



Minutes ~ May 2, 2018

Community Support Network Partner Meeting

3:30 to 5:00 pm ~ Gene Albaugh Community Room at the Madelyn Helling Library

Attending CSN Partners – 30 attended (6 filled out evaluation forms) including: Anne Merdinger, Community Member; Beth Moore, NJUHSD DOR-TPP Coordinator; Casey McCormick, Sierra Forever Families; Char Weiss-Wenzl, NCPHD; Curt and Sherlyn Williges, Parents; Daniela Fernandez, Connecting Point/211; Danita Sorenson, KARE Crisis Nursery; Diane Walker, Community Member; Jane Taylor & son Christopher, SCDD RAC; Jennifer Hughes, NCPHD; Jessica Markov, Alta California Regional Center; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Lenda Welz, Welz Family Children's Foundation; Marge Biddle, WarmLine FRC; Martha Payne, Parent, SEPAC; Melissa Marcum, NCSOS; Ned Russell, Got 40?, CSN-CAPC Board; Nicola Murphy, Sierra College; Paul Platner & grandson Gage, Community Member; Priya Mathew, Nevada County; Rebecca Campbell, Nevada County CalWORKS; Rossnina Dort, Child Care Coordinating Council, CSN-CAPC Board; Serenity Madison, CoRR & Coalition for Nevada County Youth; Sharon Tong, NJUHSD; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Sonya Bingaman, State Council on Developmental Disabilities; Tom Cross, Community Volunteer; Whitney Polk, Nevada County Social Services, CalWORKS; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Rossnina Dort, LPC Coordinator | EQM Program Manager, Local Planning Council | Early Quality Matters (QRIS), Child Care Coordinating Council, and CSN-CAPC Board Member

Meeting Minutes & CSN Announcements – Accepted minutes from April meeting

40 Developmental Assets – Ned Russell of Got 40? Social Connections - see detail on last page of minutes.

Meeting Focus – *Transition to Adulthood Planning for Youth with Special Needs*

Panelists (in the order they presented):

- **Jessica Markov**, Client Services Manager, Alta California Regional Center
- **Melissa Marcum**, Independent Living Program at NCSOS (Nevada County Superintendent of Schools)
- **Jennifer Hughes**, Supervising Public Health Nurse, Nevada County Public Health, California Children's Services and the MTU (Medical Therapy Unit)
- **Beth Moore**, Transition Specialist Teacher, Coordinator, NJUHSD WorkAbility/DOR-TPP Programs (NJUHSD = Nevada Joint Union High School District, DOR=Department of Rehabilitation, TPP=Transition Partnership Program)
- **Sonya Bingaman**, Manager, State Council on Developmental Disabilities

With permission, the three PowerPoints that were presented will be posted on the CSN website Meetings page at <http://csnnc.org/meetings/>.

Notes and info from presentations...

Jessica Markov, Client Services Manager, Alta California Regional Center

PowerPoint excerpts...

- Alta California Regional Center (ACRC) is a non-profit corporation working under contract with the State of California, Department of Developmental Services (DDS), to provide services to persons, age three and above throughout their lifespan, with a developmental disability in one of five areas of eligibility: Intellectual Disability (ID), Epilepsy, Cerebral palsy (CP), Autism, a "5th Category" ...*other handicapping conditions found to be closely related to ID or to require treatment similar to that required for ID individuals.*
- Provide transition planning for adult life
- Some of the adult services provided - Types of Day Programs: Community Integration Training Program (CITP), Activity Center, Adult Development Center, Behavior Management Program, Adult Day Health Center, Adult Day Care, Work Activity Program (WAP), Tailored Day Services (TDS)
- Employment Services
- Living Options
- ACRC provides continued case management throughout life
- To Learn More About the Transition to Adult Services
 - Contact your ACRC Service Coordinator if you have one
 - ACRC Client Services Manager, Jessica Markov, (530) 274-4643, jmarkov@altaregional.org
 - Visit website: www.altaregional.org
 - Reference the Transition from School to Adult Services Guide and Adult Services Guide at <https://www.altaregional.org/publications-brochures> specifically:
<https://www.altaregional.org/post/transition-school-adult-services-guide-and-tools-explore-day-services>

Melissa Marcum, Independent Living Program at NCSOS (Nevada County Superintendent of Schools)

- ILP through NCSOS is for foster youth, specifically those who have been in foster care at least 1 day after their 16th birthday.
- ILP offers 1 to 1 case management - We don't do stuff for students, we help students do stuff for themselves.
- Link students to other services
- Work with lots of kids who have trauma - start at 16 and become adults quickly. Our job is to help them be self-sufficient - job, college, skill sets.
- Two classes a month for life skills including sewing on a button, healthy relationships, money management, other basics.
- ILP has a lot of community partners. Want kids to know where to go for services.
- Ideally a foster youth will be referred to them by age 16. Need to have been in foster at least one day past their 16th birthday.
- Work closely with CPS and Probation
- Many resources for foster youth in the community, e.g. money for college, but that's not always the right route...need to assess their strengths, are they college bound?...are they job ready?
- At age 21 housing program is very limited
- Students have to want to work with ILP - there are incentives
- Because trauma is so debilitating, doing something new like getting food stamps causes anxiety
- 18 year olds used to often end up homeless, dealing drugs, etc.
- Feds said kids are not getting what they need by the time they turn 18 so they created ILP. Keeping detailed notes are important for complying with mandates.
- ILP programs are different in different counties.
- If you have a 16-21 year old foster youth who needs these services, or know any, send them to Melissa.
- Melissa Marcum, mmarcum@nevco.org, 530-478-6400

Jennifer Hughes, Supervising Public Health Nurse, Nevada County Public Health, California Children's Services and the MTU (Medical Therapy Unit)

PowerPoint excerpts...

- California Children's Services mission statement: "Our mission is to collaborate with the child and family to maximize the child's functional independence with life skills."
- There are Medical Eligibility requirements. CCS does NOT cover ALL medical conditions. Generally covers medical conditions which are: Physically disabling; Need to be treated with medications, surgery, or rehabilitation.
- There are other eligibility requirements, including age, California residency, family income (with some exceptions for adoption), and medical as noted.
- Statewide Guidelines for Health Care Transition Planning for Children with Special Health Care Needs: "Purposeful, planned preparation of patients, families, and caregivers for transfer of a client from pediatric to adult medical or health care services."
- Strategic Planning is: a Long Term Process; Begins in early adolescence; Individualized; Focused on individuals with ongoing health care needs.
- There are age specific transition activities at 16, 18, and 20 years old including a Birthday Card & Transition Letter with info about: Power of Attorney, Adult Medical & Dental Providers, Available Community Resources, ongoing medical care needs, reviewing any conservatorship issues, discussing equipment needs before client ages out.
- Jennifer Hughes DNP, RN, PHN, Supervising Public Health Nurse, 500 Crown Point Circle STE 110, Grass Valley, CA 95945, (530) 265-1448, Jennifer.hughes@co.nevada.ca.us

Beth Moore, Transition Specialist Teacher, Coordinator, NJUHSD WorkAbility/DOR-TPP Programs (NJUHSD = Nevada Joint Union High School District, DOR=Department of Rehabilitation, TPP=Transition Partnership Program)

- Beth has been in Nevada County for 35 years, has done a variety of things, has been with school district for 12 years. Finds and connects resources and does networking.
- Runs HS district transition program with three people. They have about 350 students with IEPs in the district.
- Refers to a handout with info about Self Advocacy and how that is cultivated at different ages. Progression from Freshman to Senior year is: Self-Awareness (identify personal capacities, inter-personal skills); Career Awareness (how to connect, what do you like to do, speakers and field trips); Career Preparation (make career documents, how to dress, etc. how bodies change, hygiene conversation); Work Experience (work experience with any student who's ready and interested...many are not because school is so overwhelming); Community Awareness.
- Letter for Parents handout - describes their two grant programs (WorkAbility and DOR/TPP)
- Letter for Employers handout - Beth and team do matchmaking with local employers who can employ someone with some disabilities. Describes benefits to employers.
- WarmLine is a great resource. <http://www.warmlinefrc.org/>
- Teach students the difference between a degree and certificate.
- Help students make meaningful connections.
- David Potter said "we want for you to become the best you you can be."
- Beth Moore, Transition Specialist Teacher, Coordinator, NJUHSD WorkAbility/DOR-TPP Programs
11645 Ridge Rd. Grass Valley, CA 95945, 530-273-4431 ext 2071, bmoore@njuhsd.com

Sonya Bingaman, Manager, State Council on Developmental Disabilities

PowerPoint excerpts...

- Areas of focus of State Council on Developmental Disabilities: Self Advocacy, Training, Self Determination, Systemic Advocacy Change, Employment, Technical Assistance, Community Outreach, Interagency Collaboration and Coordination, Inclusion, Citizen Participation, Innovation, Informing Policymakers.
- People have rights to full inclusion.

- Before students finish high school: Connect with Disabled Student Services by Junior year of high school to explore local supports to attend community college; Develop a meaningful Transition Plan with ACRC, DOR, and other local providers/agencies; Visit and get to know options.
- Expect support from your school staff, Regional Center Service Coordinator, other providers. Remember that: Policies/regulations/laws change; Staffs change; Agencies change.
- Learn as much as you can about options through mailing lists, workshops, etc.
- Be flexible and patient.
- Be a self-advocate and a role model.
- Sonya Bingaman, SCDD Sacramento Regional Office, 2033 Howe Avenue, Suite 160, Sacramento, CA 95825 (916) 263-3085, www.scdd.ca.gov

Q&A

(Jessica Markov had to leave for another commitment.)

Q - What jobs are available for youth who cannot do regular hours?

A - Beth - Many people are eligible for Department of Rehabilitation services and they don't know it. DOR will do a time trial. Pride offers that as well. Sometimes DOR isn't the right agency but Pride is. In the last few years have developed time and setting assessments. People ask, "How can I help my child?" and we always say, "Start at home." Give them chores at home, let them volunteer, take them to work days and cleanup days....anything that they love. Kids are being disabled by not being allowed to try and do things...Give them things to do...Young people need to feel important and that they have skills. Let them try things. Great volunteer things to discover things they like and for what amount of time they can work. There are jobs through FREED, DOR.

A - Sonya - The best indicator of future employment success is lots of experience and employment during transition time period.

A - Beth - don't buy everything for them. Let them pay for the cell phone.

Attendee - CVS pharmacies has a program for hiring people with disabilities

Q - Housing

A - Melissa - Always a challenge. AB12 can help foster youth who voluntarily stay in foster care after age 21. Finding it is another issue because of their age.

Attendee - Are there any new programs coming that parents might not know of for developmentally disabled, special needs young adults?

Beth - BOS recently considered loosening up on granny units, trailers, etc. Not sure what the outcome was. Contact local supervisors.

Jennifer - Depending on level of disability there are residential programs through Alta.

Attendee - Re: Group homes - Alta is placing some people in homes with families - up to four (formerly 6 - grandfathered in). Must have support at the home. Alta can fund things when vendors have created that place. FREED works on independent living stuff too. ILS - Independent Living Services - may be available through Alta.

Sonya - Low-income, affordable housing is a state-wide crisis. Get on lists. "Accessory dwelling unit" is the term - working with Boards of Supervisors in different counties to loosen up on them. Residential care homes going from 6 to 4 people adds pressure. Need advocacy in every county.

Attendee - We were thinking of having a residential home, but with 4 residents, not enough money to pay the mortgage. Each resident really needs their own room. People can't afford to do it.

Sonya - The rates for the 4 bedroom did go up some recently. Group settings will not be favored by state or federal funders.

Attendee - What about family groups setting up apartment situations?

Sonya - Still a challenge. Can you integrate with community college students, elderly?

Q - Is there a forum for people to ask questions and share info on a daily basis?

Sonya - Always welcome to call our office, WarmLine, Alta. Let us know the issues. Families (even just 3 or 4) showing up at hearings really makes a difference.

Beth - SEPAC (Special Education Parent Advisory Committee) is a great resource. -

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CSN Vision Statement

All families in Nevada County have ready access to a well-integrated and coordinated support network that is easily available and well funded.
Community Support Network of Nevada County ~ www.csnn.org ~ csnncorg@gmail.com ~ 530-913-0270 (messages)

SEPAC is parent-run...parents whose children have a variety of challenges...if they don't have an answer, they can connect you with someone who does...

Attendee - Is there a community center, Facebook, a place, where questions can be posted? Especially about housing?

Attendee FEAT (Families for Early Autism Treatment, www.feat.org) might have something.

Beth - FREED is a great resource. They're very politically active and overlap with a variety of agencies and groups. Active Facebook page. Have a sharing/lending library for assistive technologies - for people to try things before they buy. Lots of advocacy. Helping make homes more user friendly for different disabilities.

Attendee - We've considered an apartment unit for extended family, some people with disabilities, maybe others are looking into that.

Beth - Check with FREED and SEPAC

Attendee - Also 211.

Attendee - There's a real need for something like this. SEPAC may have a website by next year.

Q - Once people are placed in homes, what follow-up (case manager) support is given and for how long? Is there an evaluation/feedback on each client after they "graduate?"

Melissa - That's a question for Alta, but I've worked a lot with them. There's a lot of follow-through.

Sonya - If they live in a licensed care home, it's quarterly visits.

Attendee - Housing is the big issue. When a 4-6 bedroom house is so costly, it's hard.

Melissa - Regulations are so major that it seems family homes are being pushed out. To change it will require new legislation.

Q - (to Beth) Are you on FB?

Beth - I'm on Nevada County Peeps - I see and respond to a lot of stuff there.

Attendee - There's a group that meets monthly at Business and Career Center (formerly One Stop) to compare available resources.

Beth - Contact Carly Pacheco at FREED 530-477-3333 or call 211 to get connected. Transition Age Youth team meets second Thursday of each month.

Attendee - What about older kids, in their 30s?

Beth - There are several agencies depending on the nature of the disabilities. Alta Regional, Department of Rehabilitation at 530-477-2600 (serve people of all ages who want to work), maybe Pride.

Sonya - DOR is now mandated to provide 15% of their budget on TAY. In last two years, improvements.

Attendee - What is range of Transition Age Youth?

Sonya - Technically 16-21 years old, but can go down to 14.

Attendee - Some programs are going up to 26-28 years old. Agencies are supposed to help people of all ages...Alta is lifetime. Always ask about resources.

Building the Network Moment/Collaboration Mixer and Network Announcements – Omitted to give more time to panel and Q&A.

Meeting Evaluations – Attendees filled out evaluation forms.

Adjournment – Next meeting June 6, 2018, Gene Albaugh Community Room, at the Madelyn Helling Library.

2018 CSN Partner Meeting Dates ~ January 3, February 7, March 7, April 4, May 2, June 6, July & August-hiatus, September 5, October 3, November 7, December-hiatus

Community Support Network of Nevada County Meeting Agreements

- Make decisions by consensus.
- Create an atmosphere of mutual respect that includes active listening and listening without judging.
- Start and end on time.
- Maintain a sense of humor and a positive attitude.
- Bring concerns to the whole group. Don't take them to the parking lot after the meeting.
- Set up the room in an inclusive way.
- Take responsibility for a task only if you have the time to accomplish it.
- Everyone is empowered to be a process observer and take ownership for the health of the meeting and is responsible for the health of the whole meeting.
- Be sensitive to others' need for more information. Make sure everyone understands.
- Be careful of injecting your self-interest and label it as such. Be able to layout your agency's interest and be open to other's interests.
- Meetings are meaningful and have a shared purpose.
- This is a living document and can be changed as needed.

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### 40 Developmental Assets – Social Connections – May 2, 2018

Social connections are important, positive when a person has them, very negative when a person has none.

Although not one of the 40 Assets, social connections are central to many and enhance or facilitate others:

#3 Other adult relationships; #15 Positive peer influence; #18 Youth programs; #19 Religious community; #4,10 Caring, Safe in neighborhood; #5,10,24 Caring, Safe at school, Bonding to school; #7 Community values youth; #26 Caring for others; #27 Equality & social justice; #33,34 Interpersonal, cultural competence.

Agencies can encourage parents to have every child engaged in at least one structured, adult (and awesome youth) run activity that includes other youth, e.g. religious organization, team sport, scouts, musical group (chorus, band, orchestra), NEO, Friendship Club, 4H, school club.

To learn more about the 40 Developmental Assets (Got40?), call: 271-5617 or email: [info@Got40.org](mailto:info@Got40.org) or [NedRussell@pacbell.net](mailto:NedRussell@pacbell.net).