

CAC Training
Thursday, December 2, 2021
By Zoom Video 4:00 to 5:00 p.m.

CAC Members Present: Bill Lacy and Will Lewis

CAC Members Absent: Trixie Galletti, Dave Matson and Keith Peoples

RCRC Staff Present: Drena Belger: Service Coordinator-Eureka, Alex Bland: Client Advocate for Lake/Mendocino Counties, Kim Orsi: Executive Assistant, Dr. Kim Smalley: Executive Director, Erica Tarens: Service Coordinator Crescent City

Others Present: Julie Eby-McKenzie: North Coast Director of the SCDD, Tamera Leighton: RCDSC Board President, Mike Sawyer: RCDSC Board of Directors, Enrique Uolla: Spanish Translator

Today's CAC is a training discussion with Julie Eby-McKenzie, Director of the North Coast Office of the State Council on Developmental Disabilities.

CAC Chair, W. Lewis called for introductions and asked J. Eby-McKenzie to begin her presentation discussion, "Leadership Basics".

What makes a good self-advocate/leader and what are their important characteristics? Answers included:

- Honesty
- Integrity
- Talk with people to get to know them and listen to their wants and needs and help advocate for them.
- Assist one another and get people together to develop a better understanding of needs and challenges.
- Learn values and goals and stick to them

J. Eby-McKenzie shared the Think-Plan-Do approach that not only helps get things done but also includes being a good listener.

Becoming a good leader and an advocate for others includes thinking about your own story, what's important to you and how to share your story with others. Knowing how to share your story will also help other board members to understand how decisions and policies could impact you as well as others receiving services. You cannot stop with your own perspective or your own story if you are going to act as a spokesperson for others receiving services.

Listen to others served by RCRC and learn about what is important to them. Listen well to understand their issues as they may not be the same as yours. W. Lewis commented that it is his hope that the CAC meetings will be a place where people will come to share their stories and experiences.

J. Eby-McKenzie shared the following resources:

SARTAC (Self-Advocacy Resource and Technical Assistance Center): <https://www.selfadvocacyinfo.org/>
This resource has videos stories with self-advocates and what it means to be a self-advocacy leader. It also shares information about what advocacy is and what is not advocacy.

CAC Training
Thursday, December 2, 2021
By Zoom Video 4:00 to 5:00 p.m.

Autistic Self Advocacy Network: <https://autisticadvocacy.org/> This Network is good at speaking up for all people with developmental disabilities. They work on policies and have policy toolkits available in plain/easy read language. This Network is also very involved with getting people with disabilities to register to vote and vote in elections.

Self-Advocacy Board of Los Angeles County: <https://www.facebook.com/SABLACounty/> This is a fierce group of self-advocates. They do not have a website; however, they do have a Facebook page if you would like to follow them.

Statewide Self-Advocacy Network (SSAN) with the State Council on Developmental Disabilities: <https://scdd.ca.gov/selfadvocacy/> This group talks about statewide issues. Nathaniel Flores is the representative for the RCRC Region. All meetings are run by self-advocates and not the facilitators. Their next meetings will be held on December 8th and 9th.

Leadership is learning what it is that others are doing and what they think is important, not only within the RCRC region but also statewide. By attending a statewide meeting, you could see and hear about issues that may also be the same issues that you or someone you know might be having. This would bring depth and understanding of issues that you can bring to this board and provide a different perspective, to understand what it is to live life as a person with a developmental disability in your community.

As the CAC grows this committee will have a vision for where you can go. As members of the board, you have the power to influence and set policy and provide direction for the regional center.

In closing J. Eby-McKenzie reminded the CAC about Think-Plan-Do approach:

- Think about what you want
- Plan how to get there
- Put that into action
- Listen

J. Eby-McKenzie called for questions and comments. T. Leighton recommended that the CAC might want to consider attending an Alliance of Service Providers (ASP) meeting to meet the providers and share information about the CAC.

J. Eby-McKenzie is available by telephone: 463-4700 or by email at julie.eby-mckenzie@scdd.ca.gov

The next CAC meeting will be held by Zoom on Thursday, January 6, 2022 from 4:00 to 5:00 p.m.

Respectfully submitted by:
K. Orsi, Executive Assistant

CAC Training

Thursday, December 2, 2021

By Zoom Video 4:00 to 5:00 p.m.

<p><u>Acronyms:</u></p> <p>AB: Assembly Bill</p> <p>ADA: Americans with Disabilities Act</p> <p>ARCA: Association of Regional Center Agencies</p> <p>ASD: Autism Spectrum Disorder</p> <p>ASP: Alliance of Service Providers</p> <p>BCBA: Board Certified Behavioral Analyst</p> <p>CAC: Client Advisory Committee</p> <p>Cal-ABLE: California Achieving a Better Life Experience</p> <p>Cal-OSHA: California Occupational Safety and Health Act</p> <p>CARF: Commission on Accreditation of Rehabilitation</p> <p>CCL: Community Care Licensing</p> <p>CDC: Center for Disease Control</p> <p>CDER: Client Development Evaluation Report</p> <p>CPP: Community Placement Plan</p> <p>CRA: Clients' Rights Advocate</p> <p>CRDP: Community Resource and Development Plan</p> <p>DDS: Department of Developmental Services</p> <p>DHHS: Department of Health and Human Services</p> <p>DSP: Direct Support Professionals</p> <p>EBSH: Enhanced Behavioral Home</p> <p>ED: Executive Director</p> <p>EVV: Electronic Visit Verification</p> <p>HCAR: Humboldt Community Access and Resource Center</p> <p>HDO: Housing Development Plan</p> <p>HSU: Humboldt State University</p> <p>I/DD: Intellectual/Developmental Disability</p> <p>IEP: Individualized Education Program</p> <p>IFSP: Individual Family Service Plan</p>	<p>Updated 11/10/21</p>	<p>ILS: Independent Living Service</p> <p>IPP: Individualized Program Plan</p> <p>LCSW: Licensed Clinical Social Worker</p> <p>MHSA: Mental Health Services' Act</p> <p>MSW: Master of Social Work</p> <p>NCI: National Core Indicator</p> <p>OCRA: Office of Clients' Rights Advocacy (See CRA)</p> <p>OPS: Operations</p> <p>PEP: Purchase of Services Expenditure Projection</p> <p>PPE: Personal Protection Equipment</p> <p>POS: Purchase of Services</p> <p>RAC: Regional Advisory Committee</p> <p>RCDSC: Redwood Coast Developmental Services Corporation</p> <p>RCHDC: Rural Communities Housing Development Corporation</p> <p>RCRC: Redwood Coast Regional Center</p> <p>SCDD: State Council on Developmental Disabilities</p> <p>SDP: Self Determination Program</p> <p>SLS: Supported Living Service</p> <p>SB: Senate Bill</p> <p>SELPA: Special Education Local Plan Area</p> <p>SSI: Social Security Income</p> <p>SSP: State Supplementary Program</p> <p>START: Systemic, Therapeutic, Assessment, Resource and Treatment</p> <p>UVAH: Ukiah Valley Association of Habilitation</p> <p>WIC: Welfare and Institutions Code</p>
---	-------------------------	---