

Ochoa's Consulting Llc.

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Self Determination Program Parent Coaching Project

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Agency Description

Ochoa's Consulting, LLC is a community-based organization established in 2019 located in the heart of Montebello, CA. For the past three years Ochoa's Consulting has been dedicated to providing support, training, and assistance to underserved families of individuals with disabilities, many of whom are clients of the Regional Center including but not limited to Eastern Los Angeles Regional Center (ELARC), SCLARC, FDLRC, SGPRC, HRC, NLACRC, IRC, ACRC, WSRC, VMVRC. As of January 2020 Ochoa's consulting has been vendored with ELARC (Vendor number PE2752) under Service Code 024 for the development of Person Centered Plans for the Self Determination Program. Additionally, Ochoa's Consulting works with families in the development of a spending plan based on the budget approved by the regional center, follow-up with Financial Management Service agencies and assisting with transition to the Self Determination Program. Lastly 90% of Ochoa's Consulting Staff is certified as Independent Facilitators and are parents of an individual with disabilities who is a client of the regional center, two of whom are clients of ELARC.

Priority Areas

Through our work with the community more specifically underserved Latino families. We've learned that there is a disconnect between the families and the program. Much of this is caused by a lack of culturally and linguistically appropriate information. The families served by Ochoa's Consulting are 98% monolingual Spanish speaking families, with low educational levels, limited abilities utilizing technology and who require substantial support understanding the Self Determination Program directives, Financial Management Services options and Spending Plan

development requirements in order for a smooth transition to the Self determination Program. Ochoa's Consulting LLC, has made it their mission to provide guidance, support, and education to these families in order to learn about, understand and transition into the Self Determination Program for the past 2 years.

Project Description

The Self Determination Program Parent Coaching Project consists of education, individualized coaching and technical assistance or one-on-one support to monolingual Spanish speaking parents of ELARC consumers that will be paired with independent facilitators who have at least 1 ½ years of experience who will coach participants on the development of the Person Centered Plan and Spending Plan, best practices and strategies to work with the IPP team and provide technical assistance and support through the process until full transition into the Self Determination Program.

Project Goals

- 1. Educate and coach a minimum 40 families per year:** Educate and coach monolingual Spanish speaking ELARC families to improve collective understanding, navigation and implementation of the Self Determination Program through workshops and one-on-one consultations on topics relevant to the Self Determination Program including but not limited to: What is a PCP? How to appropriately express needs? What is the role of the FMS? What questions to ask when meeting with an FMS? Different FMS models and what each model entails? What is a spending plan and how to develop a Spending Plan? Responsibilities of participating families under the Self Determination Program, etc.
- 2. Coach a minimum of 40 families per year with the development and review of the One Page Profile, Person Centered Plan, and the Spending Plan:** participating families will be coached on how to review the approved budget with the family in order to assess understanding of the document, assist with the development of the Spending Plan based on the client's needs and services stated in the PCP review and submit to the Regional Center for approval.
- 3. Coach and support families transitioning into the Self Determination Program:** Provide individualized coaching and technical assistance to families in the Self Determination IPP meeting with Regional Center in order to transition into SDP.

Project Description and Timeline

Phase 1: Identification and recruitment of families to participate in the project (ongoing)

1. Referral / Screening
 - a. Parent calls or is referred to Ochoa's Consulting LLC.
 - b. Ochoa's Consulting Independent Facilitator screens parent to find out needs and expectations of their participation in the project and starts the intake process.

Phase 2 : Support Coaching for transition to SDP (ongoing)

1. Orientation
 - a. Meet with Parent/client to discuss needs and level of support and coaching required for pairing with the independent facilitator and create an individualized plan of action for development of PCP.

Phase 3 - Development of the Person Centered Plan and Spending Plan (ongoing)

1. Coach, support and assist participant in the development of the PCP

Initial Spending Plan Development (ongoing)

1. Teach, coach and support participants on how to develop the spending plan. Ie:creating a format, looking for services, assignment of service codes, etc.
2. Provide a list of questions to ask and facilitate a meeting with the parent and FMS agency to inquire about the onboarding process, hiring of employees, and other questions.
3. Review spending plan with parent/client
4. Submit to Regional Center & FMS.

Phase 4: Transition to Self Determination Program (ongoing).

1. Ochoa's Consulting Representative will provide technical assistance and support to the participant prior to, during, and after the Self Determination Program IPP meeting with the parent/client & Regional Center.
2. Transition to Self Determination Program, the independent facilitator coach will follow up with the parent to make sure the parent has submitted all documents required, for hiring of employees, authorizations, etc and provide technical assistance based on need.

Timeline:

All phases of the project will be ongoing; orientation, PCP and spending plan development and transition to self determination program will depend mainly on parent/client availability as well as Regional Center turnaround of the budget certification and approval of the spending plan.

Outcomes:

1. By the end of year one, Ochoa's Consulting will have identified, coached, and/or transitioned a minimum of 40 ELARC families into the Self Determination Program.
2. By the end of year two Ochoa's Consulting will have identified, coached, and/or transitioned a minimum of 80 ELARC families into the Self Determination Program.

Measurement of outcomes:

1. Ochoa's Consulting will develop an intake form to collect contact information and demographic information of participants to maintain a record of families being served by the program.
2. Evaluation forms and surveys will be developed in order to measure participant satisfaction during and after participation in the program, additionally the evaluations and surveys will include a section for open comments and suggestions for program improvement.

3. The project will be considered successful if 80% (64 families) of the participants transition successfully into the Self Determination program within the two year period.

Line Item Budget

See attachment 1

References

See attachment 2 and 3