



**DISABILITY THRIVE INITIATIVE**

*Advancing Services and Supports for the IDD Community*

# **BUILDING LIFELONG SKILLS AND RELATIONSHIPS THROUGH SOCIAL REC & CAMP SERVICES**

**July 13, 2022**



# TODAY'S AGENDA



1. Significance of Social Recreation and Camp Services
2. *Peer2Peer* | Program Structure and Goals
3. Panel | User Experience in the *Peer2Peer* Program
4. Watch Resources | Social Recreation Program in Tuolumne and Calaveras Counties
5. Video | Importance of Social Rec and Related Services within Regional Center Services
6. Working with a Regional Center to Launch a Social Recreation Program
7. Social Rec & Camp Services In Action
8. Provider Fact Sheet and Closing Remarks

# SIGNIFICANCE OF SOCIAL RECREATION AND CAMP SERVICES



**Amber  
Carey-Navarrete**

—  
**Director of  
Person-Centered Services  
Easterseals Southern  
California**



**Lora  
Glassman**

—  
**OPS Coordinator  
Easterseals Southern  
California Ambassador**

# IMPACT OF LONELINESS

## How Loneliness Can Affect Your Health



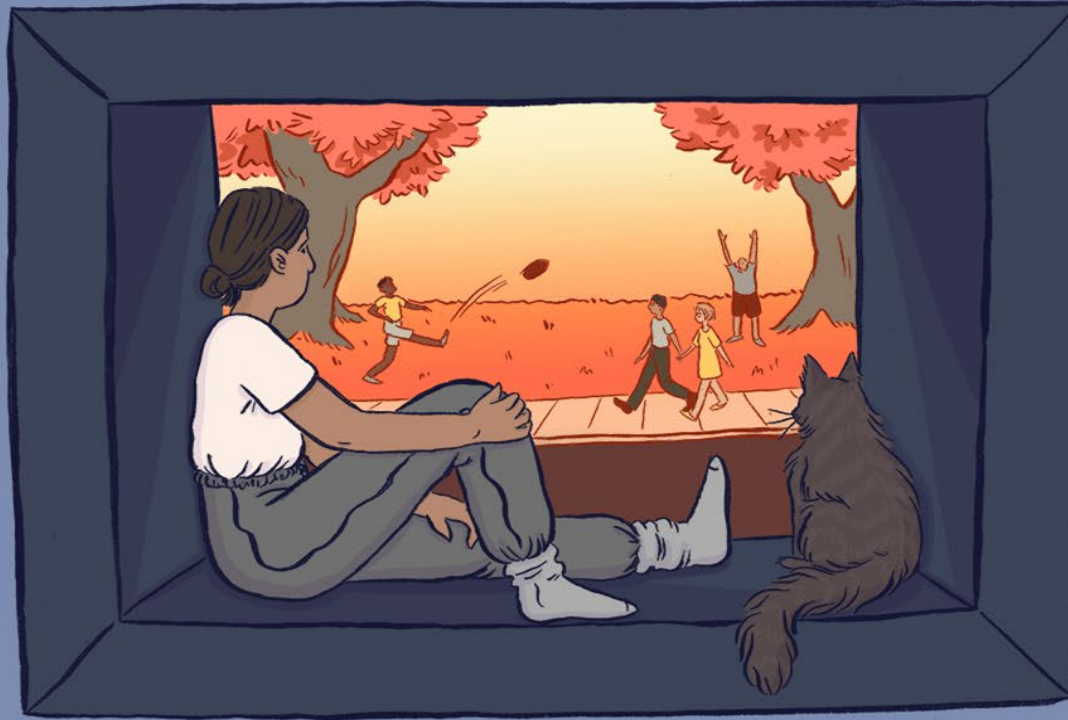
Heart problems



Depression



Higher stress



Memory problems



Drug abuse risk



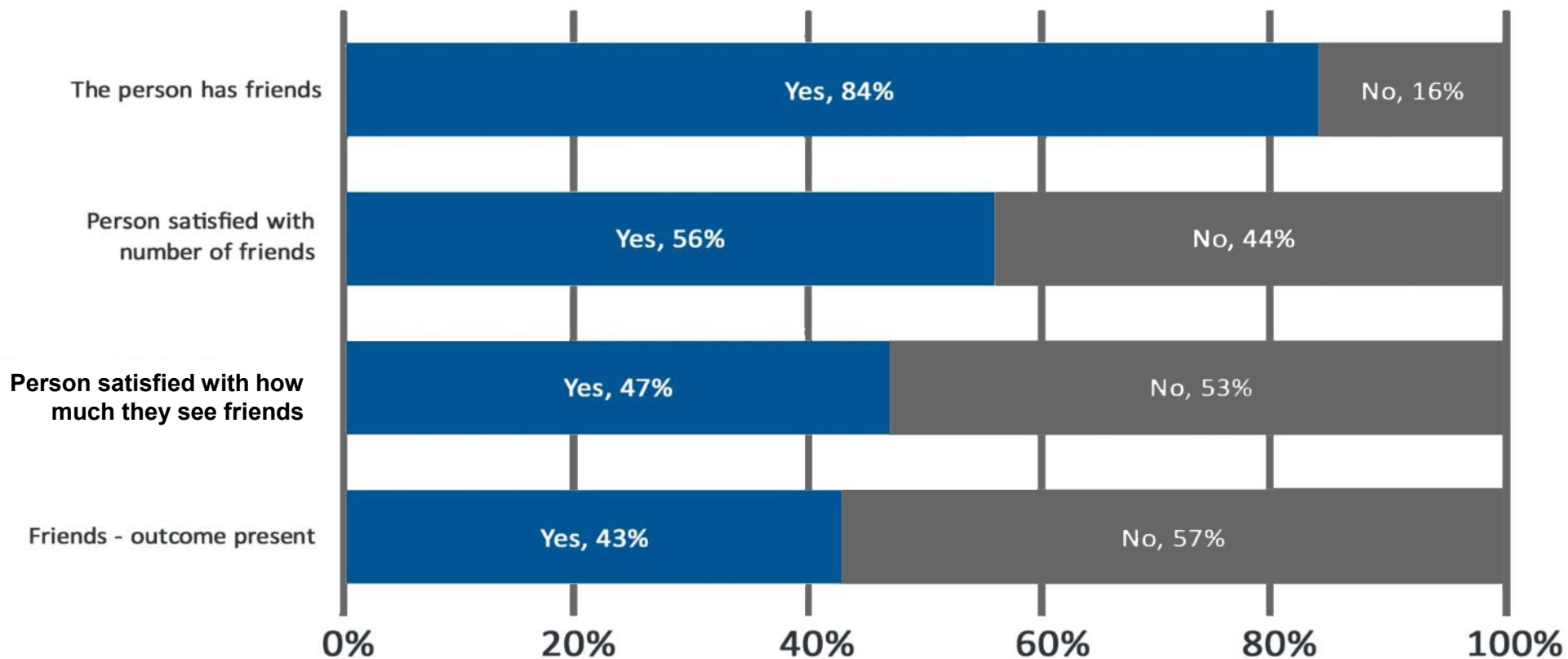
Brain changes

Cherry, K. (May 24, 2022). *Loneliness: Causes and Health Consequences*. Verywell Mind. Retrieved June 21st, 2022, from <https://www.verywellmind.com/loneliness-causes-effects-and-treatments-2795749>



# FRIENDSHIPS PRESENT

Friendship of People with IDD ( $n = 1,341$ )

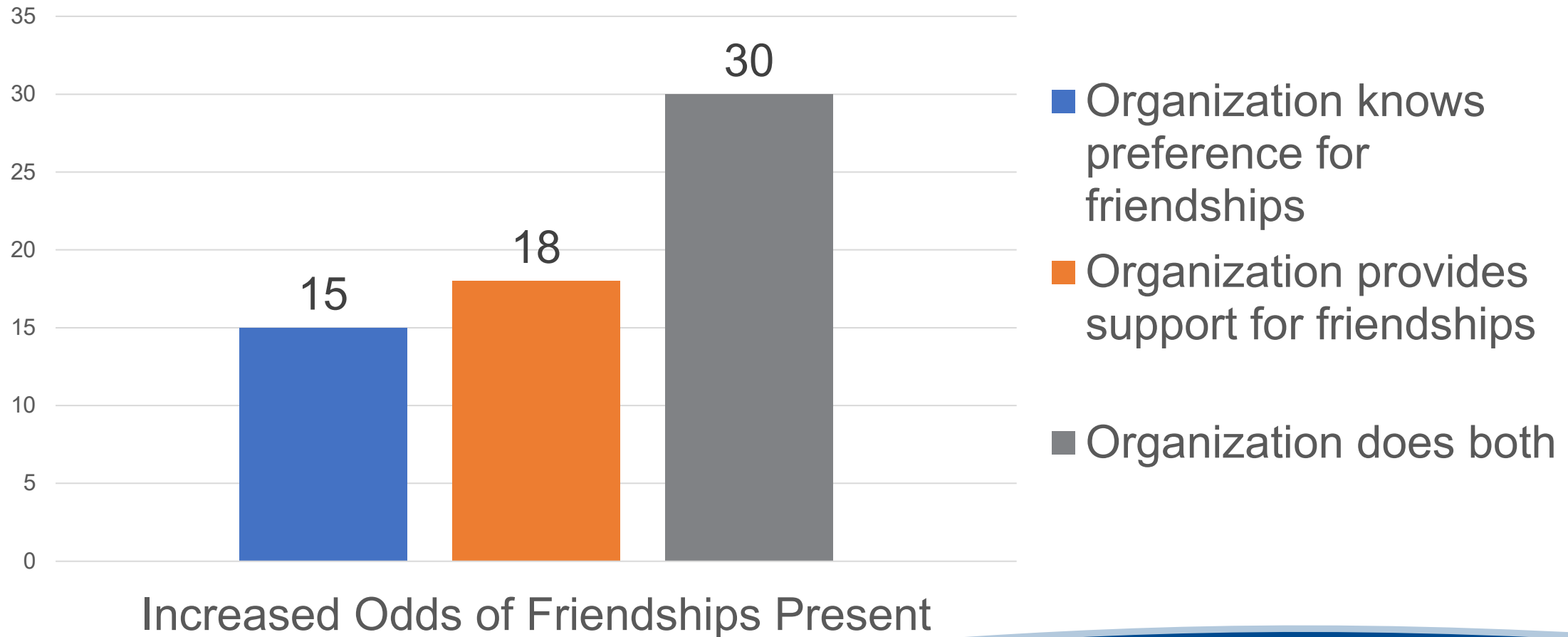


Friedmann, C. (December 6, 2017). *Friendships Positively Impact Every Area of Quality of Life*. The Council on Quality and Leadership. Retrieved June 21st, 2022, from <https://www.c-q-l.org/resources/articles/friendships-positively-impact-every-area-of-quality-of-life/>

# ORGANIZATIONAL SUPPORT & IMPACT ON FRIENDSHIPS

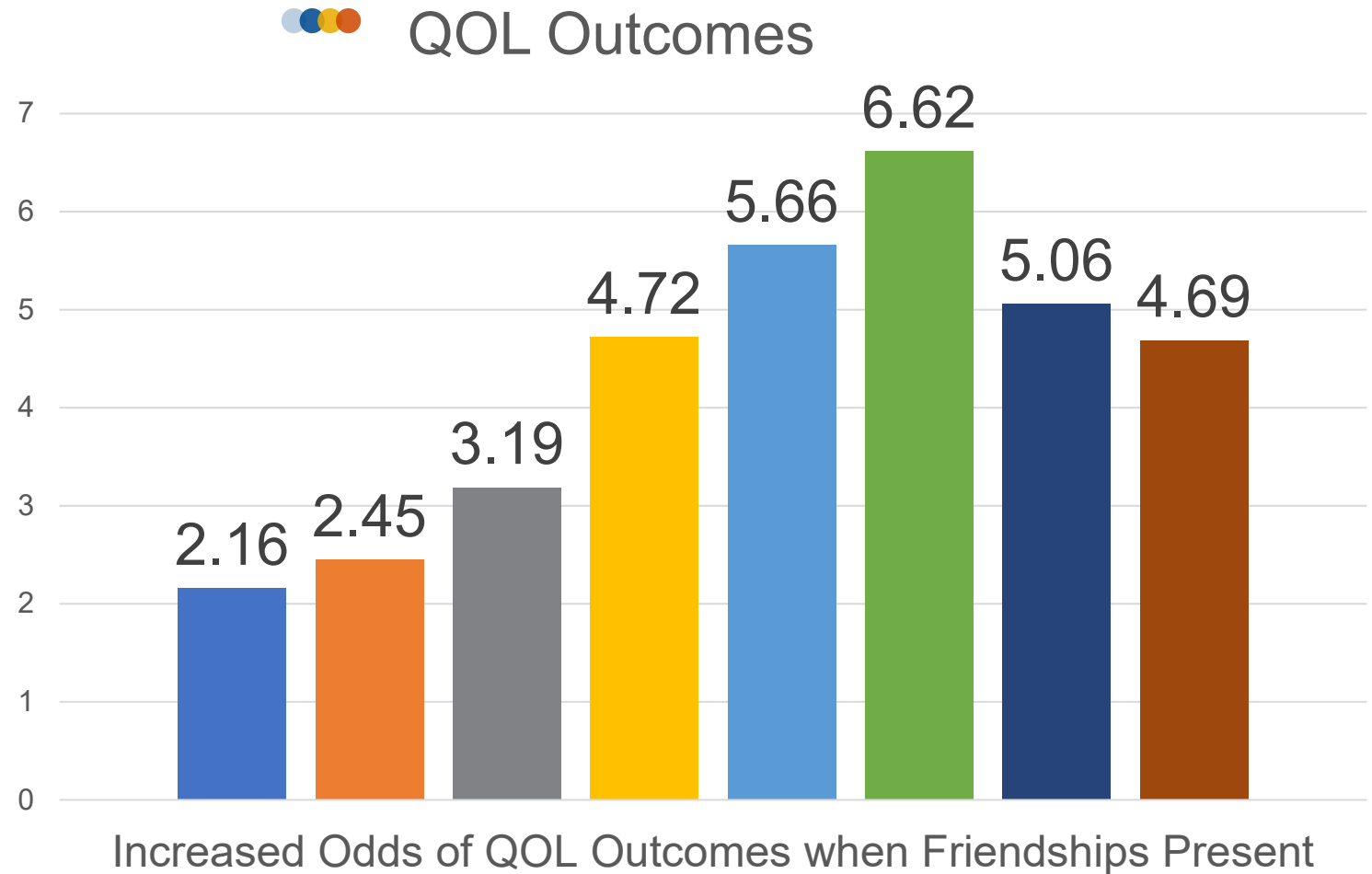


Likelihood of Friendships Present



# FRIENDSHIPS IMPROVE QUALITY OF LIFE (QOL)

- Freedom from Abuse & Neglect
- Best Possible Health
- Exercising Rights
- Being Respected
- Performing Social Roles
- Participating in Community Life
- Intimate Relationships
- Interacting with Community Members



# PEER2PEER PROGRAM STRUCTURE AND GOALS



**Brian Nguyễn**

**Program Director**  
*Peer2Peer Program*

**Easterseals Southern  
California**





# WHAT IS PEER2PEER?

**A group created by the Frank D. Lanterman Regional Center and Easterseals Southern California**

**People who attend enjoy the following:**

- Gathering and exploring social opportunities based on common interests
- A sense of belonging to a community who understands their sense of independence
- Participating in various activities
- Contributing topics of interest for discussion, led by group member
- Attending a safe space to learn, experience, volunteer, and have fun



# WHEN AND HOW WE MEET?



DATE	PRE-PANDEMIC	CURRENT
2 <sup>nd</sup> Saturday	<ul style="list-style-type: none"><li>• 10:00 AM – 12:00 PM</li><li>• Open discussion/plan meet-ups</li></ul>	<ul style="list-style-type: none"><li>• 10:00 AM – 12:00 PM</li><li>• Meet via Zoom</li></ul>
4 <sup>th</sup> Saturday	<ul style="list-style-type: none"><li>• Locations and times vary</li><li>• Meet for planned event</li></ul>	<ul style="list-style-type: none"><li>• In-person meet-up</li></ul>
Every Wednesday	<ul style="list-style-type: none"><li>• N/A</li></ul>	<ul style="list-style-type: none"><li>• Home workouts via Zoom</li></ul>

# OUR EXPERIENCES



## Adventures

Knott's Berry Farm

Los Angeles Zoo

California Science Center

Descanso Gardens

Getty Museum

Rose Parade

Los Angeles Dodger Game

Meet ups for brunch and holiday celebrations

## Community Outreach and Volunteerism

Earth Day (planting tree)

Rose Parade (decorating floats)

Disability Expo (bring awareness to our services)

Advocating

- Calling/emailing local representatives
- Presenting and promoting advocacy awareness

## Discussion Topics (Create and Led)

Relationships

Dating

Bullying

Mental Health

Dreams/Goals

Self-Care

Finances

# PREVIOUS ADVENTURES

- Activities can vary and affect group size based on the following factors:
  - Location
  - Interest and/or Preferences
  - Activity Type
- Sometimes the group chooses to be a large group or sometimes we have smaller groups of three to four in the community. This depends on the choice and interest of each person.



**PEER2PEER  
MEMORIES**



# WHY IS PEER2PEER IMPORTANT?



- A safe space for:
  - Positivity
  - Respect
  - Continual learning
  - Advocating for one another
- Increases social activity and connecting to your community:
  - Build relationships with others and a sense of belonging
  - Meet and talk through in-person meetups and virtual Zoom activities
  - Gain opportunities to experience new adventures while having fun





## OUTCOMES



- ✓ People build relationships and even get together on their own time
- ✓ Everyone increases self-confidence
- ✓ A welcoming community
- ✓ Individuals connected to their community and new resources, such as technology
- ✓ Overall, individuals are involved and have a sense of belonging



# MEET OUR PANELISTS



**Emily Barber**

**Student**

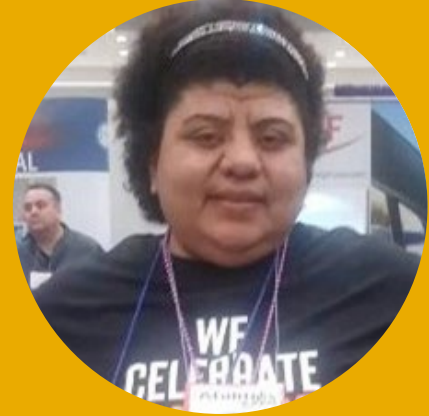
**California State University,  
Los Angeles**



**Howard McBroom**

**Advocate**

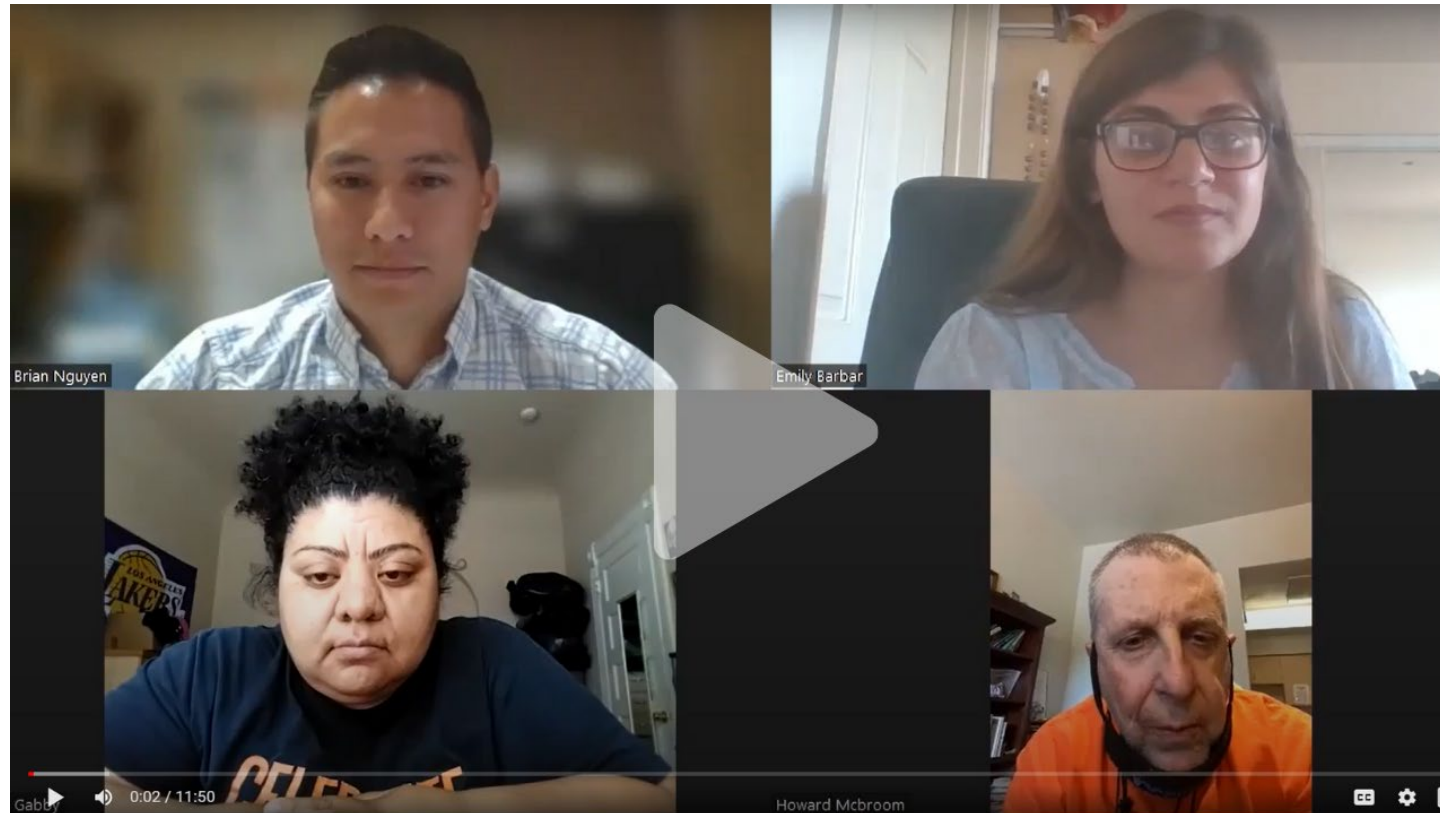
**Easterseals Southern  
California**



**Gabby Funes**

**Advocate**

# USER EXPERIENCE IN THE PEER2PEER PROGRAM



# PERSPECTIVES FROM WATCH RESOURCES, INC.



**Mica Sutton**

Director of Program  
Services

—  
**WATCH Resources, Inc.**



## **ABOUT WATCH RESOURCES**

- WATCH Resources, Inc. began as a Day Program in 1972.
- Over the years, WATCH has expanded their services to include Supported Living, Supported Employment, Social Recreation, Residential Care, and a Thrift Store Good Stuff.
- WATCH introduced Social Recreation (HI-GEAR) in 1987.
- WATCH currently serves 160 people in the small rural counties of Tuolumne and Calaveras.
- Approximately 90 of the 160 people using our services have purchases to participate in our Social Recreation Program (HI-GEAR).

# PROGRAM FUNDING







- HI-GEAR is funded through the Individual Program Plan (IPP) process. This funding and a strong relationship with the Regional Center, made it possible to continue our work budget cut affected Social Recreation in 2009.
- A questionnaire is used by the Service Coordinator during the Annual Meeting to determine the total number of hours the regional center will fund for each person.
- The Service Coordinator submits a Purchase of Service (POS) for the number of hours the person is eligible to receive.
- An additional POS for Transportation to provide door to door service is submitted for the person.

# HOW HI-GEAR WORKS

- A POS is received for event hours and transportation to and from each event.
- The monthly event Calendar and sign-up sheet is given to each person about two weeks before the start of each month.
- Each person receives assistance reviewing their choices and signing up for their chosen events.
- WATCH provides 1 staff member for every 10 people at an event.
- Transportation is always provided as a door-to-door service to each person.



# July 2022

Su	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 Bowling</b> 3:30-7:30pm <b>4 Hours</b> <b>Bring \$10.00 for 2 Games Bowling &amp; extra \$\$\$ For Dinner Afterwards (Fast Food)</b>	<b>7/2 NO EVENT</b> 
<b>JULY 4TH</b> <b>WATCH Closed</b>		<b>5 Pizza &amp; A Movie on the Jumbotron at WATCH</b> 3:00-6:00pm <b>3 Hours Bring \$7 for Pizza &amp; Pop from Little Caesar's!</b>	<b>6</b>	<b>7 Applebee's</b> 3:30-6:30pm  <b>3 Hours</b> <b>Bring \$25 (+Tip) for Dinner</b>	<b>8 Bowling</b> 3:30-7:30pm <b>4 Hours</b> <b>Bring \$10.00 for 2 Games Bowling &amp; extra \$\$\$ For Dinner Afterwards (Fast Food)</b>	<b>9 Movie Under the Stars @ Pinecrest</b> <b>For: \$8.00</b> 8:30-10:30 PM <b>2 Hours</b> <b>Bring \$\$\$ for snacks</b>
<b>10</b>	<b>11</b>	<b>12 Pizza &amp; A Movie on the Jumbotron at WATCH</b> 3:00-6:00pm <b>3 Hours Bring \$7 for Pizza &amp; Pop from Little Caesar's!</b>	<b>13</b>	<b>14 Twain Harte Mini Golf &amp; Dinner</b>  3:30-7:30 <b>4 Hours</b> <b>Bring \$6 to Play &amp; extra \$\$\$ for Dinner @ El Jardin</b>	<b>15 Bowling</b> 3:30-7:30pm <b>4 Hours</b> <b>Bring \$10.00 for 2 Games Bowling &amp; extra \$\$\$ For Dinner Afterwards (Fast Food)</b>	<b>16 Golden Corral &amp; FYE</b> Noon - 4:00pm <b>4 Hours</b> <b>Bring \$25.00 for Lunch and FYE</b> 
<b>17</b>	<b>18</b>	<b>19 Pizza &amp; A Movie on the Jumbotron at WATCH</b> 3:00-6:00pm <b>3 Hours Bring \$7 for Pizza &amp; Pop from Little Caesar's!</b>	<b>20</b>	<b>21 Gus's Steakhouse</b> 3:30-6:30pm <b>3 Hours</b> <b>Bring \$20 to \$30+ (+Tip) for Dinner</b> 	<b>22 Bowling</b> 3:30-7:30pm <b>3 Hours</b> <b>Bring \$10.00 for 2 Games Bowling &amp; extra \$\$\$ For Dinner Afterwards (Fast Food)</b>	<b>23 Lunch @ Murphy's</b> Noon-4:00pm <b>4 Hours</b> Tacos @ Firewood on Main Street <b>Bring \$20 for Lunch &amp; Extra \$5 for Shopping</b>
<b>24</b>	<b>25</b>	<b>26 Pizza &amp; A Movie on the Jumbotron at WATCH</b> 3:00-6:00pm <b>3 Hours Bring \$7 for Pizza &amp; Pop from Little Caesar's!</b>	<b>27</b>	<b>28 Barrow's (former Perko's)</b>  3:30-6:30pm <b>3 Hours</b> <b>Bring \$25 (+Tip) for Dinner</b>	<b>29 Bowling</b> 3:30-7:30pm <b>3 Hours</b> <b>Bring \$10.00 for 2 Games Bowling &amp; extra \$\$\$ For Dinner Afterwards (Fast Food)</b>	<b>30 Lunch &amp; A Movie</b> <b>\$9.60 Matinee</b> 11am-3:00pm <b>4 Hours</b> <b>Bring \$\$\$ for Lunch &amp; Movie Snacks</b> <b>LIMITED SEATS!</b>

## HI-GEAR

(209) 743-5215 HI-GEAR Cell Phone  
 (209) 533-0510 Ext 101 Front Desk of WATCH

April 2022

Name: \_\_\_\_\_

Please sign up and pay for events at least 1 week prior to the event.  
 All routes and drivers are scheduled in advance – Late sign-ups will not be accepted.  
 Avoid disappointment, sign up early!

Your purchase for HI-GEAR hours expires on 6/30/2022.

It is estimated that you have 39 hours available to use over the next 1 months.

Your recommended hours for use this month are: **39**

Events \_\_\_\_\_ Date \_\_\_\_\_ Hours \_\_\_\_\_ Cost \_\_\_\_\_ \$ Pre-paid \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Total sign-up  
hours

Total \$  
pre-paid

### Payment Policy

Full payment for all "Pre-Pay" events must be made at the time you turn in your sign-up sheet.  
 Please give your cash or check, along with your sign-up sheet, to the receptionist at WATCH.  
 All other payments for events and food must be carried in your own wallet or purse.

### Refund Policy

Cancellations must be made 24 hours before planned events in order to receive a refund. If the event requires HIGEAR to purchase tickets in advance (Circus, Live Theater, 6 Flags, etc.), you must cancel two weeks in advance in order to receive a refund.

**WATCH RESOURCES, INC.**  
 12801 Cabeza Road Sonoma CA 95370 (209) 533-0510

# WATCH HAS EMBRACED THE SPIRIT OF HOME AND COMMUNITY BASED SERVICES



- Quarterly HI-GEAR potlucks are attended to present and discuss new events. Everyone is encouraged to give positive and negative feedback on events they already attended.
- A monthly event Calendar uses written language, pictures, and icons.
- Assistance with reviewing event choices and the sign-up process is available daily.
- Monthly event Calendars are designed around each person's choices and promote everyone's participation.

# PARTICIPANT SATISFACTION

- Participant, Family, Employee and Stakeholder satisfaction surveys are conducted every year.
- Annual Service Reviews are created based upon individual outcomes related to program design, IPP goals, staff training and Semi-Annual Program reports.





# GOLDEN GATE REGIONAL CENTER



**Eric Zigman**  
Executive Director  
—  
**Golden Gate  
Regional Center**



**Amanda Pyle**  
Director of  
Community Services  
—  
**Golden Gate  
Regional Center**



# IMPORTANCE OF SOCIAL REC AND RELATED SERVICES WITHIN REGIONAL CENTER SERVICES



# WORKING WITH A REGIONAL CENTER TO LAUNCH A SOCIAL RECREATION PROGRAM

- **Vendorization Process** - The process an interested provider completes with a Regional Center so the Regional Center can make sure the provider meets all requirements to provide the service
- **Timeline** - Regional Center has 45 days to process the completed application
- **Contact** - Community Services Department at your local Regional Center



# A CLOSER LOOK: GOLDEN GATE REGIONAL CENTER



# A CLOSER LOOK AT RATES



## NEGOTIATED RATE

- Negotiated with the regional center
- Cannot exceed the median rate
- Administrative costs cannot exceed 15%

*Questions about negotiated rates, U&C, or other types of rate structures?  
Visit the Department of Developmental Services (DDS) website, [Rate FAQ](#)*

## USUAL & CUSTOMARY (U&C) RATE

- Based on the rate charged to the general public
- No more than 70% of individuals receiving services can be users of regional center services
- Provide documentation of general public rate (eg website posting, service agreement, etc.)

# SOCIAL REC & CAMP SERVICES IN ACTION



# RESTORATION OF SOCIAL RECREATION, CAMP, AND RELATED SERVICES



**Barry Jardini**

Executive Director

—  
**California Disability  
Services Association**





# SERVICES RESTORED AS OF JULY 1, 2021



- Camping and related travel expenses
- Social recreation activities for all ages
- Educational services for children aged 3-17
- Non-medical therapies including specialized recreation, art, dance, music, and other activities





## THE OPPORTUNITY



- These services have not been provided for 12 years. During that time, the system became less able to provide them
- Every Regional Center is now designing policies, promoting these services, and encouraging new providers to develop the wide variety of programs and services needed to increase access



# WHAT HAS CHANGED?

- Programs must comply with the Home and Community-Based Services (HCBS) Settings Rule
- Specifically, these new programs and services must demonstrate that they are community-based and designed to support community participation for everyone
- Each Regional Center is required to have approved Social Recreation and other service policies available on its website





# PATHWAYS TO SERVICES



- People with disabilities and their families can now request social recreation and related services through the Individual Program Planning process. Their Regional Center will look for services that might help them
- Community Recreation and other service providers may propose programs designed to meet the needs of individuals with IDD and their community to the Regional Center for approval and funding



# APPROVAL AND FUNDING SOCIAL RECREATION SERVICES AND SUPPORTS



- Providers who have kept and/or started camp, social recreation and related services may seek Regional Center funding
- To do this, contact your local Regional Center. They can help the provider through the process



# RATE SETTING

- Some Regional Centers may simply pay the “usual and customary rates” (the rate paid by any community customer)
- Others may negotiate a rate that complies with current Department of Developmental Services’ rate setting requirements
- Based on individual support needs, additional support fees can be added/negotiated

# WHERE TO START



- Begin with a **conversation** with your **Regional Center's Community Services Department**
- They can guide you on the steps to become a vendor of the Regional Center. This includes an **inclusive program design**. The design shows **where, how and by whom the services will be provided**. The Services Department can also help with completing the required Disclosure and Application forms
- If you will offer supplemental supports (extra staffing, etc.), describe those supports and whether there is a base rate of services and supplemental fees
- Negotiate/agree on a rate(s), enroll in eBilling and direct deposit
- You need to receive authorizations before any services
- Once you provide the services, you will then bill the Regional Center, usually at the end of the month. You receive payment based on the Regional Center schedule