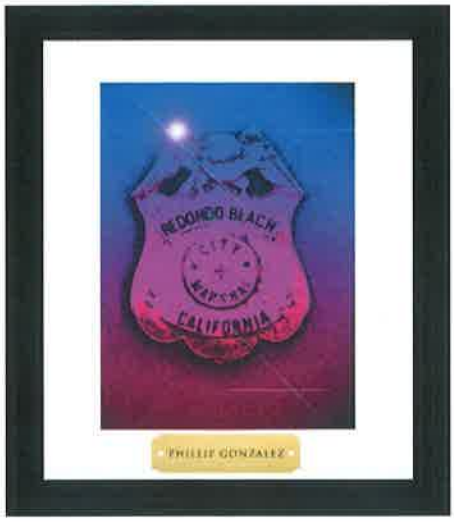
NATIONAL DIS**ABILITY** EMPLOYMENT AWARENESS MONTH

OCTOBER IS

Southside Art Center of Sacramento is an organization empowering adults with developmental disabilities through art, employment, and volunteerism.
The Southside Art Center's graphic artists participated in the Advisory Committee for Persons with Disabilities' 2017 Art Contest. The theme for this year's art contest was, "How does law enforcement help the public?"



ACPD

SUBMITTED BY THE CHP ADVISORY COMMITTEE FOR PERSONS WITH DISABILITIES

Free Informational DVDs - A Disability Business Strategy

View the DVDs online or request a free copy

Disability in the Workplace

The search for talent is one of the most pressing problems of businesses today and employees with disabilities are an untapped labor source.

Watch the **Employment Today** informational DVD for helpful tips and tools on how to recruit, hire and accommodate employees with disabilities as a strategic tool for a diversified workforce.

What Will I Learn?

1. What social changes are occurring in today's workforce.
2. The key differences between the Americans with Disabilities Act (ADA) and California's Fair Employment & Housing Act (FEHA).
3. Where to recruit qualified candidates with disabilities and how to avoid the most common interview mistakes.
4. The importance of duty statement and what mistakes you should avoid.
5. What disability questions or medical inquiries employers "can and cannot ask."
6. How to recognize and respond to a request for reasonable accommodation, and what employer actions are required.
7. What tax credits and resources employers can use to offset the cost of hiring, training or accommodating employees with disabilities.

Who Should Watch?

This information is designed for employers, human resource professionals, managers, business partners, and other professionals responsible for hiring and retaining talent.

Access for Small Business

Learn how to invite and welcome customers with disabilities to enter, purchase, shop, and participate at your place of business.

Watch the **Boost Your Business** informational DVD for simple steps to make your place of business accessible to all your customers.

What Will I Learn?

1. Tips on how to make your business establishment accessible to customers with disabilities.
2. Local resources in your area who are experts on accessibility requirements.
3. Federal tax credits for small businesses.
4. How readily achievable barrier removal efforts attract more customers.
5. Various elements of your building that may benefit from self-assessment and expert inspection.

Who Should Watch?

This information is designed for the small business owner seeking to understand and comply with federal and state accessibility requirements and welcome customers with disabilities to their place of business.

If you like these videos, there's more at DOR California Videos

For technical assistance and disability related information, contact: California Department of Rehabilitation (DOR), Disability Access Services: Voice (916) 558-5755
Telecommunications Relay Service (711)
TTY (916) 558-5758 DAS Email: DASinfo@dor.ca.gov

CENTER FOR EXCELLENCE IN **DEVELOPMENTAL DISABILITIES**

Are you a parent of an African American child with a disability?

Come join a social network for parents and caregivers of African American children with disabilities. Our goal is to empower parents to become strong advocates for the needs of their child.

Please save these dates:

- October 5
- November 30
- December 14
- January 25
- February 22
- March 22
- April 26
- May 24
- June 28

6-8pm at the UC Davis MIND Institute Resource Center

Dinner and childcare will be provided. This event is free, but pre-registration is encouraged. Please register by emailing cjgrevious@ucdavis.edu. For more information call 916-703-0403.

Parking at the MIND Institute (Lot 25) is $3. Street parking is free.

This event is co-sponsored by the Center for Excellence in Developmental Disabilities (CEDD) and Warmline FRC/PTI.

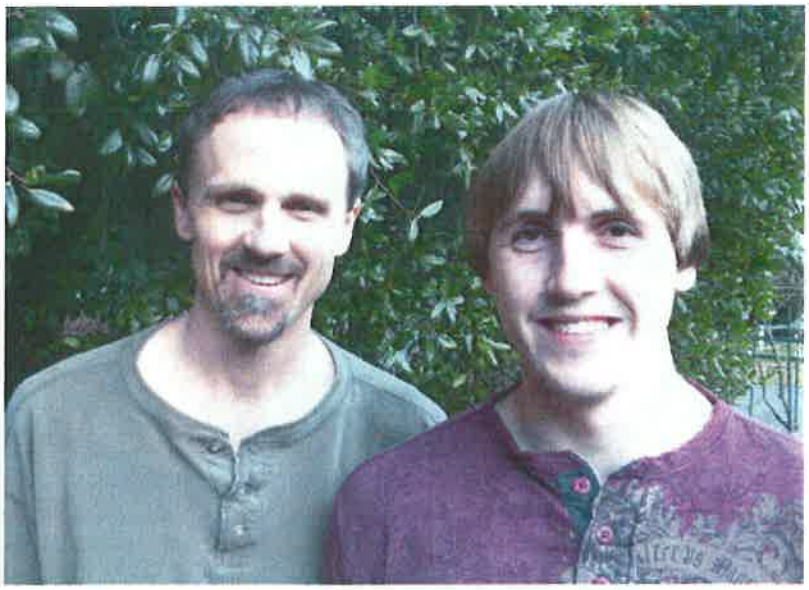
UCDAVIS
MIND INSTITUTE

Yolo County SELPA

Community Advisory Committee Presents:

This Autistic Life

A Presentation to Inform, Empower and Inspire!



January 8, 2018 6:30 to 7:30 PM YCOE Conference Center
1280 Santa Anita Ct, Suite 120, Woodland, CA 95776

Who Should Attend:

- Family of children on the autism spectrum
- Family of children with special needs
- Educators

Join us to learn about the joys and challenges of:

- Living on the autism spectrum
- Living with someone on the autism spectrum
- Teaching children on the autism spectrum

Hank Smith is a father, teacher, and an author. Ian Smith is an amazing yo yo player, juggler, and math wizard, who also happens to be autistic.

TO REGISTER:
Call or Email Lisa Young at
530-668-3760
Lisa.Young@ycoe.org

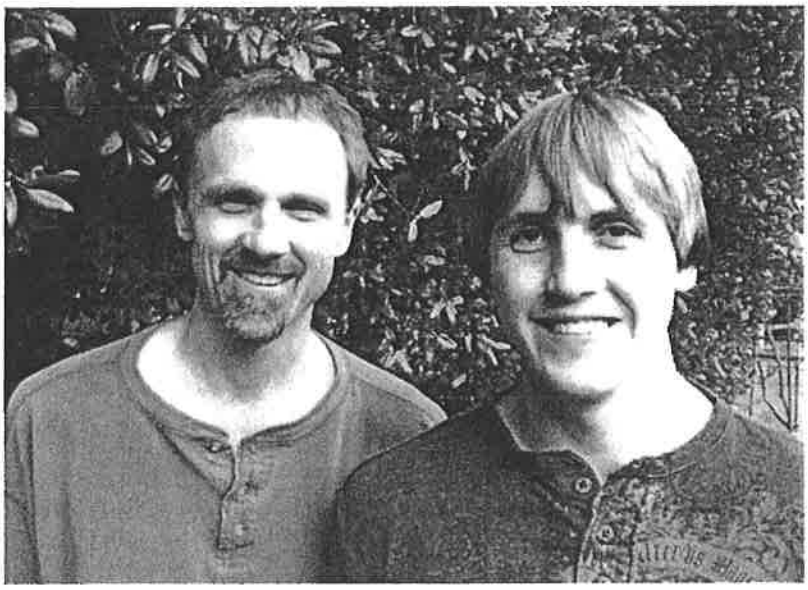
No cost to attend. Dinner and child care will be provided. Please indicate your needs and any other requests when you register.

Yolo County SELPA

Comité consultivo de la comunidad les presenta:

Esta Vida Autista

Una presentación para informar, empoderar e inspirar!



8 de enero de 2018 6:30 a 7:30 PM YCOE centro de conferencias
1280 Santa Anita Ct, Suite 120, Woodland, CA 95776

Quién debe asistir:

- Familias de niños en el espectro autista
- Familias de niños con necesidades especiales
- Educadores

Únase con nosotros para conocer las alegrías y desafíos:

- Viviendo en el espectro autista
- Vivir con alguien en el espectro autista
- Enseñar a los niños sobre el espectro autista

Hank Smith es un padre, un maestro, y un autor. Ian Smith es un increíble jugador de yo yo, malabarista, y un mago en matemáticas, que también resulta ser autista.

Para registrarse:
llame o envíe un correo electrónico a Lisa Young al 530-668-3760
Lisa.Young@ycoe.org

No hay costo para asistir. La cena y cuidado de niños serán proveídos. Por favor indique sus necesidades y cualquier otra solicitud cuando se registre.

Signs of Bullying Factsheet

What is bullying?

Bullying is unwanted, aggressive behavior towards a person that often happens again and again. Bullying includes teasing, name calling, written and verbal abuse, threats, physical assault, and other hurtful behavior. Bullying is meant to threaten or intimidate the victim.

Dealing with bullying, or a bully, can be extremely difficult for people of any age. Bullies are found in schools, at work, and in the community. Bullying can make a person's life miserable.

What are some signs that a person is being bullied?

Many victims of bullying are afraid to talk about what is happening to them. Look for changes in behavior. **If you see unexplained changes, talk to the person about what's going on.** Some things to look for that may point to bullying are:

- ☐ unexplained injuries
- ☐ lost or destroyed clothing books, electronics, or jewelry
- ☐ frequent headaches or stomach aches
- ☐ changes in eating habits
- ☐ difficulty sleeping or frequent nightmares
- ☐ self-destructive behavior such as running away or hurting themselves
- ☐ loss of friends

Other signs may also include:

- ☐ feeling sick or pretending to be sick
- ☐ losing interest in school or work
- ☐ not wanting to go to school or work

If you know someone who shows signs of being bullied, don't ignore the signs. Talk to the person.

Supported Life Institute

Advocating Inclusive & Dynamic Communities

Save These Dates!!!

23rd Annual **Statewide Self-Advocacy Conference**
~ Western States Invited ~

Friday & Saturday May 4 - 5, 2018

~ Crowne Plaza Hotel, Sacramento ~

"Advocacy Rocks"

Registration materials coming in March!

Over **400 people** attended statewide last May for:

Self-Advocacy and Peer Advocacy Learning

Networking with Self-Advocates from all over CA

PLUS

Leaders from Nevada
and other Western States

Want to be a Conference Session Speaker?

Apply by December 20th, 2017

Self-Advocates from throughout California plus nearby Western States are invited to apply, as **Self-advocates** are the session **speakers**.

Professionals or others can still play an important role by helping people practice, get ready to present, & be in the audience during sessions **(though all must be registered to attend the conference)**.

Filling Out the Speaker Application Form? (see separate form)

To apply about a session:

1) complete **both sides** of the attached Speaker Application Form to tell us about the session you want to present
2) **return** it to us by fax or mail (or scan and email)

Please note that all conference Speakers and Helpers DO pay regular conference registration fees.

Supported Life Institute

23rd Annual Statewide Self-Advocacy Conference

Speaker Application Form (Due 12/20/17)

2018 Conference: May 4 - 5, 2018 at Sacramento Crowne Plaza Hotel

1. **TITLE for your breakout session:** _____

_____

2. **The Conference Planning Committee would like this year's conference sessions to fit into one or more of the following categories. Please circle the CATEGORY best describing your session:**

a. Action/State Budget/Legislators
b. Serving on Boards / Facilitation
c. Independence/Living Options
d. Transition/Youth Advocacy
e. People First/Self-Advocacy
f. Region/Statewide Networking
g. Relationships &Sexuality
h. Health and Wellness
i. Microenterprises/Jobs

3. **Tell us what your session is ABOUT and HOW it will be presented:**

_____
_____
_____
_____
_____

4. **Information about the main PRESENTER / SPEAKER:**

Name of the group or individual presenting _____
Address _____
City _____ State _____ Zip _____
Daytime Phone # (_____)_____ Evening # (_____)_____
Email? _____@_____

5. **Information about a CONTACT PERSON (if any) assisting you with this application:**

Name _____
Agency_____ Phone # (_____)_____
Address _____
City _____ State _____ Zip _____
Email? _____@_____

6. **Have you ever been a speaker at a conference or have you done any other kind of public speaking BEFORE? Yes _____ No _____**

If yes, please tell us when, where and what you talked about:

_____

_____

_____

7. **Is your People First Chapter or Self-Advocacy Group interested in an INFORMATION / SALES TABLE at Conference Faire?** If so, please tell what information you share or what (non-food) items you sell, so we can send you an application in April.

_____

_____

_____

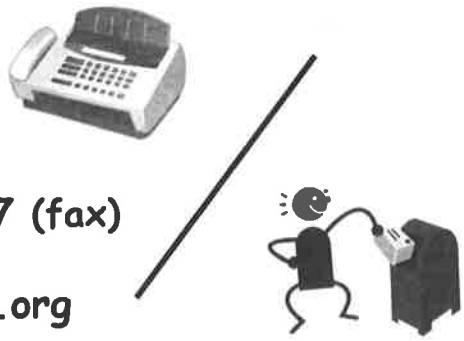
8. **Final instructions and notes:**

Please mail this application form to:

Supported Life Institute
1010 Hurley Way, Suite 180
Sacramento, CA 95825

or fax your application to: 916-567-1977 (fax)

or scan and email to: info@supportedlife.org



Applications must be postmarked by December 20, 2017.

— Applications sent by that date will be considered by Conference Planning Committee.
— With limited meeting room space, not all applicants will be selected as speakers.
— You will be **notified by end of February 2018** whether your application is chosen.

All conference speakers & helpers do pay regular conference reg. fees.

If you have questions about this application form or about the conference, please contact the Supported Life Institute at 916-567-1974 x201 or info@supportedlife.org

★ ★ **Thank you for applying to be a 23rd annual conference speaker!** ★ ★

"Advocacy Rocks"

Bingaman, Sonya@SCDD

From: Anne Sommers for the National Council on Disability <asommers@NCD.GOV>
Sent: Tuesday, November 21, 2017 7:09 AM
To: NCD-NEWS-L@LIST.NCD.GOV
Subject: NCD Highlights Scarce Dental Care for Patients with I/DD in Latest Policy Brief

November 21, 2017

WASHINGTON, DC -- The National Council on Disability (NCD) – a nonpartisan, independent federal agency – today releases its issue brief, "Neglected for too Long: Dental Care for People with Intellectual and Developmental Disabilities."

NCD's issue brief provides insight concerning the lack of dental care many individuals with intellectual and developmental disabilities (I/DD) continue to experience due to a shortage of properly trained dental care providers. The brief also explores the glaring neglect for the protection of people with disabilities found within the American Dental Association's Principles of Ethics & Code of Professional Conduct, generally.

"For too long, many individuals with I/DD have faced significant challenges in finding dental care providers able or willing to treat them, leaving those patients to have to drive several hours away to find a capable clinic or forgo care altogether," said Clyde Terry, NCD Chairperson. "The effect proper dental care has on preventing larger health concerns and costs cannot be underestimated."

Quick Report Takes:

• According to a series of studies, 75% of dental students reported little to no preparation in providing care to people with I/DD.
• Approximately 60 percent of people in the United States with I/DD rely on Medicaid for their health insurance coverage and Medicaid's low reimbursement rates often dissuade providers from taking on patients with I/DD who may require more time to treat.
• The American Dental Association's Principles of Ethics and Code of Professional Conduct does not prohibit a practitioner from refusing to accept a patient based on his or her disability,* but does prohibit other forms of discrimination.

Policy Brief Recommendations:
A sampling of the policy brief's recommendations includes:

• NCD recommends that Congress further amend the Public Health Service Act to authorize additional grants to public and nonprofit dental care providers to deliver, proper dental care to people with I/DD in scarcity areas (geographic areas that are not reasonably accessible to facilities equipped to provide such care), and to bolster loan repayment programs for dentists training or already properly trained in the treatment of people with I/DD and are willing to provide that specialized care in those areas.
• NCD recommends a modification to the relevant dental school accreditation requirement. All dental students must have more robust training in the care of I/DD patients, as opposed to simply requiring that dental students be "competent in assessing the treatment needs of patients with special needs."
• NCD recommends that the American Dental Association review its current Principles of Ethics and Code of Professional Responsibility and make certain modifications to better reflect the rights of people with disabilities.
Policy Brief: The NCD Policy Brief on dental care for patients with I/DD is available for download at:
https://ncd.gov/publications-policy-brief/2017/dental-issue-brief.

* Except for one noted advisory opinion that deems a decision to not treat patients with bloodborne pathogens, based solely on that fact, as unethical.

About the National Council on Disability: First established as an advisory Council within the Department of Education in 1978, NCD became an independent federal agency in 1984. In 1986, NCD recommended enactment of an Americans with Disabilities Act (ADA), and drafted the first version of the bill which was introduced in the House and Senate in 1988. Since enactment of the ADA in 1990, NCD has continued to play a leading role in crafting disability policy, and advising the President, Congress and other federal agencies on disability policies, programs, and practices.

# # #

##

To unsubscribe from the NCD-NEWS-L list, click the following link:
http://list.ncd.gov/scripts/wa-DEVIS.exe?SUBED1=NCD-NEWS-L&A=1

Classes and Programs Guide

All Are Welcome

2020 J Street • Sacramento, CA 95811
(916) 341-0575 **snahc.org**

Behavioral Health

Anger Management A 12-week course focused on developing Anger Management skills, managing anger in a healthy way, improving relationships, and setting goals.

- Wednesdays, 5:30–7:30 pm, Kutba Classroom
- Contact: Kathryn Wulf: (916) 341-0576 ext. 2210, Kathryn.Wulf@snahc.org

Honoring the Sacred Batterers Group In this 52-week Batterer's Intervention Program, participants will learn how to end the cycle of violence in our families and recreate peaceful relationships based on reclaiming traditional values, belief systems, and life ways. The natural, traditional life ways rest upon values, which are reflected in our behaviors and relationships with all things.

- Wednesdays, 5:30–7:30 pm, Sequoia Room
- Contact: Albert Titman, Sr.: (916) 341-0576 ext. 2209, Albert.Titman@snahc.org

H.O.P.E.: Healing Our People Through Education This course is designed to help individuals who want to maintain total Wellbriety and sobriety, to successfully cope with life's struggles, manage emotional issues, and to learn tools for enhancing their quality of life while recovering from addiction and alcoholism. This course also includes learning the skills and techniques for preventing relapse.

- A support group for those who are walking the Red Road to Recovery.
- Thursdays, 3–5 pm, Behavioral Health Therapy Room
- Contact: Kathryn Wulf: (916) 341-0576 ext. 2210, Kathryn.Wulf@snahc.org

Parenting Classes feature the Family Spirit parenting program. In 16-week classes, participants will learn about building self esteem, handling stress and anger, growth and development of children, communication skills, and positive discipline.

- Education for families with children ages 0–5 years old.
- Tuesdays, 5-7 pm, Kutba Classroom
- Contact: Nicole Bozzo: (916) 341-0576 ext. 2248, Nicole.Bozzo@snahc.org

Red Road 12-Step Support Group This support group offers sobriety, recovery, addictions prevention, and sobriety/Wellbriety learning resources to attendees. This group also includes White Bison teachings, Medicine Wheel teachings, and recovery support.

- Mondays, 5:30–7:30 pm, Sequoia Room
- Contact: Albert Titman, Sr.: (916) 341-0576 ext. 2209, Albert.Titman@snahc.org

Two Spirit Healing Circle A sacred healing circle where LGBTQ+ community members are welcome to share their stories, life experiences, and to honor each other. This program includes guest speakers, medical and mental health professionals, history and tribal culture presentations, food, and a safe space that encourages honesty and sharing.

- Every other Friday, 11 am–1 pm, Sequoia Room
- Contact: Nicole Bozzo: (916) 341-0576 ext. 2248, Nicole.Bozzo@snahc.org

Wellness

Culture is Prevention Workshops A free interactive workshop focusing on suicide prevention education, healthy living, and personal wellbeing. Join us for snacks and cultural arts such as beading, medicine bag making, and other fun traditional arts.

- All elders, youth, families, and community members welcome.
- 2nd and 4th Tuesdays of every month, Sequoia Room
- Contact: Nicole Bozzo: (916) 341-0576 ext 2248, Nicole.Bozzo@snahc.org

D.E.E.P.: Diabetes Education Empowerment Program Join this 6-week program to learn more about how to protect yourself from the harmful effects of Diabetes and Hypertension.

- Mondays in May and June, 10 am–12pm, Sequoia Room
- Contact: Myrna Monroe, CHW: (916) 341-0576 ext. 2236, Myrna.Monroe@snahc.org

Diabetes Talking Circle Free workshops about Diabetes Self-Management Join us monthly to explore fun and practical ways to help you and your family better manage diabetes. In addition, Amy Byerhoff from the YMCA leads monthly Body Movement for Wellness exercise class for all abilities.

- Varying Tuesdays every month, 10 am–12 pm, call or email for schedule
- Contact: Brian Shaw: (916) 341-0575 ext. 2258, Brian.Shaw@snahc.org

Home Visitation Program Offering parenting education and support featuring the Family Spirit Model, home safety and child development screening, community resources, breastfeeding/prenatal education and support, emergency diapers up to two times within 6 months, car seat safety and injury prevention, and crisis intervention and CPS advocacy.

- For qualified, active SNAHC patients in Sacramento County.
- Contact: Wellness Department: (916) 341-0576 ext. 4425, Julie.fuentes@snahc.org

Yoga for Wellness The perfect addition to any wellness plan. Expect to leave feeling refreshed, energized, relaxed, and with qualities we all need to live well. Incentives, materials, and snacks will all be provided.

- Beginners interested in finding positive ways to deal with stress and chronic pain.
- Thursdays, 1–2 pm, Sequoia Room
- Contact: Rachel Alvarez: (916) 341-0576 ext. 2271, Rachel.Alvarez@snahc.org

Medical

Hepatitis C Support A Patient Orientation and Support Group for Hepatitis C. Hear testimonials and success stories from patients and ask questions of physicians and pharmacists. Learn more about the risk factors, medications, and treatment options associated with Hepatitis C. Lunch will be provided.

- Open to all SNAHC HCV patients, their families, and loved ones.
- 2nd Tuesdays of every month, 10 am–12 pm
- Contact: Wendy Calderon: (916) 341-0576 ext 2249, Wendy.Calderon@snahc.org

CARE. COMMUNITY. CULTURE.

Produce for All

Free bag of fresh fruits and vegetables!

4th Wednesday of every month

10am-11am

SNAHC parking lot

2020 J Street, Sacramento

Bring your own bag!

Dignity Health.

SNAHC
Sacramento Native American Health Center

SACRAMENTO Food Bank & Family SERVICES

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a california health+ center

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Translation services available.

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Transgender Hormone Therapy
Substance Abuse Treatment
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Family Planning Services

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SNAHC Pediatric Dental Services Include:

- Dental exams with digital X-rays for children and adults
- Cleanings, sealants and fluoride treatments
- Oral health education for families
- Fillings
- Extractions
- Emergency services
- Crowns and bridges
- Root canals
- Partial and complete dentures
- Oral surgery
- Referrals to specialists

Excellent oral healthcare starts with finding the dentist and dental team right for you. To schedule an appointment today please **call (916) 341- 0575.**

All Are Welcome
2020 J Street • Sacramento, CA 95811
(916) 341-0575 **snahc.org**

CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES

DDS SafetyNet

For Health, Safety, and a Better Life

Fall 2017

Assault Prevention — Supporter Newsletter

As a supporter, you are responsible for ensuring the health and safety of the people you support. It is important as a supporter to stop and prevent violence against the people you support.

Data shows that:

- The rate of violence against people with developmental disabilities is nearly three times higher than for those without a disability.
- Individuals with a cognitive (intellectual) disability have a rate of violent victimization higher than any other type of disability.
- In California, over half of reported incidents of abuse (July 2014 – June 2016) were cases of physical violence.

Your personal commitment to the provision of a safe, stable, and nurturing environment is essential and must be very visible. Protection of the people you support starts with your leadership which is demonstrated through the quality of your interactions with the individuals you support.

Why are individuals with developmental disabilities susceptible to abuse?

Individuals with developmental disabilities are more susceptible to abuse for many reasons. Some of these reasons are that they:

- May have limited communication abilities and/ or cognitive disabilities that make it difficult to report abuse.
- May be seen by the abuser as weak, vulnerable, or less likely to report abuse, making them easy targets.
- May be more likely to be abused by someone they know – a caregiver or someone involved in their daily routine.
- May be easily influenced by and eager to please others, thinking that the abuser is a "friend."
- May think that how they have been treated is normal.

What are signs that may indicate that an individual is being harmed by someone?

Some physical signs are:

- Bruises
- Cuts
- Scrapes
- Other injuries

Some behavioral signs are:

- Concealing injuries
- Having a questionable explanation for injuries
- Isolating themselves from family and friends
- Spending a lot of money or often having little money
- Having low self-esteem
- Having sudden changes in behavior
- Drinking too much alcohol
- Using drugs
- Showing symptoms of depression and/or suicidal tendencies

These signs may indicate possible harm to an individual. Any of these may be a reason for concern even if it is not related to an individual being harmed.

For more information on reporting abuse, go to: http://www.dds.ca.gov/DSPT/Student/StudentYear1_3.pdf

DDS SafetyNet

For Health, Safety, and a Better Life

Assault Prevention — Supporter Newsletter — continued

What can you do to prevent or stop an individual from being harmed?[1 2]

To prepare for violent situations with an individual:

1. **Go over Tip Sheet: How to Defend Yourself—Fighting Back!** with the individual to prepare them for a potentially violent situation.
2. **Create an assault prevention plan using Tip Sheet: How to Create an Assault Prevention Plan**. With the individual you support, make a plan of steps to prevent assault and to get out of violent situations. Examples of ideas to include in the plan are below:
   - Always know where the exits are.
   - Never go into a room alone with someone you don't know.
   - Make sure you have your phone in case you need to call for help.
   - If you can't leave the building, lock yourself in a safe room and then call for help.

To identify and approach an individual who has experienced violence and to prevent it from reoccurring:

3. **Watch for the signs** that an individual is being harmed.
4. **Talk to the individual one-on-one and encourage open communication** if you suspect that they are being harmed. When approaching the individual, it is essential to create a non-judgmental environment where the individual may feel more comfortable talking to you. Often people do not report because they do not think others will believe them.
5. **Provide care and support for victims of violence**. Often abuse goes unreported because victims fear the abuser will be in a position to do more harm. Offer your help and provide resources and solutions to the individual.
6. If there has been a physical or verbal attack, **make sure the person is safe.** Look at what has happened and take necessary steps to prevent future violence.

To de-escalate a potentially violent situation between an individual and another person:

7. **Intervene** in a potentially violent interaction between an individual and another person by:
   - **Distracting:** Ask questions to divert attention of either the individual or other person. Examples include asking for directions, the time, help, etc.
   - **Directly approaching the situation:** Approach either the individual or other person and express your concern. When approaching the individual, show your support and offer your help. Be careful of escalating the situation when approaching the other person. They could direct their violence toward you or other people.
   - **Delegating:** If you do not know the individual or other person, ask for help from other people, such as security guards, police, other supporters, etc., who may be more helpful and appropriate for resolving the situation.

For more resources on **assault prevention** for the people you support, go to: http://ddssafety.net/safety/assault-prevention

[1] http://www.icadvinc.org/prevention/for-bystanders/intervening-to-prevent-violence/
[2] http://www.wikihow.com/Deal-With-a-Violent-Person

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