

A FAMILY EMPOWERMENT CENTER FOR CONTRA COSTA



Care Parent Network

Who we are:

Professionals who are also parents of children with special needs and developmental disabilities.

A family resource & empowerment center with over 30 years of service to Contra Costa families.



Care Parent Network

What we do:

All services are offered in English & Spanish.

We never charge families for our services.

- IEP (Individualized Education Program) & school district services
- Peer-facilitated support groups
- 1:1 help with RCEB IFSP (Individual Family Services Plan) & IPP (Individual Program Plan)
- California Children's Services (CCS) & medically complex individuals
- Parent workshops & conferences



Special Education in Contra Costa County

4 Special Education Local Planning Areas (SELPA)

Mt. Diablo Unified School District

West Contra Costa Unified School District

San Ramon Valley Unified School District

Contra Costa SELPA (remaining 16 districts)





23,196

NUMBER OF CONTRA COSTA COUNTY
STUDENTS RECEIVING SPECIAL EDUCATION
SERVICES (2020)

SOURCE: www.kidsdata.org



FECs in California



2001

12/32 FECs created

2006

2 additional FECs created for a total of 14. No additional changes for 15 years.

2021

California legislature approves additional funding to expand FECs.

2022

Care Parent Network receives FEC designation for Contra Costa.
29 FECs in California now.



FAMILY RESOURCE CENTER (FRC)

- Funded by Department of Developmental Services (DDS)
- Part of the Early Start system
- Serves families of children ages 0-3.

*Care has always had this funding & designation.

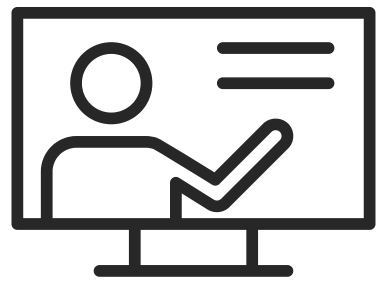


FAMILY EMPOWERMENT CENTER (FEC)

- Funded by the California Department of Education (CDE)
- Integral part of the service system
- Serves families of children ages 3-22.

*Care has always served this population using various funding strategies, until now.

What to expect



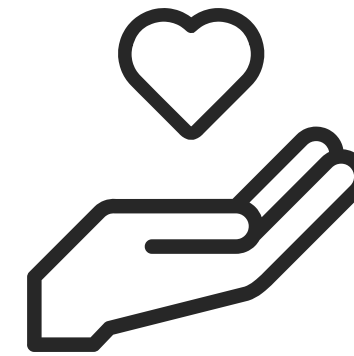
ADDITIONAL PARENT TRAINING & SUPPORT

Topics may include understanding disability, navigating transitions, IEP process, etc.



ALTERNATIVE DISPUTE RESOLUTION (ADR)

An informal method of settling disagreements that may arise during an IEP meeting.



ONGOING ADULT TRANSITION SUPPORT

Families can expect more Transition Lecture Series & Day Program tours, support groups.



SERVICE NAVIGATION

Just as now, assist parents in navigating additional services.



ATTEND IEP, IF NEEDED

One of the biggest changes, and only to provide parent support as needed, not as an advocate.

Alternative Dispute Resolution

NO COST

ADR options are provided at no cost to families.

VOLUNTARY

Parents & districts are free to withdraw from the process at any time.

INCREASED SATISFACTION

ADR allows parties in conflict to control and shape their own agreement.

EFFICIENT

ADR options do not delay the 45 day timeline for Due Process.



- We've partnered with the UC Davis MIND Institute to offer MIND the Gap, a free peer-navigation program for families of children ages 0-10 with special needs in Contra Costa County.
- MIND the Gap helps families whose children just received a diagnosis of autism, or other developmental disability, to understand the diagnosis, how to access services, and how to handle challenges like talking to their family about their child's disability, dealing with insurance, advocating for services, etc. It is also available to those with a suspected developmental disability.

Who is eligible

- Live in Contra Costa County
- Have a child between ages of *0-10*
- Child has *newly diagnosed* developmental disability, or *suspected* developmental disability
- Services are available in English & Spanish.

How it works

- Families are connected with a Peer Navigator at Care Parent Network.
- 12 *flexible* coaching sessions over a 4-6 month period.
- They will be guided and supported as they learn about their child's diagnosis and get access to services and resources.



Program Timeline



First Call

Schedule intake with Peer Navigator over phone



Meet Peer Navigator

1st session & Intake Interview



Set Goals

Set 3 long-term goals



Peer Navigator Coaching Sessions

Review Activities & Goals (You will work with your Peer Navigator to decide on session format(s) and frequency)

START

FINISH

Month 1

Month 2

Month 3

Month(s) 4-6

Complete **12** sessions with your Peer Navigator in **4-6 months**

QUESTIONS?

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