

# REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt, Lake, and Mendocino County



## Positive Psychology with Proof Positive

REDWOOD COAST REGIONAL CENTER PROMOTES WELL-BEING

By Amy Neff, RN and Dr. Wendy White

**W**hat inspired you to connect with Proof Positive.

**Amy:** Wendy and I were very fortunate to be invited to attend the Proof Positive Learning Institute in mid-2023. Technically, I jumped in last-minute as an opportunity arose. I found out about Proof Positive on a Thursday and was in New Jersey by the following Monday! Very rarely do such spontaneous things happen to me, but some of the best things in my life have literally been thrown in my path. As a mother of a child on the Autism spectrum, I felt pulled in a very personal way. Proof Positive's Mission of making the science and skills of happiness accessible to everyone speaks to me at my core.

**Describe the training and how it**



Character Strengths exercise at RCRC's Proof Positive all staff training.

**can help others learn about positive psychology.**

**Wendy:** During each section of the training we provided, Amy and I were able to provide the basic info, talk about how we can incorporate the practices into our own lives. We also tied back each section to how we are able to use the tools to help support our clients and their families.

**Amy:** Using the science of positive psychology, Proof Positive believes that wellbeing is a skill that is learned,

Continued on next page

## Days to Remember

- April is**  
National Autism Awareness Month
- April is National Deaf History Month**
- April is National Arab American History Month**
- April 1st**  
Cesar Chavez Day  
*RCRC offices closed*
- April 1st**  
April Fools' Day
- April 2nd**  
World Autism Awareness Day
- April 22nd**  
Earth Day



# Autism Awareness Month



# Positive Psychology with Proof Positive

Continued from previous page

and that everyone, including people with Autism, deserve to flourish. Proof Positive provides evidence-informed, readily available, downloadable, FREE materials on their website. The RCRC staff trainings were designed to introduce the concept of positive psychology, provide background and objectives of Proof Positive as a non-profit organization, and exposure to and practice of Proof Positive's six core skills: Character Strengths, Strength Spotting, Jolts of Joy, What Went Well, Showcase the Good, Positivity Portfolios, and PERMA+ (Positive emotions, Engagement, Relationships, Meaning, Accomplishments, and Health). By incorporating positive psychology practices into our lives, we build resilience, savor the good, improve our daily experiences, health, and the overall quality of life. We hope that staff will incorporate positive psychology practices into their own lives and share these resources with our clients and community.

## How have you incorporated it into your own work and life?

**Wendy:** I have started using an alarm just before bedtime that prompts my family to stop what we are doing and share our jolts of

joy from the day. I ask questions to spark their thought about the 10 big positive emotions. In recent weeks we have expanded the Jolts of Joy practice to include "What Went Well" and what we are looking forward to the next day. I have also done the Via Character Strengths survey with my husband and will be doing it with my kids next.

**Amy:** I started a daily gratitude journal last June and have been shocked at how much impact it's made in my life. Every morning while sitting in my kitchen and enjoying my first cup of coffee (and before anything else), I write down five things that I'm grateful for. It's taken me some time to trust that I can be grateful without fear of loss, so I write down five things that I am hopeful for as well. My daughter just recently started a gratitude journal, too. I know it will take some time to sink in for her, and she will need some guidance, but I am confident that by incorporating these practices, her mindset will shift, her confidence will improve, and the good stuff will stand out for her. Also, she was able to complete the VIA Character Strengths survey and together we created a one-page profile which we have shared with her school and ABA team. We are currently practicing identifying strengths in ourselves and others.

## Describe one of the practices that people could try in their daily life.

**Amy:** One thing both Wendy and I did right away was incorporate a "Jolts of Joy" alarm on our phones. I think this is a simple, quick, daily tool that reminds us to do something nice for ourselves, share some joy with others, or to think about something good that has happened during the day. I recommend an alarm with a song that you really like and don't mind hearing every day. There is so much available material. We invite everyone to explore and start with a practice that speaks to them.

**Wendy:** A fun idea is to try and start Strength Spotting with known characters on favorite TV shows as we watch them together. Hoping this will be a good way to help it transfer to friends and family members!



You can find Proof Positive readily available, free downloadable tools at [proofpositive.org/skill-center/](https://proofpositive.org/skill-center/)



Dr. Wendy White and Amy Neff, RN teaching the RCRC staff Proof Positive Skills.



## April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <i>Cesar Chavez Day</i> <i>RCRC Closed</i> <i>April Fools' Day</i>	<b>2</b> <i>World Autism Awareness Day</i>	<b>3</b>	<b>4</b> I.D.E.A. Parent Group 5:30-6:30pm 1116 Airport Park Blvd., Ukiah	<b>5</b> Autism Parent Support Group 11am-12pm Zoom	<b>6</b> Celebrate Autism Outdoor Event 12-4pm Library Park Lakeport
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> I.D.E.A. Parent Group 5:30-6:30pm 200 Main st. Point Arena <hr/> National Siblings Day Webinar 10:00-12:00 Webinar	<b>11</b> Spanish Speaking Parent Group 5pm, 180 3rd St. Lakeport <hr/> Multiplicity Support Group 5-6pm, 2755 Mission Rancheria Rd. Lakeport	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Multiplicity Parents Group 3:00-4:30pm 344 Humboldt Ave. Redway	<b>17</b> Medical vs. Educational 5:30-6:30pm 1116 Airport Park Blvd Ukiah	<b>18</b> I.D.E.A. Parent Group 6-7pm, 180 3rd st. Lakeport	<b>19</b>	<b>20</b> Parent Group March & Festival 12:00-17:00 310 S. State St. Ukiah
<b>21</b>	<b>22</b> <i>Earth Day</i>	<b>23</b>	<b>24</b> I.D.E.A. Parent Group 6-7pm, 525 2nd St. Eureka <hr/> Multiplicity Activity Night 5:30-7:30pm 720 N State Street Ukiah	<b>25</b> I.D.E.A. Parent Group 6-7pm 494 Pacific Ave. Crescent City <hr/> Multiplicity Caregivers Group 6-7:30pm 814 7th St. Eureka	<b>26</b>	<b>27</b>
<b>28</b> Speed Friending 4:30-6:30pm 4328 Campton Rd. Eureka	<b>29</b> 40 hour RBT Training 6:00-8:00pm Zoom April 29-July 10 Mon. & Wed. Evenings	<b>30</b>		<i>April is National Arab American History Month</i>	<i>April is National Deaf History Month</i>	<i>April is National Autism Awareness Month</i>





# Grassroots Day

## BEING A PART OF THE COMMUNITY




By Elizabeth Hassler

**H**i! It feels like it's been a long time since I've written to you through the newsletter! I like to write  and share some of the cool things that are happening. When we share information with each other, we're being part of a community , and we're learning about the different things that are possible. What do you want to learn?

### Getting Ready for Grassroots Day

One thing I'm doing is getting ready for Grassroots Day. Grassroots Day is a day where every Regional Center sends a group of people to talk to our legislators about what's going on at the Regional Center and the stuff that's important to us. This includes people with disabilities having rights and the support to make choices and achieve big goals . Legislators are the people who make the rules for the state and the country, so it's exciting to get to talk to them. But I haven't ever done it before, so it kind of makes me nervous . Do you ever get nervous? When was the last time you tried something new?

For Grassroots Day, I have to write a story about why my life and other people's lives are important and

why people who make rules should listen . Sometimes talking about this is stressful because it feels like a big job. But I take a deep breath  and remember I'm not doing it alone! Sharing important stuff about our lives is also a very cool thing to get to do, especially as a team . What do you want to tell people in charge? What's the last thing you learned by listening?

### Talking to Your Service Coordinator

If there's something new you want to do or try, you can tell your service coordinator, just like you tell other people in your support network. Do you know three different things your service coordinator can help you with? Do you know who your service coordinator is?

I want to tell people that I have a good life, and everyone else who uses Regional Center services can have a good life too. We just have to all work together as a team to make that happen! Now, it's your turn: What do you want people to know?

★



**ELIZABETH HASSLER**  
Client Advocate for  
Humboldt and Del Norte

Phone: (707) 445-0893 ext. 321  
ehassler@redwoodcoastrc.org





## Getting to know our community

EMPLOYEE SPOTLIGHT, ALMA INGRAM

### What is your position at RCRC?

Diversity Outreach Specialist

### What inspired you to get into this field of work?

When I relocated from Mexico to the United States 19 years ago, my life took a profound turn. At the time, my daughter, then just 8 years old, was suffering with a serious health condition. As immigrants who didn't speak English, accessing essential services for her became a challenge. The scarcity of information about available health resources led me to believe that we, as immigrants, were ineligible for assistance. This misconception nearly cost my daughter's life when she was 10 years old.

After that, my primary goal became to advocate for minority groups, particularly those facing barriers to access services due to language or cultural differences. Not only am I bilingual, but I proudly embrace my bicultural identity, leveraging it to bridge gaps and ensure that no family faces the same struggles mine did.

### Tell us about a positive experience or sentiment working with RCRC?

One of the most impactful experiences I've had at RCRC was when I connected with a family grappling with numerous challenges because of their adult son's epilepsy. Like many others in similar situations, they believed they didn't meet the criteria for services "We are not American Citizens" mom said. The process was a little long, but in the end, their son became an RCRC client, accessing much-needed services. Being able to facilitate this connection between families in need and the support RCRC offers fills me with immense joy and purpose.

### What do you like to do in your spare time?

During my free time, I engage in various activities that bring me joy. When the weather is favorable, I love hiking, I enjoy the beauty of nature. Spending quality time with my granddaughters is always a highlight, filling my heart with warmth and laughter. Additionally, I enjoy dancing, particularly in Salsa, Bachata, and other Latin rhythms. Whenever work becomes overwhelming, I dance my stress away! ★

ALMA INGRAM

**"Being able to facilitate this connection between families in need and the support RCRC offers fills me with immense joy and purpose."**

This is me, doing what I love the most in RCRC, connecting with my community.



RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)





# RCRC Autism Parent Support Group

Join Dr. Wendy White and/or Jillian Guevara, BCBA

1st Friday of every month  
10-11am

ZOOM  
Meeting ID: 995 2860 5123

- April 5th
- May 3rd
- June 7th
- July 5th
- August 2nd
- September 6th
- October 4th
- November 1st
- December 6th

**RCRC Autism Parent Support Group: A safe place to meet others and learn together.**

**HOSTED BY AUTISM SPECIALISTS DR. WENDY WHITE AND/OR JILLIAN GUEVARA, BCBA**

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**1st Friday of Every Month**  
**10:00-11:00 AM**  
**Zoom**  
**Meeting ID: 995 2860 5123**

- January 5th, 2024
- February 2nd, 2024
- March 1st, 2024
- April 5th, 2024
- May 3rd, 2024
- June 7th, 2024
- July 5th, 2024
- August 2nd, 2024
- September 6th, 2024
- October 4th, 2024
- November 1st, 2024
- December 6th, 2024





# RCRC Parent Group

Join Annie Bone I.D.E.A.  
Specialist for Parent Group  
each month

**Ukiah**  
RCRC office  
1116 Airport Park Blvd.  
1st Thursdays  
5:30-6:30pm

**Point Arena**  
The Action Network  
200 Main St.  
3/13, 4/10, 5/8, 6/12, 7/10  
5:30-6:30pm

**Lakeport**  
RCRC office  
180 3rd Street  
3rd Thursdays  
6-7pm

**Eureka**  
RCRC office  
525 2nd Street  
1st floor conference room  
4th Wednesdays  
6-7pm

**Crescent City**  
Family Resource Center  
of the Redwoods  
494 Pacific Ave.  
4th Thursdays  
6-7pm

**Contact:**  
Annie Bone  
(707) 445-0893  
ext.360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
1<sup>st</sup> Thursdays  
5:30pm – 6:30pm

**WHERE**  
RCRC Ukiah Office  
Entrance located in the rear of the building.  
1116 Airport Blvd Ukiah, CA, 95402

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
3<sup>rd</sup> Thursdays  
6pm – 7pm

**WHERE**  
RCRC Lakeport Office  
180 3<sup>rd</sup> St Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
4<sup>th</sup> Wednesdays  
6pm – 7pm

**WHERE**  
RCRC First Floor  
Conference Room in  
the Vance Hotel  
525 2<sup>nd</sup> St Eureka, CA, 95501

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
4<sup>th</sup> Thursdays  
6pm – 7pm

**WHERE**  
Family Resource  
Center of the  
Redwoods  
494 Pacific Ave. Crescent City, CA, 95521

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
3<sup>rd</sup> Thursdays  
6pm – 7pm

**WHERE**  
RCRC Lakeport Office  
180 3<sup>rd</sup> St Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
3<sup>rd</sup> Thursdays  
6pm – 7pm

**WHERE**  
RCRC Lakeport Office  
180 3<sup>rd</sup> St Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
3<sup>rd</sup> Thursdays  
6pm – 7pm

**WHERE**  
RCRC Lakeport Office  
180 3<sup>rd</sup> St Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360

## PARENT GROUP

**MONTHLY EVENT**

**FREE I.E.P. TRAINING**

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

**WHEN**  
3<sup>rd</sup> Thursdays  
6pm – 7pm

**WHERE**  
RCRC Lakeport Office  
180 3<sup>rd</sup> St Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist  
(707) 445-0893 ext. 360



## Celebrate Autism Outdoor Event

April 6th  
12-4pm

Library Park  
Lakeport

RSVP or Contact: [rsvp@  
autismai.com](mailto:rsvp@autismai.com)

FREE Event!

**AUTISM ADVOCACY AND  
INTERVENTION'S SECOND ANNUAL  
OUTDOOR EVENT**

# CELEBRATE AUTISM

## 04/06/2024

Art Booth and Face Painting | DJ | Carnival  
Concessions and Games | Pop Up by La Chilanguita

12:00PM-4:00PM  
Library Park in Lakeport, CA

**LA CHILANGUITA**

achieving milestones  
aai

RSVP or contact us:  
[rsvp@autismai.com](mailto:rsvp@autismai.com)  
Free Event!

## RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)





# National Siblings Day Webinar

April 10th  
10:00am-12pm

FREE Webinar

Register at:

<https://www.disabilityrightsca.org/latest-news/national-siblings-day-siblings-matter>



## National Siblings Day: **Siblings Matter**

Celebrating the Relationship  
Between Regional Center Clients  
and their Brothers and Sisters

The Office of Clients' Rights Advocacy is celebrating National Siblings Day! The relationship between brothers and sisters is special. We are excited to talk about how disability affects the relationship between siblings.

Join us on National Siblings Day for this FREE webinar. This event is for people who get regional center services, their families, and their circle of support. Anyone who wants to learn about sibling relationships in the intellectual and developmental disabilities community is also welcome to join.

Your connection with your brother or sister is different from your relationship with your parent and/or caregiver. The webinar will include a panel discussion with regional center clients and their brothers and/or sisters. They will talk about their relationships and how disability affects their lives.

### What you will Learn:

Panelists and attendees will answer questions about:

- How to deal with hard life events
- How well they know each other
- How to support each other in making decisions
- How to build strong sibling relationships

When:

**April 10, 2024**

**10:00 AM - 12:00 PM**

**Pacific Time**

**Register Here**



1831 K Street  
Sacramento, CA 95811-4114  
[www.disabilityrightsca.org](http://www.disabilityrightsca.org)

## RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)



## RCRC Spanish Speaking Parent Group

180 3rd Street  
5pm  
2nd Thursdays  
Lakeport

April 11th  
May 9th  
June 13th  
July 11th  
August 8th  
September 12th  
October 10th  
November 14th  
December 12th

Contact: (707) 234-5415



**ASISTA,  
APRENDA Y  
COMPARTA!**

*El Centro Regional  
Redwood Coast*

### ***Acompañenos en persona***

El grupo de apoyo en español para padres de niños con discapacidades de desarrollo los invita a su reunión mensual cada segundo jueves del mes a las 5:00 PM

**Acompañenos en persona**

Centro Regional de Lakeport.  
180 3rd St.  
Lakeport, CA 95453

**¡SU PARTICIPACIÓN  
ES MUY IMPORTANTE!**

**Si tiene preguntas llámenos o envíenos un mensaje  
al (707)234-5415**



# Multiplicity Caregiver Support Group

April 11th  
5-6pm

2755 Mission Rancheria Rd  
Lakeport

Contact: (707) 301-5889

RSVP: Required, limited  
availability

## Multiplicity Therapeutic Services Lakeport Activity Night Thursday, April 11<sup>th</sup>, 2024

**Caregivers and families of individuals with developmental disabilities:** Please join our monthly event! This month event is being held at the **Fun Zone Arcade!**

### Activity Night

Join us for snacks and arcade games!

\*Pizza (cheese/pepperoni), soft drinks,  
vegetable platter and dessert!

\*Free arcade games for the kiddos.

\*Enjoy a variety of fun activities such  
-Sensory bean bin, crafts, balloons,  
coloring, magnet shapes, and gar



**WHEN:** Thursday April 11<sup>th</sup> from 5-6 pm, Multiplicity Therapeutic Services will provide snacks (pizza, vegetable tray, and dessert) and be supporting various activities.

**WHERE:** Fun Zone Arcade. 2755 Mission Rancheria Rd, Lakeport, CA 95453

**RSVP:** RSVP is required. Limited availability.

**Text or Call (707) 301-5889**

**RSVP with the total number of adults and children.**



# Multiplicity Parent Group

April 16th  
3-4:30pm

344 Humboldt Avenue  
Redway

Contact:  
Kathryn - (707) 616-3600  
Ian - (540) 818-8164

# Southern

## Parent Group

Multiplicity Therapeutic Services Inc.

3<sup>rd</sup> Tuesday of  
the month

Parents/Caregivers of individuals with developmental disabilities we invite you to join our monthly parent group. This group seeks to foster a community for caregivers of individuals with developmental disabilities to share information, personal stories, and resources in a safe and supportive environment while sharing a meal.

For Autism Acceptance Month we will be hosting a Paint & Sip!



Upcoming events:  
April 16<sup>th</sup> 3:00-4:30pm  
May 21<sup>st</sup> 3:00-4:30pm



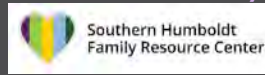
☎ KATHRYN (707) 616-3600 | IAN (540) 818-8164  
[KATHRYN@MULTIPLICITYINC.COM](mailto:KATHRYN@MULTIPLICITYINC.COM)    [IAN@MULTIPLICITYINC.COM](mailto:IAN@MULTIPLICITYINC.COM)

Where: Southern Humboldt Family Resource Center  
344 Humboldt Avenue Redway, Ca

This event is facilitated by:



This event is endorsed by:





# Medical vs. Educational Disability

April 17th  
5:30-6:30pm

1116 Airport Park Blvd  
Ukiah

Childcare and snacks are provided.

Spanish and ASL interpretation are available.

Space is limited, register at:

<https://mcoe.k12oms.org/1709-246339>

# Medical Disability vs. Educational Disability



## WHAT

Training on the differences between a medical disability and an educational disability.

## WHO

All parents and community members who support individuals with disabilities are welcome to attend.

## WHEN

Wednesday, April 17, 2024

5:30 pm - 6:30 pm

Childcare provided. Space is limited (Register early). Snacks will be provided. Spanish and ASL Interpretation are available.

## WHERE

Redwood Coast Regional Center (RCRC)  
Ukiah Office  
1116 Airport Park Blvd., Ukiah

REGISTER HERE



Offered In Collaboration by:



## RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)



## Parent Group March and Festival

April 20th  
12:00-5:00pm

310 S. State St.  
Ukiah

Contact: (707) 671-2067

# APRIL 20TH, 2024

ALEX THOMAS PLAZA  
310 S. STATE ST. UKIAH, CA  
FROM 12:00 PM TO 5:00 PM

If you would like to make a  
donation or participate, please  
contact: (707) 671-2067  
or scan the QR code to complete  
your application

### ACTIVITIES:

- AWARENESS WALK
- MUSIC
- TALENTS' SHOW
- RAFFLES
- OTHER SURPRISES

## MARCH AND FESTIVAL FOR DEVELOPMENTAL DISABILITIES AWARENESS

WE ACCEPT ANY DONATION



# Multiplicity Activity Night

April 24th  
5:30-7:30pm

720 N State Street  
Ukiah

Contact: (707) 494-8511 or  
e-mail: [schedule@multiplicityinc.com](mailto:schedule@multiplicityinc.com)

RSVP: With total number of  
adults and children required by  
4/19/24

## *Multiplicity Therapeutic Services Celebrates Autism Awareness!*

*~~April 24, 2024~~*

**Join us for an Activity Night!  
MTS/RCRC clients, caregivers and/or family are  
welcome!**

### Activity Night will include:

- Food: Pizza, salads, drinks
- Free arcade games for the kiddos
- Fun Activities: coloring, crafts, games, balloons

**\*\*There will be a quiet space for  
people with sensory sensitivities**



**When: Wednesday 24<sup>th</sup> 5:30-7:30 pm  
Where: Slam Dunk Pizza  
720 N State St, Ukiah**

**Please RSVP to Multiplicity Therapeutic Services at 707-494-8511 or email  
[schedule@multiplicityinc.com](mailto:schedule@multiplicityinc.com).**

**RSVP with total number of adults and children.  
All RSVPs **MUST BE RECEIVED BY 4/19/24****



## Support group for Caregivers of Adults

April 25th  
6-7:30pm

814 7th Street  
Eureka

or

Zoom

Meeting ID: 219 259 7832

Contact: (530) 859-0945 or  
e-mail [Giancarlo@multiplicityinc.com](mailto:Giancarlo@multiplicityinc.com)

## April Support Group for Caregivers Of Adults

*This is a support group for people that care for adults with health conditions or other impairments. The goal of the group is to connect caregivers, provide resources, and provide support to lead to happier and more successful lives for everyone.*

**April is Austim Acceptance Month please come  
help us celebrate!**

**April 25<sup>th</sup> from 6-7:30pm**

**We will be providing a safe environment to share  
and find support with free food, attendance prizes  
and fun activities!**

### **We meet monthly at:**

814 7<sup>th</sup> St.

Eureka, CA

**We also provide a virtual option via Zoom:**

### **Permanent Zoom Link:**

**<https://us06web.zoom.us/j/2192597832>**

Meeting ID: 219 259 7832

**For more information please contact Giancarlo via**

**[giancarlo@multiplicityinc.com](mailto:giancarlo@multiplicityinc.com)**

**or call/text at:**

**(530) 859-0945**





## Speed Friending

April 28th  
4:30pm-6:30pm

Moose Lodge  
4328 Campton Rd.  
Eureka

Contact to register:  
[wwhite@redwoodcoastrc.org](mailto:wwhite@redwoodcoastrc.org)  
(707) 445-0893 ext.329



In celebration of  
Autism Acceptance Month!  
Please join us for



## Speed Friending

Looking for a fun, stress-free way to meet other people your age and build new friendships! If you are between the ages of 18 and 22, join us for snacks, and get-to-know-you interactive activities! This is a free event and open to the community!

**Sunday, April 28th**

**4:30 - 6:30 PM**

Moose Lodge  
4328 Campton Rd., Eureka



**To register for the event**  
contact Wendy White  
[wwhite@redwoodcoastrc.org](mailto:wwhite@redwoodcoastrc.org)  
707-445-0893 x329



## 40 Hour RBT Training

April 29th - July 10th  
Monday and Wednesdays  
6-8pm

Zoom  
[Registration link](#)

To register contact:  
[rbt@rcrcdei.org](mailto:rbt@rcrcdei.org)  
(707) 234-5764



**Redwood Coast Regional Center**  
**40-Hour RBT Training**

**April 29th** **Mon/Wed 6p-8p**  
**Evenings/Online**

Join us online for Redwood Coast Region Center's 40-Hour Registered Behavior Technician (RBT) Training with instructors, Phoebe Ballard, BCBA, Jillian Guevara, BCBA and Tricia Wood, MA, BCBA.

Classes will be held on Monday & Wednesday evenings, 6p-8p via Zoom, April 29th - July 10th, 2024

Training & materials are provided at no-cost to participants.

Each participant will receive the class textbook, Training Manual for Behavior Technicians Working with Individuals with Autism, by Jonathon Tarbox and Courtney Tarbox. As well as, a binder loaded with resources and access to our class Quizlet for study resources & in-class activities.

Classes include live ENGLISH -> SPANISH interpretation

**Scan to Register**



**Contact us and sign up for class today!**  
**Email: [rbt@rcrcdei.org](mailto:rbt@rcrcdei.org) Voice or Text: (707) 234-5764**



## RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)



## NCI Surveys

The State Council on Developmental Disabilities has mailed the National Core indicators (NCI) surveys directly to the homes of families served by Redwood Coast Regional Center. SCDD mails the state surveys every other year on behalf of the Department of Developmental Services (DDS). Families have the opportunity to give their opinion about the services they receive from regional center and service providers.

**We encourage everyone in the community to complete the survey either on-line, or by mailing back the responses.**

Please note that information collected from the survey is confidential and will not be given to regional centers or service providers.

**Background:** the questions in the surveys are based on National Core Indicators (NCI) which are standard measures used across states to assess the level of satisfaction and outcomes of services that regional center consumers and their families receive. The survey contains questions about employment, rights, service planning, community inclusion, choice, and health and safety. The survey results produce important data that California uses to improve the quality of services at a statewide and local level.

# LET YOUR VOICE BE HEARD

OCT 2023 – JUN 2024

## NATIONAL CORE INDICATORS (NCI) FAMILY SURVEYS

**Don't forget to participate!**

Surveys evaluate the services and supports you and your family member receive through your regional center and service providers.

### Surveys address topics like:

- Rights
- Choices
- Service Planning
- Community Inclusion
- Health & Safety
- Other Important Topics



### WHAT?

You will receive one of three NCI surveys based on whether your family member with I/DD is:

- a child living in the family home
- an adult living in the family home
- an adult living outside of the family home

### WHY?

Let your regional center and the Department of Developmental Services (DDS) know what you think about your services.

Participating helps your regional center and DDS understand how services and supports impact you, your family, and loved ones.

### HOW?

Surveys are mailed directly to you from the State Council on Developmental Disabilities (SCDD).

Fill out the survey on paper and mail it in (postage is already paid)

OR

Use the code in your letter to fill out the survey online.



Questions? Email [QAProject@SCDD.ca.gov](mailto:QAProject@SCDD.ca.gov) or [NCIHelp@dds.ca.gov](mailto:NCIHelp@dds.ca.gov)

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# *Calling all Entries!*

**Do you have a Client focused  
story, project or event  
you'd like to share in the newsletter?**

**We would like to hear from you!**  
Please submit to Redwood Coast Regional Centers Social Media  
Coordinator for review and possible publication at  
[rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)

*Note: photos of clients and their families  
require a signed photo consent form.*



**Redwood Coast Regional Center**  
Respecting Choice in the Redwood Community



# SCDD and DDS Statewide Self-Determination Orientation

**Want to learn more?  
Contact your Service  
Coordinator at RCRC or a  
Participant Choice Manager.**

## **Participant Choice Managers**

**Humboldt & Del Norte  
Counties:**

Alex Chesstell  
(707) 445-0893, ext. 317  
AChesstell@redwoodcoastrc.org

**Mendocino & Lake Counties:**

Sheila Keys  
(707) 462-3832, ext. 254  
SKeys@redwoodcoastrc.org



## STATEWIDE SELF-DETERMINATION ORIENTATION



Join Us to Learn...

- What is SDP\*
- How SDP Works
- The Principles of SDP
- Steps to Enroll in SDP
- Key Roles in SDP
- Your Next Steps

\* Self-Determination Program

For more Information and Registration  
Click the link below:

<https://scdd.ca.gov/sdp-orientation>



**POLI**



**KATIE**



**KION**

**...Are Self-Determined!  
Learn if the Self-Determination Program is  
Right for You!**

A CERTIFICATE OF COMPLETION WILL BE PROVIDED.  
AN SDP ORIENTATION IS REQUIRED TO ENROLL IN SDP.



## Helpful Resources



### RESOURCE PADLET FOR PARENTS

Access a growing library of free resources for parents and caregivers of children ages 0-5

Developed by Redwood Coast Regional Center through the  
MHSAs "Families and Supports Together" (FAST) Grant

#### Look at our Parent Academies!

Covering a variety of topics related to interventions and support for families and children with Developmental Disabilities including evidenced-based video trainings by subject matter experts with accompanying Power Points and flyers available at the click of a button.

For more information, visit: <https://padlet.com/bctservices2/information-and-resources-for-parents-of-children-with-speci-4x94rz0lctzudnae>



Organizations collaborating to develop a transdisciplinary responsive system capable of supporting the mental wellness of all expectant parents, young children and their families within the context of their communities.

For more information, visit: <https://www.0to8mhc.org/>



## Helpful Resources



The DDS Wellness Toolkit is a new section of the DDS website focused on providing information and tools related to health and safety for self-advocates, direct support professionals, and vendors or providers. New topics, tools, and information will be added on an ongoing basis.

To learn more visit: [dds.ca.gov/consumers/wellness-toolkit/](https://dds.ca.gov/consumers/wellness-toolkit/)



Spreading the Science and Skills of Happiness. Proof Positive is an online source dedicated to improving the wellbeing of autistic people and their families, providers and communities.

For more info. visit: [proofpositive.org/](https://proofpositive.org/)



Disability Vote California's mission is to engage and inform voters with disabilities and empower members of the community to facilitate access to voting for the disabled community.

For more info. visit: [disabilityvoteca.org/](https://disabilityvoteca.org/)



## Contact Us

Learn more about our services and programs.

## Redwood Coast Regional Center Offices

CONTACT YOUR NEAREST OFFICE FOR ASSISTANCE

### Ukiah Office | Corporate Office

1116 Airport Park Blvd.

Ukiah, CA 95482

Phone: (707) 462-3832

Fax: (707) 462-3314

**Mendocino County**

### Fort Bragg Office

270 Chestnut Street, Suite A

Fort Bragg, CA 95437

Phone: (707) 964-6387

Fax: (707) 964-0226

**Mendocino County**

### Lakeport Office

180 3rd Street

Lakeport, CA 95453

Phone: (707) 262-0470

Fax: (707) 264-6537

**Lake County**

### Clearlake Office

14888 Olympic Dr.

Clearlake, CA 95422

Phone: (707) 621-6169

Fax: (707) 264-6537

**Lake County**

### Eureka Office

525 2nd Street, Suite 300

Eureka, CA 95501

Phone: (707) 445-0893

Fax: (707) 444-3409

**Humboldt County**

### Crescent City Office

1301-A Northcrest Drive

Crescent City, CA 95531

Phone: (707) 464-7488

Fax: (707) 465-4230

**Del Norte County**

## Visit us online

[WWW.REDWOODCOASTRC.ORG](http://WWW.REDWOODCOASTRC.ORG)

 [@REDWOODCOASTREGIONALCENTER](https://www.instagram.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTREGIONALCENTER](https://www.facebook.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTRC](https://twitter.com/REDWOODCOASTRC)



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