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My Perception of Adversity

By Sean Sullivan, Orange County SSAN Representative

What does it mean to face adversity?

On the off chance that you don't know what it means, here is what it means. Adversity means unfair obstacles and challenges such as being born into a poor family.

The majority of people tend to look at adversity as a bad thing, I prefer to consider adversity as a friend. What I mean by that is, adversity is an opportunity to learn from the challenges we experience in our lives. It is an opportunity to grow stronger with each and every obstacle we overcome and conquer. I would like to end my article by saying that when we face adversity and overcome them it means we were stronger than the challenges we were faced with and should celebrate.

As the year comes to a close, I like to think back on all of the challenges that I have faced. I take note of the ones that I was fortunate to have beaten and analyze all the challenges I failed to overcome and think about why I struggled to overcome them and what I can do differently in the coming year to overcome those obstacles.



Disability and the 2020 Census

By **Renee Wooten**, CFILC SSAN Representative

I recently sat down with Allie Cannington, the Statewide Organizer for the California Foundation for Independent Living Centers to talk about the 2020 Census and the effort to conduct outreach to traditionally hard to reach populations like people with disabilities.

What is the Census?

The United States Constitution (Article 1 Section 2) requires that the everyone living in the US be counted every ten years. This process is called the Census.

Why is it important?

The outcome of the Census impacts funding for services and supports that people rely on, as well as the number of US Representatives each state gets. Services that are affected by the Census include:

- Long Term Services and Supports
 - The number of Section 8 vouchers available
 - Funding for CalFresh
 - MediCal/Medicaid
 - Durable medical equipment
 - IHSS Funding
- Special Education Grants
- State Children’s Health Insurance Program (S-Chip)
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SSAN Members

- Nathaniel Florez – North Coast
- Teresa Moshier – North State
- Lisa Cooley – Sacramento
- Chen Curtiss – North Bay
- Regina Woodliff – Bay Area
- Robert Balderama – North Valley Hills
- David Forderer – Central Coast
- Rebecca Donabed– Sequoia
- Julie Gaona – Los Angeles
- Sean Sullivan – Orange County
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- Paul Mansell – San Diego Imperial
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- Renee Wooten – CFILC
- Nicole Patterson – DDS
- Scott Barron – DRC
- Robert Levy – UC Davis Mind Institute
- Kecia Weller – UCLA Tarjan Center
- Wesley Witherspoon – SCDD and USC Children’s Hospital



(Continued from Page 2: “Disability and Census”)

It is important to know/remember that your participation in the Census process will not impact the benefits you receive or be reported to immigration services.

Ways to participate?

There will be three main ways to participate in California’s efforts to complete the Census. The first stage will be on-line. If you do not have access to the internet, you can check out your local Independent Living Center or your local library to participate in the Census process. The second will be through the mail, the third will be through in-person door-to-door interactions.

Ways to educate others on the Census?

Contact your local Complete Count Committee for ways to get involved. People can also [Apply to be a Census Taker](#). Contact your local ILC and SCDD offices for more ways to get involved.

To find out more check out these resources:

- [Video: What is the Census?](#)
- [Video: Disability and Inclusion: Census 2020](#)
- [Disability Rights California 2020 Census Toolkit](#)

Each year, the Census Bureau budgets out how much it will cost to conduct the Census, this year there are several concerns about the costs associated with conducting the Census on a new web-based platform. As the number of people in the United States grows, the costs associated with conducting the Census grows as well.

Check out **#DisabilityCensus2020** and **#DisabilityCounts2020** on social media to keep the conversation going around the Census.

SSAN Mission Statement

The Statewide Self Advocacy Network (SSAN) promotes leadership and builds bridges that strengthen advocacy among disability communities by focusing on policy change.

SSAN past Newsletters, Annual Reports, and Meeting info, can be found at www.scdd.ca.gov under self-advocacy tab

Let us know if you want to see anything specific in future newsletters!

How do you contact the SSAN Newsletter Editor Robert Levy? Leave a message for him by contacting the SCDD Self-Advocacy Coordinator **(916) 263-8196**



20th Annual Jobtoberfest was a HUGE SUCCESS!

By Paul Mansell, San Diego and Imperial SSAN Representative

The San Diego Committee on Employment of People with Disabilities sponsored the 20th Annual Jobtoberfest at the Pechanga Sports Arena from 10-2 on 10/22/19. 65 Employers and resource providers attended, and 900 jobseekers came. The committee gave out three scholarships for people with disabilities going to college, trade school, or any other school that will lead to employment.

The Committee works year-round in preparation for the event. During the year employers are invited to quarterly Lunch and Learn educational meetings where employers learn how to employ people with disabilities.

Below is a proclamation they received for all their hard work. The proclamation says the following: Be it proclaimed by the Chairwoman Dianne Jacob and all members of the San Diego County Board of Supervisors on the 27th Day of October 2019 that they commend the San Diego committee on the employment for people with disabilities for their commitment to providing those with disabilities employment and do hereby declare that this day to be "Jobtoberfest Day" throughout San Diego County.





November Journey Update

By Paul Mansell, San Diego and Imperial SSAN Representative

Let me recap my amazing journey traveled since DDS drew my name in their Self-Determination lotto on October 1st, 2018—so much has happened! On May 10, I went through Orientation. On July 3, I had my Person Driven Plan meeting. On August 27, I had my Budget meeting, my personal budget was certified, and my PDP with spending plan was submitted. On September 19, I had my IPP/AR. On October 1, my plan went into effect, one year to the day from the day my name was drawn from the lotto. I was the first non-pilot participant to have their plan approved in the state. Wow! I wanted to be first—yeah doggie!

I have a simple IPP with 6 outcomes—maintain competitive integrated employment; maintain optimal health; broaden my social connections; follow a monthly budget; use a medical alert service; and manage my finances. My IPP calls for 5 funded services—12 hours/month of ILS, a Compass card (San Diego Regional Transit card), San Diego People First Conference registration, a medical alert service, and a FMS. As simple as my plan is, it took a lot of hard work to transfer my service payments from SDRC to my FMS. Sometimes the simplest things can be hard to do.

The hard part of my plan is not getting the services I want and need but making changes in my life style and I am the only one who can make those changes. This falls under the principles of responsibility and accountability.

The plan calls on me to make difficult changes—for example, following a Low-Cal diet and exercising. My doctors have been egging me to do this for years. It is hard to follow a Low-Cal diet with so many good food options, added to my tendency to be an emotional eater. I do go on 15-minute walks twice a week with my ILS worker, but I am going to add a third walk to my routine. I am considering do it Friday evening after work. Making this change will be hard, because I do not like being out when it is dark, but I look forward to the challenge of meeting the goals in my plan.

I am excited the plan calls on my professional development and growth. In particular my PDP calls on me to become a self-determination mentor to meet one-on-one with plan participants and to share my insights and experiences on how to be successful in self-determination. I want to share my belief that successful self-determination requires respect, open communication, fortitude, hard work, and trust. It takes a team.



2019 Summer Institute Recap

By Robert Levy, UC Davis MIND Institute SSAN Representative and
Lisa Cooley, Sacramento Regional SSAN Representative

The UCD MIND Institute just wrapped up their 17th annual Summer Institute Conference. The Conference was held on Friday August 2, 2019 It was held at the UC Davis Conference Center in Davis, California.

The annual MIND Summer Institute on Neurodevelopmental Disorders is a one-day conference intended for a wide range of professionals, including educators, psychologists, physicians, nurses, occupational therapists, physical therapists, and speech and language pathologists, as well as consumers, family, caregivers, and students. The focus of the Institute is to help participants keep pace with the latest advances in neurodevelopmental research and the most current standards for best practices in prevention, assessment, treatment, and support services, and increase their knowledge and skills in the areas of developmental disabilities, early identification, service provision, inclusion, transition to adulthood, and other medical, legal, social and policy issues related to disabilities.

Conference presentations are available in video format on [Summer Institute Videos page](#), and most of them are also available on [UCTV](#)

The summer Institute planning committee included Steve Ruder, along with many others that worked together to organize this year's daylong event featuring several breakout sessions, along with a moving keynote panel presentation. The theme for this year was: "Inside Out: Personal Perspectives About the Challenges and Successes Shared by Self-Advocates with Autism". There were two keynote presentations. One of the keynotes was a panel presentation featured 3 moms and their sons who talked about the day to day challenges in life living with developmental disabilities like autism and working to achieve independent living goals like moving out of their parent's house and going to college, along with their interests. The second presentation was called: Parent and Youth Perspectives: How to Empower Students with DD to have Voice and Agency in Schools. This year's conference included Qualtrics self-evaluations, which is an online platform used to collect data. **(Continue on Page 7: "Summer Institute")**



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(Continued from Page 6: “Summer Institute”) The day of the conference, I, Robert Levy, helped with the registration process and assisted about 25-30 people. I also attended sessions and learned a lot.

If you want to learn more about the sessions at the 2019 UC Davis Summer Institute, check out the [Summer Institute Videos](#)

Lisa Cooley, attended this year’s Summer Institute and learned about a program for Dignity Hospital patients that helps them during their hospital stay. This program has a nurse advocate that helps patients get their disability related needs met. The nurse advocate also works with other nurses to teach them about disabilities. The advocates that were a part of the keynote presentation are all a part of a local toastmasters group for people who have developmental disabilities.

Be on the lookout for information about the 18th annual UCD MIND Institute Summer Institute coming in 2020!



Supported Life Conference Recap

By Wesley Witherspoon, USC Children's Hospital

I attended the Supportive Life Conference in Sacramento on October 10-11. There are several speakers who attended the conference. I saw Kecia speak about sexual abuse of people with intellectual/developmental disabilities. 1 out of 6 people with ID/DD males are sexually abused. Most crimes against people with ID/DD are not reported. I saw Nancy Bargmann of DDS speak about barriers for different groups. Leroy F. Moore Jr. spoke about cerebral palsy, African American issues with being disabled. Kristin Wright spoke about Education and people with disabilities. Laurie Rodriguez spoke about employment for people with ID/DD. At the conference, there was discussion on Diabetes, IEPs, diversity and disparities, inclusion, emergency preparedness, housing, etc. I even attended a safety class. The big takeaway from this conference is that people with disabilities, their families, and staff are becoming more empowered in the State of California.

Learn About SSAN Partners

- [Association of Regional Center Agencies](#)
- [California Foundation for Independent Living Centers](#)
- [Department of Developmental Services](#)
- [Disability Rights California](#)
- [University of California, Davis MIND Institute](#)
- [University of California, Los Angeles, Tarjan Center](#)
- [University of Southern California, Children's Hospital](#)

Self-Determination Update

Check out the latest [DDS Self-Determination Newsletter](#) for the latest on California's Self-Determination Program.



Kudos Corner

By Sean Sullivan, Orange County SSAN Representative

This month we recognize Rebecca Donabed, who represents the Sequoia Regional Office of the State Council on Developmental Disabilities on SSAN. Rebecca has overcome a lot of adversity and is very dedicated to SSAN.

Rebecca has been an outstanding member of SSAN for many years, being a leader not only within her community, but also across the state. Rebecca is consistently dedicating herself to SSAN's mission and vision. When the position of Secretary became vacant, Rebecca stepped up to the task, taking on a leadership role, which requires courage and a strong work ethic. As a member of the previous leadership team, Rebecca worked collaboratively with the other members of the team to plan fun and informative meetings. So, Kudos to you Rebecca!

SAVE THE DATES

Deadline to [Apply](#) to be a delegate at the **2020 Youth Leadership Forum** is December 31st!

Apply to Present at:
25th Annual Statewide Self-Advocacy Conference
May 8th and 9th, 2020
Speaker Applications due on December 20th, 2019
contact
info@supportedlife.org
for speaker applications.

SCDD is currently in the process of developing the next Five Year State Plan

We need your input:
<http://bit.ly/stateplaninput>.

Contact your regional office of the State Council on Developmental Disabilities for information on trainings happening in your area.

Save the Date:

California's 13th Annual Developmental Disabilities Public Policy Conference



The Arc and United Cerebral Palsy California Collaboration

April 27 - 28, 2020
Sacramento, CA