



EASTERN LOS ANGELES REGIONAL CENTER
1000 S. Fremont Ave. • P.O. Box 7916 • Alhambra, CA 91802-7916
(626) 299-4700 • FAX (626) 281-0730

**ELARC Board of Directors
Meeting Minutes
October 10, 2023
Approved as Recorded on November 14, 2023**

Board Members Present:

Youngeng Sun, Vice-Chair
Devora Navera-Reed, Secretary
Richard Helgeson, Treasurer
Joel Moreno, VAC Representative
Theresa Chen, Parent
Pat Gomez, Parent
Terry Munoz, Parent
Dalia Mendoza, Consumer
Marisol Guerrero, Consumer
Alex Wu, Consumer

Staff Present:

Gloria Wong, Executive Director
Edith Hernandez-Daniels,
Chief of Consumer Services
Judy Perez,
Associate Chief of Consumer Services
Elizabeth Harrell,
Community Services Manager
Roxy Ortiz, Community Development &
Training Supervisor
Johnny Trombley, IT Supervisor
Angie Salas, Executive Secretary

Absent:

Dr. Linda Lopez, President

Guests: Refer to Sign in Sheet

I. Welcome & Roll Call

The meeting was called to order at 6:03 P.M. by Mr. Youngeng Sun, Vice-Chair, as Dr. Lopez was ill and unable to attend. The meeting arrangement consisted of a Zoom Conference/Teleconference line and material was displayed on agency website and available to all visitor participants with a link from the agency website.

Mr. Sun welcomed all to the Eastern Los Angeles Regional Center Zoom Board of Directors Meeting.

Roll call was conducted. A quorum was established in order to conduct necessary business.

II. Community Introductions/Opening Round:

The Board members and guests were asked to introduce themselves and were noted on the “Sign-In” sheet.

III. Community Input:

Comments from the community were addressed.

**IV. Approval of Board of Directors Meeting
Motion Required - ATT #1**

M/S/C (Richard Helgeson/Terry Munoz) To approve the BOD Meeting Minutes of September 12, 2023 as corrected. Unanimous.

V. Executive Director’s Report

1. Grants for Enhanced Community Integration for Children and Adolescents - ATT #2 and #3

ATT #2

Gloria Wong, Executive Director, reviewed correspondence dated August 15, 2023 from the Department of Developmental Services (DDS) in reference to “Grants for Enhanced Community Integration for children and Adolescents (Social Recreation Grants) Outreach Plan”.

Ms. Wong shared that the grant provides funding for social recreation, camping and other forms of services and support in the community and requires the development of an “Outreach Plan” which

was recently updated. Ms. Wong introduced Liz Harrell, Community Services Manager, who presented on the “Plan” update.

ATT #3

Liz Harrell, Community Services Manager, went over the “Updated Camping, Social Recreation and Other Services Outreach Plan”. Mrs. Harrell provided detailed background information on the social recreation grant programs:

- 1) Woodcraft Rangers
 - Offers camping services
- 2) YMCA of San Gabriel Valley
 - Offers swimming lessons for individuals that are deaf and hard of hearing
- 3) You and I
 - Assists families on how to locate local resources
- 4) Chinese Parents Association for the Disabled (CPAD)
 - Social Recreation Program
- 5) L.A. School of Music and Art
 - Music and Art
- 6) Y.M.C.A.
 - Basketball
- 7) Boys and Girls Club

Mrs. Harrell provided a follow-up from the September Board meeting public comments from families regarding the vendor “Holding Hands”. Mrs. Harrell indicated ELARC hosted a family Zoom session to provide background on the challenges of the current program. Meeting included a discussion of short and long term solutions to the challenges. Mrs. Harrell is working closely with “Holding Hands” administration as the current provider is retiring and transferring leadership. Questions and concerns were addressed.

Comments from the community were addressed.

**2. 2023 – '24 Service Access and Equity (SAE) Grant
ATT #4**

ATT #4

Ms. Wong gave background information on the Mental Health Support Services project which is being funded with a one (1) year grant. ELARC is requesting continued funding from the Department of Developmental Services (DDS) on the next funding cycle. The position operates under the “Community Services Department” and Ms. Wong introduced Liz Harrell to open-up the presentation.

Mrs. Harrell, Community Services Manager, noted that the Mental Health Specialist position is intended to be a support for service coordinators and to promote universal access to mental and health services to individuals served. The goal is to assist in navigating the system and accessing the benefits through trainings and establishing linkages with key organizations to recognize and to connect the individuals with mental health professionals:

- Autism Spectrum Disorder
Includes anxiety and depression
- Cultural Stigma
Support caregivers
- Support Service Coordinators
And to individuals served and their families
- Development of Plain Language Information in a Cultural Appropriate Manner
- Collection of Inflammation

Ivanna Ayala, Mental Health Specialist, provided an update on the activities that have taken place. Ms. Ayala noted that the position of Mental Health Specialist is new to the Regional Center System however the need for mental health resources is not. The grant was funded to help address the gaps in mental health and to identify resources for individuals served. Three (3) focus groups have been established to obtain feedback and develop a future plan. One (1) focus group was held for service coordinators and two (2) focus groups were held for individuals, families and the community. From these three (3) sessions the following barriers were identified:

- 1) Lack of Information
- 2) Lack of Availability

3) Language and Cultural Barriers

Information, availability and cultural consideration are the baselines to the direction of this work. In addition to the focus groups, ELARC has contracted with an independent third party named Kinetic Flow, Corp, a research agency to evaluate the one (1) year project. They assisted in developing a series of surveys to gather information on the implemented projects to determine their effectiveness. Some of the surveys developed are:

- Stigma and Community Perspective Survey
This survey considers culture and perspective to help better inform practices.
- Service Coordinator Survey
This survey assesses the coordinators knowledge of current resources and the survey asks for their experiences with families reporting mental health challenges which helps to better inform the need.
- Post Consultation Survey and Post Training Survey
This survey will help evaluate how the two (2) activities are being received and will let us know what needs if any are not being met.

The data is being collected from these surveys is being analyzed by Kinetic Flow.

Ms. Ayala shared the first objective of the grant is to increase awareness and education about “Mental Health Wellness”. Current activities of the grant are as follows:

- Working with local law agency to coordinate a training for ELARC management on psychiatric advance directives
- Contracted with Los Angeles County Department of Mental Health (DMH) to offer a series of trainings and workshops to the community
- August 2023 DMH provided a training on navigating the mental health system. The training focused on the following:
 - ✓ Training covered the types of funding and avenues that are available for mental health support
 - ✓ Discussed the various types of languages/lingo that is used in the mental health system and provided scripts to assist the families as they initiate and streamline the referral process
- Workshops are provided by DMH and are presented in English, Spanish and Mandarin via “Zoom” from 10am to 11am and dates are as follows:

- 09/26/23: Mental Health and Stigma: Changing the Story
- 10/03/23: Understanding Childhood Behaviors and Disorders
- 10/10/23: Awareness, Treatment and Recovery from Anxiety
- 10/17/23: Awareness, Treatment and Recovery from Depression
- 10/24/23: Family Violence Awareness, Prevention and Resilience
- 10/31/23: Child Abuse Prevention and Resilience
- 11/07/23: Bullying Prevention-Kindness, Acceptance, Inclusion

Ms. Ayala shared the ELARC committee meets quarterly and is addressing the following topics:

- ❖ Discussions of important legislatures are discussed
- ❖ Speakers to present on various topics
- ❖ Troubleshoot various challenges as a team
- ❖ Consolidation of major activities
- ❖ ELARC is offering Mental Health First Aid certification for staff
 - Two (2) trainings are available with a focus on recovery and resiliency, with the belief the individual experiencing the challenges can and do improve
 - Adult Training
 - Youth Training

Ms. Ayala shared the second objective of the grant is to conduct consultation with staff and families and to connect individuals to available supports and help navigate the various treatment options. Protocol and referral form has been developed to assist with this process.

- ❖ Nineteen (19) consultations have been completed
- ❖ Four (4) are in process

Ms. Ayala shared the third objective of the grant is to create and develop culturally appropriate material:

- Fact Sheets
- Brochures
- Screening tools
- Pre and post surveys for evaluations

ELARC's Mental Health web page is a live website and can be accessed on ELARC's website under research and publications tab. The webpage is a hub for all of the mental health efforts.

Ms. Ayala shared Easter Seals of Southern California has been awarded Community Resource Development Plan (CRDP) funds to assist in coordinating equitable mental health care in the growing behavioral health crisis for people with autism and developmental disabilities. Looking forward to expanding service capacity at the practitioner level. Easter Seals provides START Crisis services and they have a close partnership with Kaiser Permanente and collaborate with DMH. They provide essential services and direct support to the individuals in Southern California.

Ms. Ayala stated that a request to extend the grant for a second year has been submitted. With this grant ELARC can continue to:

- Offer Mental Health Training to the community
- Consultations to the individuals and families that ELARC serves
- Hold Mental Health Fairs
 - This would help families to meet local providers; learn about services within the catchment area
- Partnering with a Community Bases Mental Health Provider to offer virtual and in-person support groups
- Offer Wellness in the Workforce
 - Support for ELARC staff to provide low-cost tips and ideas on how to care for their own well-being
- Cultural Mental Health Trainings and Workshops
 - For service coordinators who support Hispanic and Asian families

- Discuss cultural barriers
 - Perception on mental health
 - How to change the narrative when working with families with mental health
- Collaborate with local hospitals to introduces them to the Regional Center System and promote a better working relationship that provides the best care for the individuals we serve

Comments from the community were addressed.

Ms. Wong provided background information on a second Access & Equity (SAE) grant, Employment Project INSPIRE (Interagency Network Supporting & Preparing Individuals to Reach Educational & Employment). Ms. Wong introduced the supervisor of the project.

Diana Gudiño, Innovative & Quality Service Unit Supervisor, reported on INSPIRE project. Mrs. Gudiño shared this is a new grant proposal regarding the service access and equity funds. This grant has two (2) positions: Local Partnership Agreements (LPA) Officer and Employment Access Coordinator. The Employment Access Coordinator position is a specialized coordinator position to assist in the grant development of micro and career pathways for consumers. The grant also allows for the development of the “Employment Family Advisory Committee” which will meet quarterly. This will assist to stay on track and ensure individuals are progressing towards their career and microenterprise pathways.

Mrs. Gudiño shared a “Business Advisory Committee” is under development and will be finalized once a consultant is chosen that will assist in navigating the business entities including local government and all the intricacies of business that are currently trending.

Mrs. Gudino stated community and staff outreach are underway. A lunch event was held in April and the Disability Pride Event took place in October.

Comments from the community were addressed.

3. Direct Service Professional (DSP) Training Stipend ATT #5 and #6

Mrs. Wong provided brief background information on the Direct Service Professional (DSP) Training Stipend for which there are two (2) different stipends at \$625.00 each.

ATT #5

Elizabeth Harrell, Community Services Manager, discussed Department of Developmental Services (DDS) correspondence dated September 12, 2023 on Workforce Development and Training: Direct Service Professional (DSP) Training Stipend Program.

Mrs. Harrell shared that anyone who meets the following criteria are eligible for the training stipend:

- Work as a paid DSP an average of 10 hours or more per week;
- Perform direct support tasks like skills development, guidance and personal assistance to regional center consumers as a regular part of their job duties;
- Spend at least 50% of work hours doing direct support tasks; and
- Are employed by a regional center vendor or by a participant in the Self-Determination Program.

The way the program works is the vendor signs an agreement with Regional Center agreeing for their DSP staff to participate in this training program. Then the DSP will be entered in the learning management system. They are provided a link which they can access to view the courses that are available. The DSP will only get paid for two (2) courses but they will receive continuing education for all other courses they choose to take. In addition the provider will receive \$150.00 per course as an administrative fee for managing their staff and allowing them the time to take the course.

ATT #6

DDS Direct Service Professional (DSP) Training Stipend Program fact sheet and frequently asked questions (FAQ's) was reviewed.

Comments from the community were addressed.

4. National Core Indicators (NCI) ATT #7 and #8

Ms. Wong provided brief background information on the National Core Indicators (NCI) survey. The intent is to assess service outcomes and family/consumer satisfaction. Ms. Wong encouraged all to attend the upcoming public meeting and circulate the information to others.

ATT #7

National Core Indicators (NCI) Public Meeting flyer

- November 14, 2023 6pm to 8pm via “Zoom”

ATT #8

National Core Indicators (NCI) Family Surveys flyer.

Jenny Villanueva, State Council, reported there will be three (3) different NCI surveys that will be conducted this year. The family surveys are all written surveys that parents/guardians will receive by U.S. mail. The surveys are as follows:

- 1) Families who have a child 3 to 17 years old and lives in the family home
- 2) Families who have an adult child living in the family home
- 3) Families who have an adult child living outside of the family home

Surveys will be mailed in December 2023 initially and will continue through the end of June 2024. This type of survey occurs every other year and is voluntary and confidential. Families are encouraged to participate. Information is available on DDS’s website.

Comments from the community were addressed.

5. Cultural Competency Training Series: Accessible Language & Cultural Competency for Effective Service Deliver
ATT #9, #10, #11 and #12

Ms. Wong reported on Regional Center performance measures that has been developed by DDS to promote improvement in consumer outcomes that consists of a training for all Regional Center staff. There are six (6) focus areas of performance measures. One (1) specifically is on “Equity and Cultural Humility” ELARC has scheduled an all staff training to run through the end of fiscal year.

The four (4) topics to be covered are:

- Part 1: Accessible Language in Action
They Keystone to Culturally Competent Communication
- Part 2: Unraveling Cultural Threads
Deepening Cultural Identity, Norms & Values
- Part 3: Cultural Competency Conversations
Developing Dialogue for Cultural Curiosity, Listening and Inclusion
- Part 4: Cultural Competency in Action
Applying cultural Competency & Humility Using Engagement Practices

Ms. Wong shared training will be provided by Circle Up Education, an independent contractor, ELARC is proceeding on performance contract measurement requirement on equity and cultural humility.

No comments from the community.

6. 2023 Lanterman Act Books
ATT #13

Ms. Wong shared the 2023 Lanterman Act Book can be accessed on the DDS website:

<https://www.dds.ca.gov/transparency/laws-regulations/lanterman-act-and-related-laws/>

Board Members were mailed hard copies.

**7. Self-Determination Program (SDP)
Local Volunteer Advisory Committee (LVAC) - ATT #14 and #15**

ATT #14

Self-Determination Local Volunteer Advisory Committee (LVAC) meeting agenda for September 19, 2023.

ATT #15

Self-Determination Local Volunteer Advisory Committee (LVAC) meeting minutes for September 19, 2023.

Judy Perez, Associate Chief of Consumer Services, reported on the SDP “Progress Report” and the current number of consumers in the SDP and the various stages of progress:

- 58 Individuals that are currently active in the Self-Determination Program
- 54 Successfully transitioned over to SDP
- 27 Completed Person Center Plan
- 55 Obtained Fiscal Management Service (FMS)
- 54 Completed and signed IPP’s
- 52 Spending plans completed
- 55 Individual budgets certified
- 58 SD Participants completed orientation for SDP

Mrs. Perez reported that as of September 2023 there are 156 SD participants that have successfully transitioned to the SDP since the open enrollment phase began in July 2021.

Comments from the community were addressed.

8. Fiscal Year (FY) 2023 – '24 Update

Ms. Wong made reference to the Purchase of Services (POS) Report which is due December 10, 2023 to DDS will be presented at the January 2024 Board of Directors meeting.

Budget Performance Report: Operations

HANDOUT #2

Ms. Wong, reviewed the Operations Budget Performance Report for Fiscal Year 2023 - '24 and provided background information on the E-1 Allocation which remains pending. Ms. Wong, made referenced the preliminary allocation and provided background information.

No comments from the community.

VI. **Consumer Services Report** **Edith Hernandez-Daniels, Chief of Consumer Services**

Edith Hernandez-Daniels, Chief of Consumer Services, shared ELARC's Access Community Coordinators have been busy going out into the community and participating in the following events to reconnect with the community:

- ❖ Cinco de Mayo Event in Monterey Park
- ❖ Asian American Pacific Islander Event in Monterey Park and So. Pasadena
- ❖ Informational bothers at local community libraries
- ❖ Y.M.C.A.
- ❖ Special Needs Network Core Reception
- ❖ Annual Moon Festival in Rosemead
- ❖ Disability Pride Parade

No comments from the community.

VII. Committee Reports

A. Consumer Advisory Committee (CAC) - (Marisol Guerrero)

Last CAC meeting was held September 19, 2023.

During the meeting Patrick Schattilly, ELARC Consumer Advocate, and guest speaker Desiree Boykin, Consumer Advocate from South Central Los Angeles Regional Center discussed Coping with Grief and Loss.

- Positive Coping Skills
- Grief is a normal process that is different for everybody
- Grieving is an important part of the healing process
- We are not alone when grieving; ask your service coordinator and circle of support for help there are resources available

On the Consumer Advocates desk:

1. Understanding Regional Center Presentation (October 19th – 2pm to 4pm)
2. CAC 2024 Topic Report to Leadership Team (October 10th)
3. Presentation to CAC “Regional Center Striving for Equity Diversity and Inclusion (November 21st, 2023)

For the time being the CAC meetings will remain on “Zoom”. Next CAC meeting is scheduled for November 21, 2023 from 4pm to 6pm.

B. Vendor Advisory Committee (VAC) - (Joel Moreno)

Joel Moreno, VAC Representative, reported the Vendor Advisory Committee (VAC) that was last held on September 28, 2023.

The following topics were discussed:

- Elections will be held in November for the VAC chair, vice chair and secretary

- Bios were presented for each individual being nominated for a position
 - Melissa Corea, nominated for the secretary position, introduced herself and spoke to the group of her experience and knowledge
 - Joel Moreno, nominated for Chair position, introduced himself and spoke to the group of his experience and knowledge
 - Maria Moper, nominated for the Vice-Chair, was not present to introduce herself. However, she does lead the Early Start Forum for the VAC.
- Virtual Vendor Fair will be held in November. The Fair is exclusively for vendors and service coordinators
 - Event will be open to all of ELARC staff only
- Finalized the rate study implementation letter to DDS
 - Meeting with DDS October 23rd
- Jacob Romero, ELARC HIPAA Compliance Officer, presented on Business Associated Agreement
- Los Angeles County Public Health, presented on COVID-19

C. Finance/Personnel Committee (Richard Helgeson/Terry Munoz)

Mr. Richard Helgeson announced the biannual DDS audit is scheduled for October 16, 2023.

There was no meeting of the Board Finance/Personnel Committee.

VIII. Miscellaneous Announcements

Comments from the community were addressed.

Next Board of Directors Meeting will be held on Tuesday, January 9, 2024 at 6:00pm.

IX. Adjournment

There being no further business to discuss the motion was made to adjourn the Board of Directors meeting at 8:20pm - Unanimous.

M/S/C (Terry Munoz/Pat Gomez). Unanimous.

Respectfully Submitted by:



Devora Reed,
Secretary, ELARC Board of Directors

Recorded by: Angie Salas,
Executive Secretary