



Redwood Coast Regional Center

Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 2, Issue 9– November 19, 2021

RCRC News

Our Diversity Outreach team has been busy raising awareness at many farmers markets and food distribution events. Check out our upcoming events a little farther down in this newsletter and mark your calendar for

December 3rd 12-2pm for our Community Forum in Ukiah. We are also looking forward to participating in the Ukiah Light Parade on December 4th and the Eureka Truckers Parade on December 11th.

RCRC Staff Spotlight



This Saturday marks 15 years that Dr. Smalley has dedicated her professional career to Redwood Coast Regional Center and the clients we serve. Since April 2020, she has stepped up as our Executive Director to continuously guide and lead us towards our North Star and our staff truly appreciates her. Thank you, Kim for all you have done and continue to do for our employees, our clients and our communities. Leading RCRC during a global pandemic, through challenging mandates, a national workforce shortages (etc.) cannot be an easy feat and your determination in moving us forward is commended.

Here is a photo of Dr. Smalley this year on Halloween.



Upcoming Outreach Events

11/19 Covelo Food Pantry 76300 Grange Street
10am-2pm

11/23 Hoopa Shopping Center with Food For
People 10am-1pm

11/27 Lakeport Dickens Fair and Holiday Market
11am-6pm

12/1 Fortuna Adventist Community Services
with Food For People 10am-12pm

12/3 RCRC Community Meeting for Equity and
Access to Services- Ukiah Valley Conference
Center 12-2 hybrid in person/zoom

12/4 Ukiah Light Parade 5:30-7pm

12/11 Eureka Truckers Parade 6-7:45

12/18 Hmong Community Food Distribution at
Bess Maxwell School, Crescent City 10am-1pm

12/19 Shoe Ceremony TBA

Parent Academy

**The next Parent Academy will be December 15
(English) and December 16 (Spanish)**

Denise Keller will be presenting on "Tips for
Enjoying the Holidays with your Special Needs
Child"

Healthy and Happy Holidays

What do you think about when holidays approach? Special food? Decorations? Time with friends and family? Traditions to be visited or created? Or do you find yourself stressing over how "this year will go?" Holidays can be a time filled with joy and great memories, but for some individuals with special needs and their families, the holidays can mean a time of stress, unpredictability, and concerns over meeting expectations of what a holiday "should" be.

Preparing your child in advance can help make your holiday, whatever it might be, less stressful and more joyous. Join us for our December Parent Academy "Tips for Enjoying the Holidays with Your Special Needs Child" where we will share tips and guidelines for dealing with the changes in routines; extra stimulation from different sights, smells, and sounds; increased level of activity and getting ready for happy holiday visitors and events that can be enjoyed by all.

Everyone – parents and providers – are welcomed to this Zoom Academy and a question and answer period will follow the presentation.



English December 15 from 3:30-4:30 p.m.
Spanish December 16 from 3:30-4:30 p.m.

For questions and to receive the zoom link contact us.

Denise (English) bctservices2@gmail.com 707-489-9972

Jennifer (Spanish) jgarcia@redwoodcoastrc.org 707-616-1976

Hope to see you soon – and best wishes for Happy and Healthy Holidays!

Community Meeting for Equity and Access to Services

REDWOOD COAST REGIONAL CENTER invites you to a **Community Meeting for Equity and Access to Services**

At the Ukiah Valley Conference Center
FRIDAY, DECEMBER 3, 2021
12PM– 2PM

LUNCH WILL BE PROVIDED FOR IN-PERSON PARTICIPANTS (YOU MUST RSVP BY 11/22)

REGISTER BY NOVEMBER 22 TO RECEIVE A LUNCH AND LET US KNOW IF YOU PREFER VEGETARIAN OR NON-VEGETARIAN

LET US KNOW IF YOU PREFER TO PARTICIPATE VIA ZOOM AND A LINK WILL BE PROVIDED.

This meeting will be bilingual Spanish/ English.

OUR PARTNERS AT 24 HOUR HOME CARE WILL HAVE A TOY DRIVE ONSITE AFTER THE MEETING

To register contact Jennifer 707 616-1976
jgarcia@redwoodcoastrc.org

Visit our Website: redwoodcoastrc.org and follow us on Social Media:

<https://www.facebook.com/redwoodcoastregionalcenter>
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START Survey

We would like to invite you to participate in a survey about your services. The goal is to determine what services are currently working well and what improvements are needed.

This survey will allow us to determine how to implement services using the START model (Systemic, Therapeutic, Assessment, Resources, and Treatment) in our area.

The START program is person centered and uses positive psychology and other evidence-based practices. The START service supports independence, treatment, and community living for people with IDD and mental health needs.

When answering the questions in the survey about services in your community, please think about “community” as the area in which you can realistically access needed services. At the end of the survey, tell us about any additional gaps in service that you would like us to be aware of.

Please complete the survey by November 30, 2021.

Please take a few minutes to complete this survey by clicking on the link below.

https://unh.az1.qualtrics.com/jfe/form/SV_9QzIwrAHLmgEnvE

If you have any problems with the link above, please feel free to email me at jpadilla@redwoodcoastrc.org or Ann Klein (CSS) at ann.klein@unh.edu and we will be happy to assist.

We sincerely appreciate your help as we work together to enhance services for our clients. Thank you for your time.



YOU AND YOUR LOCAL FAMILY RESOURCE CENTER (FRC)

Did you know Family Resource Centers are located in every County in California and are here to support and encourage parents? Being a parent is a joy – it is also a big job. Regional Centers like RCRC focus on the individual child or client who has been determined eligible for our Services – either through Early Start (serving children 0-3) or our Status 2 Services for over-three clients. Family Resource Centers (FRC's) are a “companion” service to Regional Centers in every County. Family Resource Centers focus on the family – as their name suggests. While they also provide services to support an individual client, their mission extends beyond the individual client to the family – and beyond that to the community in which they are located. The strongest system of support is when the Regional Center partners with the local Family Resource Center to ensure the client and family have a solid network of support to meet their needs.

Every Family Resource Center is different – there is no one “template” for what they offer, but each is rather customized to their local community and its needs. As an example – Lake County has experienced serious “year after year” fires – and the local Family Resource Center (LFRC) offers a “Fire Survivors Group” as that is one way to support families in their community according to local needs. Individual FRC's offer an array of diverse services like Prenatal Groups for Parents, Diaper Depot!, Parenting Classes, Emergency Assistance (including temporary shelter) and much, much more. You can find out contact information for your local FRC and more about what they might

offer your family on the RCRC Resource Padlet for Parents located on our RCRC website.

BRAND NEW! Based on the Governor's signed legislation in June is the addition to many Family Resource Centers of a Community Navigator Program dedicated to helping clients and their families locate, be informed about, and utilize available resources in their community.

Comprehensive Employment First Resource Review

Join State Council on Developmental Disabilities for a whirlwind tour of tools and resources designed to advance competitive, integrated employment for people who have disabilities! Hear from employment experts from across the USA, December 1 from 11 – 12:30. Click here to register

https://us02web.zoom.us/webinar/register/WN_fhNfjnCpRqyBa58rJ43N5g

2022 Youth Leadership Forum for Students with Disabilities

The California Committee on Employment of People with Disabilities (CCEPD) staff office is now accepting applications for the 2022 Youth Leadership Forum for Students with Disabilities (YLF), **tentatively scheduled for July 17-22.**

The YLF is a six-day residential self-advocacy and leadership development program for students with disabilities. Post-YLF workshops of specific topics have been added after the weeklong event. If there are any in-person restrictions due to the COVID-19 pandemic, the YLF may be held virtually via Zoom or in a hybrid format.

Visit our Website: redwoodcoastrc.org and follow us on Social Media:

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Students must complete an application, write an essay and provide letters of recommendations. Students will also be interviewed by a YLF partner team in their local communities. This is a competitive process and not all students will be selected. Applicants must be sophomores, juniors or seniors during the 2021-22 school year ending by June 30, 2022, to be eligible to apply. All selected delegate's expenses are sponsored through a public-private partnership.

YLF applications must be completed electronically and emailed to ylf@dor.ca.gov. **The deadline to apply is December 17, 2021.**

The 2022 application and related documents, including an outreach flyer (attached), can be found at <https://www.dor.ca.gov/Home/YLF>.

For other questions, please call the CCEPD office at 855-894-3436 or email us at YLF@dor.ca.gov.

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

LOOKING TOWARD A BRIGHTER FUTURE – RESOURCES FOR FOSTER FAMILIES (AND THOSE WORKING WITH THEM)

Heads-Up! First Five Lake County, in conjunction with Child Welfare Services and Chabot Las Positas Community College, is hosting a series of high quality FREE webinars to help foster parents of children 0-5 (and those who work with them) to learn some great skills and truths for helping these kiddos lead healthier and happier lives. All Foster families and Social Workers are welcome. Register early to reserve your spot.

- **Tuesday, Nov. 30th 10am-11:30am** - Zach Mercurio, PhD "**The Power of Mattering**" Research shows that experiencing mattering - knowing how you are a significant part of the world around you - is a key protector against anxiety, depression, and stress, and can inspire resilience. Author and researcher, Zach Mercurio will review the science and evidence-based practices of creating mattering for ourselves, our peers and the children and communities we serve. Register here:
 - <https://www.eventbrite.com/e/the-power-of-mattering-tickets-183645447477>
- **Friday, Dec. 10th 10am-11:30am** - Erika Christakis "**The Importance of Being Little**" New York Times best selling author, Erika Christakis, will discuss the science and impact of PLAY in the early years and how to teach and interact with young children in the ways that they are wired to learn. Erika is a member of the National Advisory

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Board of Defending the Early Years. A former faculty member of the Yale Child Study Center, she has written widely about child development from preschool through the college years. Erika is an honors graduate of Harvard College, where she majored in anthropology, and holds master's degrees in public health, communication, and early childhood education. She is a Massachusetts-certified teacher (pre-k through 2nd grade) as well as a licensed preschool director. Register here:

<https://www.eventbrite.com/e/the-importance-of-being-little-tickets-199371083277>

- **Date Pending in December** - Hope Forti and the staff of [Families Together](#) will provide a panel discussion including reflections from current/former foster parents, former foster youth, and foster neighbors about lessons learned and keys to supporting children in the foster care system well.
- **Monday, Jan. 17th 11:30-1:00pm** - Camille Catlett "**Using Children's Books to Promote Inclusion**" MARK YOUR CALENDAR! Registration will open in December and the link will be posted on the First 5 Lake website.
- **Tuesday, Feb. 8th 10:30am-12:00pm** - Marcie Hambrick, PhD "**The Brain's Developmental Windows in Childhood for Learning Consent.**" MARK YOUR CALENDAR! Registration will open in December and the link will be posted on the First 5 Lake website.

or children who are at-risk in mind as the target audience, but may be valuable to anyone and are open for all to attend. Recordings of trainings are not guaranteed - as each speaker has different preferences. You are encouraged to register even if you are unsure if you will be able to attend so that you will be informed if a recording of the training is made available (frequently, speaker agreements specify that recordings can only be made available to registered attendees and not posted publicly).

Covid-19 Vaccine Clinics

Need a Covid-19 vaccine?

You can register for a vaccine appointment and look for more vaccine clinics at Myturn.ca.gov

Newsletter Contributions

Thank you to those who have contributed. If you have something you would like to contribute to our newsletter, please send it to 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.

All of these trainings are offered with foster parents, child welfare social workers, and those working with children in the foster care system

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