the new SD program will work.

A Person-Centered approach:

- Starts with the person
- Focuses on hopes and dreams
- Addresses barriers
- Is realistic and does not sugarcoat
- Will talk about someone's best day and a bad day

“PCP is an ongoing problem solving process used to help people with disabilities plan for the future. How do you know if the PCP is effective?”

- Presume competence
- Reframe behavior as communication
- Respect cultural diversity
- Provide critical supports for health and safety across the lifespan so people may live where and with whom they want

Liz shared the CMS of the Person Centered Process, which will be used for self determination.

What does the Lanterman Act require?

- 1992 amendments
- Preferred future
- Framework for planning decisions
- Cultural awareness
- Team approach (consumer, CSC, and anyone else they invite)
- Communication
- Written plan (IPP)

What's the connection between Lanterman Act and Self Determination?

- IPP team shall utilize PCP process to develop the IPP for a participant.
- A written plan (IPP) with an individual budget attached

Ruth asked if there are 2 separate meetings (IPP and PCP)? Liz said it can be 2 meetings, but it does not have to be separate.

Person Centered Thinking training – ELARC has a Person Centered Thinking certified trainer, Liz Rodgers. She brought examples of the forms that they use in PCT. One of them is called Important To/Important For. Example: it's important to me to go get a donut and coffee every morning because that's when I see my friends. It's important for me to lose weight and stay away from sugar because of my diabetes. These tools are used and questions are asked by CSCs. They also use the McGill Action Plan tool (MAPS). Liz said the MAPS process will lead you to a Person Centered Plan that can then be plugged in to an IPP. Another tool is Planning Alternative Tomorrow (PATH). CSCs at ELARC generally do not use PATH, but an independent facilitator may use it.

Another tool is PICI, which is unique to ELARC. Partners in Community Inclusion (PICI) helps identify how parents can integrate their child in the community such as through schools, church, etc. This is a family centered approach that is designed to be used for young children. It can be integrated into the IPP but is not part of the IPP process.

A Person Centered Plan can be an IPP, and an IPP can be a Person Centered Plan. But not every IPP is a Person Centered Plan, and not every Person Centered Plan is an IPP.

Everyone served by RC must have an IPP, which must be developed using a person centered approach. Look to the cornerstones:

- Presume competence
- Reframe behavior as communication
- Respect cultural diversity
- Provide critical supports for health and safety across the lifespan

A distinction is that a PCP can be developed by an IF that can spend more time developing the plan than the traditional IPP person centered approach.

Ruth said there has been an impression given that the Person Centered Planning team develops the Person Centered Plan, then brings it to the RC to fund the Plan. Liz said that is not the case; the Person

Centered Planning process can be used to develop the IPP but the RC will have its own PCP and IPP planning. Ideally, the Plan will be developed with all participants at the table.

What ELARC learned:

- Everyone needs to conceptually understand Self Determination
- Planning takes time!
- Transition to adulthood increase budgets
- Some things people used for their budgets: camps, recreation
- More was spent the first year of participation, then went down

A guest asked if she would have to fill out a lot of forms under Self Determination, because she is exhausted. Liz said that Self Determination will be more work. However, a good independent facilitator can help with that. Liz said there will be guidelines as to who can be an independent facilitator but it will be fairly open.

#### 4. Consent Items

##### A. Approval of Agenda

**M/S/C** (M. Heid/S. Baker) To approve the Agenda as written.

<b>Baker</b>	Yes	<b>Gray</b>	Yes
<b>Berrey</b>	Yes	<b>Heid</b>	Yes
<b>Carter</b>	Absent	<b>Jannol</b>	Absent
<b>Del Cid</b>	Absent	<b>Newman</b>	Absent
<b>Dier</b>	Yes	<b>Saab</b>	Absent

##### B. Approval of Meeting Minutes from November 17, 2016 Meeting:

**M/S/C** (A. Cameron/S. Baker) To approve the minutes as written.

<b>Baker</b>	Yes	<b>Gray</b>	Yes
<b>Berrey</b>	Yes	<b>Heid</b>	Yes
<b>Carter</b>	Absent	<b>Jannol</b>	Absent
<b>Del Cid</b>	Absent	<b>Newman</b>	Absent
<b>Dier</b>	Yes	<b>Saab</b>	Absent

#### 5. Committee Reports

A. Chair's Report –Richard was told at last week's Westside meeting that the waiver has been put into a draft final form by DDS. DDS and CMS will have a phone call next week to get it to final form. In about a month, the waiver may be submitted. Once the waiver is published for comment, Richard would like this Committee to make comments on the application and use the audiovisual system to communicate between RC offices.

B. Board Actions –In Debra's absence, Michelle said there have not been any relevant Board actions but a report on the current status.

#### 6. NLACRC/DDS/Update

a. Current Interest List – Ruth reported that 104 people have expressed interest in participating in SD out of 174 slots. Ruth reported that NLACRC sends out a SDP flyer (English/Spanish) with every IPP.

- b. Community Outreach – Evelyn described that there was no formal outreach since November due to the holidays. She is going to start scheduling more events as soon as there is new news. Michelle suggested that the SDP information gets posted on Facebook. Ruth will follow up.
- c. DDS Update – Ruth said that in December, DDS said they had completed 7 of 9 modules to train Regional Centers on the mechanics of SDP. DDS had originally predicted training to start in January/February, but she had not heard anything recently.

**7. Old Business**

- A. None

**8. New Business**

- A. Meeting Schedule for 2017 – We revisited the scheduling issue. Earlier, Bebo requested that we keep meeting on the 3<sup>rd</sup> Thursday due to his existing schedule. Michelle said that she could keep the Board updated when Debra must miss the meeting. Discussion about meeting monthly or every other month, because there is not a lot of new information to discuss at this time. We could add meetings if there are new things to discuss. We also discussed reaching out to members to see if they are still able to come to our meetings.

Motion to meet on 3<sup>rd</sup> Thursday every other month, rotating Chatsworth/Santa Clarita/Lancaster):

**M/S/C** (M. Heid/A. Gray) To approve the meeting schedule as proposed.

<b>Baker</b>	Abstain	<b>Gray</b>	Yes
<b>Berrey</b>	Yes	<b>Heid</b>	Yes
<b>Carter</b>	Absent	<b>Jannol</b>	Absent
<b>Del Cid</b>	Absent	<b>Newman</b>	Absent
<b>Dier</b>	No	<b>Saab</b>	Absent

- B. Future agenda planning – we will review the waiver application in sections.

**9. Public Comment**

Julie announced the “Changes and Choices: Leading the Charge” conference will be on March 2, 2017 at the California Endowment. The keynote speakers will be Tom Pomeranz and Ari Ne’eman who will speak about self advocacy. Liz Harrell will also be a speaker.

A guest asked when the Committee thinks the Self Determination Program will be in place. Richard guessed it could take up to a year. The guest asked how we can make it go faster, and the Richard suggested political pressure. Julie stated that we cannot influence some of the timelines such as the 30 day time period to view the draft proposal.

A guest asked about educational services such as speech therapy funded under Self Determination Program. Julie explained that the regulations require that services that should be paid by another entity are not covered under the Self Determination Program.

**10. Adjournment**

Meeting was adjourned by Richard at 9:05pm. Submitted by Victoria Berrey, Secretary.