



# Redwood Coast Regional Center

Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 3, Issue 1– January 7, 2022

## **RCRC News**

Happy New Year! RCRC teamed up with the Hmong Cultural Center of Del Norte to provide 55 families with bags of cultural foods and large bags of rice, which was greatly appreciated by the Hmong community of Del Norte County. We look forward to a similar food distribution on January 22 for the Lao and Hmong communities of Humboldt County through our partnership with NorCal Lao and New Hmong Rising, two non-profits based in Eureka.

In December, we also joined up with LatinoNet and Paso a Paso to provide running shoes to over 45 families. Santa Claus and the Grinch also made an appearance. This was all possible through the tireless work of our friend, Jorge Matias. Be sure to catch him on Facebook Live Fridays at 6:30 for Baile Terapia.

We have many more events and projects to look forward to in 2022. We are excited about our partnership with Two Feathers Native American Family Services and a community dinner we will take part in later this month in Hoopa.



Hmong Cultural Center of Del Norte Cultural Food Distribution on December 18



LatinoNet/Paso A Paso Shoe Ceremony on December 19



## Redwood Coast Regional Center

### **Upcoming Outreach Events**

- 1/10 Laytonville Farmers Market 2-5pm
- 1/11 Redway with Food For People 10am-12pm
- 1/13 Orleans Karuk Senior Center and Health Clinic 10:30am-1:30pm
- 1/14 Pt Arena Action Network FRC Food Distribution 2-5pm
- 1/15 Ukiah Farmers Market 9-am-1pm
- 1/18 Weitchepc Yurok Tribal Office 10am-1pm
- 1/19 Fort Bragg Farmers Market 2-4pm
- 1/20 Willits Farmers Market 2-5pm
- 1/20 Loleta Food Distribution 3-5pm
- 1/21 Round Valley Food Distribution in Covelo 10am- 2pm
- 1/22 NorCal Lao and New Hmong Rising Food Distribution in Eureka 10am-1pm
- 1/25 Community Dinner Hoopa Valley High School Cafeteria 5:30-7:30
- 1/26 Hoopa Shopping Center 10am-1pm
- 1/29 Lakeport Farmers Market 10am-1pm

### **Parent Academy**

Each month we have a presentation funded by our MHSA Grant. The target audience of these presentations are parents of children ages 0-5, but the information that is covered is also great for parents of children of any age.

**The next Parent Academy will be January 26 (English) and January 27 (Spanish) 3:30-4:30pm**

**For questions and to register for the zoom link please contact us.**

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

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

***Hope to see you soon***



**Department of Developmental Services (DDS) Early Start Cultural Humility Series**

January - April 2022

Meetings are Tuesdays from 9:30-11:30am

**Who May Participate?**

The Cultural Humility series is open to all members of the Early Start community: Early Start service providers, service coordinators, family support professionals, and administrators; family members and caregivers; and professionals from other systems serving young children and their families.

Register here:  
[www.cpeionline.net](http://www.cpeionline.net)

**Request for Proposals (RFP) for implementation of Systemic Therapeutic Assessment Resources and Treatment (START) services**

Redwood Coast Regional Center is pleased to announce the release of a Request for Proposals (RFP) for implementation of *Systemic Therapeutic Assessment Resources and Treatment (START)* services in Del Norte, Humboldt, Lake and Mendocino counties. *Start-up funding available for this project is \$300,000.* RCRC is seeking a service provider with interest and/or experience in supporting people with intellectual or developmental disabilities with co-occurring behavioral health needs

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>

to operate the START services model in *Del Norte, Humboldt, Lake and Mendocino counties.*

The primary intervention in the model consists of strengthening the service system's ability to successfully engage individuals with IDD by focusing on quality of life, improving access to services, identifying gaps in the system, and improving competencies for all stakeholders. This model includes planning activities that focus on the individual receiving support from the START team, including ongoing assessment of biopsychosocial factors contributing to challenges, a determination and assessment of strengths of the individual and team, systemic engagement and consultation, cross systems crisis prevention and intervention planning, comprehensive service evaluations, clinical, medical and other interdisciplinary consultation and collaboration and all other planned clinical team activities.

To view the full RFP document please visit RCRC's website at :

<https://redwoodcoastrc.org/providers/request-for-proposals/>

If you have additional questions or are planning to submit a proposal, after reviewing the full RFP documents, please contact Jonathan Padilla, Director of Community services at: (707) 462-3832, Ext. 289 or [jpadilla@redwoodcoastrc.org](mailto:jpadilla@redwoodcoastrc.org)



**Serie de Educación Especial Para  
Padres en Español/ Special  
Education Series For Parents in  
Spanish**

¡Conviértase en el mejor defensor de su hijo/a!

Una serie gratuita de tres partes para padres EN ESPAÑOL

Todas las sesiones serán de 1:00 a 3:00 PM por Zoom.

24 de enero del 2022 — Estrategias del IEP: Use el proceso del IEP de manera efectiva para obtener lo que su hijo/a necesita.

Presentadora: Sofia Cervantes, Defensora del Consejo Estatal de Discapacidades del Desarrollo, Los Ángeles

31 de enero del 2022—Evaluaciones de educación especial: La base de las buenas metas. Presentador: Christofer Arroyo, Gerente Regional del Consejo Estatal de Discapacidades del Desarrollo, Los Ángeles

7 de febrero del 2022—Quejas estatales por incumplimiento y el debido proceso: qué hacer cuando no está de acuerdo con su distrito escolar. Presentador: Clifford Black, defensor de los derechos de los clientes, Disability Rights California Regístrese solo una vez: seleccione las sesiones a las que desea asistir.

ORGANIZADO POR:

State Council on Developmental Disabilities  
La Oficina de North Coast  
505 S. State Street, Ukiah, CA 95482  
(707) 463-4700 northcoast@scdd.ca.gov

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>

Regístrese:

[https://us02web.zoom.us/meeting/register/tZwrc-](https://us02web.zoom.us/meeting/register/tZwrc-GorD4jG9dMI4aOThMcrV9ev39RRmBu)

[GorD4jG9dMI4aOThMcrV9ev39RRmBu](https://us02web.zoom.us/meeting/register/tZwrc-GorD4jG9dMI4aOThMcrV9ev39RRmBu)

**First 5 Lake FREE Webinars**

At First 5 Lake, we are continuing to add new opportunities to our line-up of FREE webinars in conjunction with Lake County Child Welfare and Chabot-Las Positas Community College District! Here is the updated menu of high-quality training offerings coming up SOON:

- **Moving from ACEs to HOPE - January 11th, 12:00-1:30pm** - with Dr. Jeff Linkenbach, Director and Chief Research Scientist at The Montana Institute, will provide an overview of HOPE (Healthy Outcomes from Positive Experiences) and present some of the data showing how positive childhood experiences can mitigate the impact of ACEs, build resilience and improve health outcomes.  
Register here:  
<https://www.eventbrite.com/o/first-5-lake-county-35520927063>. **Space is limited and this one is filling up fast**, be sure to secure your spot today.
- **Using Children's Books to Promote Inclusion - Monday, Jan. 24th 11:30-1:00pm** - with Camille Catlett, Scientist and Senior Technical Assistance Specialist at the



University of North Carolina's Frank Porter Graham Child Development Institute. It is hard to be what you can't see! This engaging and highly practical training will show you how to use children's books to help all children see themselves as valuable and to respect the differences of others. **Participants will receive two free recommended children's books!** Register here: <https://www.eventbrite.com/o/first-5-lake-county-35520927063>.

- **The Brain's Developmental Windows in Childhood for Learning Consent - Tuesday, Feb. 8th 10:30am-12:00pm** - with Marcie Hambrick, PhD, Director of Child Sexual Abuse Prevention at Prevent Child Abuse Vermont. In this training you will: a) understand the skills involved in respecting consent b) learn the developmental connections between childhood empathy and adult actions c) learn brain science findings on empathy and the optimal developmental window to acquire it d) learn about primary prevention strategies beginning in early childhood to prevent child sexual abuse and perpetration. You will receive practical steps you can take to teach children empathy-based consent. Register here: <https://www.eventbrite.com/e/the-brains-developmental-windows-in-childhood-for-learning-consent-tickets-221081660197>

All of these trainings are offered with foster parents, child welfare social workers, and those working with children in the foster care system or children who are at-risk in mind as the target audience, but would 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). To stay up to date on what trainings are being offered, follow our EventBrite page to receive information as soon as registration becomes available for each training:

<https://www.eventbrite.com/o/first-5-lake-county-35520927063> follow our EventBrite page

You can find printable flyers for each of these trainings at <https://drive.google.com/drive/folders/1j0bUU6v19Pwv2z4StGARxOIXVMaABfs8?usp=sharing>

### **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**

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<https://twitter.com/redwoodcoastrc>



## **Project SAFEE (Self-Advocates for Emergency Education)**

Project SAFEE (Self-Advocates for Emergency Education) is a new team of self-advocates from across California united for the purpose of providing emergency education and social awareness. In 2021, they developed their project, mission statement, outreach plan and flyer, and educated 100+ people with I/DD/FA/Professionals on COVID-19 Vaccine and Vaccine Hesitancy throughout California communities. They have identified their goals for 2022 and are preparing to launch a new statewide project focusing on emergency preparedness and first aid/CPR, partnering with American Red Cross.

### **Interested in keeping your community safe?**

**Please join us for one of our meetings:**

**Every 1st & 2nd Friday of the month  
from 8:30-10:00am**

We welcome you to learn and participate:

- Promote safety awareness
- Commit to attend every meeting
- Show professionalism and good attitude
- Have a strong voice for leadership and education
- No experience necessary but dedication required

### **For more information about the next Zoom meetings**

Please contact:

Debbie Marshall at (619) 913-8232 or email

[debbie.marshall@scdd.ca.gov](mailto:debbie.marshall@scdd.ca.gov)

Sarah May at (530) 895-4027 or email

[sarah.may@scdd.ca.gov](mailto:sarah.may@scdd.ca.gov)

## **Self Determination Advisory Committee**

### **Attention Self-Determination Participants and Families!**

RCRC and SCDD host a monthly Self-Determination Advisory Committee (SDAC) meeting on the third Friday of each month from 10:00am-12:00pm via Zoom. This committee reviews the development and progress of the Self-Determination program and offers ongoing recommendations. This group is made up of clients, family members, Regional Center employees and service providers. Self-Determination Advocacy Committee (SDAC) is seeking to fill TWO positions; one in Del Norte and one in Humboldt. We would like one of these new committee members to be a representative from a Family Resource Center. SDAC is seeking active participants and interested parties to attend these meetings and share their experiences and questions. Please contact Sedona Bowser at 707-445-0893 ext 363 or [sbowser@redwoodcoastrc.org](mailto:sbowser@redwoodcoastrc.org) to request the Zoom invitation. We hope to see you at our next meeting, January 21, 2022

### **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](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.

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

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