

February – December 2026



TRAINING NEWSLETTER

500 DAVIS STREET, #100
SAN LEANDRO, CA 94577

For logistical reasons, pre-payment with registration is required.

SAME DAY REGISTRATIONS ARE NOT PERMITTED

The RCEB Community Training & Education Committee (CTEC) is a committee of Regional Center staff who meet the identified training needs of service providers.

Additionally, to help residential homes, below are a few places other than RCEB to obtain T17 CEUs/ARM Credits on-line for your employees. Please ensure you get clear documentation on who completed what trainings and the classes pertain to the people living in your home.

www.openfuturelearning.org

People with disabilities who have been labelled as having "challenging behavior" are often overboard and terrified, and we barely seem to notice. Watch: Our online learning module "Jumping Into the Chaos of Things" by David Pitonyak will help your staff to understand the needs of people who have difficult behavior in a profoundly straightforward way.

<http://afirm.fpg.unc.edu/afirm-modules>

The AFIRM modules that have been created by CAPTAIN. Our hope is to promote these modules within our homes and day programs. The modules are all based on evidence-based practices like prompting, reinforcement, self-management, task analysis, etc. Each module is about 1.5 - 2 hours long, has a pre- and post-test, and you can choose to earn a certificate for passing the module.

<http://disabilityworkshops.com/>

They have two online courses on IDD and sexuality: The "Developmental Disability and Sexuality 101" course has 6 modules, each about 90 min long. Each module has a handout that must be filled out to show participating and objectives learned.

The "Talking with Your Kids: Developmental Disability and Sexuality" course has the same layout as the above course but its target audience is parents. This portion for children group homes only.

PLEASE NOTE: All Certificates of Continuing Education provided by Regional Center of the East Bay meet the qualifications for approval by the California Department of Social Services for ARF and GH Administrators. Certificates will not qualify for approval by the California Department of Social Services for RCFE Administrators.

Person-Centered Thinking Trainings

Wednesday, February 11th & Thursday, February 12th, 9am - 5pm; (500 Davis Street, #100, San Leandro) Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15; Cost: \$75 per person (Please make checks payable to RCEB)

Special Incident Report Writing Workshop

***Thursday, February 19th, 10am - 1pm; (1320 Willow Pass Road, Concord)
RCEB Staff: Staresha Leftwich & Samantha Briosos, SIR Coordinators***

The Who, What, When, Where and How of Special Incident reporting/writing. A class for service providers, direct care staff and administrators. . **3 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

HCBS and your ISP: Staying compliant

***Thursday, March 5th, 10am - Noon; Via Zoom
Presenters: Angela Craven & Tammy Lee, RCEB Clinical Team***

This workshop will help providers ensure that their individual service plans meet HCBS requirements. Topics will include choosing person-centered objectives, ensuring choice during the ISP process, how to reflect HCBS in your daily behavior documentation, and working with your behavior consultant. **2 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

Disaster Preparedness

Thursday, April 2nd, 10am - Noon; (1320 Willow Pass Rd., Concord)

RCEB Staff: John Lee, Emergency Coordination Specialist

This training is designed to equip staff and residents of group homes for the developmentally disabled with the necessary skills and knowledge to handle evacuation and shelter-in-place situations. The curriculum focuses on pre-evacuation, evacuation, shelter in place, and post-evacuation procedures, with a special emphasis on hazards prevalent in Northern California such as wildfires and earthquakes. 2 hours ARM credits; attendance is limited to 30; \$30/participant, check/money order payable to: RCEB

Staffing Schedule: Basics, Levels & Requests for Additional Staff Hours

Thursday, April 9th, 9am - 1pm; (1320 Willow Pass Rd., Concord)

Presenter: Michael Minton, RCEB Manager of Risk Management & Quality Assurance

This training is designed specifically for people managing licensed homes vendored with RCEB. We will begin with examining the T17 expectations of staffing hours based on the different levels of homes. In the training, we will learn about a few different service codes, how to request ASP hours, documentation, and using your behaviorist in this process. 4 hours ARM credits. Attendance is limited to 30; Cost \$30/per participant; make check/money order payable to: RCEB

Person-Centered Thinking Trainings

Wednesday, April 22nd & Thursday, April 23rd, 9am - 5pm; (500 Davis Street, #100, San Leandro) Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15; Cost: \$75 per person (Please make checks payable to RCEB)

Meeting the Mental Health needs of Children & Adults with Developmental Disabilities

Thursday, May 14th, 10am - 1pm; (500 Davis Street, #100, San Leandro)

Presenters: Liz Walser & Deirdre Cain, RCEB Clinical Team

This workshop will focus on training providers about the various mental health concerns presented by people with developmental disabilities across the lifespan. We will talk about how to support people at home and in day programs, and when outside services may be needed. We will discuss specific mental health resources available in Alameda and Contra Costa Counties. **3 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

Facilitation Skills for Meaningful Conversations

Wednesday, May 20th, 10am - 1pm; (500 Davis St., San Leandro)

Presenter: Fructuoso Menchavez, RCEB Training Manager

Every conversation you have with the individuals you support is an opportunity to facilitate growth, independence, and connection. The goal of this training is to teach you basic facilitation skills, empowering you to make every interaction meaningful and effective. As a training attendee, you can expect to learn: practical facilitation techniques to improve communication and engagement and strategies for having impactful conversations. This training is ideal for direct service providers committed to fostering positive change and helping individuals achieve greater positive control over their lives. **3 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

Special Incident Report Writing Workshop

Thursday, June 11th, 10am - 1pm; (500 Davis Street, #100, San Leandro)

RCEB Staff: Staresha Leftwich & Samantha Briosos, SIR Coordinators

The Who, What, When, Where and How of Special Incident reporting/writing. A class for service providers, direct care staff and administrators. **3 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

Person-Centered Thinking Trainings

Wednesday, June 17th & Thursday, June 18th, 9am - 5pm; (1320 Willow Pass Rd., Concord)

Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15;

Cost: \$75 per person (Please make checks payable to RCEB)

Crisis Intervention & Prevention

Thursday, July 9th, 10am - Noon, (500 Davis St., #100, San Leandro)

(Instructor: Crisis Response Project Staff)

The presenters will discuss crisis intervention, de-escalation techniques, and application of behavioral and cognitive techniques to assist clients during a crisis. The presenters will also discuss crisis prevention strategies and how to utilize the Crisis Response Project. **2 hours ARM credits; Attendance is limited to 30; Fee: \$30/participant, check/money order payable to: RCEB.**

Person-Centered Thinking Trainings

Wednesday, July 29th & Thursday, July 30th, 9am - 5pm; (500 Davis St. #100, San Leandro)

Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15;

Cost: \$75 per person (Please make checks payable to RCEB)

Disaster Preparedness

Wednesday, August 5th , 10am - Noon; (500 Davis Street, San Leandro)

RCEB Staff: John Lee, Emergency Coordination Specialist

This training is designed to equip staff and residents of group homes for the developmentally disabled with the necessary skills and knowledge to handle evacuation and shelter-in-place situations. The curriculum focuses on pre-evacuation, evacuation, shelter in place, and post-evacuation procedures, with a special emphasis on hazards prevalent in Northern California such as wildfires and earthquakes. **2 hours ARM credits; attendance is limited to 30; \$30/participant, check/money order payable to: RCEB**

Staffing Schedule: Basics, Levels & Requests for Additional Staff Hours

Thursday, August 6th, 9am - 1pm; (500 Davis Street, San Leandro)

Presenter: Michael Minton, RCEB Manager of Risk Management & Quality Assurance

This training is designed specifically for people managing licensed homes vendored with RCEB. We will begin with examining the T17 expectations of staffing hours based on the different levels of homes. In the training, we will learn about a few different service codes, how to request ASP hours, documentation, and using your behaviorist in this process. **4 hours ARM credits. Attendance is limited to 30; Cost \$30/per participant; make check/money order payable to: RCEB**

Cultural Implication of Care

Wednesday, August 19th, 9:00am - 1:00 pm; (1320 Willow Pass Road, Concord)

Presenter: Fructuoso Menchavez, RCEB Training Manager

What does "care" mean to you? Our system is rich with people from different walks of life, and based on this, we all have different ideas of what caring for the people we serve can look like. This interactive workshop will closely examine and deconstruct our own definitions of the term "care" and the cultural implications those definitions may bring to highlight our similarities and differences. Furthermore, we will explore ways in which our similarities can be further expanded on to include a shared language and a shared vision that will encapsulate how we truly support the people we serve. **4 hours ARM credits; attendance is limited to 30; Fee: \$30/participant, check/money order payable to: RCEB**

Person-Centered Thinking Trainings

Wednesday, September 23rd & Thursday, September 24th, 9am - 5pm; (1320 Willow Pass Rd., Concord) Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15; Cost: \$75 per person (Please make checks payable to RCEB)

Person-Centered Thinking Trainings

Thursday, October 22nd & Friday, October 23rd, 9am - 5pm; (1320 Willow Pass Rd., Concord) Presenter: RCEB Staff

Person-Centered Thinking revolves around the core principle of balancing What's Important To someone and What's Important For someone. Through this training, attendees will learn practical skills that they can take back to their respective workplaces that center the person being supported and support compliance with HCBS Federal Requirements, while continuing to effectively improve the supports that are currently in place.

Continuing Education credits: 12 units (Please see note above regarding the expectations of attending all trainings to receive the continuing education credits); Attendance is limited to 15; Cost: \$75 per person (Please make checks payable to RCEB)

Understanding and Supporting Relationships & Intimacy for Adults with Developmental Disabilities

***Thursday, October 29th, 10am - 1pm; (1320 Willow Pass Rd., Concord)
Presenters: Heidi Okamoto & Liz Walser, RCEB Clinical Team***

This workshop will focus on training providers about sexual development across the lifespan, and how to support healthy intimacy and sexuality in adulthood. We will discuss specific challenges faced by people with developmental disabilities as it related to talking and learning about sex, and sexual expression. We will also talk about issues related to sexual orientation and gender identity. **3 hours ARM credits. Attendance is limited to 30; Cost; \$30/per participant; make check/money order payable to: RCEB.**

Crisis Intervention & Prevention

**Thursday, November 5th, 10am - Noon, (1320 Willow Pass Rd., Concord)
(Instructor: Crisis Response Project Staff)**

The presenters will discuss crisis intervention, de-escalation techniques, and application of behavioral and cognitive techniques to assist clients during a crisis. The presenters will also discuss crisis prevention strategies and how to utilize the Crisis Response Project. **2 hours ARM credits; Attendance is limited to 30; Fee: \$30/participant, check/money order payable to: RCEB.**

IMPORTANT REMINDERS:

1. **SAME DAY REGISTRATIONS ARE NOT PERMITTED. Please be considerate of the trainer and attendees by arriving on time. If you are late, it will be at the trainer's discretion whether you can still attend or not. Late attendees (30 minutes) will not receive a certificate or refund.**
2. Please refrain from wearing strong fragrances/perfumes.
3. Please bring writing materials (pen, paper, laptop) to ALL trainings.
4. To ensure your space, mail in the **completed Registration Form with payment ASAP. (separate checks for each training please)**
5. Classes are open to all service providers, as applicable. **PLEASE DO NOT BRING CHILDREN, CLIENTS OR OTHER COMPANIONS TO THESE TRAININGS.**
6. Participants **MUST SIGN IN AT THE RECEPTIONSIT DESK and/or TRAINING.**
7. **Please silence cells phones and other electronic devices during class. If you need to take a urgent call, leave the room.**

Note: Please make a copy of your completed registration form before mailing

For logistical reasons, pre-payment with registration is required.

**Include a completed registration form
with your check/money order and mail to:**

Regional Center of the East Bay
500 Davis Street, #100
San Leandro, CA 94577

Attn: CTEC Trainings

Registration confirmation will be done by e-mail, so it is important to include your information on the Registration Form.

24-Hour Cancellation
Notice is required via email or phone to receive a refund.

NOTE: ONE CHECK PER TRAINING TOPIC

REGISTRATION FORM

(May be copied for additional enrollment – PLEASE PRINT AND PROVIDE COMPLETE INFORMATION WITH PAYMENT– Registration Form with incomplete information will be returned

Name/s of Person/s Attending:

IDENTIFY TITLE AND DATE OF TRAINING

1. _____
2. _____
3. _____
4. _____
5. _____

Facility Name: _____

Mailing Address: _____

Contact Phone: _____

Email address: _____

**REGISTER EARLY
SPACE HAS BEEN LIMITED
TO 30 ATTENDEES ONLY.**

To request ASL interpretation, please contact Karen Shuttleworth (information below) 3 weeks in advance so that arrangements can be made. **48 hour notice is required to cancel the service. If the requesting service provider does not cancel before that time, they will be responsible for the fees accrued by RCEB.**

The CTEC Newsletter can be found on our website: www.rceb.org under “For Providers”

**For questions call: Karen Shuttleworth
(510) 618-7710 or
kshuttleworth@rceb.org**