



# Redwood Coast Regional Center

Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 2, Issue 5 – Sept 17, 2021

## RCRC Outreach

Redwood Coast Regional Center continues to offer masks and hand sanitizer to our community members at Farmers Markets and Food Distributions throughout our four counties. In Humboldt County Food For People has a Mobile Produce Pantry. See their calendar for the locations they serve here:  
<https://www.foodforpeople.org/programs/mobile-produce-pantry>

Many of the Farmers Markets in Mendocino County will be going all year, but in Humboldt County most go until the last week of October. Farmers Markets in all four of our counties accept Cal Fresh and many will match up to \$10 of produce when using your EBT card.



Lakeport Library Park Farmers Market



Action Network Family Resource Center Food Distribution in Point Arena



Redway Food Distribution with Food For People



Dolores and Jennifer at the Fort Bragg Farmers Market

### Upcoming Outreach Events

- 9/17 Covelo Food Pantry 10am-2pm
- 9/18 Ukiah Farmers Market 10am-1pm
- 9/18 Arcata Farmers Market 10am-1pm
- 9/21 Weitchpec Yurok Tribal Office with Food For People 10:30-1pm
- 9/22 Hoopa Shopping Center with Food For People 10am-1pm
- 9/25 Crescent City Harbor Farmers Market 9am-1:30pm
- 9/28 Lakeport Library Park Farmers Market 10am-1pm
- 10/1 Middletown Farmers Market 5pm-8pm

### **Smart Start Eligibility Wizard for Lake County**

On September 1, First 5 Lake County launched the Smart Start Eligibility Wizard - a one-of-a-kind online resource for local parents and

caregivers of children from birth to age five. This interactive tool goes above and beyond to not only help Lake County families of young children learn about resources in the community, but also to discover which of those programs and services they are likely eligible to receive and begin the application/connection process with a click or tap. It takes less than 5 minutes to enter basic demographic information and instantly receive a list of local programs and services, like childcare, mom groups, home visiting services, and parenting classes that are personalized to your family.

Here is the link to the Smart Start Eligibility Wizard  
<https://smartstartwizard.org/>

Here is a link to a tutorial on YouTube  
<https://www.youtube.com/watch?v=bMlqJhF9qjc>

Visit our Website: [redwoodcoastrc.org](http://redwoodcoastrc.org) and follow us on Social Media:

- <https://www.facebook.com/redwoodcoastregionalcenter>
- <https://www.instagram.com/redwoodcoastregionalcenter/>
- <https://twitter.com/redwoodcoastrc>



## **Parent Academy**

### **New time to accommodate parents' schedules!**

**Wednesday, September 22 3:30-4:30pm (English), Thursday, September 23 3:30-4:30pm (Spanish)**

RCRC Parent Academy series on *Helping Tools for Social-Emotional Health and Development*

Presents: How to Build New Behavior One Step at a Time: Using Shaping Techniques to Improve Communication.

This month, our guest speaker Stephanie Vanlathanith, M.S., BCBA and Clinical Director at Autism Intervention Professionals, will show us how to start small and build on your child's successes one-step at a time using proven evidence based shaping techniques.

**For questions and to receive the zoom link contact us.**

**For English, contact Denise**  
[bctservices2@gmail.com](mailto:bctservices2@gmail.com) 707-489-9972

**For Spanish, contact Jennifer**  
[jgarcia@redwoodcoastrc.org](mailto:jgarcia@redwoodcoastrc.org) 707-616-1976

## **Request for Proposals**

### **Self-Determination Jump Start**

**Redwood Coast Regional Center (RCRC)** is seeking proposals for services to Jump Start people transitioning into Self-Determination at RCRC, in Del Norte, Humboldt, Lake and Mendocino Counties. The purpose of this service is to support people as they transition into Self-Determination at RCRC, to increase the diversity of people participating in Self-Determination, and to assist currently underserved people to access Self-

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Determination for needed services and supports.

For more details on and before beginning work on the proposal or if there are any questions regarding this RFP, it is **strongly recommended** that interested parties contact: Sheila Keys, Self-Determination Community Resource Manager, [Skeys@redwoodcoastrc.org](mailto:Skeys@redwoodcoastrc.org)

**Proposals must be submitted to: Sheila Keys, Self-Determination Community Resource Manager, [Skeys@redwoodcoastrc.org](mailto:Skeys@redwoodcoastrc.org) by 5:00PM on October 31st, 2021.**

## **Self Determination Advisory Committee**

The Self-Determination Advocacy Committee (SDAC) is seeking to fill TWO positions; one in Del Norte and one in Humboldt. This committee meets once a month on the third Friday to review the development and progress of the self-determination program and to offer ongoing recommendations. Ideally, we would like to have a client or a family member in both positions. These positions remain open until filled. Contact Sedona Bowser for more information (707) 445-0893 ext. 363  
[sbowser@redwoodcoastrc.org](mailto:sbowser@redwoodcoastrc.org)

## **VSP Event in November Canceled**

**VSP has determined that it is safest to cancel the November 8 and 9 in Eureka and November 10 and 11 due to the rise in COVID cases.**



**UPDATE ON THE MHSA F.A.S.T. GRANT (Families and Supports Together)**

**MENTAL HEALTH SERVICES ACT**

**Department of Development Services**

**Fiscal Years 2020/2021 through 2022/23**

**Did you know** that Redwood Coast Regional Center was awarded its first 3-Year MHSA (Mental Health Services Act) Grant in 2020 by the Department of Developmental Services? We are entering Year Two of the “Families and Supports Together” (F.A.S.T. Grant) with lots of good news to report. Our Grant is committed to building up the network of social-emotional supports for children 0-5 years old in all 4 counties – with special focus on promoting evidence-based practices (proven practical strategies that work!); and hosting events/trainings to equip and encourage our network of great parents, caregivers, and providers with shared strategies, effective tools, and family-friendly resources and supports.

This year we are excited to report that Dr. Robin Kissinger and the Northcoast Nurture Center has introduced “The Incredible Years” program to support children 0-5 with complex needs in Humboldt and Del Norte Counties (expanding to Mendocino County); Autism Intervention Professionals developed the Remote Caregiver Coaching Program with our former Executive Director Dr. Richard Blumberg to reach out and better support families in need in outlying areas in all 4 counties utilizing blue-tooth technology; and Easter Seals Northern California has expanded their excellent Early Start Services for kiddos 0-3 to providing services to eligible children 3-5 in Lake County (expanding to Mendocino County). Our F.A.S.T. Grant goal is bring all these high quality services to families in all 4 counties by the end of Year Three. Look for more info on each of these exciting programs in upcoming newsletters.

**MARK YOUR CALENDARS:**

Our MHSA F.A.S.T. Grant is pleased to bring to RCRC monthly Parent Academies and quarterly Provider Academies by experts in their fields (by Zoom in 2021) – all with the vision to make a “real-world” difference in the lives of our clients and families. To receive a Zoom link, please RSVP to [bctservices2@gmail.com](mailto:bctservices2@gmail.com).

**Parent Academy: English September 22, 2021 Spanish September 23, 2021 3:30-4:30 p.m.** “HOW TO BUILD NEW BEHAVIOR ONE STEP AT A TIME: Using Shaping Techniques to Increase Communication and Your Child’s Cooperation” presented by Stephanie Vanlathanith, M.S., BCBA, Clinical Director of Autism Intervention Professionals

**Provider Academy: September 29, 2021 12:00-1:00 p.m.** RELIEVING LONG-TERM STRESS IN CHILDREN, FAMILIES, AND PROVIDERS – presented by Dr. Lucille Esralew, Lead Psychologist, Department of Developmental Services

**Newsletter Contributions**

If you have something you would like to contribute to our newsletter, please send it to [jgarcia@redwoodcoastrc.org](mailto:jgarcia@redwoodcoastrc.org) by the first or third Wednesday of the month to be included in the following Friday’s newsletter. As the newsletter grows, we are hoping to receive stories from our community.

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