



# Self-Determination Program Orientation Resources

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*Keep this handout so you know who to contact if you have questions or want to talk to someone about the Self-Determination Program.*

## **Regional Center Services**

Your regional center Service Coordinator can tell you more about Traditional Vended Services, Participant-Directed Services and the Self-Determination Program. They may refer you to specialists at your regional center who have more information.

## **Regional Center Contact Information**

You may contact your regional center about next steps and ask to speak to the Self-Determination Program (SDP) Specialist.

If you don't know which regional center serves your area, you can look it up on the Department of Developmental Services' (DDS) website.

<https://www.dds.ca.gov/rc/lookup-rcs-by-county/>

Alta California Regional Center	(916) 978-6400
Central Valley Regional Center	(559) 276-4300
Eastern Los Angeles Regional Center	(626) 299-4700
Far Northern Regional Center	(530) 222-4791
Frank D. Lanterman Regional Center	(213) 383-1300
Golden Gate Regional Center	(415) 546-9222
Harbor Regional Center	(310) 540-1711
Inland Regional Center	(909) 890-3000
Kern Regional Center	(661) 327-8531
North Bay Regional Center	(707) 256-1100
North Los Angeles County Regional Center	(818) 778-1900
Redwood Coast Regional Center	(707) 445-0893
Regional Center of the East Bay	(510) 618-6100
Regional Center of Orange County	(714) 796-5100
San Andreas Regional Center	(408) 374-9960
San Diego Regional Center	(858) 576-2996
San Gabriel/Pomona Regional Center	(909) 620-7722
South Central Los Angeles Regional Center	(213) 744-7000
Tri Counties Regional Center	(805) 962-7881
Valley Mountain Regional Center	(209) 473-0951
Westside Regional Center	(310) 258-4000

**State Council on Developmental Disabilities (SCDD) Contact Information**

If you need help navigating the process or would like additional information, you can contact the SCDD Regional Office.

Bay Area	(510) 286-0439	bayarea@scdd.ca.gov
Central Coast	(408) 324-2106	centralcoast@scdd.ca.gov
Los Angeles	(818) 543-4631	losangeles@scdd.ca.gov
North Bay	(707) 648-4073	northbay@scdd.ca.gov
North Coast	(707) 463-4700	northcoast@scdd.ca.gov
North State	(530) 895-4027	northstate@scdd.ca.gov
North Valley Hills	(209) 473-6930	northvalleyhills@scdd.ca.gov
Orange County	(714) 558-4404	orangecounty@scdd.ca.gov
Sacramento	(916) 263-8134	sacramento@scdd.ca.gov
San Bernadino	(909) 890-1259	sanbernardino@scdd.ca.gov
San Diego Imperial	(619) 688-3323	sandiego@scdd.ca.gov
Sequoia	(559) 222-2496	sequoia@scdd.ca.gov

**Web Resources**

The Department of Developmental Services (DDS) has a webpage that can help keep you informed on Self-Determination Program updates.

<https://www.dds.ca.gov/initiatives/sdp/>

The State Council on Developmental Disabilities (SCDD) also has information and resources on their webpage that can tell you more about the Self-Determination Program. <https://scdd.ca.gov/>

To connect with others interested in a variety of SDP topics, please visit the SCDD SDP Facebook Forum and request to join.

<https://www.facebook.com/groups/CA.SDP.Forum>

**Help with a Problem or Question**

You may contact The Self-Determination Ombudsperson. There is a form you can fill out to get help.

<https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson/>

If you prefer to send an email: [SDP.Ombudsperson@dds.ca.gov](mailto:SDP.Ombudsperson@dds.ca.gov)

If you prefer to call by phone: (877) 658-9731

You can also reach out to your local volunteer advisory committee or attend their meetings.

[Local Self-Determination Advisory Committees | SCDD](#)

**More Self-Determination Program Orientation**

There are more modules available to give you more information and support as you move towards your services starting in the SDP. You may register for any of the trainings at the link provided below. For more information about these trainings, contact SCDD Regional Office (listed above).

<https://scdd.ca.gov/sdp-orientation/>

Additional training modules include Person-Centered Planning, Individual Budget, Spending Plan, Arranging Services and Enrolling.