

VOL. 5 ISSUE 5 • MAY 2024

# REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,  
Lake, and Mendocino County



Canva, CAPTAIN Logo

## CAPTAIN Conference 2024

**CALIFORNIA AUTISM PROFESSIONAL TRAINING AND INFORMATION NETWORK**

By Dr. Wendy White

**R**edwood Coast Regional Center is a member of the California Autism Professional Training and Information Network (CAPTAIN); a cross agency network developed to support the understanding and use of evidence-based practices (EBPs) for individuals affected by Autism across the state of California. As part of CAPTAIN, RCRC

provides training and coaching to community partners, service providers, educators, families, and caregivers throughout the year.

Next month our local CAPTAIN group, comprised of members from RCRC, Humboldt Del Norte SELPA, Mendocino SELPA, and Lake County Office of Education – is

Continued on next page

## Days to Remember

**May 1st**

May Day

**May 5th**

Cinco de Mayo

**May 5th**

National Day of Awareness  
for Missing & Murdered  
Indigenous Women & Girls

**May 12th**

Mother's Day

**May 27th**

Memorial Day

*RCRC offices closed*

Happy  
Mother's  
Day



# CAPTAIN Conference 2024

Continued from previous page

hosting an exciting conference in Crescent City on the EBPs for autism. The “May the EBPs be with You” conference will be held on May 4<sup>th</sup>, from 8:30 am – 4:00 pm at Del Norte High School.

Attendees will begin the day with a light breakfast while listening to Keynote Speaker, Jennifer Rountree from Desert Mountain SELPA talk about evidence-based practices in Rural Areas. Directly following, Kristin Moore, from the Northern California Diagnostic Center presents on the current mental health crisis and accessible evidence-based practices that can be used to decrease symptoms or maladaptive behaviors that arise when individuals on the spectrum are experiencing mental health challenges. Lunch will be served, then attendees will choose 2 of the 5 offered breakout sessions to attend: Visual Supports, Peer Mediated Intervention, Reinforcement, Video Modeling, and Augmentative and Alternative Communication (AAC). Spanish interpretation will be available throughout the day. There will also be an AAC library of communication aides for demonstration and exploration and



**CAPTAIN**  
California Autism Professional Training and Information Network  
**Conference 2024**

**Autism What Works?  
Evidence-Based  
Tools to Support  
People with Autism**

**Sat. May 4th, 2024  
8:30 am - 4:00 pm**

**Del Norte High School  
1301 El Dorado St.  
Crescent City, CA**

**Registration fee \$45 per  
person  
(lunch included)**

**RCRC clients and caregivers should  
contact their service coordinator to  
see about RCRC covering the cost  
under their IPP**

**Register now at:**  
[my.hcoe.net/event/captain-2024/](https://my.hcoe.net/event/captain-2024/)



**CAPTAIN  
MAY THE EBPs  
BE WITH YOU**

**Conference Schedule:**  
8:30-9:00: **Registration and mingling**  
9:00-10:00: **Keynote Speaker: Jennifer Rountree, Desert Mountain SELPA**  
10:15-11:30: **Kristin Moore, Northern California Diagnostic Center will speak on Mental Health and Evidence-Based Practices**  
11:30-12:30: **Lunch Speakers**  
12:45-2:00: **Breakout sessions Round 1**  
2:15-3:30: **Breakout sessions Round 2**  
3:45-4:30: **Closing Panel and Raffle**

**Description of Presentations and Breakout Sessions:**  
**Evidence Based Practices in Rural Areas: Jennifer Rountree, Program Specialist at Desert Mountain SELPA.**  
**Mental Health and Evidence-Based Practices: Kristin Moore, from the Northern California Diagnostic Center**

**Breakout Groups: (12:45-2:00 & 2:15-3:30)**  
**Visual Supports: Dr. Wendy White, Autism Specialist for the RCRC and Cody Brull, Program Specialist at Lake County Selpa**  
**Peer Mediated Intervention: Michela Figini-Myers, Behavior Specialist from Mendocino SELPA and Jillian Guevara, Autism Specialist for the RCRC**  
**Reinforcement: Tito Ross, Team Leader/Service Coordinator at Redwood Coast Regional Center and Jeff Craven, Behavior Specialist for the Humboldt Del-Norte SELPA**  
**Video Modeling: Amy Hanson, Program Specialist from the Mendocino SELPA and Tiina Purtonen, Service Coordinator at Redwood Coast Regional Center**  
**Augmentative and Alternative Communication (AAC): Christine Yannone, Assistive Technology Specialist, Humboldt-Del Norte SELPA**

local community vendors.

The day will conclude with a Q&A session and prizes! For more information about the event or to register visit: <https://my.hcoe.net/>

[event/captain-2024/](https://www.captain.ca.gov/event/captain-2024/).

For more information about CAPTAIN visit: <https://www.captain.ca.gov/>



## RCRC Newsletter

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



## May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <i>May Day</i>	<b>2</b> I.D.E.A. Parent Group 5:30-6:30pm 1116 Airport Park Blvd., Ukiah	<b>3</b> Autism Parent Support Group 11am-12pm Zoom <hr/> NMMIPD 12-5pm 800 North Main St. Lakeport	<b>4</b> CAPTAIN Conference 8:30am-4pm 1301 El Dorado St. Crescent City
<b>5</b> <i>Cinco de Mayo</i> Cinco de Mayo 11-5:30pm Library Park Lakeport	<b>6</b> Our Health, Our Voice 10-12pm Zoom Meeting	<b>7</b> Transition Resource Fair 10-11:30am 299 N. Main St., Willits & 1:30-3:00pm 1000 Low Gap Road, Ukiah	<b>8</b> I.D.E.A. Parent Group 5:30-6:30pm 200 Main st. Point Arena	<b>9</b> Spanish Speaking Parent Group 5pm, 180 3rd St. Lakeport	<b>10</b>	<b>11</b>
<b>12</b> <i>Mother's Day</i>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> I.D.E.A. Parent Group 6-7pm, 180 3rd st. Lakeport <hr/> Youth Resource Symposium 9am-3pm 1116 Airport Park Blvd., Ukiah <hr/> Multiplicity Activity Night 5-6pm, 2755 Mission Rancheria Rd. Lakeport	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Multiplicity Parents Group 3-4:30pm 344 Humboldt Ave. Redway	<b>22</b> Work Incentives Planning Assistance 5-7:30pm 901 Myrtle Ave. Eureka <hr/> I.D.E.A. Parent Group 6-7pm, 525 2nd St. Eureka	<b>23</b> Work Incentives Planning Assistance 5-7:30pm 400 Harding St. Crescent City <hr/> I.D.E.A. Parent Group 6-7pm 494 Pacific Ave. Crescent City	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> <i>Memorial Day</i> <i>RCRC closed</i>	<b>28</b>	<b>29</b> Multiplicity Activity Night 5:30-7:30pm 720 N State St. Ukiah	<b>30</b>	<b>31</b>	





## Grassroots Day

### RCRC ADVOCATES TRAVEL TO SACRAMENTO

By Alex Chesstell

On April 2nd RCRC had a delegation of dedicated advocates attend Grassroots Day in Sacramento to meet with elected leaders representing our four counties. It was a busy and exciting day for self-advocates, family members, and service providers from all 21 regional centers in California who came together



RCRC's client advocate Elizabeth Hassler with other supporters of Grassroots Day.



RCRC client with Loyal Terry, staff for Assemblymember Cecilia Aguiar-Curry.

and made their voices heard. This yearly day of advocacy at the state capital was organized by The Association of Regional Center Agencies (ARCA). ARCA helped set up meetings with the offices of our three representatives and helped RCRC collaborate with advocates from Alta Regional Center, Golden Gate Regional Center, and North Bay Regional Center since we share some representatives. RCRC's team was led by our Client Advocate in Humboldt and Del Norte Counties, Elizabeth Hassler.

This year the focus for regional centers was advocating to not allow a delay in a service provider rate increase, and to ask our representatives to sign a letter explaining the importance of making sure it goes into effect on July 1st, 2024, as promised. The letter was started by Assembly

Member Stephanie Nguyen and makes it clear that continued and adequate funding for regional center service providers is required in order to make sure our dedicated service providers can pay their direct support staff competitive wages. Our team met with staff from Mike McGuire's office, Cecilia Aguiar-Curry's office, and Jim Wood's office to share their stories and firsthand experiences and made it clear that paying service providers well is essential to supporting people to live good lives in their communities. As of this writing, Jim Wood has already signed the letter.

RCRC is so thankful to have such a great team of advocates making their voices heard!





# Getting to know our community

## EMPLOYEE SPOTLIGHT, VIRGINIA SNODGRASS

### What is your position at RCRC?

I am a Service Coordinator in the Adult Unit of the Eureka office.

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

My dad was born with a claw like hand and he did everything around the house! He built fences and fixed cars. It didn't occur to me that he was different, he was just my dad doing life. When I was in high school, I saw an advertisement for a person who needed a driver and personal attendant to take them to church each Sunday. I met the young woman and I felt a connection and I took the job. There was a man at my family's church who shared with me that he had "lived at Napa" and was institutionalized for most of his life. I listened to his life story and was amazed by his resilience and compassion towards others.

I went to college thinking I was going to be coaching volleyball at the college level. After coaching at the high school level, I realized that my future working with athletes was not to be. I finished my degree and worked part time driving for the Sacramento Society for the Blind. I took folks to play beep ball (non-sighted baseball) weekly. I discovered that I had a passion for working with people with disabilities and it seemed to be a natural fit for me. It has always felt like home. I

couldn't imagine doing anything else. It was to become my life's work. I took a class called Activities for people with Special Needs and then found the Adapted PE program at HSU and shortly after began teaching at College of the Redwoods in Disabled Student Service department. I taught Special Education at the high school level, worked at HCAR for many years as a job coach, driver, supported living, respite and program director of the Saturday Youth program. I think what inspired me to enter this field of work and what keeps me interested and hooked is that I sometimes get to be the loudest, boldest advocate for those without a voice. I get to stand in the gap between those we serve and those outside the community who don't understand. I am driven to speak out against injustice, name calling and bullying as it rises up. This is why I keep showing up.

### Tell us about an inspirational experience working with RCRC?

I have a client who goes to school assemblies and does a talk about the use of the "R word" to raise awareness. He is brave and fierce, and I am in awe of him.

I have a client who graduated from HSU and is now vendored with Redwood Coast Regional Center as a translator and his goal is to work at the state or federal level doing Spanish translation. He is a fantastic advocate for himself and others.

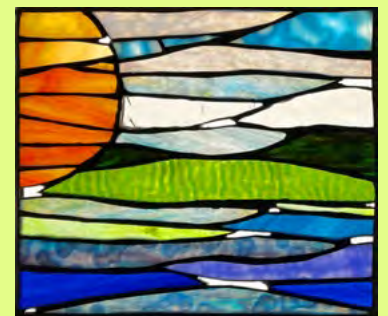
### What do you like to do in your spare time?

I play Farkle with friends, I practice yoga, work in my garden and do stained glass. I play with my pups. When I get the chance, I go boogie boarding at Moonstone. ★

## VIRGINIA SNODGRASS



**"I am driven to speak out against injustice, name calling and bullying as it rises up. This is why I keep showing up."**



One of Virginia's stained glass artworks





# 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.  
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

**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

**MONTHLY EVENT**

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

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**

## PARENT GROUP

**WHEN**  
Wednesday - 5/13/2020  
Wednesday - 6/16/2020  
Wednesday - 5/18/2020  
Wednesday - 6/17/2020  
Wednesday - 7/15/2020  
More to be announced

**5:30pm – 6:30pm**

**WHERE**  
The Action Network  
Point Arena  
128 Main St Point Arena, CA, 95448

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

**MONTHLY EVENT**


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

**OPEN TO ANY AND ALL PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**



## PARENT GROUP

**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

**MONTHLY EVENT**


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

**CONNECT WITH OTHER PARENTS**

**FIND COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**



## PARENT GROUP

**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

**MONTHLY EVENT**


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

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**



## PARENT GROUP

**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

**MONTHLY EVENT**


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

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**



## PARENT GROUP

**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

**MONTHLY EVENT**


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

**CONNECT WITH OTHER PARENTS**

**COMMUNITY SUPPORT**

**GUEST SPEAKERS**

**SNACKS**







## 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

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



# National Missing and Murdered Indigenous people day

Healing Together: Bringing Awareness to the Plight of Missing and Murdered Indigenous People

May 3rd  
12pm-5pm

800 North Main St.  
Lakeport

For more information: Damell Aparicio (707) 533-3044



**Healing Together: Bringing Awareness to the Plight of Missing and Murdered Indigenous People**  
May 3, 2024 • 12-5pm • 800 North Main St., Lakeport

 **ALL ARE WELCOME.**  
Help support us this day by standing in solidarity with our brothers and sisters.  
WITH GUEST SPEAKERS:  
Merri Lopez-Keifer and Frankie Myers

2nd Annual Community Event brought to you by the LCTHC Public Health Outreach Department  
Food, refreshments, MMIP t-shirts, bandannas, water bottles & tote bags while supplies last.  
FOR MORE INFORMATION:  
Damell Aparicio (707) 533-3044

**SCAN THE QR CODE TO LEARN MORE ABOUT MMIP**





# CAPTAIN Conference 2024

California Autism Professional  
Training and Information  
Network

May 4th  
8:30am-4pm

Del Norte High School  
1301 El Dorado St.  
Crescent City

Register Now: [my.hcoe.net/  
event/captain-2024/](https://my.hcoe.net/event/captain-2024/)



**CAPTAIN**  
California Autism Professional Training and Information Network

## Conference 2024



### Autism What Works? Evidence-Based Tools to Support People with Autism

Sat. May 4th, 2024  
8:30 am - 4:00 pm

Del Norte High School  
1301 El Dorado St.  
Crescent City, CA

Registration fee \$45 per  
person  
(lunch included)

RCRC clients and caregivers should  
contact their service coordinator to  
see about RCRC covering the cost  
under their IPP

Register now at:

[my.hcoe.net/event/captain-2024/](https://my.hcoe.net/event/captain-2024/)



**CAPTAIN  
MAY THE EBPs  
BE WITH YOU**

#### Conference Schedule:

8:30-9:00: Registration and mingling  
9:00-10:00: Keynote Speaker: Jennifer Rountree, Desert Mountain SELPA  
10:15-11:30: Kristin Moore, Northern California Diagnostic Center will speak on Mental Health and Evidence-Based Practices  
11:30-12:30: Lunch Speakers  
12:45-2:00: Breakout sessions Round 1  
2:15-3:30: Breakout sessions Round 2  
3:45-4:30: Closing Panel and Raffle

#### Description of Presentations and Breakout Sessions:

Evidence Based Practices in Rural Areas: Jennifer Rountree, Program Specialist at Desert Mountain SELPA.

Mental Health and Evidence-Based Practices: Kristin Moore, from the Northern California Diagnostic Center

#### Breakout Groups: (12:45-2:00 & 2:15-3:30)

Visual Supports: Dr. Wendy White, Autism Specialist for the RCRC and Cody Brull, Program Specialist at Lake County Selpa

Peer Mediated Intervention: Michela Figini-Myers, Behavior Specialist from Mendocino SELPA and Jillian Guevara, Autism Specialist for the RCRC

Reinforcement: Tito Ross, Team Leader/Service Coordinator at Redwood Coast Regional Center and Jeff Craven, Behavior Specialist for the Humboldt Del-Norte SELPA

Video Modeling: Amy Hanson, Program Specialist from the Mendocino SELPA and Tiina Purtonen, Service Coordinator at Redwood Coast Regional Center

Augmentative and Alternative Communication (AAC): Christine Yannone, Assistive Technology Specialist, Humboldt-Del Norte SELPA



# Cinco de Mayo

May 5th  
11:00am-5:30pm

Library Park  
Lakeport

For more information or to  
reserve a booth contact:  
(707) 262-4162 or (707) 262-4153



Lake County Tribal Health and Latinos United of Lake County

Presents the celebration of

# cinco de mayo

**SUNDAY  
MAY 5** { **11:00 AM  
TO 5:30 PM** } **AT LIBRARY PARK  
IN LAKEPORT**

**» THIS IS A FAMILY EVENT «**

Come and enjoy the food, music, games and activites,  
and local Latin crafts from local vendors!

For more information or to reserve a booth,  
call (707) 262-4162 or (707) 262-4153!

Proceeds from this ovent  
go to college scholarships  
to local LatinX students.



## RCRC Newsletter

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



# Our Health, Our Voice

## Presentation and Client Panel Discussion

May 6th  
10am-12pm

Zoom Meeting: <https://us06web.zoom.us/j/82699699165?pwd=LD-jH81rElaA7cyDj9Kr9cLFYf4bza.1>

Register Today:  
<https://www.surveymonkey.com/r/DS5PQ9G>

Contact: [info@RachelWestlake.com](mailto:info@RachelWestlake.com)

## “OUR HEALTH, OUR VOICE”

### PRESENTATION AND CLIENT PANEL DISCUSSION



### Fostering Self-Advocacy through a New Approach to Health Care



#### YOU’LL LEARN:

- Through an informative presentation and panelists sharing their lived experience.
- The critical role of self-advocacy in health care.
- Strategies for meaningful engagement in health care.
- Navigating and dismantling barriers to patient confidence.

MAY 6, 2024

10:00 - 12:00

VIRTUAL PROGRAM  
For RCRC  
Service  
Providers!

Brought to you by:



JOIN THE ZOOM MEETING ON MAY 6TH!

<https://us06web.zoom.us/j/82699699165?pwd=LD-jH81rElaA7cyDj9Kr9cLFYf4bza.1>

REGISTER TODAY!  
RECEIVE AN INVITATION



Questions?:  
[info@RachelWestlake.com](mailto:info@RachelWestlake.com)



# Transition Resource Fair

Planning for your future.

May 7  
10:00-11:30am  
299 N. Main St., Willits  
&  
1:30pm-3pm  
1000 Low Gap Road, Ukiah

Contact: Kristina Lewis,  
707-467-5171 or  
klewis@mendoselpa.us



**Tuesday  
May 7  
2024**

Planning for Your Future

## TRANSITION RESOURCE FAIR

**For:** Middle, high school & 18-22 transition program students with disabilities • Families • Caregivers • Teachers

### Learn About:

- ✓ Vocational Rehabilitation
- ✓ Job Training & Support
- ✓ Continuing Education
- ✓ Community Resources
- ✓ Independent or Assisted Housing
- ✓ Recreation & Leisure

**Connect with agency representatives to learn how their services can support students as they transition from school to adulthood.**

### TWO LOCATIONS:

**10:00 - 11:30 a.m.**  
**Willits High School**

299 N. Main Street,  
Willits, CA 95490

**1:30 - 3:00 p.m.**  
**Ukiah High School**

1000 Low Gap Road,  
Ukiah, CA 95482  
(in quad area)

Interpreter services are available. Please request by April 26th.

**Contact:**  
Kristina Lewis,  
WorkAbility/TPP Manager  
klewis@mendoselpa.us  
707-467-5171

*An event coordinated by the Mendocino Interagency Transition Team (MITT)*



# RCRC Spanish Speaking Parent Group

180 3rd Street  
5pm  
2nd Thursdays  
Lakeport

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

Contact: (707) 234-5415



Redwood Coast Regional Center

Respecting Choice in the Redwood Coast

**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**

## RCRC Newsletter

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



# Youth Resource Symposium

May 16th  
9am-3pm

1116 Airport Park Blvd.  
Ukiah

RSVP: Erin Moynahan  
707-621-8203 or  
emoynahan@  
courageousengagementllc.com



Courageous Engagement

Proudly Presents:

## YOUTH RESOURCE SYMPOSIUM

The Youth Resource Symposium will bring together:

Youth Community-based organizations

Youth Service Providers

Youth Mental Health Service Providers

Educational Entities

State Entities

Youth Workforce Allies

And more!

Please join us:

May 16<sup>th</sup>, 2024, at

Redwood Coast Regional Center  
from: 9:00am-3:00pm

Lunch from: 12:00pm-1:00pm

1116 Airport Park Blvd, Ukiah, CA  
95482

Come learn about our community partners and find ways to benefit from working together to support our youth through a whole-person, person-centered inclusive approach.

We hope to see you there!

RSVP with Erin Moynahan:

707-621-8203

[emoynahan@courageousengagementllc.com](mailto:emoynahan@courageousengagementllc.com)



# Multiplicity Activity Night

May 16th  
5-6pm

2755 Mission Rancheria Rd  
Lakeport

Contact: (707) 301-5889

RSVP: Required, limited  
availability

## Multiplicity Therapeutic Services Lakeport Activity Night Thursday, May 16<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 as:

-Sensory bean bin, crafts, balloons, coloring, magnet shapes, and games!



**WHEN:** Thursday May 16<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

May 21st  
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



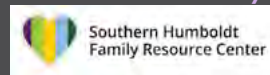
☎ KATHRYN (707) 616-3600 | IAN (540) 818-8164  
[KATHRYN@MULTIPLICITYINC.COM](mailto:kathryn@multiplicityinc.com)      [IAN@MULTIPLICITYINC.COM](mailto:ian@multiplicityinc.com)

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

This event is facilitated by:



This event is endorsed by:





## Work Incentives Planning Assistance

May 22st  
5-7:30pm  
HCOE, Annex Room  
901 Myrtle Ave.  
Eureka

May 23rd  
5-7:30  
Del Norte COE  
Instructional Media Center  
400 Harding St.  
Crescent City

Contact:  
James Forbes, DOR  
707-445-6300  
[James.Forbes@dor.ca.gov](mailto:James.Forbes@dor.ca.gov)



# Work Incentives Planning Assistance

Student Earned Income Exclusion (SEIE)  
with Joe Jackson, Work Incentives Planner

May 22 | 5-7:30 PM  
HCOE, Annex Room  
901 Myrtle Ave. Eureka

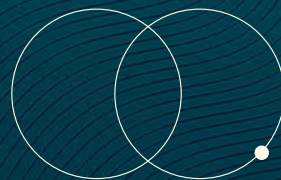
May 23 | 5-7:30 PM  
DEL NORTE COE  
Instructional Media Center  
400 Harding St. Crescent City



DINNER  
PROVIDED!!  
for first 50 attendees

Worried that working more will affect your  
SSI/SSDI benefits?  
Learn how eligible students can:

- Increase their income
- Keep their Medi-Cal
- Build work experience
- Achieve greater financial independence!



### Contact for more information

James Forbes, DOR  
707.445.6300 or [James.Forbes@dor.ca.gov](mailto:James.Forbes@dor.ca.gov)



# Multiplicity Activity Night

May 29th  
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  
5/24/24

## *Multiplicity Therapeutic Services* *May 29, 2024*

Join us for a short presentation and 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



When: Wednesday 29<sup>th</sup> 5:30-7:30 pm  
Where: Slam Dunks 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 5/24/24**

## 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)

## RCRC Newsletter

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



# *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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**RCRC Newsletter**

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