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STATEWIDE SELF ADVOCACY NETWORK MEETING INFORMATION



DATE: Wednesday, March 8, 2023 and Thursday, March 9, 2023



TIME: Wednesday, March 8, 2023 10:00 AM – 3:00 PM
Thursday, March 9, 2023 10:00 AM – 3:00 PM

This is a teleconference and zoom meeting only. There is no physical location being made available to the public per Government Code Section 11133. Therefore, Committee members are not required to list their remote locations and members of the public may participate telephonically or by Zoom from any location. Accessible formats of all agenda and materials can be found online at www.scdd.ca.gov.

MEETING DETAILS:

ZOOM LINK:

<https://bit.ly/SSAN2023Mar>

MEETING ID: 896 0986 4115

PASSCODE: 125275

TELECONFERENCE:

CALL IN NUMBER: (669) 900 9128

MEETING ID: 896 0986 4115

PASSCODE: 125275

Accessibility

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AGENDA FOR DAY 1

March 8, 2023

10:00 AM – 3:00 PM

1. Call to Order, Welcome, and Introductions/Member Report

Presented by: Charles Nutt, Chairperson, Nicole Patterson, Vice-Chairperson, and Rebecca Donabed, Secretary



2. Public Comment

Public comment is welcome. Comment on agenda items is taken as they are discussed.



3. Review and Approval of December 2022 Minutes

Presented by: Charles Nutt, Chairperson

ACTION



4. Updates from the SSAN Chair

Presented by: Charles Nutt, Chairperson
Information



5. SCDD Update

Presented by: SCDD Staff
Information



Break



6. **SSAN Workgroup Updates**

Presented by: SSAN Workgroup Chairs
Information



7. **SCDD Facilitation Guide**

Presented by: SCDD Self-Advocacy DEAP Co-Chairs
Discussion



8. **SCDD Quality Incentive Employment Survey Review**

Presented by: MaryEllen Stives, SCDD San Diego Region
Office Manager, Co-Chair of the SCDD
Employment DEAP

Discussion



9. **Roundtable Discussion on SSAN Impact**

Presented by: SSAN Operations Workgroup
Information



10. **Reflecting on the Day and Recess**

Presented by: Charles Nutt, Chairperson
Information





AGENDA FOR DAY 2

**March 9, 2022
10:00 AM – 3:00 PM**

1. Call to Order, Welcome and Introductions

Presented by:

- Charles Nutt, Chairperson
- Nicole Patterson, Vice-Chairperson
- Rebecca Donabed, Secretary



2. Public Comment

Public comment is welcome. Comment on agenda items is taken as they are discussed.



3. SSAN and SCDD MOU

Presented by: Rihana Ahmad, SCDD Manager – State Plan
and Self-Advocacy

ACTION



4. Home and Community Based Services (HCBS) Update

Presented by: DDS HCBS Team
Information



Break



5. SCDD Legislative Update

Presented by: Bridget Kolakosky, SCDD Deputy Director of Policy and Public Affairs

Information

6. Approval of March 2023 SSAN Newsletter

Presented by: Robert Levy, Newsletter Workgroup Chair

ACTION



7. Youth Leadership Forum

Presented by: Matthew Baker, DOR Youth Leadership Forum Project Coordinator

Danielle Hess, Student Selection Workinggroup Chair



8. Meeting Takeaways and Planning for June 2023 Meeting
ALL

9. Adjournment

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MARCH 8, 2023

SSAN MEETING AGENDA ITEM 3

ACTION ITEM

Statewide Self-Advocacy Network

Approval of December 2022 Minutes



Attachments

- December 2022 Minutes

Recommended Action

Approve the December 2022 SSAN Meeting Minutes

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Statewide Self-Advocacy Network Meeting Minutes December 13 & 15, 2022 Zoom

SCDD Regional Members Present

Nathan Florez – North Coast (Day 2)
Charles Nutt – North State
Lisa Cooley – Sacramento (Day 2)
Ellen Sweigert – North Bay
Robert Balderama – North Valley Hills (Day 2)
Rebecca Donabed – Sequoia
Eric Aguilar – San Bernardino
Julie Gaona – Los Angeles
Paul Mansell – San Diego–Imperial

Agency Members Present

Maria Marquez – SCDD (Day 2)
Scott Barron – DRC
Nicole Patterson – DDS
Desiree Boykin – ARCA
Robert Levy – UCD MIND Institute
Kecia Weller – UCLA Tarjan Center
Wesley Witherspoon – USC CHLA

Members Not Present

David Forderer – Central Coast
Goldie House – CFILC
Sean Sullivan – Orange County
Regina Woodliff – Bay Area

SCDD Staff in Attendance

Julie Eby-Mckenzie –
SCDD North Coast
Dena Hernandez –
SCDD North Valley Hills
Debbie Marshall – SCDD San Diego
Veronica Magallanes – SCDD Sequoia
Tina Reszler – SCDD North State
Yaritza Sanchez – SCDD HQ
Victoria Schlussler – SCDD HQ
Gabriela Solval – SCDD Bay Area

Presenters

Rihana Ahmad – SCDD HQ
Aaron Carruthers – SCDD HQ
Brian Weisel – SCDD Legal Counsel

Others Present

Justin Hole
Alexa McBride
Alex Phuong
Alec Pare
Eunice Taylor



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SSAN Minutes

1. Call to Order, Welcome and Introductions

SSAN Chairperson Desiree Boykin, ARCA Representative, called the meeting to order at 10:10 AM.

Members introduced themselves and the region or agency that they represent and gave updates on their advocacy activities.

2. Public Comment

Members were told about an upcoming training series that starts in January 2023 for Project SAFEE in partnership with the American Red Cross to teach people about hands only CPR. people about

3. Review and Approval of September 2022 Minutes

The members reviewed the minutes from the September 7 & 8, 2022 meeting. Materials for this agenda item can be found on pages 9-16 of the December 2022 SSAN Meeting Packet.

ACTION: Motion #1 to approve the September 2022 minutes was made by Charles Nutt/Seconded by Ellen Sweigert. A roll call vote was taken. Motion passed. See vote log on page 7.

4. Updates from SSAN Chair

SSAN Chairperson Desiree Boykin stated that she was proud of all of the hard work that the members had done throughout the year and during the pandemic. SSAN Chairperson Boykin said she was confident that SSAN and its members would have a strong coming year and was grateful to the members for remaining positive throughout the year.



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5. SCDD Update

SCDD Executive Director Aaron Carruthers provided SSAN members with an update on SCDD activities since the September SSAN meeting. Executive Director Carruthers updated members on the Council's work for the 2021-2021 federal fiscal year (FFY) and how many people staff were able to help through their work. SCDD continues their efforts to address systemic barriers to employment and self-determination. SCDD is reviewing bill ideas submitted by community members through the 2 Annual "There Should be a Law Contest", so stay tuned for more and keep sending in your ideas. SCDD is closely watching both federal and state budget processes and hopes that funding will remain stable to support the agency's work.

6. SSAN Workgroups

The SSAN Workgroups chairs provided updates on current and future projects. The following workgroups provided updates:

- Legislative and Civic Engagement
- Employment
- Newsletter and Communications
- Self—Determination
- Youth Engagement

7. SSAN MOU Review

Rihana Ahmad, SCDD Manager of State Plan and Self-Advocacy reviewed proposed updates to the memorandum of understanding (MOU) between SSAN and SCDD to the members for their consideration. A copy of the updated 2020 MOU and the suggested updates can be found on pages 31-58 of the December SSAN Packet.

Members were encouraged to review both versions of the document and submit any of their own changes to the SCDD Self-Advocacy Coordinator by February 12 for review by the SSAN Leadership team.



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8. SSAN Employment First PowerPoint

SSAN Employment Workgroup Chair Rebecca Donabed, Sequoia Regional Representative, reviewed the updated SSAN Employment First PowerPoint presentation for member feedback and approval.

ACTION: Motion #2 to approve the SSAN Employment First PowerPoint was made by Robert Levy/Seconded by Charles Nutt. A roll call vote was taken. Motion passed. See vote log on page 7.

9. Remembering Loved Ones

SSAN Chair Desiree Boykin, ARCA SSAN Representative gave a presentation on grief and how we choose to remember people who impact the type of advocate and person we become. Following the presentation, members shared their experiences with grief and the possibility of creating a SSAN tip sheet with advice on how advocates can process grief.

10. SSAN Officer Nomination

Day one ended with nominations for the 2022–2024 SSAN Officers. The following nominations were made:

- **Chair**
 - Ellen Sweigert, nominated by Wesley Witherspoon and seconded by Kecia Weller
 - Charles Nutt, nominated by Wesley Witherspoon and seconded by Kecia Weller
- **Vice-Chair**
 - Nicole Patterson, nominated by Ellen Sweigert and seconded by Desiree Boykin
 - Robert Levy, nominated by Wesley Witherspoon and seconded by Charles Nutt
- **Secretary**
 - Rebecca Donabed, nominated by Wesley Witherspoon and seconded by Ellen Sweigert

11. Recess Until Next Day

SSAN Chairperson Desiree Boykin declared the meeting in recess at 1:55 PM. The December 2022 SSAN meeting will return from recess at 10:00 AM Thursday, December 15, 2022.



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SSAN DAY 2 Minutes

1. Call to Order, Welcome, Roll Call and Introductions

SSAN Chairperson, Desiree Boykin, ARCA Representative, called the meeting to order at 10:15 A.M.

Members introduced themselves, what region or organization they represent and shared their New Year's resolution.

2. Public Comment

SSAN member Paul Mansell shared information with SSAN members about his independent facilitator business PFM Solutions.

3. Approval of 2021-2022 SSAN Annual Report

Due to a scheduling conflict, the order of business was shifted so that the Approval of the 2021-2022 SSAN Annual Report took place ahead of the Bagley Keene Training. Riana Hardin, SCDD Self-Advocacy Coordinator reviewed the Draft Annual Report with members. Members talked about changing the pictures on the report cover to be individual pictures of members and adding a few quotes. Materials for this agenda item were included separately as a handout with the meeting packet materials

ACTION: Motion #3 to approve the 2021-2022 SSAN Annual Report with additional changes was made by Kecia Weller/Seconded by Charles Nutt. Motion passed. See vote log on page 7.

4. Bagley Keene Act Training

Brian Weisel, SCDD Legal Counsel provided SSAN Members with a presentation on the Bagley Keene Act to help members hold open meetings that are accessible to the public.



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5. Approval of December 2022 SSAN Newsletter

SSAN Secretary and Newsletter and Communications Workgroup Chair, Robert Levy reviewed the DRAFT December 2022 Voices of SSAN Newsletter, asking for members approval and ideas for the next edition of the newsletter. Materials for this agenda item can be found on pages 73-76 of the December 2022 SSAN Meeting Packet and additional handouts.

ACTION: Motion #4 to approve the December 2022 Newsletter as presented was made by Rebecca Donabed/Seconded by Wesley Witherspoon. Motion passed. See vote log on page 7.

6. SSAN Elections

SSAN Officer nominees gave speeches on why they would be the best candidate to fill the position. A separate vote for each of the 3 Officer positions was taken following the candidate statements.

Outcome of Election

SSAN Chair: Charles Nutt

SSAN Vice-Chair: Nicole Patterson

SSAN Secretary: Rebecca Donabed

See page 8 of December 2022 minutes for a breakdown of how each member present voted.

7. Planning for March 2023 Meeting

SSAN members brainstormed topics/presentations for the March 2023 meeting. Suggested presentation topics included:

- Update on HCBS
- Update on SB 639 (SCDD)
- MOU Renew Vote
- Self-Determination
- DDS Emergency Preparedness
- Public Transportation
- SCDD Facilitation Guide
- Youth Leadership Forum Update
- How to have good health care
- Alta Coordinated Future Planning

8. Adjournment

Meeting was adjourned at 3:00 P.M. The next SSAN meeting is scheduled for March 8-9, 2023 over Zoom.



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DECEMBER 2022 SSAN VOTE TALLY

Name	Region	Roll Call	Motion 1	Motion 2	Day 2 Roll Call	Motion 3	Motion 4
Maria Marquez	SCDD	Not Present	Not Present	Not Present	Present	Not Present	For
Nathaniel Florez	North Coast	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present
Charles Nutt	North State	Present	For	For	Present	For	For
Lisa Cooley	Sacramento	Present	For	Not Present	Present	For	For
Ellen Sweigert	North Bay	Present	For	For	Present	For	For
Regina Woodliff	Bay Area	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present
Robert Balderama	North Valley Hills	Not Present	Not Present	Not Present	Present	For	For
David Forderer	Central Coast	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present
Rebecca Donabed	Sequoia	Present	For	For	Present	For	For
Julie Gaona	Los Angeles	Present	For	For	Present	For	For
Sean Sullivan	Orange County	Present	Not Present	Not Present	Not Present	Not Present	Not Present
Eric Aguilar	San Bernardino	Present	For	For	Present	For	For
Paul Mansell	San Diego	Present	For	Not Present	Present	For	For
Desiree Boykin	ARCA	Present	For	For	Present	For	For
Goldie House	CFILC	Present	Not Present	Not Present	Present	Not Present	Not Present
Nicole Patterson	DDS	Present	For	For	Present	For	For
Scott Barron	DRC	Present	For	For	Present	For	For
Wesley Witherspoon	USC – CHLA	Present	For	For	Present	For	For
Kecia Weller	Trajan Center	Present	Abstain	For	Present	For	For
Robert Levy	Mind Institute	Present	For	For	Present	For	For



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DECEMBER 2022 OFFICER ELECTION VOTE TALLY

Name	Region	Chair	Vice-Chair	Secretary
Maria Marquez	SCDD	Charles Nutt	Nicole Patterson	Rebecca Donabed
Nathaniel Florez	North Coast	Not Present	Not Present	Not Present
Charles Nutt	North State	Charles Nutt	Nicole Patterson	Rebecca Donabed
Lisa Cooley	Sacramento	Charles Nutt	Nicole Patterson	Rebecca Donabed
Ellen Sweigert	North Bay	Ellen Sweigert	Nicole Patterson	Rebecca Donabed
Regina Woodliff	Bay Area	Not Present	Not Present	Not Present
Robert Balderama	North Valley Hills	Charles Nutt	Nicole Patterson	Rebecca Donabed
David Forderer	Central Coast	Not Present	Not Present	Not Present
Rebecca Donabed	Sequoia	Charles Nutt	Nicole Patterson	Rebecca Donabed
Julie Gaona	Los Angeles	Charles Nutt	Nicole Patterson	Not Present
Sean Sullivan	Orange County	Not Present	Not Present	Not Present
Eric Aguilar	San Bernardino	Not Present	Not Present	Not Present
Paul Mansell	San Diego	Charles Nutt	Nicole Patterson	Rebecca Donabed
Desiree Boykin	ARCA	Ellen Sweigert	Nicole Patterson	Rebecca Donabed
Goldie House	CFILC	Not Present	Not Present	Not Present
Nicole Patterson	DDS	Ellen Sweigert	Nicole Patterson	Rebecca Donabed
Scott Barron	DRC	Not Present	Not Present	Not Present
Wesley Witherspoon	USC – CHLA	Charles Nutt	Robert Levy	Rebecca Donabed
Kecia Weller	UCLA Trajan Center	Ellen Sweigert	Nicole Patterson	Rebecca Donabed
Robert Levy	UC Davis Mind Institute	Charles Nutt	Robert Levy	Rebecca Donabed

MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 4
INFORMATION ITEM**

Statewide Self-Advocacy Network



Updates from the SSAN Chair

The SSAN Chair would like to welcome everyone to the March 2023 Meeting and will take a moment to provide a verbal update to SSAN members.

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MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 5
INFORMATION ITEM**



Statewide Self-Advocacy Network

SCDD Update

Since the December 2022 SSAN meeting, the State of California, the United States of America, and countries around the world continue to face challenges in addressing the public health and safety challenges of COVID–19. SCDD continues to work with statewide and local partners to advocate for the inclusion of people with I/DD in the vaccination rollout. SCDD Chief Deputy Director Ken DaRosa will update SSAN members on Council activity related to meeting the needs of Californians with I/DD during these challenging and unique times.

Possible Handouts

- Council Meeting Summary

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MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 6
INFORMATION ITEM**

Statewide Self-Advocacy Network



SSAN Workgroup Updates

Since the December SSAN meeting, the SSAN workgroups discussed current, ongoing, and future projects over Zoom. The following SSAN workgroups will provide brief updates to the full SSAN:

- Employment
 - Chair: Rebecca Donabed
- Legislative and Civic Engagement
 - Chair: Paul Mansell
- Self-Determination
 - Chair: Nicole Patterson
- Newsletter
 - Chair: Robert Levy
- Youth Engagement
 - Chair: Nicole Patterson

Attachments

- SSAN Workgroup Descriptions
- SSAN Workgroup Roster
- SSAN Workgroup Meeting Times

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SSAN Workgroup Purpose, Goals, and Measurable Objectives



SSAN OPERATIONS WORKGROUP

Purpose: The SSAN Operations Workgroup includes the SSAN Officers, along with the Chairs of the Employment, Self-Determination and Youth Workgroup Chairs. The Operations Workgroup is responsible for planning and setting the agenda for each Full SSAN meeting, review and approve recommendations relating to SSAN membership, and recommendations relating to changes to the SSAN Bylaws.

Goal: To increase participation and awareness of SSAN meetings, general operations concerns and resolve issues relating to membership.

Measurable Objective: SSAN Operation Workgroup will work together to review SSAN Operating processes which include the responsibilities previously held by the Officers, Bylaws and Membership Workgroups:

- Plan SSAN Meetings
- Review Membership
- Review Marketing Materials
- Review Membership Process
- Review SSAN By-laws



SSAN EMPLOYMENT WORKGROUP

Purpose: The Employment workgroup will educate the community about the rights of people with disabilities and their ability to become contributing members of society by having competitive integrated employment.

Goal: To increase opportunities for people with disabilities to participate in competitive integrated employment. Increase access to resources available to support people with disabilities in the workforce.

Measurable Objective: Members of the SSAN Employment Workgroup will:

- Work with the SCDD Employment First Committee (EFC) and other groups/organizations advocating for access to competitive integrated employment (CIE) to provide feedback on the Employment First materials.
- Members of the workgroup will conduct outreach to individuals and groups to inform them about achieving gainful employment of the cross-disability community, (outreach includes passing out fliers, doing presentations, hosting informational webinars).

SSAN SELF-DETERMINATION WORKGROUP

Purpose: The SSAN Self-Determination Workgroup works to increase the number of people in all catchment areas that know about self-determination.

Goal: To increase self-advocates and their families, and the community's awareness of self-determination.

Measurable Objective: SSAN members will reach out in their communities to at least 3 individual groups per quarter to inform them about the new self-determination law.

- By providing individual information about self-determination
- By providing information by Power Point to different groups
- To identify groups that may benefit from a self-determination presentation
- Develop a tool to monitor how well the information is getting out to the community.



SSAN YOUTH ENGAGEMENT WORKGROUP

Purpose: The SSAN Youth Engagement Workgroup will work to increase awareness of youth with disabilities in California of the Self-Advocacy Movement and work to engage youth with disabilities in California in SSAN activities.

Goal: Create opportunities for cross generational interactions and include youth in the Self-Advocacy Movement.

Measurable Objective: Create a survey to distribute to youth groups on best practices for engaging, interacting with, and including youth in self-advocacy related activities.



SSAN LEGISLATION and CIVIC ENGAGEMENT WORKGROUP

Purpose: The Legislative and Civic Engagement workgroup is committed to informing and educating our partners and communities on statewide legislation that SCDD has taken a position on and matches SSAN priorities.

Goal: Increase the community's awareness of and engagement with SSAN supported parts of the State Council on Developmental Disabilities' legislative platform and priorities.

Measurable Objective: Develop materials that will increase the community's awareness and knowledge about bills and the California State Legislative Calendar.

Examples include:

- How to Engage with the Legislative Process Training
- Draft Letters of Support
- Understanding the Legislative Calendar
- Submitting "There Should be a Law" Recommendation to SCDD.

SSAN NEWSLETTER/COMMUNICATION WORKGROUP

Purpose: The Newsletter/Communication workgroup will highlight SSAN activities and upcoming conferences/events to communicate what SSAN is doing and how they are connected in the community.

Goal: Increase the community's awareness of how SSAN is promoting the self-advocacy movement within the state of California.

Measurable Objective: The Newsletter/ Communication workgroup will produce 4 newsletters highlighting SSAN's advocacy work throughout California. The Newsletter/Communications workgroup will try to ensure that future editions are in accessible formats.

2022 Workgroup Assignments and Zoom Meeting Info

Operations	
Charles Nutt*	
Nicole Patterson	
Rebecca Donabed	
Paul Mansell	
Robert Levy	

Employment	
Rebecca Donabed*	
Lisa Cooley	
Wesley Witherspoon	
Nicole Patterson	
Ellen Sweigert	

Legislative and Civic Engagement	
Paul Mansell*	
Robert Balderama	
David Forderer	
Julie Gaona	
Maria Marquez	

Newsletter	
Robert Levy*	
Desiree Boykin	
Kecia Weller	
Regina Woodliff	
Sean Sullivan	

Self-Determination	
Nicole Patterson *	
Julie Goana	
Paul Mansell	
Maria Marquez	
Robert Balderama	

Youth Engagement	
Nicole Patterson *	
Desiree Boykin	
Nathaniel Florez	
Kecia Weller	
Regina Woodliff	
Ellen Sweigert	

2023 Workgroup Assignments and Zoom Meeting Info

Workgroup	Meeting Date	Meeting Time	Zoom Info
Operations	Every Other Thursday	11:00 AM or 1:30 PM	https://bit.ly/SSAN_Operations
Employment	Third Friday of the Month	12:00 PM	https://bit.ly/SSAN_Employment
Legislative and Civic Engagement	Second Tuesday of the Month	11:00 AM	http://bit.ly/SSAN_Legislative
Newsletter and Communications	As Needed	As Needed	None
Self-Determination	Third Friday of the Month	2:00 PM	https://bit.ly/SSAN_SelfDetermination
Youth Engagement	Second Tuesday of the Month	10:00 AM	https://bit.ly/SSAN_YouthEngagement

MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 7
INFORMATION ITEM**



Statewide Self-Advocacy Network

SCDD Facilitation Guide

The SCDD Self-Advocacy Disability Expert Advisory Panel (SA DEAP) is working on updating the SCDD Plain Language Facilitation Guide and would like SSAN members feedback on the content and usability of the guide. SSAN members played an important role in creating this guide and the SA DEAP would like members to continue to provide their thoughts on the updated resource.

Presenter

Dena Hernandez, SCDD North Valley Hills Regional Office Manager and SCDD SA DEAP Co-Chair

Attachments

- DRAFT SCDD Facilitation Guide

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Plain Language Facilitation Guide





SCDD created this guide with the help of self-advocates across California as a resource and tool. SCDD is committed to helping people with intellectual and developmental disabilities (I/DD) participate in groups, networks, boards, and committees.

The California State Council on Developmental Disabilities (SCDD) thanks the many self-advocates and facilitators who have provided feedback and direction regarding facilitation; especially the members of the State Council on Developmental Disabilities Self Advocates Advisory Committee (SAAC) and the Statewide Self Advocacy Network (SSAN).

SCDD 2022-2026 State Plan Goal #1: By 2026, the California State Council on Developmental Disabilities, will maintain or increase the number of people with intellectual and developmental disabilities to become strong self-advocates, peer trainers and community leaders.

For more information please visit our website at www.scdd.ca.gov
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How to Use this Guide

This guide is a toolkit to help you find out what facilitation is, how it works and how to get it!

If you are new to a self-advocacy group, network, board or committee and would like support to help you be an active member, facilitation can be a tool you use. This guide will give you information to decide if this is support you would like to have.

GO through all the pages of this guide. (if you need help to read it or have questions- ask someone to help you!)

There is information about Attendant Services- this is not facilitation services but if you need both- say so!

There is a facilitation worksheet at the end of this guide- this worksheet can be helpful for you to decide what you would like help on.

Remember- you can always ask a member of the self-advocacy group, board or committee for help to participate!

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What Is Facilitation?

Facilitation is a tool – think about these tools... use a pen to write, use glasses to see or use a wheelchair to get around! A facilitator is also a tool used to help people be active, contributing members of a group, network, board, or committee!

A **Facilitator** helps you understand information from a group, network, board, or committee.

A **Facilitator** can breakdown important issues without taking sides.

A **Facilitator** can help you find the knowledge you need to make informed decisions and to vote on issues. Can help you problem solve issues that come up!

A **Facilitator** can help you get your thoughts together to speak up or ask questions on an issue before, during or after a meeting.

A **Facilitator** can support you to take care of other tasks like making travel arrangements, schedule other meetings, write a report and keep a calendar to stay on track.

Remember- it is your decision to have facilitation services and work with a facilitator!

What Is Attendant Services?

Attendant service is help from paid staff to perform activities of daily living. Activities that are considered Attendant Services **may** include either assistance with care and hygiene (bathing, dressing, bathroom activities), daily living activities (meal preparation, shopping, cooking, and house cleaning), help attending and managing medical appointments and/or mobility and escort (driving and transportation) responsibilities.

If you need this type of service to participate in a group, network, board, or committee, be sure to talk to the organization to find out how to get this service.

Some people may need both facilitation & attendant services. Some people have different people for each service and some people have one person doing both jobs.

Facilitation

1, 2, 3

1 Getting ready BEFORE the Meeting:

- ☐ Go over the handouts, packets, and presentations. Ask questions of the materials that are given.
- ☐ Your facilitator can help you review materials and can help you understand your questions.
- ☐ Be sure to write down any questions you have to ask at the meeting.
- ☐ Your facilitator can help explain the materials and help you to be ready for the meeting.

2 Getting help DURING the meeting:

- ☐ Your facilitator can remind you to ask the questions of the materials that you have written down.
- ☐ Your facilitator can explain information in a better way if needed.
- ☐ The facilitator explains information in a way that does not give an opinion.

3 Getting organized AFTER the meeting:

- ☐ Go over any notes from the meeting with your facilitator.
- ☐ Make a plan to follow up on anything from the meeting.
- ☐ Schedule time to meet for the next meeting with your facilitator.

Tips for Advocates When Hiring a Facilitator

Step 1: Hiring

- Create a job description that includes tasks your ideal facilitator would need to do, how many hours you would need them to work, and the price you would like to pay.
- Post the announcement on a job board and include when applications are due.
- Review applications
- Set up interview(s) for candidates that you like.
- Come up with interview questions that you are asking all people applying for the job.
- Set a time for interviews that work for you and the candidate(s).
- Interview each person to find out if they can do the job and that you get along with them.
- Tell them more about what you will need them to do for you.
- If you have more than one person you are interviewing, rate the candidates responses during the interview to figure out which candidate you want to hire.

Tips for Advocates When Hiring a Facilitator

Step 2: Figuring out the Payment Process

- Each agency or organization has different process for paying for facilitation services.
 - Find out what information and paperwork your facilitator will need to fill out so that they can get paid for the work that they do for you.
 - Find out who needs the paperwork from your facilitator so they can get paid for their work.
-

Step 3: Train

- You know what you need help with and the best way to help you.
- Show your facilitator how they should do their job.
- Let your facilitator know if they are helping you in the way that you want.
- Make sure you are clear about what you need and how the facilitator should do their job.
- Don't be afraid to talk to your facilitator and give them feedback on how they are doing their job.

Tips for Advocates When Hiring a Facilitator

Step 4: Supervise

- Pay attention to how your facilitator is doing their job.
 - It takes time to develop a working relationship and routine with someone so be patient with your facilitator.
 - You know what you need help with and the best way to help you.
 - Don't be afraid to talk to your facilitator and give them feedback on how they are doing their job.
 - Let your facilitator know if they are helping you in the way that you want.
 - It takes time to develop a working relationship and routine with someone so be patient with your facilitator.
 - If your facilitator is doing something that you don't like, or makes you feel unsafe, or not listened to, don't be afraid to talk to someone you trust to get advice on what to do in the situation.
-

Step 5: Terminate

- You have the right to decide to fire your facilitator if they are not doing the job that you need.
- If your facilitator is doing something that makes you feel uncomfortable, unsafe, or not listened to: don't be afraid to tell the agency responsible for paying them, your service coordinator or someone you trust who can help you report if needed.

Tips for Facilitators When Being Hired

Step 1: Hiring

- Be interviewed by the person.
 - Make sure you can do the job and understand the role.
 - Provide information to be hired. (Can differ depending on the organization).
-

Step 2: Figuring out the Payment Process

- Make sure that you understand how you will be paid
 - Make sure you understand when you will be paid
 - Understand what paperwork is needed and who gets the paperwork.
-

Step 3: Train

- Your employer will train you on how to do your job.
- You want to make sure you understand your role.
- Ask questions to help you understand how the person with a disability wants to be supported.

Tips for Facilitators When Being Hired

Step 4: Supervise

- The person you are supporting directs the support that is needed.
 - Respect scheduled appointments of the person you are supporting.
 - If your plans or availability changes: COMMUNICATE with need to You and the person may want to talk regularly about how things are going and if it is working.
 - Be open to receiving feedback on your work performance.
-

Step 5: Terminate

- You understand that the person supported can end this working relationship.

Facilitator

Do's and Don'ts

DO help the person **FIND** their POWER...

- Encourage problem solving skills
- Encourage self-advocacy skills
- Encourage engaged participation
- Support person respectfully
- Honor confidentiality
- LISTEN to the person on how they want to be supported
- Meet the person where he/she is at and not push them to where you think he/she should be

DON'T TAKE the person's POWER away by ...

- NOT listening to the person or act on what they tell you....or act in a way that isn't respectful!
- NOT thinking the person is not ABLE enough to participate in a meeting!
- NOT valuing such participation!
- NOT doing everything for the person instead of encouraging/teaching/guiding the person!
- Using ableist or demeaning language
- Deciding "I know best" and speak for the person or for yourself!
- Deciding "I have the power" and disregard the person's role in a meeting
- Say or act one way BUT then say or act in another way!
- NOT maintaining confidentiality!

Resources

These resources can help YOU and your facilitator make difficult or complex material easier to understand.

Fantastic Facilitation

<https://autisticadvocacy.org/wp-content/uploads/2019/05/FantasticFacilitation.pdf>

Owning Your Organization

<https://autisticadvocacy.org/wp-content/uploads/2019/05/PADSA-owning-your-organization.pdf>

Facilitation: Purpose – Planning – Practice

A guide to provide background and planning tools that lead to more effective participation. (2011)

http://brcenter.org/lib/lib_pdf/CN_FacilitationGuide.pdf

Center for Plain Language

Nonprofit organization promoting the use of plain language in the public and private sectors.

<http://www.centerforplainlanguage.org>

Plain Language Action & Information Network

Promotes plain language for all government communications. Strategies to improve communication from the federal government to the public.

<http://www.plainlanguage.gov>

Inclusive and Accessible Boardsmanship

The California Department of Developmental Services (DDS) has an online data base called “Consumer Corner” that produces many helpful resources in plain language. Their Resource on Boardsmanship is very helpful.

https://www.dds.ca.gov/wp-content/uploads/2020/07/CC_Boardsmanship_Eng.pdf

Get on Board and Make a Difference: Effective Practices for Including People with Developmental Disabilities and New Members on Boards and Committees. Green Mountain Self-Advocates and the Arc of Vermont <https://gmsavt.org/wp-content/uploads/2020/05/Get-On-Board-And-Make-A-Difference-Effective-Practices.pdf>

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MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 8
INFORMATION ITEM**

Statewide Self-Advocacy Network



SCDD Quality Incentive Employment Survey Review

The SCDD Employment Disability Expert Advisory Panel (DEAP) would like SSAN members to review a survey that is being developed to collect satisfaction information from clients of employment programs to see if the employment agency has done a good job helping people get the jobs they like. Members will have a chance to ask questions and provide their feedback to ensure the survey is easy to understand and use.

Presenter

MaryEllen Stives, SCDD San Diego Region Office Manager and SCDD Employment DEAP Co-Chair

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MARCH 8, 2023

**SSAN MEETING AGENDA ITEM 9
INFORMATION ITEM**

Statewide Self-Advocacy Network



Roundtable Discussion on SSAN Impact

This agenda item will give members a chance to share their thoughts on goals for SSAN in the coming year and share ideas about how to share information from SSAN with their communities.

Presenter

SSAN Operations Workgroup

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MARCH 9, 2023

SSAN MEETING AGENDA ITEM 3

ACTION ITEM

Statewide Self-Advocacy Network

SSAN and SCDD MOU



SSAN is a self-advocacy group supported by the State Council on Developmental Disabilities (SCDD). To clearly explain the working relationship between the two groups, the Memorandum of Understanding (MOU) between SSAN and SCDD was created/signed in 2017 and later updated in 2020.

At the December 2022 SSAN meeting, members were provided a copy of the proposed changes to the MOU between SSAN and SCDD and asked if any additional changes needed to be made. Since the December SSAN meeting, the updated MOU has been reviewed and approved by the SCDD Executive Committee. Rihana Ahmad, SCDD Manager of State Plan and Self-Advocacy will provide a brief overview of the proposed changes to the members for their consideration before asking for a motion to approve the proposed updates to the MOU.

Presenter

Rihana Ahmad, SCDD State Plan and Self-Advocacy Manager

Attachments

- Proposed Updated MOU between SCDD and SSAN

Recommended Action

Approve Proposed Updates to the SSAN MOU

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Memorandum of Understanding

Between

The Statewide Self Advocacy Network (SSAN)

and

The State Council on Developmental Disabilities (SCDD).

This Memorandum of Understanding (MOU) explains the working relationship between the Statewide Self Advocacy Network (SSAN) and the State Council on Developmental Disabilities (SCDD). This MOU is meant to clarify the roles, responsibilities and expectations of both groups in order to facilitate a working relationship which benefits both parties. Both SCDD and SSAN have worked to develop the following document.

1. MOU Background

- 1.1.** SSAN established an MOU workgroup at their March 2015 meeting to express their ideas during the MOU process.
- 1.2.** Members of SSAN participated in the MOU drafting process in order to ensure that the voices of self-advocates were reflected in the MOU.
- 1.3.** The SSAN DRAFT MOU was presented at the June 2016 SSAN meeting and was given to SCDD for consideration.
- 1.4.** The MOU between SSAN and SCDD was signed in January 2017 and a renewed MOU was signed in April 2020.

2. Mission of SCDD and SSAN

SCDD Mission

2.1. The mission of SCDD is to advocate, promote, and implement policies and practices that achieve self-determination, independence, productivity and inclusion in all aspects of community life for Californians with intellectual/developmental disabilities (I/DD) and their families.

2.1.1. To carry out its mission regarding self-advocacy, SCDD has adopted Goal 1 of its State Plan, which states Californians with I/DD and their families reflecting the diversity of the state will have increased information and supports to advocate for civil and service rights to achieve self-determination, integration and inclusion in all areas of community life.

SSAN Mission

2.2. The mission of SSAN, a project of SCDD, is to promote leadership and build bridges that strengthen advocacy among disability communities by focusing on policy change.

2.2.1. SSAN exists to encourage people with disabilities to organize and create change for good. The goal is for SSAN members to further and strengthen their skills as advocates and to share their knowledge and skills with their communities and elected officials. As a cross-disability network, SSAN connects individual members with organizations and leaders across the state of California in order to advance the self-advocacy movement. It is the goal of SSAN to provide members with the resources, knowledge

and tools that will empower them to become effective, informed leaders within their communities across the state, so that they may train others.

2.2.2. SSAN is dedicated to demonstrating that Californians with disabilities are strong, independent and make enhanced contributions to society. Through collaborating with other advocacy organizations and disability communities, SSAN wants to support, develop and strengthen self-advocacy throughout California and local regions.

2.2.3. SSAN recognizes that in order to have the most impact in systems change advocacy, they will be a cross disability training network.

3. Guiding Principles

3.1. SCDD is committed to supporting policies and practices that achieve self-determination, independence, productivity and inclusion in all aspects of community life for Californians with I/DD, other disabilities, and their families. SCDD supports the effort of SSAN members, helping them to advocate, promote and implement SSAN's work, as it aligns with the self-advocacy goal of the SCDD State Plan and the mission of the State Council.

3.2. The SCDD supports the efforts of SSAN members and assists them in advocating, promoting and implementing their goals so long as they align with the SCDD State Plan (especially the self-advocacy goal) or the mission of the Council. SCDD and SSAN recognize the importance of the following principles:

3.3. SCDD has open communication with SSAN and its members.

- 3.4.** SCDD respects all SSAN members as qualified individuals to consider all matters before the SSAN, including policy positions and discussions, decision making processes and SSAN actions.
- 3.5.** SSAN respects the SCDD Self-Advocacy Coordinator and in return, the Self-Advocacy Coordinator respects SSAN members.
- 3.6.** The Self-Advocacy Goal of the SCDD State Plan affirms SCDD's commitment to supporting self-advocacy.
- 3.7.** SCDD promotes self-advocates in leadership roles in SSAN by providing them with the knowledge, skills, and training necessary to train other self-advocates to become leaders in their communities and across the state.
- 3.8.** SSAN members will be leaders in their communities and advocate for people with disabilities.
- 3.9.** SSAN members will conduct themselves in a professional manner at all times, adhering to all laws and rules of the State of California.

4. ROLES AND RESPONSIBILITIES OF SCDD AND SSAN

4.1. SCDD Responsibility Regarding SSAN Membership:

- 4.1.1.** SCDD will recognize that SSAN membership has been established by the SSAN Bylaws and consists of (1) SCDD Regional Representatives and (2) representatives from organizations that serve and advocate for those within the disability community.

- 4.1.2.** SCDD will work with SSAN to ensure that as a cross-disability training network, supported by SCDD, SSAN leadership and no less than 50% of its members will be individuals with I/DD.
- 4.1.3.** SCDD will assist SSAN in the recruitment process of the SSAN SCDD Regional Representative. An SCDD Regional Representative to SSAN is defined as a self-advocate within one of the 12 SCDD regional offices' geographic areas chosen to represent the SCDD Regional office on SSAN. Each of the SCDD Regional Offices will assist in the selection process of one (1) Regional Representative from the Regional Office's local I/DD community. While each SCDD Regional Office will choose to recommend a candidate based on the needs in their region, all successful candidates will be seen as leaders or emerging leaders and be actively involved in their community. .
- 4.1.4.** SCDD Regional Offices will review their Regional Representative choice on a regular basis and reserve the right to recommend to SSAN Leadership on if there is a need for a new SSAN representative for their region.

4.2. SCDD General Responsibilities:

- 4.2.1.** SCDD will work with SSAN in the following areas: to develop and give training to self-advocates and those who want to become trainers and/or leaders about: self-advocacy, self-determination, person-

centered planning, leadership and related topics. SSAN members will train other self-advocates in California and report to SCDD on the number of trainings and presentations that were given in their role as a SSAN member and how many people attended. SCDD will work with SSAN on a pre/post-test and satisfaction survey for trainings.

- 4.2.2.** The SCDD Self-Advocacy Coordinator will act as the main contact person between SSAN and SCDD staff. The Self-Advocacy Coordinator will provide support¹ and guidance in order to help SSAN achieve their goals.
- 4.2.3.** The SCDD Self Advocacy Coordinator will communicate with all SSAN members and work with SSAN leadership to review materials, including but not limited to: meeting agendas, meeting minutes, Chair updates, newsletter publications and quarterly meeting packets.
- 4.2.4.** The SCDD Manager of State Plan and Self-Advocacy will give final approval prior to the distribution and online posting of quarterly meeting packets. The SCDD Manager of State Plan and Self-Advocacy will also review any other materials that may have potential impact on SCDD. The SCDD Manager of State Plan and Self-Advocacy will provide feedback in a timely manner, allowing time for any changes to be made, if any.

¹ Support refers to giving help or assistance to self-advocates of SSAN as they seek to become better advocates.

- 4.2.5.** SCDD Regional Managers (or regional office CPSIs) will provide support² to their Region's SSAN Representative upon request as long as the request is reasonable. There will be at least one (1) SCDD Staff who provides direct support³ during SSAN quarterly meetings and assists in SSAN operations.
- 4.2.6.** At the request of SSAN, SCDD can provide training and support⁴ to the SSAN as a whole and its individual members on topics relevant to the independent living movement, self-advocacy, and leadership skills; so long as it reflects the mission, vision and purpose of SCDD and the SSAN vision statement and financial support is available.
- 4.2.7.** SCDD will approve each SSAN quarterly meeting based on an agenda approved by the SSAN leadership. If the projected cost for an agenda item is beyond the SCDD budget limits, SCDD will inform SSAN leadership at least 14 days before the next SSAN meeting.
- 4.2.7.1.** The SSAN leadership and members must submit any requests or changes to the SSAN meeting that may require additional funding at least 30 days before the next SSAN meeting.

² Support refers to providing SSAN members in their region with the tools and resources needed to be leaders in their community.

³ Refers to the SCDD staff who are assigned to assist the Self-Advocacy Coordinator with overseeing SSAN. Staff may provide logistical and technical support such as note taking and recording minutes during SSAN meetings.

⁴ Refers to resources and professional development.

- 4.2.8.** SCDD will provide logistical support⁵, such as scheduling and virtual (Zoom) and/or call-in number(s) for SSAN work groups and leadership meetings between SSAN's quarterly in person meetings.
- 4.2.9.** SCDD reserves the right to set the budget for training and meeting expenses for SSAN.
 - 4.2.9.1.** SCDD will inform SSAN leadership of the SSAN budget.
 - 4.2.9.2.** SCDD staff will meet with SSAN leadership once a year to review the SSAN budget.
- 4.2.10.** SCDD will provide logistical and technical assistance⁶ at no more than four (4) in person and/or virtual, two (2) day meetings. SCDD will take responsibility for arranging and coordinating SSAN meetings. SCDD will undertake the responsibility of booking and funding hotel meeting rooms, lodging and transportation for meeting attendance. Facilitation and attendant services are available upon request.
- 4.2.11.** SCDD will provide regular written and/or verbal policy briefings and updates a) at quarterly SSAN in person and/or virtual meetings and b) between these meetings on legislation or issue positions taken by the SCDD council members or legislation and issues as requested by the SSAN leadership or its

⁵ Refers to scheduling meetings, creating a calendar of all SSAN quarterly and workgroup meetings. Logistical support also includes opening and operating the virtual (Zoom) and/or call-in line(s) for workgroup meetings.

⁶ Refers to booking the hotel meeting rooms and working with hotel staff to set up the audio and visual aspects of the meeting (projector for the PowerPoint and captions).

members, regardless of SCDD's position, as long as staff is allowed to work on the issue(s) under the State of California rules, such as the rules that apply to staff work on candidate or ballot measure matters. SCDD will endeavor to provide these policy briefings or updates, either in person or written, in plain language as requested by the SSAN and SCDD.

- 4.2.12.** SCDD will provide SSAN with the resources on advocacy and the legislative process. SCDD cannot advise SSAN in a way that is partisan.

4.3. SSAN Responsibilities

- 4.3.1.** SSAN will develop trainings related to self-advocacy and leadership development, along with other topics within the self-advocacy goal of the SCDD State Plan and report back on the number of trainings and presentations that were conducted in between SSAN meetings.

- 4.3.1.1.** SCDD will approve any training materials SSAN develops prior to their use.

- 4.3.2.** SSAN members will report their activities and progress in the form of Member Action Reports.

- 4.3.3.** As a project of SCDD, SSAN may advocate legislative and policy positions taken by the Council. SSAN may provide input to SCDD on legislation that is of interest to SSAN. SSAN may provide input on legislation the Council is considering, including after the bill introduction deadline in February and before the Council meeting in March.

- 4.3.4.** Members of SSAN may not use SCDD resources to organize around a legislative issue that is not included in the SCDD Legislative Agenda. SSAN members may not support or oppose any candidate for office, political party, or ballot measure on behalf of SSAN/in their role as a SSAN member.
- 4.3.5.** SSAN members will distribute SCDD materials to their communities and inform their cross-disability networks about SCDD publications and handouts related to, but not limited to, self-determination and person-centered planning.
- 4.3.6.** SSAN will make sure that all member and community events associated with SSAN will relate to the missions of both SSAN and SCDD and be related to the SCDD State Plan and this Memorandum of Understanding.
- 4.3.7.** SSAN will collaborate with other organizations and train other members within their own communities and networks on how to advocate for the needs of people with disabilities.
- 4.3.8.** SSAN is responsible for sharing information with I/DD communities about SSAN activities, upcoming self-advocacy trainings, resources and updates that may affect the disability community in members' region(s) and across the state.
- 4.3.9.** SSAN will request technical assistance from SCDD to plan the quarterly in person and/or virtual SSAN meetings in a timely manner to allow SCDD staff to

make arrangements in compliance with state regulations, policies and practices.

- 4.3.10.** SSAN Officers will develop a list of agenda goals or priorities at each quarterly in person SSAN meeting. SSAN leadership agrees to inform SCDD support staff⁷ of these agenda goals and priorities immediately so that they may begin to plan to support the SSAN.
- 4.3.11.** The SSAN leadership will request that SCDD present any policy or issue briefing or updates either in writing or in person at least 30 days before any meeting. This will apply to either a quarterly in person meeting or workgroup meeting.
- 4.3.12.** SSAN will conduct all meetings according to California's open meeting laws, using Robert's Rules of Order.
- 4.3.13.** SSAN will receive training on the Bagley-Keene Act every two (2) years and is expected to follow the Bagley-Keene Act.
- 4.3.14.** SSAN may create work groups to focus on issues of importance as they arise. SSAN work groups are expected to follow the rules set forth in this MOU and remain neutral and objective in their activities.

5. Reporting

- 5.1.** SSAN leadership agrees to report all of SSAN's activities and progress to the SCDD Self-Advocacy Coordinator and other concerned staff in a timely manner and respective of deadlines communicated by the SCDD staff. SCDD agrees

⁷ Self-Advocacy Coordinator and Regional Managers.

to give SSAN three (3) months' notice of reports needed. SCDD will report on the SSAN's progress and activities to state and federal government agencies.

- 5.2.** SSAN is expected to produce a high quality, uniform quarterly newsletter, which highlights actions taken and issues of concern within the cross-disability community.

- 5.2.1.** SCDD will work with SSAN in developing a report to collect information about training. Each year, this information must be given to the Administration on Intellectual and Developmental Disabilities (AIDD), the federal agency that provides funding to SCDD for its work. AIDD needs to know how many people were trained, if they were satisfied with the activity, and how much they believe they learned from each presentation. AIDD also wants to know if the people who attended were self-advocates, family advocates or others who may be professionals or community members.

- 5.2.2.** Member action reports will be submitted at all SSAN meetings, in order to document the outcome of all SSAN related community-based activities between meetings.

- 5.3.** Workgroups will also report progress at SSAN meetings, in the form of 5-minute updates.
- 5.4.** All of the above-mentioned items are to be included in the Annual Report, compiled by the Self-Advocacy Coordinator. The Self-Advocacy Coordinator will review the Annual Report with SSAN members at the end of each year.

6. SCDD Support

- 6.1.** SSAN is a self-advocacy group organized by of SCDD, and SCDD recognizes the importance of supporting this self-advocacy group. However, this MOU does not guarantee that the SCDD will continue to fund SSAN. SSAN and its members should not expect funding from SCDD because of this document. The budget for SSAN is decided by SCDD. By agreeing to this MOU, SSAN and its members acknowledge this fact.

7. Termination and Review

- 7.1.** This MOU can end when either SSAN or SCDD decides to end it by providing 30 days advance notice. SSAN must have a majority vote in order to terminate. Termination must also be approved by SCDD.
- 7.2.** If this MOU is not approved by both SSAN members and SCDD then this agreement will not become active.
- 7.3.** This agreement will be reviewed every three (3) years by both SSAN and SCDD. Every three years it must be approved by majority vote of SSAN members and SCDD Council or Executive Committee members in order to stay in effect.
- 7.4.** If SSAN decides by majority vote of its members to establish itself as an entity separate from the State of California, SSAN must find its own funding, and this MOU will no longer be effective. If SCDD decides not fund SSAN anymore, this agreement will end and SSAN members may decide to form a new group.

8. CHANGES TO THE MOU

- 8.1.** Any proposed changes to the MOU must be submitted to both SCDD and SSAN for consideration. Any proposed changes must be approved by a majority of SSAN members and SCDD.

_____ Date:
Aaron Carruthers Executive Director
CA State Council on Developmental Disabilities

_____ Date:
Charles Nutt, Chairperson
Statewide Self-Advocacy Network

MARCH 9, 2023

**SSAN DAY 2 AGENDA ITEM 4
INFORMATION ITEM**

Statewide Self-Advocacy Network



Home and Community Based Services (HCBS) Update

Representatives from the Department of Developmental Services (DDS) will provide an update on the changes to the Home and Community Based Waiver (HCBS) in California.

Presenters

Department of Developmental Services Representatives

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MARCH 9, 2023

**SSAN MEETING AGENDA ITEM 5
INFORMATION ITEM**

Statewide Self-Advocacy Network



SCDD Legislative Update

SCDD Deputy Director of Policy and Public Affairs, Bridget Kolakosky will provide SSAN members with an update on SCDD Legislative Activities.

Presenters

Bridget Kolakosky, SCDD Deputy Director of Policy and Public Affairs

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MARCH 9, 2023

SSAN MEETING AGENDA ITEM 6
ACTION ITEM



Statewide Self-Advocacy Network

Approval of March 2023 Newsletter

Robert Levy, Chair of the SSAN Newsletter Workgroup will present SSAN members with a DRAFT version of the March 2023 Newsletter and ask members for any changes or additions. Robert will then lead a discussion about ideas for the June 2023 Newsletter, so please come prepared with your ideas for the June 2023 edition.

Attachments

- DRAFT March 2023 Voices of SSAN Newsletter
- Voices of SSAN Newsletter Article Tips Newsletter Article Tips

Recommended Action

Approve the DRAFT March 2023 Voices of SSAN Newsletter

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IN THIS EDITION:

- Article 1:** Message from SSAN Leadership
- Article 2:** DVU Emerging Leaders Program
- Article 3:** Preparing for Emergencies
- Article 4:** Water Safety
- Article 5:** Hand in Hand
- Article 6:** Advocacy through Self-Employment
- Article 7:** 411 on Voice Options
- Article 8:** Mental Health Awareness
- Article 9:** Emergency Preparedness Tips
- Article 10:** Member Bio: CFILC
- Article 11:** Good News Corner
- Article 12:** Kudos Corner
- Article 13:** Self-Advocacy Reads
- Article 14:** Positive Tips
- Article 15:** Community Resources
- Article 16:** Save the Dates
- Article 17:** Project SAFEE Trainings
- Editor:** Robert Levy
- Contributors:**
 - Charles Nutt
 - Nicole Patterson
 - Rebecca Donabed
 - Robert Balderama
 - Wesley Witherspoon
 - Lisa Cooley
 - Paul Mansell
 - Eric Aguilar
 - Goldie House

Message from 2022-2024 SSAN Officers

By Charles Nutt, North State Regional SSAN Representative
Nicole Patterson, DDS SSAN Representative
Rebecca Donabed, Sequoia Regional SSAN Representative

Leadership is defined as “the act of leading a group of people or an organization.” However, a leader isn’t simply someone in a high-level position who tells others what to do – there’s much more to it than that. Leadership isn’t “one-size-fits-all,” because everyone has their own personality, perspective, and their own learning style. Understanding different leadership styles is a great way to paint an accurate picture of what leadership is. So here is a little bit about the 2022–2024 SSAN Officers.



My name is Charles Nutt and I am the 2022-2024 SSAN Chair and I wanted to take a moment to tell you about myself. I started his leadership journey in the Paradise Chapter of People First of California, where I eventually became Vice-President.

In college, I studied Business Computer Science and joined an Honor Society called Sigma Alpha Pi which is a credited honor society for leadership and success. Eventually I served as Information Technology Coordinator for Sigma Alpha Pi and joined the Associate Students at Butte College serving as Inter Club Council Director. After finishing college, I wanted to continue my leadership development and asked my service coordinator for ideas on how I could continue to serve and was told about the State Council on Developmental Disabilities and was encouraged to get connected with the local office. I advised the local office (then Area Board 2) and was encouraged to apply to be a Councilmember on the statewide SCDD board.

Continue to page 2 of March 2023 Voices of SSAN.



Continued from page 1 of March 2023 Edition of Voices of SSAN

Through my work with SCDD, I learned about SSAN and saw it as an opportunity to connect with other disability advocates and leaders from across the state. I served as Secretary on SSAN, but as the needs of the Council changed, I decided to step down from SSAN to give others a chance to lead and focus my energy on Council need. I eventually was elected to serve as Vice-Chair on the State Council on Developmental Disabilities. Currently, I serve as the Chair of the Far Northern Regional Center (FNRC) Self Determination Advisory Committee (SDAC) in an effort to increase the number of people enrolled in self-determination and am excited to be involved with SSAN. I hope that through his leadership, I am able to listen and learn from my fellow officers and collaborate to find solutions and build a strong ship to strengthen self-advocacy in California. I would like to strengthen the self-determination program, educate others about resources, bring motivational speakers to SSAN and focus on getting youth involved in advocacy.



My Name is Nicole Patterson. I am the new Statewide Self Advocacy Network (SSAN) Vice Chairperson. I have been involved with the SSAN since the beginning. My vision for the SSAN during this term is that we become even more of a driving force when it comes to people with disabilities gaining services and supports, youth engagement, employment, growing self-determination in the state of California, and gaining more seats at the table when policies and procedures that apply to people with disabilities are being changed.

I would like to tell you a little about myself. I have worked in the field of empowering people with disabilities for the past 30+ years.

My experiences include working with people with all types of disabilities by providing assistance, advising people on their rights, and helping to educate people who provide services to people with disabilities. I have worked for the California State Department of Developmental Services for 17 years as the Coordinator of Consumer Services. I provide a voice to the Director, and the Department, on issues and problems that people with disabilities may be facing in California and help to come up with solutions.

I also assist with the coordination of the Department's Consumer Advisory Committee (CAC) in their work on self-advocacy projects. I also participate on consumer-driven projects across the state. I am married and I have a beautiful 14-year-old daughter. I enjoy going to the movies and traveling. I look forward to assisting in leading the SSAN for the next two years.

Continue to page 3 of March 2023 Voices of SSAN.



Continued from page 2 of March 2023 Edition of Voices of SSAN



My name is Rebecca Donabed. I represent SCDD Sequoia Regional Office in the Central Valley. I work at Resources for Independence Central Valley (RICV) as a Community Organizer. I have been part of SSAN since 2012/2013 and am excited to take on the role of Secretary. I am active in my local community and are a part of several different committees including:

- Tulare County Voting Accessibility Advisory Committee (VAAC) as the Chair,
- Fresno County Voting Accessibility Advisory Committee (VAAC),
- Tulare County Social Service Transportation Advisory Committee (SSTAC) as the Vice Chair,
- Citizen Advisory Committee, SSAN Employment Workgroup-Chair,
- SCDD Employment Disability Expert Advisory Panel (DEAP),
- SCDD Regional Advisory Committee (RAC).

From 2016-2018 I was Secretary of SSAN and now I'm Secretary again. I was also on the State Council on Developmental Disability (SCDD) from 2012-2017.

Being on SSAN, to me, means that I can get better involved in my advocacy work on the state level and bring it back to my community.



Disability Voices United: Emerging Leaders Program

By Kecia Weller, UCLA TARJAN Center UCEDD SSAN Representative

What is the Emerging Leaders Program?

The Emerging Leaders Program is a five-part training program offered by Disability Voices United (DVU) that gives self-advocates with disabilities and family-advocates the skills needed to take leadership positions in their communities and state and to advocate for systemic change.

I attended the Emerging Leaders Program in 2022 and wanted to share my thoughts on the program. I feel that the Emerging Leaders Program is very similar to the Partners In Policymaking Leadership Program.

Here's some information on what you could learn through the Emerging Leaders Program:

Trainings include sessions on:

- Using your story to advocate for systemic change
- Telling your story using an “elevator speech” to get your message across in 60 seconds or less
- Learning about history of disability and how it impacts California legislation
 - I actually enjoyed the refresher session on disability history
- How disability leaders in California and the United States use social media for advocacy
 - You are encouraged to do homework on this topic and learn on your own
- How to advocate for better equity, outcomes, and self-determination
- Understanding the role of serving on a board or committee in the disability community
 - You are encouraged to attend your local regional center board and learn what it takes to be an effective board member.
- Ways to build a network with others in your community or state
- Identify two advocacy activities that you want to accomplish to make systematic changes in California and beyond

I really had a great time in the second cohort of Disability Voices United's Emerging Leaders Program. I learned quite a bit about how to utilize social media platforms to communicate with my elected officials. I recommend the Emerging Leaders Program to everyone because it's an excellent resource to learn leadership skills in a very supportive environment.



Everyone should BE PREPARED in case of an EMERGENCY!



By Robert Balderama, North Valley Hills SSAN Regional Representative

It is important for everyone to be prepared in an emergency. As I researched people with disabilities preparing for emergencies- I thought about earthquakes, floods, fires etc. It is important to know what to do and be prepared in each type of emergency. There are many resources out there to help people be prepared- check them out!

Take the example of earthquakes. How do you get prepared for earthquakes? It starts with practice; for instance, some people know to stand in a doorway and plant their feet wide and firmly and hold on as tight as you can on the frame. And or get under the nearest table on your knees or sit and bend your head if you can and brace yourself keeping your hands and feet under the table and your head down mouth closed so the debris won't get into your mouth.

So now, let's take me for instance. I'm in a wheelchair and I'm not sure what to do in case of an earthquake. As I searched for any information on what to do when an earthquake hits when you're in a wheelchair.

- First thing to do is, try your best to be calm so you can think clearly. I know that's easier said than done but try your best.
- Get in a clear space and or against a wall and lock your wheelchair and if you have anything to cover your head with, a book, laptop, picture frame, anything to protect your head from getting hurt.
- When you don't feel any more movement, check your surroundings to see if it's safe and clear to move about.

It is up to you to BE READY for any emergency! Get started NOW!

Resources to check out to be prepared for any type of emergency:

[Red Cross Resource: How to Prepare for Emergencies](#)

[California Office of Emergency Services](#)

You can also reach out to your SCDD Regional Offices for info and training in your region and your regional center- each regional center has an Emergency Coordinator that can give helpful information.



Water Safety

By **Wesley Witherspoon**, USC Children's Hospital UCEDD SSAN Representative

Water Safety is important. Many people with disabilities drown in the water. Here are some tips to be safe around the water.

1. If you can't swim, do not get into the water.
2. Stay far away from the water, waves can occur quickly.
3. If you are a swimmer, make sure that there is a lifeguard to help you if decide to swim.
4. If you are an experienced swimmer only swim where the water is not too deep.
5. Wear a life vest if you decide to swim.
6. When you are done swimming, make sure that you stay away from the water.
7. Do not dive, unless you are experienced diver and have a lifeguard nearby.
8. Even if you are at a beach, do not even try to put your feet in the water, waves can occur fast.
9. Listen to weather warning and pay attention to the surf and waves if you go to the beach.
10. Make sure there is someone else around, if you go near the water.
11. Do not go out to the water at night.
12. If you go on a boat or ship, make sure you know the safety tips to be safe.
13. Do not play around if you go in the water.
14. Wear Scuba gear if you decide to swim and dive.
15. If you have accessibility needs, make sure that the water source is accessible.

As it gets warmer, use these tips when you might swim.

SSAN Members

- Nathaniel Florez – North Coast
- Charles Nutt – North State
- Lisa Cooley – Sacramento
- Ellen Sweigert – 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
- Eric Aguilar – San Bernardino
- Paul Mansell – San Diego Imperial
- Desiree Boykin – ARCA
- Goldie House – 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
- Maria Marquez – SCDD



Organization Spotlight: Hand in Hand

By Lisa Cooley, Sacramento SSAN Regional Representative



HAND IN HAND THE DOMESTIC EMPLOYERS NETWORK

Hand in Hand is an organization that is dedicated to improving the quality of life for domestic workers (housekeepers, nannies, house cleaners and attendants and home health care aides). The organization also advocates on behalf of domestic employees and people who have various disabilities. Hand in hand is currently working on increasing wages for IHSS workers to 20 dollars per hour in California. Russell Rawlings is the education organizer for Hand in Hand. As the education organizer he educates members of the organization and the community about the issues that affect domestic workers and IHSS recipients. One of the biggest advocacy activities that Hand in Hand will be involved in is bringing together local disability advocates to help increase wages for attendants. They also advocate for improving the health and safety of domestic workers. I got involved because I was invited to a meeting and learned about what they do and how to get involved and become a member. The organization has dues that are 36 dollars a year or 3 dollars a month if someone has a low income. The dues are used to help support the mission of the organization.

I am becoming a member of the organization to increase my advocacy in a new direction that is cross-disability advocacy.

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's past Newsletters, Annual Reports, and Meeting info](#), can be found at www.scdd.ca.gov under the "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 **Riana Hardin at (916) 263-8196**

Check out the [SCDD YouTube Page](#) for stories from self-advocates, past meetings, and more!

Self-Advocacy through Self-Employment

By Paul Mansell, San Diego Regional SSAN Representative



In September I retired from San Diego Regional Center (SDRC) and in October, I started a 9-week class to become a certified Independent Facilitator for the Self-Determination Program of the Regional Centers. The course was expensive, more than I could afford, but I received a scholarship to attend it. My SDP covered the costs of what the scholarship didn't. Through the class, I learned that the field consists mainly of individual providers, so while taking the course and being busy with coursework, I set up my business, which became a full-time job.

I named my company—PFM Solutions, got my logo, business license, office supplies, business cards, business email address paulmansell@pfmsolutions.co and website <https://pfmsolutions.co/>, doing the website myself. I opened business checking and savings accounts and got a business credit card. I purchased office supplies and subscribed to many web-based online services. I developed a host of computer skills and knowledge.

I was so proud when I got my course completion certificate and hung it on the wall. All this took a considerable amount of time, effort, and finances. I opened for business on January 1, 2023, to receive clients and submitted paperwork to become a vendor of SDRC.

My business motto is “Move from the unknown to your North Star.” My mission statement is to empower participants and their families to grow and lead happy, successful, and purposeful lives to their full potential with appropriate support in the community of their choice. My vision is to see clients live happy and satisfying lives thanks partly to their self-determination plans. My Self-Determination Plan covers much of my operating expenses. I want to serve clients throughout California and receive an income that will let ends meet. Since I will help clients statewide, I will conduct my business virtually over Zoom.

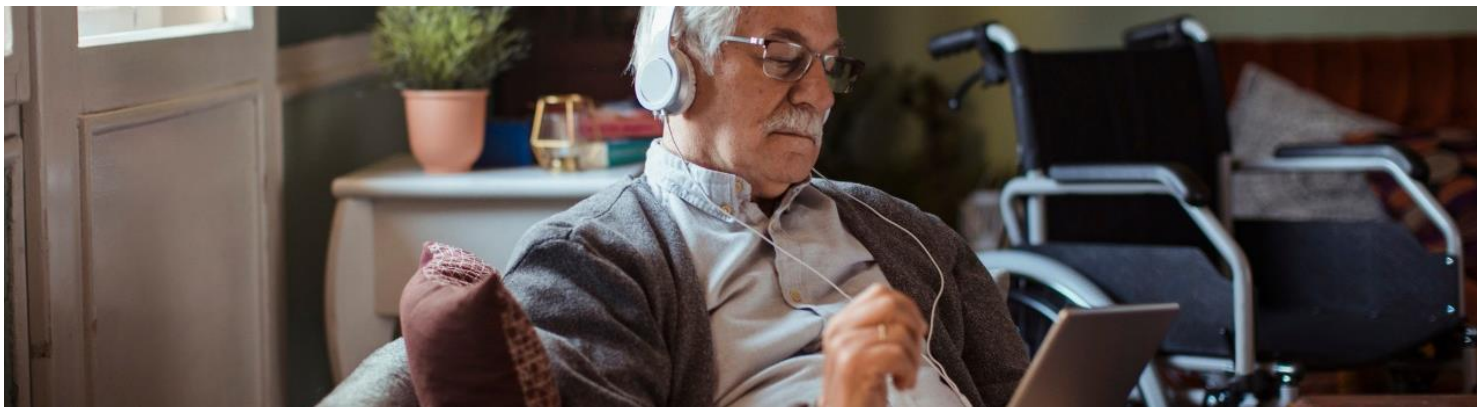
I am a one-person show running my business. This means I am the administrator, administrative assistant, IT & PR Department, and bookkeeper, besides being an IF. Accordingly, I must learn many software programs and online services, budget my time well, and be organized. Most importantly, I must remember my people skills. This is all very challenging but exciting at the same time. Watching videos on YouTube helps. I will be harnessing my full potential for the first time.

I am eager to have my first client. To fill the time, I am designing and developing my database. It will help me stay organized once I have clients on-board.



The 411 on Voice Options

By **Rebecca Donabed**, Sequoia Regional SSAN Representative



In July 2022, through DOR and Resource for Independence Central Valley (RICV) I got into the Voice Option program. The [Voice Option Program](#) provides a talking app to help people with disabilities who can't speak very well or at all. Voice Option has 6 applications: GoTalk NOW Plus, LAMP Words for Life, Predictable, Proloquo2Go, Proloquo4Text and TouchChat HD with WordPower. Applicants get a loaner iPad for 1 month to see if they really like it and what app works best for them. Then they give the loaner iPad back and receive a new iPad with their chosen app already downloaded to it.

I chose Proloquo2Go. This has been a total game changer for me. I mainly use it for work when I need to give a presentation and when I need to talk on the phone. I can better organize my thoughts on my iPad and then press 'speak' and it says what I wrote, and I also have it on my iPhone. I also found out that I can talk to Amazon's "Alexa" with it. I had something like this when I was in elementary school, but when I went to middle school, it never went along with me. I have always wanted to find something similar to that 'talker' but didn't know how to go about it; and now I have it.

Mental Health Awareness

By Wesley Witherspoon, USC Children's Hospital UCEDD SSAN Representative



We are going to talk about something very important. We are going to talk about Mental Health. It is important to understand about Mental Health because so many people have problems. Even celebrities, politicians, and entertainers commit suicide. Things in your life can affect your Mental Health. Bullying, end of relationships, Death of family, friends, co-workers, neighbors, etc., witnessing or experiencing something strong such as an assault or trauma can affect you. If you are not feeling okay, it is okay to talk to someone. You can talk to a mental health professional, friend, family, or your staff. We live in very tough times. We all go through things that are hard; health challenges, grief, loss of job, unemployment, loss of relationships, etc. With treatment of Mental Health, you can improve the quality of your life. Mental Health issues are very common. Many people, including those with disabilities, have Mental Health such as Anxiety, Depression, Bipolar, Post-Traumatic Stress Disorder etc. Make sure you have someone check up on you at least once a week. It is okay to cry. Sometimes Mental Health Issues leads to Substance Abuse Problems. You can get treatment for Substance Abuse problems as well. We want you to live your best life.



Emergency Preparedness Tips

By Eric Aguilar, San Bernardino SSAN Regional Representative

Disasters are classified into natural disasters, man-made disasters, and hybrid disasters.

Disasters can strike quickly and without warning. They can force you to evacuate your neighborhood, school or workplace or confine you wherever you are. A Disaster supply kit is a collection of items that may be needed during or after an emergency or disaster. Sometimes called a 72-hour kit, survival kit, emergency preparedness kit, or bug-out kit, these kits can be important to the safety of you and your household. As you put your kits together, remember to consider these factors:

- What container(s) to use – Some may require a large plastic tub, but a couple of backpacks may do as well.
- Where to store your kit – Make sure it will be accessible when you need it.
- How will you maintain your kit? – Check it regularly and have a plan to replace expired or out-of-date items.
- Consider other types of kits you may need – One big kit at home is a great start but consider keeping a kit in other places you may be when an emergency occurs such as at work, in your car, or on vacation.

In addition to having your basic survival supplies, an emergency kit should have items to meet your individual needs in various emergencies. Consider the items you use every day and which ones you may need to add to your kit.

Tips for Medications

- Talk to your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines, and antidiarrheal medicines.
- Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

Continue to page 12 of March 2023 Voices of SSAN



Continued from page 11 of March 2023 Voices of SSAN

Disability Related Items to Pack

- Extra hearing-aid batteries
- Pen and paper (in case you have to communicate with someone who does not know sign language)
- Extra battery or charger for power wheelchairs
- Manual wheelchair
- Assistive technology items like iPads and communication cards
- Medical/disability history
- Battery operated lantern to enable communication by sign language or lip reading, especially when the electricity is out and it's dark.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if the wheelchair or scooter is not puncture proof.
- Other mobility devices like canes and walkers

General Items to Pack

- Radio (consider one)
- Flashlight/battery operated lantern
- Chargers
- Electronics like iPads and laptops
- Pen and paper
- Noise canceling headphones
- Snacks (non-perishable)
- First aid kit
- Clean clothes
- Important documents
- Hygiene items
- Extra money (cash)
- Pillow and blanket

Communicate with neighbors who can assist you if you need to evacuate the building and keep a list of names and numbers of family and friends to communicate with. You should also consider signing up for local and statewide alerts. Stay tuned for more info on emergency preparedness in future editions of this newsletter!

Member Bio: Goldie House CFILC SSAN Rep

By Goldie House, CFILC SSAN Representative



Hi, my name is Talmadge House, but everyone calls me Goldie. I am excited to be representing CFILC on SSAN and wanted to tell you a little about myself.

I have a history in Advocacy. Before I was hired to work for CFILC, I worked with an Independent Living Center for 5+years and have more than 20 years combined advocacy a self-advocacy experience. I have been a member of CFILC's (DOnetwork) Disability Organizing Network since about 2018.

I am the Statewide Community Organizer for CFILC. In my role, I assist and support the 28 Independent Living Centers (ILCs) that are part of the IL Network, participate in statewide disability and/or intersectional coalitions (like SSAN), develop community organizing campaigns that promote systems change, and organize regional and statewide community events.

I consider CFILC "ILC-Mothership" for statewide advocates & organizers. I look forward to supporting changes in our communities, focusing on empowering our choices & options for continued Independence.

My Moto is to (ACCEPT/ADAPT/ADJUST) = main keys to our survival. My approach to advocacy is each 1 teach 1. Someday soon we all may reach One...

I am currently a member of an In-Home Supportive Services (IHSS) Advisory Committee since February 2018.

The DOnetwork wants to collaborate with Statewide Self-Advocacy Network (SSAN), in continuing to increase knowledge and visibility about Independent Living, resulting in positive changes in communities, assuring options and choices throughout California for our I/DD Individuals.

The Disability Organizing network is a collaborating team of Advocates and Organizers throughout California's 28 Independent Living Centers (ILCs) whose priorities include ensuring equity and inclusion. The is done by connecting our impacted communities with legislative voting information, communication skills, and community organizing strategies to advance our I/DD & Independent Living Movement.

DDS' CAC is RECRUITING!

The Department of Developmental Services (DDS) Consumer Advisory Committee (CAC) provides advice to DDS on policies, programs, legislation, and regulations that affect the lives of Californians with intellectual and developmental disabilities.

About the CAC:

- ☀ Fifteen (15) self-advocate members from all over California
- ☀ Meets at least four (4) times a year in Sacramento, or online with Zoom
- ☀ Members share information with their local self-advocacy organizations
- ☀ Brings input from those groups back to the CAC
- ☀ Transportation, hotel, meal, and facilitator costs (if needed) will be paid by DDS

If you would like to apply to be a CAC member, here is what you need to do:

- * Check the link below to see if we are recruiting from your regional center.
- * You must have an intellectual or developmental disability and receive regional center services to apply.
- * You must be a member of a local self-advocacy group or other organization that serves or empowers people with developmental disabilities.
- * You **MUST** be nominated for membership by your local self-advocacy group or developmental disability organization.

Please note: Regional Center employees are not eligible for CAC membership.



Interested advocates should fill out the online [DDS Consumer Advisory Committee Application](#) and submit it with their nomination letter.



Good News Corner

Here are some examples of websites that you can find uplifting news:

- [The Good News Network: California](#) for up-to-date information about interesting positive things that are happening
 - [Positive News](#) is a site that you can check out to see what is happening around the world that is positive
 - [Good Good Good](#) shares really good news, not just feel-good news
 - [Happy News](#) celebrates all that is good in the world
 - [Optimist Daily](#) is a site that shares solutions and good news from around the world
-

Disability-Related Reads and Podcasts

Here are a few Self-Advocacy and Disability-related publications that SSAN members are reading:



[Disability Scoop](#) is an online resource with disability-related news



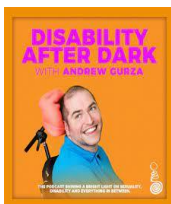
[Social Security Administration Blog](#) has SSI information



[World Institute on Disability News](#) has updates on what is happening around the world



[RespectAbility News](#) has updates on national efforts to engage people with disabilities in the political process





Kudos Corner



By Nicole Patterson, California Department of Developmental Services
SSAN Representative

Robert Balderama takes his job representing the North Valley Hills Regional Office and Self Advocacy Council 6 on the SSAN to heart. He has been an advocate and a fighter for the underdog, for not only people with disabilities but for other civil rights movements throughout his career as an activist for at least 50+ years.

Robert believes that everyone deserves to be treated equally in every way. He is the kind of SSAN member that always treats everyone the same by showing respect and kindness. He has a passion for the youth and understand how important it is to give them a voice. He has been committed to the vision of the SSAN since the beginning. Roberts sits on Valley Mountain Regional Center Board and several different SSAN workgroups and is always willing to offer his time and wisdom to help move the work forward. Robert, the SSAN would not be the same without you. Kudos to you!!

Mark your calendars!

Event: 2023 Statewide Self-Advocacy Conference

Date: May 12-13, 2023

Location: In-Person at the Wyndham Hotel in Sacramento, CA (formerly the Crown Plaza)

Conference Theme: Leaping Forward

Visit <http://supportedlife.org/> to learn more!



Learn About SSAN Member Organizations

- [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

Self-Determination is LIVE in California. Check out the [DDS Self-Determination Newsletter](#) for the latest on California's Self-Determination Program. Talk to your service coordinator to learn more.



VOICES of SSAN

March 2023

Volume 32

Tips for Staying Positive in Trying Times

There is so much happening in our communities right now and at times it can feel over whelming. Here are some tips for keeping calm that we want to share with you:

- Remember your ABC's: Always Be Caring
- Listen to music: your favorite artist, or type of music
- Have a dance party and move around
- Try boxing or Thai Chi
- Talk to a friend or family member
- Mentor another advocate
- Write about how you are feeling or thinking
- Read and learn something new
- Go for a walk or jog outside: fresh air is good for you
- Check out a coffee/tea shop and people watch
- Volunteer for an issue that you care about
- Share your story/experiences with others
- Get plenty of rest to feel energized for the next day
- Try to eat healthy
- Practice Yoga/stretching or mindful meditation
- Know that you are not alone
- Stay involved in your community by joining a board

Community Resources

[SARTAC Zoom Meetings](#)

[ARCA Regional Center COVID-19 Resources](#)

[DRC's Build Back Better Resources](#)

[SSA Ticket to Work Tips to Open Your ABL Account](#)

[Office of Self-Determination Ombudsperson](#)

[US Dept Of Education Office of Civil Rights Digital Access Series](#)

[How to Talk about Disability Sensitivity](#)

SAVE THE DATES

Disability Rights California



[Events and Trainings](#)

CalABLE



[News and Trainings](#)



[DO Network Training Library](#)

Plain Language COVID-19 Resources Available on: [SCDD Website](#)

Register for the Monthly [California Statewide Self-Advocacy Chats](#) on Zoom



[Current Issues and Resources](#)

[Voting Resources](#)

**DRC Voting Hotline:
888-569-7955**

[Disability Vote California](#)

Have questions about the Self-Determination Program? [The Self-Determination Advocates Leadership Group](#) meets monthly on Zoom

Help Save A Life!

Join Project Self-Advocates for Emergency Education (SAFE) a FREE Hands-Only CPR Training

The 2nd Friday of every month
Starting in January of 2023 Register
for **one** class only
(Non-certified training)
Limited to (30) people

Date	Time
April 14 th	9:00 am – 10:30 am
May 12 th	9:00 am – 10:30 am
June 9 th	9:00 am – 10:30 am

2 STEPS TO SAVE A LIFE



Participants will learn:

- * How to do hands-only CPR
- * When to call 9-1-1

To get ready for Practicing Hands-Only CPR:

Find one of the following in your home



Empty disposable
water bottle with cap



Rolled up yoga
mat



Toilet paper roll!



Foam stress toy

Or... something that you can compress about 2" and it pushes back!

Registration Zoom Link:

https://bit.ly/ARCProjectSAFE_CPRTraining

Habr  interpretaci n en Espa ol disponible

For more information, or if you need an accommodation to participate in these trainings, please contact in advanced:

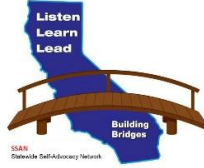
Debbie Marshall: debbie.marshall@scdd.ca.gov

Jennifer Lucas: jennifer.lucas@scdd.ca.gov



In collaboration with:





Voices of SSAN Newsletter Article Tips

Audience: Keep in mind that “Voices of SSAN” is shared with people across California. Try to write articles that would interest the statewide disability community.

Purpose: Is the article a human-interest story or an issues story? If it is a human-interest story, can you tie it back to an issue or larger regional or statewide problem?

Helpful Tips:

- Tie your article back to the Mission/Vision/Purpose of SSAN
- Write articles about systems change (city/county/regional/statewide) problems
- Limit individual advocacy articles
- When Interviewing people, tie questions back to systems change advocacy, SCDD State Plan and SSAN
- Stay away from writing about personal details of an individual

Types of Articles: Articles in “Voices of SSAN” should be related to the SCDD State Plan. Here are some topic areas covered under the SCDD State Plan:

- Self-Determination
- Employment
- Housing
- Health and Safety
- Transportation and other Long-Term Services and Supports (LTSS)

Key Parts of Articles:

- Title
- Author (Your Name)
- Introduction: Tie the article back to SSAN
- Evidence or Support: 1-3 paragraphs
- Closing: Tie it back to SSAN

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MARCH 9, 2023

**SSAN MEETING AGENDA ITEM 7
INFORMATION ITEM**

Statewide Self-Advocacy Network



Youth Leadership Forum

The California Youth Leadership Forum (YLF) is an exciting, fun, educational, five-day vocational awareness program for approximately 60 high school students with disabilities in California. The forum integrates state agencies, community advocates, and students who serve and represent the diversity in the developmentally disabled community in our state. The forum is held annually with events scheduled at the State Capitol, California State University, Sacramento, and virtually. Student delegates can attend the forum at no cost. Representatives from the YLF Planning team will talk to SSAN about the 2023 program and how SSAN can help to encourage youth with disabilities to apply for the program.

Presenters

- Matthew Baker, DOR Youth Leadership Forum Project Coordinator
- Danielle Hess, Student Selection Working Group Chair

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MARCH 9, 2023

**SSAN MEETING AGENDA ITEM 8
INFORMATION ITEM**

Statewide Self-Advocacy Network



Meeting Takeaways and Planning for June 2023

The SSAN Chair will lead the group in a discussion about ideas for the June 2023 meeting and members will have the opportunity to complete meeting evaluations for the March 2023 meeting.

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