

**Developmental Disabilities Council of Contra Costa County**  
**BOARD OF DIRECTORS MEETING**  
**January 22, 2020**

**Board and Liaison Members Present:** Rosa Valledor (Vice Chair filling in for Chairperson); Suzanne Anthony; Stephen Beard; Marcelle Indelicato; Marianne Iversen; Ria Mercado; David Monahan; Caroline Ortiz; Pam Perls; Elvia Osorio Rodriguez; Craig Rose; Heidi Spaulding; Leslie Werosh Visbal

**Staff:** Vi Ibarra

**Board and Liaison Members Excused:** Audrua Sysum, Chairperson; Stephen Dale; Donna Feingold; Will Sanford; Bill Trinh

**Guests:** Ken Talken, WCCUSD; Ron Bouslog, Woodbridge Home; Betty Cowan, Woodbridge Home; Kenneth Cowan, Woodbridge Home; Hannah Michaelsen, Care Parent Network; Adrienne Batac-Morino, Woodbridge Home; Chab Batac, Woodbridge Home; Suzane Batac, Woodbridge Home; Lisa Kleinbub, RCEB; Patricia Albeno, Care Parent Network; Aimee Vitug-Hom, Contra Costa ARC; Tara Kopp, Office of Representative DeSaulnier; Rebecca Corbett, Futures Explored/Alive; Kimberli Buckley, Concord Library; Tracy Butler, Contra Costa ARC; Dana Mitchell, Department of Rehabilitation, Richmond Office; Nickole Bouslog, Woodbridge Home; Melissa Cortez, Woodbridge Home; Carl Tolentino, Woodbridge Home; Sherry McCoy, Office of Senator Nancy Skinner; Michelle Mankewich, CSB HS; Christine Rottger, Contra Costa ARC; Laura Rodriguez, La Familia; Karen Lingenfelter, Mt. Diablo Adult Education; Louise McClellan, OHC; Tiffany Speerbrecker, Contra Costa ARC; Dorothy Weisenberg, Care Parent Network; James J. Mercado, Open House Center; Eddie Lopez, Independent Living Resources, Solano and Contra Costa Counties; Sheraden Nicholau (SCDD)

**Welcome and Introductions:**

Vice Chairperson Rosa Valledor called the meeting to order at 10:07 a.m. Everyone was welcomed back for the first meeting in 2020! Introductions were made.

- The meeting minutes of November 20, 2019 were corrected and approved as corrected (M/Leslie Werosh Visbal; S/Suzanne Anthony).
- There were no additions to the agenda.

**UPDATES**

**RCEB Report by Lisa Kleinbub:**

Lisa welcomed all to the new year and reported:

- RCEB experienced major computer issues just after the start of 2020. Fortunately, no information was exfiltrated (taken). They are slowly restoring their systems; email and most functions are now working. A forensic analysis is underway to determine what happened.
- A Senate Hearing on the Rate Study is scheduled for January 22nd.
  - The study outcomes were issued on January 10th.
  - Additions include special therapeutic services and each regional center now has a rate structure.
  - It still doesn't address the minimum wage quirk!
- The State Assembly Select Committee is having a special hearing scheduled for Tuesday, January 28th, on the statewide summary. The hearing time is unknown.

- RCEB will apply the Rate Study changes effective January 1, 2020. It is complicated; however, most rates should be updated in January's billing cycle.
- The Governor's budget proposals have both positive and negatives:
  - ILS and Early Intervention services will receive an 8.2% increase, a good thing, but not until January 2021, which is a year behind others;
  - the sunset of the new rates was extended to 2023;
  - the budget accounts for approximately \$70M in reduced spending that was to address minimum wage increases;
  - caseload ratios are enhanced for clients age 3 to 6 but, unfortunately, it is funded at the old staffing rate; and
  - the proposal includes funding to explore the modernization of a statewide billing system.
- San Andreas and San Diego Regional Centers are piloting the START (Systemic, Therapeutic, Assessment, Resources, and Treatment) Crisis Intervention model. The START model "offers crisis support to address roots of a person's crisis and minimize future emergencies."

### **State Council on Developmental Disabilities (SCDD) Bay Area Office by Sheraden Nicholau:**

Sheraden announced:

- To date there have been approximately 4,000 five-year State Plan Development surveys completed across the state. The input will help to guide funding and staffing strategies.
  - Surveys can be completed a few different ways including scanning a QR code with a smart phone, filling it in online (available in English and Spanish), or inviting an SCDD staff to facilitate at a meeting.
  - The most difficult part of the survey is ranking the service areas (all are important!). After getting through that first part, subsequent questions ask for feedback on reasons for the ranking and what else the State can work on.
- Upcoming meetings and events:
  - January 28th – CA Select Subcommittee will provide a summary of all Rate Study listening sessions performed and online surveys completed;
  - Also on January 28th is the next SCDD meeting. On the agenda will be housing updates, next steps regarding the Governor's budget, an aging master plan, and the upcoming spring Census.
  - February 4th – Employee First Committee meeting, which is open to the public.
  - February 26th – Regional Advisory Committee Meeting, which will be in Millbrae.
  - March 4-5th – State Advocacy Network 2-day meeting in Sacramento.

### **Executive Assistant to the Council Report by Vi Ibarra:**

Vi had two main things to share:

1. The annual awards dinner will take place in June and, as a reminder, it is a bi-county effort. This year it will be held in Alameda County. The kick-off meeting will take place by phone on January 29th at 10 a.m. Anyone interested in helping with the planning efforts is welcome to join. Let Vi know and she will provide the call-in details. Nominations will take place March through late April.
2. During last November's Developmental Disabilities Council meeting, Contra Costa Health Services (CCHS) had a career pathways presentation and facilitated a discussion about increasing internships for individuals with intellectual and developmental disabilities.
  - a. As a follow-up to the presentation, CCHS, RCEB, and a few service providers met and had a good conversation. Shannon Ladner-Beasley of CCHS is committed to creating an internship in her office that will include a stipend.
  - b. Some programs might have a great pool of talent that might be interested in this opportunity.

- c. Additionally, Shannon is open to customizing the Career Pathways curriculum and increasing its accessibility.

### **Board Membership:**

Dave announced that Ria Mercado had a nomination for one of the Board openings. Ria nominated Nickole Bouslog, a former member of the Board, recognizing her amazing leadership skills, resiliency, and efforts to advance Council focuses. A motion to nominate Nickole to the Board was made (M/Ria Mercado, S/Heidi Spaulding). A vote was taken and everyone unanimously welcomed Nickole back as a member!

Nickole prepared a speech in advance and thanked her dad, grandma and her Woodbridge family for their support. She shared her story of needing to move out of the area temporarily due to abuse by a care giver, which greatly affected her health. She has returned to Contra Costa County and shares her story in the hope it will prevent others from going through the same situation. She is healthy now and not afraid anymore. Suzanne thanked her for sharing her story and is happy to see her back (as is everyone else)!

### **Committee Liaison Reports:**

CCTA Paratransit Coordinating Council (Vi): Meetings take place every two months with the next one scheduled for January 27th at 2 p.m. Vi reported the Transportation Authority (TA) is working on a strategic plan to address mobility challenges (i.e., paratransit). As part of the planning efforts, they want to obtain input from community groups. Vi asked if the Council is interested in the TA providing information at a Board meeting. The Board agreed it is a good idea and directed Vi to invite the TA to present at the next Council meeting in February.

East Bay Legislative Coalition (EBLC): Sheraden gave an update in Will's absence. The EBLC coordinates and promotes access to the I/DD community. Open meetings happen on the first Wednesday of every month in Oakland from 10 a.m. to noon. All are welcome!

- They are finalizing plans for the annual breakfast that is scheduled for January 31st. It is by invitation only; they anticipate about 50 attendees.
- Workforce issues and housing needs are their main focuses right now.

### **Emergency Planning Engagement:**

Marcelle thanked Vi for representing the Council at several committee meetings and then reported on the following:

- A package of an accessible transportation strategic plan is available, let Marcelle know if you'd like a copy.
- New staff announcements:
  - Trish Beirne, Emergency and Volunteer Manager at the Concord Police Department
  - Janet Gutierrez, Emergency Planner at Contra Costa Health Services
  - Caitlyn Sly, Meals on Wheels Executive Director, Diablo Region
  - Matt Kaufmann, Hazardous Materials Director
  - Kelly Kaffsbeek, Public Works Public Information Officer
  - Megan Benveniste, Office of Emergency Services Clerk
- With the recent computer problems at RCEB, library system and school districts, Marcelle suggested they look into shoring up their systems to protect against potential cyber threats.
- Upcoming meetings and events:

- January 30th – VOAD Disaster Planning workshop. There is a need for someone who works with Access and Functional Needs to sit in on the government panel portion. If you are interested – or know someone who might be – let Marcelle know.
  - Delta Flood Response Exercise will be held in October or November. This got moved to Spring of 2021
  - Disabilities Access and Functional Needs Steering Committee and EOC coordinator meetings are held on a quarterly basis at OES.
  - Many trainings and workshops are available throughout the County and year. Pick up a copy of latest OES Activity Sheet on the resource table.
- If you'd like to check out the new OES facility, contact Marcelle.
  - CAER's annual emergency preparedness grants are available. Applications are due February 14th. Possible funds up to \$2000 each applicant.

HireAble: In Donna's absence, Vi announced the next meeting will be held on January 24th at the Ed Roberts Campus in Berkeley (there was not a meeting in November). Sheraden added that January 21st was Ed Roberts Day and encouraged anyone who hasn't heard about him to learn about his story.

Health Equity Team: Vi informed us that the group is in a transitional time - meetings have been tentatively scheduled but locations are to be determined. Nickole expressed interest in participating on the team.

Transition Task Force Committee: Vi reported that the Committee is working on a pilot to help people in transition on a more personal level. The initial pilot will be small (two to three individuals and their families), identifying reasons why someone might be "stuck" in transition, and is set to start in March. The Committee is working with Down Syndrome Connection to identify participants and develop an intake questionnaire that will be fine-tuned after working with the first few people.

Rosa thanked Vi for attending and reporting all the various committee meetings.

**A ten-minute break was taken for coffee and conversation:**

**Thank you to Donna Feingold and Ria Mercado for the coffee and tasty snacks!**

**Presentation: Advance Care Planning and Implicit Bias**

**Speaker: Ria Mercado, Woodbridge Health Services Board member**

Ria provided a PowerPoint presentation as "part two" of healthcare advocacy. (Last October, Sheraden presented on the first part, which was on healthcare advocacy and ethics - advancing ableism through personal stories.)

Ria encouraged everyone to recognize that implicit bias is normal as much as it is pervasive in our healthcare system and everywhere else. In order to reframe and keep moving forward, we must be okay with admitting to our own personal biases. This is key in promoting inclusion and equity to meet the healthcare needs of adults with intellectual and developmental disabilities.

Advance care planning (ACP) is not an advance healthcare directive. It is also not about a decision. It is about one's wishes and it starts with a conversation. Some things to keep in mind when helping someone to prepare a care plan:

- Start with listening and understanding what the person is telling you. Listen some more.
- It doesn't have to take a nurse or a social worker to start the discussion.
- ACP is not static; a person's wishes can change.
- A family member might not be the best person to help with ACP due to its emotional aspects.

The biggest barrier to ACP is how to start the discussion. Start early, not when in a stressful situation. Training is also important. Stephen expressed concerns with divergence in training and staff turnover rates; it comes down to developing trust. He also inquired about available training tools for SLS and ILS staff. Nickole added, for herself, she'd want to involve her family members in the ACP conversation. Sheraden offered SCDD as a resource – they provide free training on self-directed decision making. Vi invited others to share resources, which she can include in the Council newsletter.

Ria concluded the presentation by encouraging others to make the same commitments as she has:

1. START the ACP conversation from a place of understanding and without bias.
2. STOP to reflect on shortcuts that might create blind spots and healthcare inequities.
3. CONTINUE to explore implicit biases that impact healthcare equity and inclusion.

**Announcements:** There were several:

- Heidi asked about having a census speaker come in to talk about the importance of counting everyone. Rosa agreed with the idea - some people are scared, and it might help to demystify the census.
- The application deadline for the Paid Internship Program (PIP) is February 7th. They are recruiting for six interns.
- Independent Living Resources is hosting a community workshop on how to avoid phone and cyber scams on January 23rd. It's free, RSVP required. See flyer on the resource table for details.
- Under the Self-Determination Program (SDP), a person can utilize an Independent Facilitator (in the place of a regional center case manager). Two-day training is being provided throughout the state, with the first one having taken place this past week. Self-advocates, families, providers, etc. are welcome to register for it. Local trainings are scheduled for:
  - January 25th in Concord
  - January 30th and March 7th in Alameda County
  - Flyers and applications are available on the resource table.
- Rosa introduced Dorothy Weisenberger, a new parent specialist at Care Parent Network (CPN), and everyone welcomed her. Also, the STAR conference is scheduled for March 28th from 8 a.m. to 2:45 p.m. at Contra Costa College. You can register on Eventbrite (in English or Spanish), on the CPN Facebook page, or by mail. The fee is \$25 per person or \$40 per family.

**Adjournment:** The meeting adjourned at 11:54 a.m.

**Next meeting will be held on February 26, 2020  
At RCEB-Concord  
1320 Willow Pass Road, Concord, CA  
4th Floor Conference Room**

Respectfully submitted electronically by,  
*Aimee Vitug-Hom*  
VistAbility (Contra Costa ARC)