



## **North Valley Hills Connection**

WINTER EDITION 2015

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Stockton, California 95207-8270

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The SCDD/North Valley Hills  
Protects the rights  
of persons with  
Intellectual and developmental  
disabilities  
in Amador, Calaveras,  
San Joaquin, Stanislaus  
And Tuolumne counties

### **Goodbye Area Board 6- Hello SCDD/North Valley Hills Office**

The State Council on Developmental Disabilities (SCDD) has new names for each of the 13 regional offices in California! In January 2015 when Governor Brown signed AB1595 into law, Area Board 6 became the SCDD/North Valley Hills office!!

Along with the name change came some other changes. One change is that our Board is now called a Regional Advisory Committee (RAC) and people are appointed to the RAC by SCDD's membership committee. We do have representatives from each of our 5 counties and rotate meetings to each county throughout the year.

Each region has a Governor appointed representative. Kerstin Williams represents our region and her term will expire in July 2016. If you are interested in being on SCDD, contact Dena.

*See Neil's article on the next page with another big change & explanation of a new SCDD policy.*

#### **Regional Advisory Committee**

##### **Members**

##### **Amador County**

Mary Dye

##### **Calaveras County**

Ericka Yanez

##### **San Joaquin County**

Karen Andersen  
Virginia Sanchez  
Arthur Valdez  
Paula Weihrouch

##### **Stanislaus County**

Kilolo Brodie  
Gary Del Nero

##### **Tuolumne County**

Jill Ames  
Brad Putz, Chair

#### **Governor Appointee to SCDD**

Kerstin Williams  
San Joaquin County

##### **Staff**

Dena Hernandez, Regional Manager  
Neil Fromm, CPS II  
George Lewis, QA Coordinator/CPS II  
Marigene Tacan-Regan, Office Technician

### **SCDD STATE PLAN SURVEY NOW IN MANY LANGUAGES!!**

Go to [scdd.ca.gov](http://scdd.ca.gov) and find the language you need.  
Please tell SCDD what you think should be on their  
next state plan!

Arabic\*Armenian-Eastern\*Chinese Cantonese\*Chinese-  
Mandarin\* Farsi \*Hindi \*Hmong \*Japanese \*Khmer  
\*Korean\*Russian\*Spanish\* Tagalog\*Urdu\*Vietnamese



## **Neil's News**

### ***Direct Individual Advocacy Services***

*“State Councils engage in systemic advocacy—capacity building, and systemic change activities that contribute to a coordinated, comprehensive system that includes needed community services and individualized supports. The Council does not provide direct services to consumers and their families. The intent is for State Councils to impact the service delivery system, not become part of the delivery system.*”

*Speaking or acting on behalf of an individual or family to obtain or access services is generally a form of direct service that may not be supported with federal funds. Unallowable State Council activities include attending meetings (e.g. Regional Center, schools or school districts, Social Security, Department of Rehabilitation) for individual agency-based supports and services or making calls to these agencies on an individual's behalf.*

*The Council acknowledges that direct individual advocacy services are a critical need in the system. However, the Council's role includes advocating for funding, better services, barrier removal, and system change. The Council often hears, for example, from parents who need support when meeting with schools to discuss an individual education plan. In such instances, the Council would not provide individual advocacy services; however, Council staff may, for example, provide general information or materials on applicable law and/or refer the individual to an appropriate advocacy resource”.*

In 2014 the legislature approved and the Governor of the State of California signed into law revisions to the Lanterman Act that eliminated any reference to the Area Boards on Developmental Disabilities. The change in law was necessitated by conflict between language in the Lanterman Developmental Disabilities Act (State law) and language in the Developmental Disabilities Assistance and Bill of Rights Act of 2000 (Federal law). With the change in law came a change in allowable activities that may be pursued by the branch offices of the State Council on Developmental disabilities (formerly the Area Boards). Before the revision in law the Area Boards were permitted to provide support and/or individual advocacy to individuals or families in a variety of settings including educational meetings (IEPs), planning team meetings (IPPs) and the fair hearing process. This is no longer the case.

This excerpt is from a policy paper approved by the Board of the State Council on Developmental Disabilities in July of 2015: To view the entire document on line, please go to <http://www.scdd.ca.gov/councilmeetings.htm>, click on the meeting packet for the Council meeting of July 14<sup>th</sup> 2015 then scroll down to pages 154 through 156.

## State Council Advocacy Activities

*“There are many effective activities that are consistent with the DD Act when working with individuals who are seeking advocacy support: e.g., providing information and referral, technical assistance, and training. These activities provide a benefit beyond helping individuals and families seeking advocacy supports. They leverage the strength of the California Council, with its headquarters in Sacramento and regional offices throughout the state, to provide an ongoing comprehensive review and analysis of the service system”.*

### Question?

Where does an individual or family turn to for help if facing a Department of Developmental Services fair hearing, a particularly complex and challenging Individual Educational Plan meeting or other issues?

### Answer.

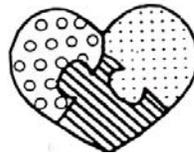
Give us a call here at the North Valley Hills Office of the State Council on Developmental Disabilities: (209-473-6930) for information, referral and if applicable, training on the issue. If direct advocacy support is needed, contact your Valley Mountain Regional Center service coordinator, Disability Rights of California: (1-800-776-5746) and for VMRC consumers and their families, the Office of the Clients Rights Advocate: (209-242-2127 or 1-800-390-7032).



Do you receive services from VMRC? Need help? Contact a Service Coordinator first. 209-473-0951 or <http://www.vmrc.net/>



Not getting enough help from VMRC? Contact DRC for more help. 800.776.5746 or <http://www.disabilityrightsca.org/>



Depending on the issue – Family Resource Network can give you information or attend a workshop. 800.847.3030 <http://www.frcn.org/>



SAC 6 has Self-Advocates in each of the 5 counties. Use their forms – at the end of this newsletter - to get the help you need.



Another great resource is DRAIL. Visit them in Stockton, Modesto and Sonora.

<http://www.drail.org/>



Let us know what issues you are dealing with. We can refer you to other organizations not listed above.



**Quality Assessment  
Coordinator Corner  
By George Lewis  
Community Program  
Specialist II**

## **WHAT IS A NATIONAL CORE INDICATOR SURVEY?**

The survey is used in many states to find out how services and supports help people with developmental disabilities to have good lives. Every year a group of people from each regional center are asked to participate. All answers are private and no names are on the survey. Surveys are in English and other languages.

## **WHY IS CALIFORNIA USING NCI?**

NCI is a systemic (standard, scientific) way of learning about the California service system.

- It is used to find out if people and their families are happy with the services and supports they receive.
- It is used to find out how service and support affect people's lives.
- It is used to learn how people are participating in their communities.

## **WHAT ARE THE BENEFITS OF CALIFORNIA USING NCI?**

The benefits of using NCI are that California will learn how it is doing compared to the other states. Regional centers will see what they are doing well and what they can work on. Regional centers will be able to see how they are doing compared to other centers.

It will help California to put together data (information) for the developmental disabilities budget and to report on important issues affecting the lives of people with developmental disabilities and their families.

## **STATE COUNCIL ON DEVELOPMENTAL DISABILITIES (SCDD) ROLE WITH NCI**

In December 2014, the State Council on Developmental Disabilities Quality Assessment Project began using the National Core Indicators (NCI). We began using the surveys to ask people face to face about their life. We visited 424 adults who live in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne counties. They lived independently, or with their families, or in care homes or small family homes. The survey was voluntary so people could chose to do it or not. The SCDD has several regional offices and these surveys took place all across the state.

## **Up Next for NCI in California...**

Soon there will be another opportunity to let California know what people think about services. This time we will ask families with children aged 3 to 18 years old to complete the survey. In the coming months a parent or guardian may receive a survey in the mail. This is our Child Family Survey. The surveys will ask about the services the child receives. The information given from these surveys will help improve services and supports in California.

## MORE INFORMATION ABOUT NATIONAL CORE INDICATORS

Questions about this project - contact George Lewis- Quality Assurance Coordinator at SCDD/North Valley Hills Office 209-473-6930

Department of Developmental Services [www.dds.ca.gov](http://www.dds.ca.gov) Click on Quality Assurance/National Core Indicators tab on left. This page has valuable information about NCI and has past reports of what California learned across the state.

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Have you heard about the Statewide Self Advocacy Network? This network is made up of self advocates from the 13 regional offices of SCDD and agency partners. They meet 4 times a year to talk about issues and work together on solutions! They have completed three newsletters that can be found at the SCDD website by clicking the self-advocacy tab and then the SSAN tab! Check them out!! Robert Balderama represents our region on SSAN. They will be meeting again in Sacramento on December 2<sup>nd</sup> & 3<sup>rd</sup>, 2015.



## WHAT'S HAPPENING?!

The Self Advocacy Council 6 has been busy planning and holding their 4 area meetings a year! The next one is going to be held on Friday, November 6 at Howard Training Center! The theme is the Power of Voting.

Their Annual Celebration of Self Advocates will be held on Friday, February 5, 2016 at the San Joaquin Activity Center (SJ Fairgrounds) from 10am to 2pm.

Contact SAC6 at 1-888-960-2416 or 209-594-1476 or email at [Council@sac6.org](mailto:Council@sac6.org)

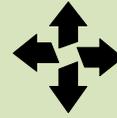
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**SCDD/ North Valley Hills** is on Facebook! Like us and see information of happenings in our region!



Check out T-shirt  
& Video Contest  
info on the last  
pages of this  
newsletter!

# CHOICES Institute



The 28th ANNUAL CHOICES Conference will be held  
on FRIDAY, April 8, 2016  
at the San Joaquin County Office of Education  
2707 Transworld Drive, Stockton, California

The Theme for 2016:

**“CHOICES...From I Can't To I Can”**

*Conference Update – Any Questions – Call 209-473-6950*



**Valley Mountain  
Regional Center Self  
Determination Advisory  
Committee Begins....**

The Valley Mountain Regional Center Self Determination Advisory Committee has had two meetings. They met on June 30 and on September 29, 2015.

The Committee consists of self advocates, family advocates, regional center staff, DRC Office of Clients' Rights Advocacy and community members. The committee is culturally and geographically diverse as the law states. Half of the committee members were appointed by VMRC and the other half by SCDD. Their next meeting will be at VMRC Stockton office on Tuesday, January 19, 2016 from 3:00pm-4:00pm. All meetings are open to the public.

For more information on the Self Advocacy Program- please go to [www.dds.ca.gov](http://www.dds.ca.gov) and click on the self-determination tab. It has the law there and other valuable information!

## CALENDAR of EVENTS:

**Writing an Effective IEP Workshop:  
(In Coordination with Family  
Resource Network)**

**November 12** – UCP Turlock  
959 E. Monte Vista Ave  
Turlock, Ca 95382

**December** – No Workshop

**January** – To Be Announced – please check our website for more information.

**Valley Mountain Regional Center  
Board Meetings:**

<http://www.vmmc.net/wp-content/uploads/2015/08/2015-2016-Meeting-Schedule.pdf>

**November 9**

**December 14**

**January 11**

Each meeting start at 6:00 p.m. and are held at the Stockton VMRC office  
702 N. Aurora St. Stockton Ca



SCDD Employment First Policy-What is Employment First? See the next page for info!!!!

# California's Employment First Policy

Signed into law on October 9, 2013 by Governor Edmund G. Brown  
The Lanterman Act, Section 4869(a)(1)



“It is the policy of the state that opportunities for integrated, competitive employment shall be given the highest priority for working age individuals with developmental disabilities, regardless of the severity of their disabilities.”

## What Does This Mean?

It is now the state's highest priority to make integrated competitive employment a real choice for people with developmental disabilities. Integrated competitive employment is a job at a workplace among individuals with and without disabilities. It will be a full or part-time position at or above minimum wage. Self-employment is another option.

## Getting Help

Students need to ask the school to prepare them for getting a job in their community making at least minimum wage. Students can ask for integrated work experiences. These goals should be in the student's Individual Education Plan (IEP) or Individualized Transition Plan (ITP). People can ask their regional center service coordinator to put integrated employment supports in the Individual Program Plan (IPP). The service coordinator can assist people to request employment supports from the Department of Rehabilitation. After leaving school, the regional center can purchase services which will help people obtain and maintain integrated competitive employment.

## Getting Work

It can be a lot of work to get a job. It is a good idea to find out: What am I good at? What do I like to do? What kind of workplace will I do well in? Higher education and vocational training can be used to prepare for a job you want. Volunteer work or job exploration is a good way to see if you like a particular job. With the right help, you can get a job and get paid well.

**MORE INFORMATION** on the Employment First Policy can be found on the website of the State Council on Developmental Disabilities at [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef). This site also has information on how well California is doing making employment a real option for people with developmental disabilities. In depth information on the affect of employment on public benefits, such as SSI and Medi-Cal, can be found at [www.ca.db101.org](http://www.ca.db101.org).

**FOR MORE INFORMATION ON YOUR OWN OPTIONS**, contact your school, regional center or the Department of Rehabilitation and ask what they can do to support you or your family member to work, earn, and contribute.



"Having this job makes me successful because I have learned a lot of things. This job makes me happy because even though I'm the person that I am, they accept me here for who I am, and they give me support."

~ Seleste  
Lawrence Berkeley  
National Laboratory



"Being in school will help me get a better job. I like the teachers too. They're very nice. They help me with what I need"

~ Jasmine  
East LA College

### What the Employment First Policy Means to *Families*

- With the right supports, children with developmental disabilities can get an integrated full or part time job that pays at least minimum wage.
- With proper planning, public benefits such as SSI and Medi-Cal can be protected (see [www.ca.db101.org](http://www.ca.db101.org)).
- People with all types of disabilities can make money, contribute, be involved citizens, meet people, and make friends through their work.
- Families can talk about work and career around the dinner table, give their children responsibilities at home to develop a work ethic, help their children explore their interests, and encourage schools to prepare students for work or for higher education.

### What the Employment First Policy Means to *Regional Centers*

The first option to consider in the IPP is integrated competitive employment. Regional centers must inform people that integrated work at regular pay is a real option and discuss available services and supports to help people become employed. Regional centers and providers have services to support people with developmental disabilities who want to work. To see great examples of people having the supports they need to succeed, go to [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef).

### What Employment First Policy Means to *Schools*

- Prepare students for transition to work no later than 14-16 years of age.
- The IEP and ITP should include work experiences.
- People with developmental disabilities require an education that prepares them for integrated competitive employment, or prepares them for post-secondary education. There are great examples (see [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef)) of students with developmental disabilities having work experiences, transitioning to post-secondary education and integrated competitive employment.



# Política el Empleo es Primero de California

Convertida en ley, al ser firmada el 9 de octubre de 2013,  
por el Gobernador Edmund G. Brown  
La Ley Lanterman, Sección 4869(a)(1)

“La política del estado es que se debe dar la mayor importancia a que las personas con discapacidades del desarrollo en edad de trabajar, tengan oportunidades para conseguir un empleo integrado, competitivo sin importar la gravedad de sus discapacidades .”

## ¿Qué significa esto?

La principal prioridad del estado en este momento es la de asegurar que el empleo integrado, competitivo se convierta en una verdadera opción para personas con discapacidades del desarrollo. Un empleo integrado, competitivo es un trabajo en un lugar de trabajo con personas con y sin discapacidades. Será un puesto de tiempo completo o parcial, con un salario igual o mayor al salario mínimo. El auto-empleo es otra opción.

## Cómo solicitar ayuda

Los alumnos deben pedir que la escuela los prepare para obtener un trabajo en su comunidad, ganando por lo menos el salario mínimo. Los alumnos pueden pedir experiencias de trabajo integrado. Estos objetivos deben estar en el Plan de Educación Individualizada (IEP por sus siglas en inglés) o el Plan de Transición Personalizada (ITP por sus siglas en inglés) del alumno. Las personas pueden solicitar que su coordinador de servicios del centro regional incluya apoyos para el empleo en el Plan de Programa Individualizado (IPP por sus siglas en inglés). El coordinador del servicio puede ayudar a las personas a solicitar apoyos para el empleo del Departamento de Rehabilitación. Después de salir de la escuela, el centro regional puede comprar servicios que ayuden a las personas a obtener y mantener un empleo integrado, competitivo.

## Cómo conseguir trabajo

Puede dar mucho trabajo conseguir un empleo. Es una buena idea preguntarse lo siguiente: ¿En qué me desempeño mejor? ¿Qué me gusta hacer? ¿En qué lugar de trabajo podría desempeñarme bien? Una educación superior y preparación vocacional podrían ser útiles para prepararlo para el trabajo que usted desea. Trabajar como voluntario o explorar empleos es una buena manera de saber si le gusta un trabajo en especial. Con la ayuda adecuada, usted puede obtener un trabajo y recibir un buen salario.

**Usted puede encontrar MAS INFORMACIÓN respecto a la Política el Empleo es Primero en el sitio web del Consejo para Discapacidades del Desarrollo en [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef). Este sitio también tiene información acerca de qué tan bien está California respecto a convertir el empleo en una opción real para las personas con discapacidades del desarrollo. Una información más detallada del efecto del empleo sobre los beneficios públicos tales como SSI y Medi-Cal, se encuentra en [www.ca.db101.org](http://www.ca.db101.org).**

**PARA MÁS INFORMACIÓN ACERCA DE SUS PROPIAS OPCIONES, póngase en contacto con su escuela, el centro regional o el Departamento de Rehabilitación y pregunte lo que pueden hacer para apoyarlo a usted o a un miembro de su familia para trabajar, ganar dinero y contribuir.**



“El tener este trabajo me hace sentir exitosa porque he aprendido un montón de cosas. En este trabajo me siento feliz porque a pesar de ser la persona que soy, aquí me aceptan tal como soy, y me ofrecen su apoyo.”

~ Selesté  
Laboratorio Nacional  
Lawrence Berkeley



“Estar en la escuela me ayudará a conseguir un mejor trabajo. También me gustan mis maestros. Son muy amables. Me ayudan con lo que necesito”

~ Jasmine  
East LA College

### Lo que la Política el Empleo es Primero Significa para las *Familias*

- Con los apoyos adecuados, los niños con discapacidades del desarrollo pueden obtener un trabajo integrado de tiempo completo o parcial donde reciban por lo menos el salario mínimo.
- Con una planeación adecuada, se podrán proteger los beneficios públicos tales como SSI y Medi-Cal (consulte [www.ca.db101.org](http://www.ca.db101.org)).
- Las familias pueden conversar acerca del trabajo y la carrera a la hora de las comidas, dar a sus hijos responsabilidades en el hogar para desarrollar una ética de trabajo, ayudar a sus hijos a explorar sus intereses, y alentar a las escuelas a preparar a los alumnos para trabajar o para una educación superior.
- Las familias pueden utilizar sus redes sociales y profesionales para ayudar a sus hijos a encontrar oportunidades como voluntarios y/o un empleo remunerado.

### Lo que la Política el Empleo es Primero Significa para los *Centros Regionales*

La primera opción que debe tomarse en cuenta en el IPP es un empleo integrado, competitivo. Los centros regionales deben informar a las personas que el trabajo integrado, con un salario regular es una opción real, y hablar acerca de los servicios y apoyos disponibles para ayudar a las personas a encontrar un empleo. Los centros regionales y los proveedores cuentan con servicios para apoyar a las personas con discapacidades del desarrollo que desean trabajar. Para ver excelentes ejemplos de personas que cuentan con los apoyos que necesitan para tener éxito, visite [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef).

### Lo que la Política el Empleo es Primero Significa para las *Escuelas*

- Preparar a los alumnos para la transición hacia el trabajo a más tardar a los 14-16 años de edad.
- El IEP y ITP deben incluir experiencias de trabajo.
- Las personas con discapacidades del desarrollo requieren una educación que los prepare para un empleo integrado, competitivo, o que los prepare para un nivel de educación post secundaria. Existen excelentes ejemplos (consulte [www.scdd.ca.gov/ef](http://www.scdd.ca.gov/ef)) de alumnos con discapacidades del desarrollo, con experiencias de trabajo, que hacen la transición a un nivel de educación postsecundaria y a un empleo competitivo, integrado.

November 2015

## To All Interested Parties:



The CHOICES Institute proudly announces our 12<sup>th</sup> T-shirt Contest to promote participation at the 29<sup>th</sup> Annual CHOICES 2016 Conference to be held April 8, 2016  
The theme is:

**CHOICES... from "I Can't to I Can!"**

### ENTRY INSTRUCTIONS

1. **Eligibility:** Open to any self-advocates interested in sending in artwork!
2. **Criteria:** All entries must be original artwork depicting the theme of: **CHOICES from "I Can't to I Can!"** (see back page for ideas!)
3. **Art Specifications:** The artwork must be an **original work** of the artist. The eligible media is a flat work of art, which includes: drawings and paintings (watercolor, oil, pastels, pencil, charcoal, acrylics) or computer generated. Art should be something that could go on a T-shirt. *Size of entry can be adjusted by the T-shirt company.* **Submitted artwork becomes the property of CHOICES Institute.**
4. **Entry Form:** Please write your name, phone number and address where CHOICES Institute can reach you on the contact card on back of this form. No group entries will be accepted unless each piece of artwork is identified with the artist's first **AND** last name and **contact information**. No entry will be reviewed without the contact card!
5. **Entry Deadline:** All entries must be received, no later than **4:30 p.m. on Tuesday, January 19<sup>th</sup>, 2016**, at the address below.

**CHOICES T-shirt Contest**  
P.O. Box 691775  
Stockton, CA 95269  
Attn: Lisa Utsey

**OR Drop off at the SCDD/North Valley Hills**  
**2529 W. March Lane Suite 105**  
**Stockton, CA 95207**  
**Attn: Dena Hernandez**

6. **Prizes:** The Winner for T-shirt and Honorable Mentions will receive a free registration to the conference, a T-shirt, and a cash award.
7. **Notification:** Finalists will be announced at the Self-Advocacy Council 6 Area of Self Advocates Meeting on February 5<sup>th</sup>, 2016 at San Joaquin County Fairgrounds Building 1 (Contact SAC6 @ (209) 594-1476 for details). ***If you sent in artwork- plan on coming to this area meeting to see if you won!***

CHOICES Institute appreciates and eagerly anticipates your participation in our CHOICES T-shirt 2016 Contest. Remember, only artwork that reflects the theme AND has a completed contact card will be considered. QUESTIONS??? Call Dena Hernandez at SCDD/North Valley Hills- (209) 473-6930.

*Thank you, CHOICES Institute T-shirt Committee*

**CHOICES 2016  
CONTACT CARD**

**MUST be attached to artwork to be entered in the contest.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

COUNTY \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Entry Deadline:** All entries must be received, no later than  
**4:30 p.m. on Tuesday, January 19<sup>th</sup>, 2016.**

## **T-shirt IDEAS**



The theme for the 29<sup>th</sup> CHOICES 2016

Conference is

**CHOICES... from "I Can't to I Can!"**

(Think about things you do at home, at work or school, and out in the community...How you went from "I CAN'T" do something to "I CAN" do something?)

**Here are *some* things that might help you to decide what to draw for your T-shirt design....**

Think about YOUR life-

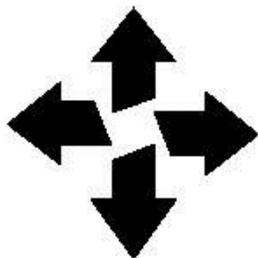
- At home? (Were there things you didn't know how to do, but now you can? Doing chores, using a computer, cooking dinner, doing laundry?)
- At work? (Did you have to learn how to do your job? Following rules, listening to your boss?)
- At school? (Did you stand up for yourself against a bully; did you learn something new like math, science or reading?)
- In your community? (Did you learn a new bus route, did you meet new friends, go to a new place, speak up for yourself?)



Draw, color or paint your design! When you hear **I CAN'T to I CAN...** what do you think about? Draw that!



**HAVE FUN! Remember to think about what YOU would like to wear on a T-shirt! Don't forget to fill out the contact card (ask someone to help you if you need it!) Good Luck!**



## **CHOICES Institute** **Our 3<sup>rd</sup> video contest!**



The theme for **CHOICES 2016** is  
**“CHOICES... from “I Can’t to I CAN!”**

CHOICES 2016 will be Friday, April 8, 2016.

We will have three videos that could include **YOU!**

We invite Self Advocates to:

	<p>Get together with a friend or two (or more!) Or by yourself and make an original 2-5 minute video on the topic of <b>CHOICES... from “I Can’t to I CAN!”</b></p> <p>Topic will focus on: <b>CHOICES ... from “I can’t to I CAN!”</b> (tell us something you couldn’t do and how you made a choice to do it. Something at home, at work or school, or in the community)* <b>see back page for ideas....</b></p>
	<p>Create a video that shows what you could not do, and now, how you CAN to do it! Make it clear so everyone understands it. It can be funny, dramatic, inspiring, or....be creative!</p> <p>You do <b><u>NOT</u></b> have to be a professional photographer....just use a camera or smart phone or whatever you have handy!</p>
	<p>The CHOICES Conference Planning Committee will select three (3) winning entries. We can arrange to have a Film Team sent to your location to re-film it if necessary! Winners will be announced at the February 5, 2016 Self Advocacy Council 6 Area Meeting (contact SAC6 at 209-594-1476 for details). Plan on being there!</p> <p><b><u>Winning entries:</u></b> Will receive two (2) free registrations to the Conference and an Award certificate. You’ll be asked to share the stage with the other winning contest participants, show your video, say a few words about it, and be a part of helping people learn how to make I CAN choices...all while having fun!</p>

**Here are the Rules:** (Questions??? Call CHOICES Institute at 209-473-6950)

- Submit your video on DVD or a Flash Drive (Memory Stick). Video becomes property of CHOICES Institute. *NOTE: Winning videos may be edited for time, quality, and content! **Entries are due January 19, 2016.***
- Please be sure to include the names (first and last) of anyone in the video (or anyone who worked behind the scenes) and phone numbers. You’ll be asked to sign a Permission Form/Consent to use the video at the Conference.
- Mail your entry to CHOICES Institute P.O. Box 691775 Stockton, CA 95269 **OR** drop off or mail to SCDD/North Valley Hills 2529 W. March Ln #105 Stockton, CA 95207



# Video Ideas



The theme for the 29<sup>th</sup> CHOICES 2016 Conference is  
***CHOICES... from "I Can't to I CAN!"***

**Think about things you do at home, at work or school, and out in the community...How you went from "I CAN'T" do something to "I CAN" do something?  
Here are *some* things that might help you to decide what to film for your video ....**



Think about YOUR life-

- At home? (Were there things you didn't know how to do, but now you can? Doing chores, using a computer, cooking dinner, doing laundry?)
- At work? (Did you have to learn how to do your job? Following rules, listening to your boss?)
- At school? (Did you stand up for yourself against a bully; did you learn something new like math, science or reading?)
- In your community? (Did you learn a new bus route, did you meet new friends, go to a new place, speak up for yourself?)

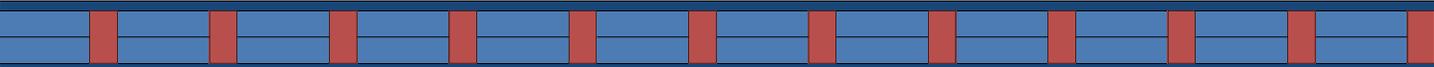


Choose what **YOU** want to show the CHOICES audience. Make your script, get actors (if you want) and record it! Record something that teaches us. When you hear ***CHOICES...from "I Can't to I CAN!"*** What do you think about? You can video record that! BE CREATIVE 😊



**HAVE FUN! Remember to think about what YOU would like to learn or teach at CHOICES! Good Luck!**

**November 2015**



*Micro-Business Fair*

*Friday*

*December 4, 2015*

Location: VMRC Stockton  
702 N Aurora Street

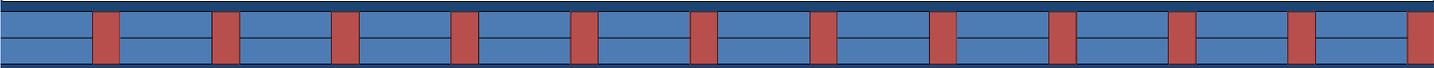
Time: 9:00 am to 1:00 pm

Crafts, food, Tie-Dye, cards, art

Join us and get a jump  
on your  
Holiday Shopping

VMRC is inside University Park Complex;  
enter at California and Magnolia Streets, or  
Harding and Grant Streets

[www.vmrc.net](http://www.vmrc.net)





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fax 209.532.1591  
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*"DRAIL is dedicated to increasing the independence of individuals with disabilities through resources, advocacy and services."*

# Calaveras County Area Autism Peer Group

*Our next meetings will be on:*

**MONDAY, NOVEMBER 2, 2015**  
**MONDAY, NOVEMBER 16, 2015**  
**10:00 a.m. – 12:00 noon**

When We Meet: 1<sup>ST</sup> and 3<sup>RD</sup> Mondays

Where We Meet: 130 East Saint Charles St.  
San Andreas, CA 95249

*(Located on upper level of building; enter from street level via stairs;  
accessible entrance use driveway between El Dorado Bank and 209 Grill)*

Please contact DRAIL for more details:  
(209) 532-0963