



**SELF-DETERMINATION LOCAL ADVISORY
COMMITTEE MINUTES**

Approved 2/1/16

Date: Monday, January 4, 2016

Start Time: 7:08 pm **End Time:** 8:33 pm

Location of This Meeting: Regional Center of the East Bay/San Leandro

Location of the Next Meeting: RCEB/Concord

HOMEWORK for the February meeting:

- Review the CMS letter for discussion at the February meeting, and questions developed can be brought to the state meeting on February 10th.
- Make a list of resources that we can utilize for outreach.

Helpful Sites:

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- **CMS Letter:** <http://www.dds.ca.gov/sdp/docs/122115Letter.pdf>
 - **Person Centered Planning/Path Facilitation:**
<http://www.youtube.com/watch?v=zKx1G879Xu8>
 - **Person-Centered Planning: Why it is Critical for Self-Determination:** Video by Sally Burton-Hoyle, PhD <https://vimeo.com/118543476>
 - **Self-Determination Program Updates:** <http://www.dds.ca.gov/sdp/SDPUpdates.cfm>

ATTENDEES:

Committee Members Present: Pamela Baird, Nickole Bouslog, Morena Grimaldi, Vi Ibarra, Arthur Lipscomb, Irene Litherland, Kim Luqman, Maria Marquez

Committee Members Absent: Dianne Millner, Esther Chow

Staff Present: Pam Thomas, Michi Toy

Guests: Guy Houston, Dannon Jenkins, Mark Polit, Will Sanford, Josh Sullivan

Welcome and Introductions

Chairperson Vi Ibarra chaired this 8th meeting at RCEB's San Leandro office. Attendees were greeted and self-introductions were made.

Agenda Item: Consent to the Minutes

M/S/C “The committee moves to approve the December 14, 2015 Minutes as presented” [Bouslog/Marquez] Unanimous

Agenda Item: Meeting Plans for 2016

Options were discussed on whether to meet in February or to meet in March, since DDS’ meeting would be a week after our scheduled February meeting. After some discussion, the committee decided to meet in February and invite family resource centers and the Alameda and Contra Costa Developmental Disabilities Councils to the meeting. Ms. Thomas also informed the committee that she and Vi constructed a letter that was sent to DDS on December 23rd to Jim Knight, Assistant Deputy Director requesting to expedite a meeting of all Advisory Committee chairs, which is important to successfully implement the self-determination program. Ms. Thomas also stated that she has inquired on a representative from SCDD, Bay Area to start attending our monthly meetings.

Agenda Item: DDS Updates on Self-Determination – Pam Thomas and Will Sanford

Schedule

The next meeting of the DDS Self-Determination at the statewide level is February 10th. Ms. Thomas brought a copy of the formal CMS letter dated December 11, 2015 which included the questions (@180) in response to the Department’s 241-page Home and Community-Based Services Waiver application that was submitted in September, 2015.

(The complete document is on the DDS website listed at the top of the page)

Mr. Sanford added that the content of the CMS letter contains items that need serious discussions, such as Financial Management Service [FMS] and how that would be paid out of the participant’s budget, and the Waiver, which is a challenging document to read and understand. Another topic in question was how the services would differ between an independent facilitator and a service coordinator and training that they would receive and if there would be enough facilitators to support 700 clients. These topics will be discussed at the statewide meeting on February 10th and our committee will be updated at our meeting in March.

Ms. Thomas went over the timing now that CMS sent the response to the Department. The Department will then respond to all the questions and send it back to the federal government; then the clock starts again with 90 days to respond back to the Department with either an approval, denial, or they will respond with additional questions. Although the CMS letter was dated December 11th, it was not physically received until a week later.

It is still a goal by the Department to have all the regional center case managers fully trained by the end of March, and they want to make sure that the training is consistent across the board, so they are taking care to develop a proper program. There’s also the issue of the case load for the case managers who do have SD clients, and how it should be lower since it requires more time, but whether or not the client has an independent facilitator will also need to be reviewed.

Person-Centered Planning

Person-centered planning is an important part of the program and had a jump in interest in the late 90's with lots of trainings and guides for the regional center case managers with specific details on how to work with the different family structures; therefore, person centered planning is not a new concept. However, years ago there were funding and literature sources for training, and as the funding was reduced and the case loads grew, there was not enough time to spend on each case as we would have liked. Despite that, the client is the main participant in the planning team and it should be a person centered process where the focus is on what the client wants in their life, not limited to their strengths, but what the consumer would imagine a fulfilling life would be, and how to get to that point.

Agenda Item: Independent Facilitator Presentation – Pam Thomas and Pamela Baird Informational

Ms. Thomas gave an overview of the Independent Facilitator's role in the process, as she outlined the three principles that the role of an Independent Facilitator is based on are:

1. The participant is the main decision maker along with anyone else that they choose. The focus is on what guides that participant's vision of what they want out of their life.
2. The second principle relates to community, and how the relationships and networking need to be intentionally built. In making those connections, the community involvement lends to a successful life experience.
3. The last principle has to do with capacity building by the independent facilitator. This is achieved by looking at the strength of the participant and the group and maximizing their strengths by helping them mobilize to move in new ways, and to look at new options and to keeping things open.

The legal definition of an independent facilitator is *A person selected and directed by the participant, who is not otherwise providing services to the participant pursuant to his or her IPP and is not employed by a person providing services to the participant.* Therefore, you cannot choose your daycare person or nurse, but they can use their case manager. Ms. Thomas added that a skilled facilitator is really a skilled person who needs to understand group dynamics, group processes, know about their community and available resources, as well as being able to move the group forward and maximize the strengths of the group.

Ms. Thomas also pointed out another part of SB 468 Chapter 683 *An independent facilitator shall receive training in the principles of self-determination, the person-centered planning process, and the other responsibilities described in this paragraph at his or her own cost.* Therefore, one might think that after all the training, that there would be some type of verification that the individual is qualified, but we are unclear about that.

Personal Experience

Ms. Baird spoke about her experience using an independent facilitator for her son. She stated that there are several types of models [PATH/PLAN/MAPS], and the one that she used is called PATH [Plan, Alternative, Training, Hope]. Ms. Baird hosted a workshop with other parents and

the independent facilitator and the team [son, family, relatives, support staff, therapists] who knew her son well, worked on her son's PATH together. With a variety of people who were close to her son, they each learned more about what his strengths were and the vision of what he would want from short term to long term goals. Each of the participants also had different roles in assisting him in achieving his PATH. Ms. Baird went into detail with what methods were used to have her son participate in his goals and they discovered that they have many natural family and community supports. Ms. Thomas added that this activity is tied into the Individual Program Plan [IPP] development; the planning team produces the IPP. The IPP is worked on every three years or more, depending on if there is an additional need identified or a change. Q/A informational discussion continued on the pro's and con's of having an independent facilitator, and the importance of not overlooking what that person could bring to the table in terms of a person who knows the community and the network system. (A U-tube video of a PATH done in New Zealand is at the top of this page.)

Agenda Item: Public Comment

A question was asked about Ms. Baird's son's PATH plan and if there were deadline dates for the goals, for which she replied that no specific dates, but quarterly ranges.

Meeting Adjourned at 8:33

FUTURE 2016 MEETINGS

DATES	LOCATION	TENTATIVE SUBJECTS
✓ January 4	San Leandro	Independent Facilitator Presentation
○ February 1	Concord	Outreach
○ March 7	San Leandro	
○ April 4	Concord	
○ May 2	San Leandro	
○ June 6	Concord	
○ July 11	San Leandro	
○ August 1	Concord	
○ September 12	San Leandro	
○ October 3	Concord	
○ November 7	San Leandro	
○ December 5	Concord	

Location of the next meeting: Concord → 2151 Salvio Street, 3rd Floor
 Monday, February 1, 2016 at 7:00pm