

VALLEY
MOUNTAIN
REGIONAL
CENTER



SELF-DETERMINATION TRAINING FOR RC SDAC VOLUNTEERS

Paul Billodeau, Executive Director
Valley Mountain Regional Center

Dena Hernandez, Manager
SCDD/ North Valley Hills Office

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Stockton Office
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Acronyms Used

- **CMS** = Centers for Medicare and Medicaid Services
- **DDS** = CA Dept. of Developmental Services
- **FH** = fair hearings
- **PCP** = Person-Centered Planning
- **RC** = Regional Center
- **SCDD** = State Council on Developmental Disabilities
- **SD** = Self-Determination
- **SDAC** = Self-Determination Advisory Committees

What We Will Cover

- Self-Determination
 - What it is, how it works, roles, and related issues
- Role of the Self-Determination Advisory Committees
- Statewide SDAC
- DDS SD Workgroup

What We Will Cover

- SDAC Dynamics
- Miscellaneous issues such as parliamentary procedure, meeting schedule, etc.
- Possible issues for the SDACs to initially tackle
- Anticipated challenges

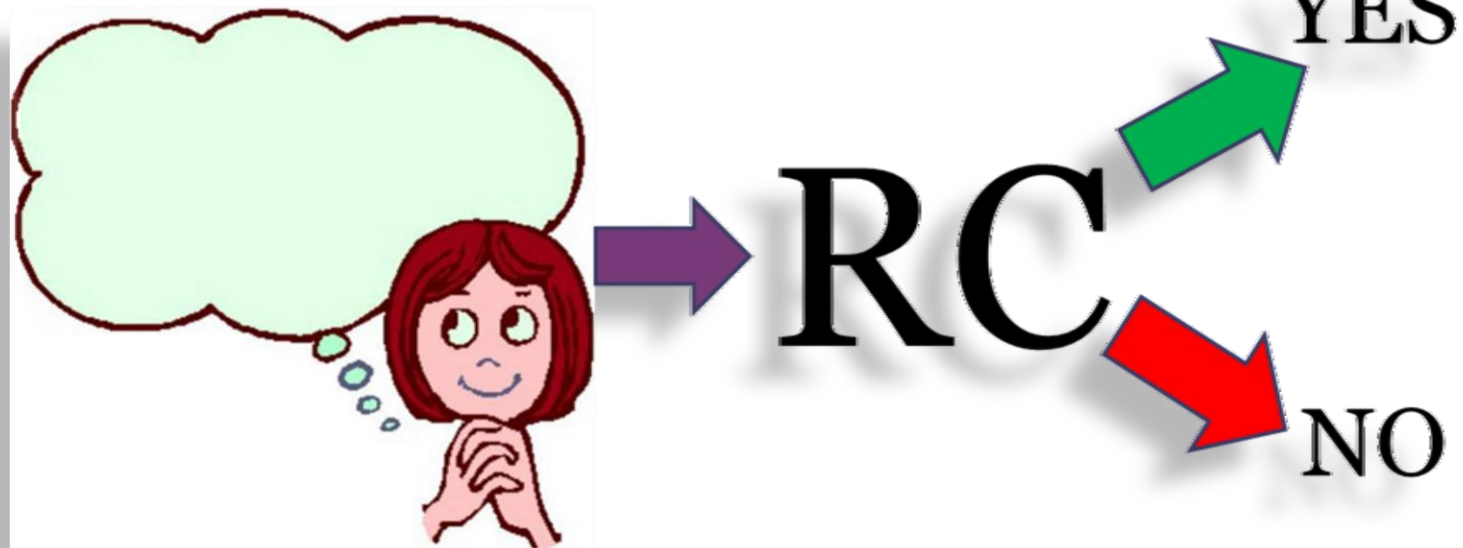
What Is Self-Determination?

- Huge change in the law
- New option
 - Voluntary
- Regular RC services vs. SD services
- Handout

A New Option



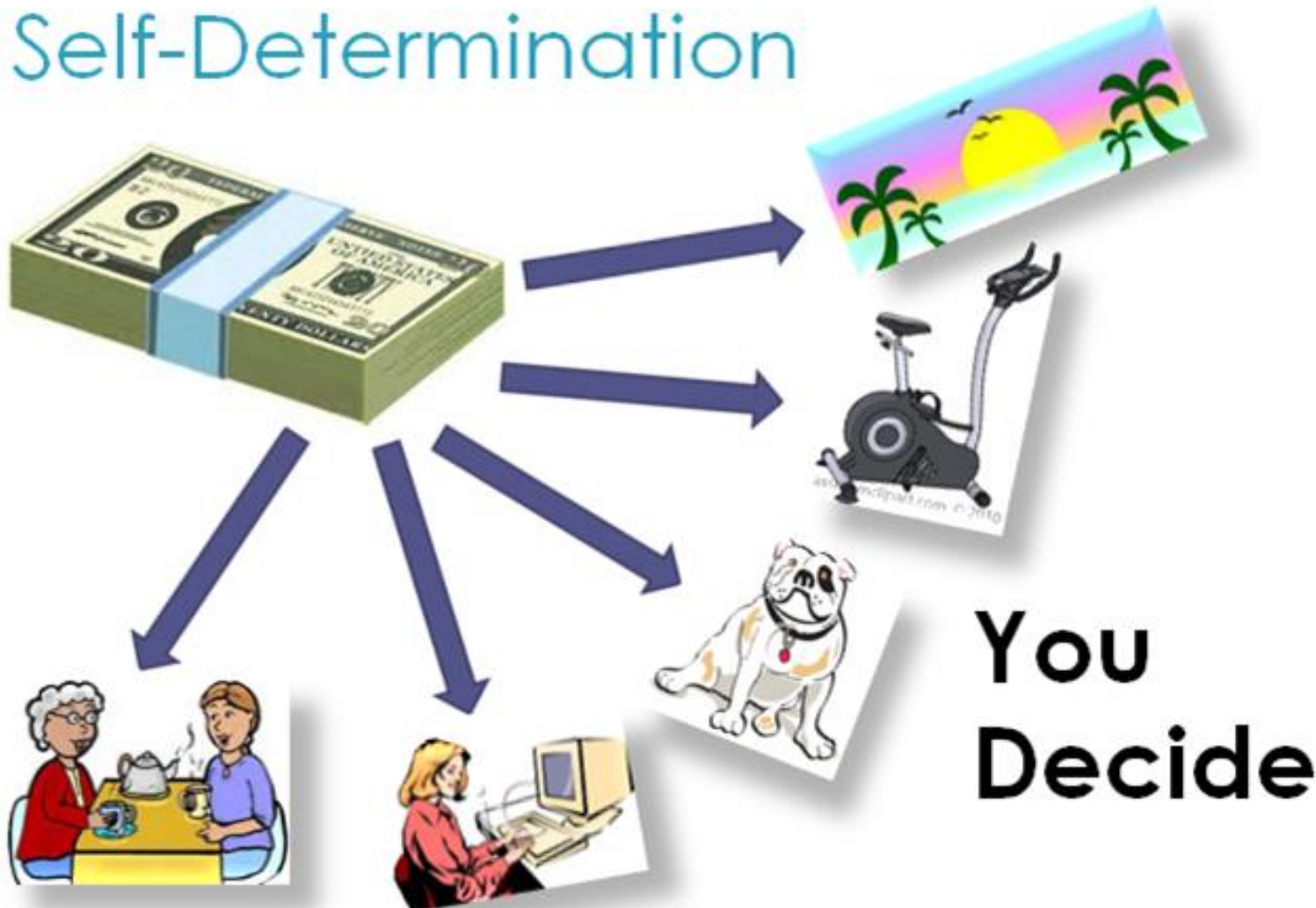
Regular RC Services





Self-Determination Services

Self-Determination



Principles of Self-Determination

- Freedom
- Authority
- Support
- Responsibility
- Confirmation



Eligibility

- Have a RC case under the Lanterman Act
- Live at home or in community
 - Not eligible if you live in some kinds of long term care facilities, unless you are in the process of moving into the community
- Be willing to receive training and comply with the program's rules

The Budget

- Based upon the cost of services used in the previous 12 months
- May be adjusted based on:
 - Changing circumstances
 - Unaddressed or unmet needs
 - “The RC certifies on the individual budget document that RC expenditures for the individual budget, including any adjustment, would have occurred regardless of the individual’s participation in the Self-Determination Program.”
- New to the system, no previous 12 month history
- 10% of the funds can be shifted

The Process and The Players

- Person-Centered Planning (PCP)
- You, the person with a RC case
- RC
- Facilitator
 - Training
- Fiscal Manager
- Your friends, family, staff, paid supports, etc.
- Criminal background checks, fingerprinting, etc.

Timelines

- Once the waiver is accepted by CMS, the waiver must be approved within 90 days
 - Questions versus resubmissions
- Once the waiver is approved, implementation of the SD Program will begin
- Three years after that anyone may participate in the SD Program

Is SD Right for Someone?

- Ask these six questions:
 - Do you have a complicated life?
 - Have you had a lot of denials, fair hearings, and conflicts with RC?
 - Have you lost services due to changes in the Lanterman Act or budget cuts?
 - Do you need or want unique services not typically available through RCs?
 - Do you want to start a business, get good work training or get a good paying job?
 - Are you ready to take on the responsibility?

A Historical Context

- SD Pilot Programs
- How they worked compared to the current self-determination program
- Outcomes

Role of the SDAC

- Composition of the SDACs
- Objectives
 - To ensure the work is getting done, not to do the work
- Statutory requirements [WIC §4685.8(x) and (x)(1)]
 - Provide oversight of the Self-Determination Program
 - “The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent with the requirements of this section, and may make ongoing recommendations for improvement to the regional center and the department.”

Other Advisory Committees

- SCDD's Statewide SDAC
 - Membership is the chair or each group or their designee
 - At least twice per year
 - “to identify self-determination best practices, effective consumer and family training materials, implementation concerns, systemic issues, ways to enhance the program, and recommendations regarding the most effective method for participants to learn of individuals who are available to provide services and supports. The council shall synthesize information received from the Statewide Self-Determination Advisory Committee, local advisory committees, and other sources, shall share the information with consumers, families, regional centers, and the department, and shall make recommendations, as appropriate, to increase the program's effectiveness in furthering the principles of self-determination”
- DDS' SD Workgroup

Committee Dynamics

- Issues, not people
- Supporting others
- Dealing with opposing perspectives
 - Gaining consensus

SDAC Housekeeping

- How often and when it meets
- Structure
 - Election of Officers
 - Parliamentary procedure
 - Miscellaneous

Initial Issues to Consider

- Soft roll out
 - 2500 participants during the three year phase-in period
 - How participants will be selected
 - Attend mandatory informational meeting
- RC must contract with a local family-run organization to conduct outreach

Possible Challenges

- Resistance
 - From multiple sources
 - People with disabilities
 - Families
 - Vendors
 - RCs
- Getting accountability