



# Home and Community Based Leadership Academy

2023  
Community  
Report



**EASTERN LOS ANGELES**  
REGIONAL CENTER



Top Row: Tammy Evrard, Harmon Chen, Curtis Dinius, Ramon Castro Jr., Bianca Addison, and Michael Young. Bottom Row: Julissa Macias, Julia Bacamontes, Danique Rousseve, Ramon Hernandez, Francisco Mungia, and Ms. Mungia

## Our Mission

Eastern Los Angeles Regional Center is committed to serving individuals with developmental disabilities and their families by fostering partnerships which promote experiencing lives of purpose and meaning in their chosen community.

## HCBS Introduction

Home and Community-Based Services (HCBS) were developed to offer support to individuals in community settings, as an alternative to institutional care. HCBS are long-term services & supports provided in home and community-based settings, as recognized under the federal Medicaid (in California, Medi-Cal) Program. These services can be a combination of standard medical services and non-medical services.

In March 2014, new federal rules were released by the Centers for Medicare & Medicaid Services (CMS), requiring homes and programs where HCBS are delivered to meet new criteria; this is known as the Final Rule. Home and community-based settings are places where individuals with disabilities live and spend their days; for example, licensed community care facilities and other residential settings, work activity programs, and day programs. The Final Rule explains what these settings should be like.

All services in every state were required to be in compliance with the Final Rule by March 2023. After March 2023, the federal government will not provide funding for services that do not meet the new rules. Assessing all services, settings and making necessary changes took some time.

Eastern Los Angeles Regional Center worked closely with the Department of Developmental Services (DDS) and our provider community for timely compliance with the rules, ensuring our persons served continued to have full access to the benefits of community living and the opportunity to receive services in the most appropriate integrated setting.

The HCBS Final Rule focuses on the quality of individuals' experiences and not just the settings where the services are delivered. This includes opportunities to seek employment, work in competitive and integrated settings, engage in community life, control personal resources, and receive services to the same degree as individuals who do not receive regional center services.

Individuals play an active role in developing their plan for services and supports. The planning process follows a person-centered approach, and the plan reflects what is important to and for the individual. The Final Rule's key principles are weaved into person-centered practices around choice, rights, opportunities and integration.

### *The Path To Compliance...*

At ELARC, self-advocates are encouraged to partner with the regional center and the provider community by sharing their experiences and knowledge to assist in meeting the HCBS Final Rule. When the Department of Developmental Services allocated funds to support the implementation of the HCBS Final Rule, ELARC knew there was an important role for self-advocates on the path to compliance.

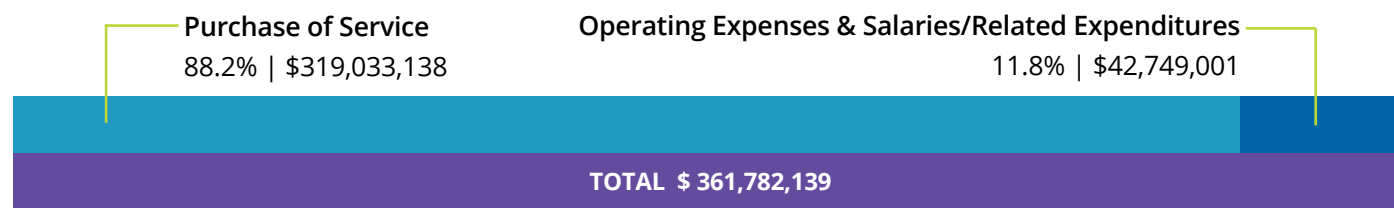
In collaboration with Tammy Evrard Consulting, ELARC developed an HCBS Training Academy for individuals served by our regional center. The focus of this Academy was training self-advocates to provide technical assistance for service providers with the new federal requirements. Beyond supporting the provider community, the Academy afforded self-advocates opportunities to advocate for their peers in having a meaningful life and learn how to implement self-determination and person-centered practices.

ELARC had a total of eight self-advocates participating in the ten-week academy. Each session was structured to involve all participants with the lead trainer modeling how they could interact with both service providers and peers. The approach also provided each participant opportunities to contribute and enhance the curriculum by using their own personal experiences.

One of the greatest outcomes of the Academy was each personal participant's growth. Upon completion of the program, each chose a different path. Some decided to take what they had learned to pursue competitive employment while others decided to use their certificate and become an HCBS trainer. Regardless of the path chosen, there is no denying this was a choice that was made by them and not for them.

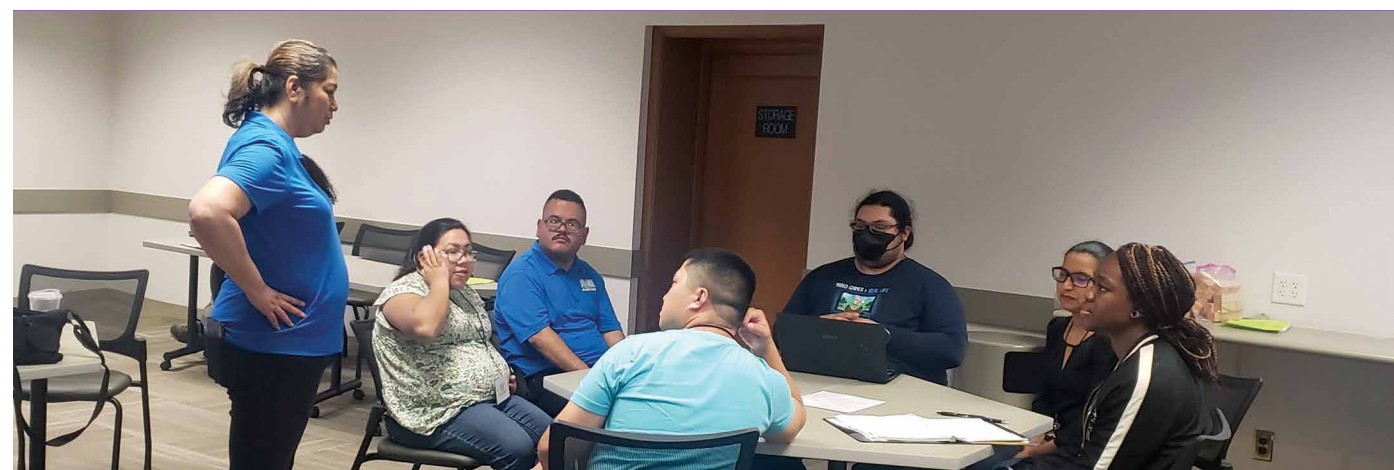


# Overall Expenditures



## Purchase of Service (POS) Expenditures

POS Category	Paid Amount
Community Placement Plan	\$427,194
In-Home Respite Services (parents)	\$495,485
Behavior Management Consultant	\$1,468,674
Medical Care	\$2,989,385
Transportation	\$4,703,624
Self Determination	\$7,786,384
Adaptive Skills Trainer	\$9,576,577
Habilitation Programs	\$12,139,459
Community Integration Services	\$12,347,042
Prevention	\$17,840,477
In-Home Respite Services (agency)	\$29,128,598
Supportive Living Services	\$31,426,157
Adult Day Programs	\$54,366,689
Other Services	\$56,351,465
CCF & ICF	\$77,985,925
<b>TOTAL</b>	<b>\$ 319,033,138</b>



Group discussion at HCBS Training Academy



# HCBS Leadership Academy

Participants of the Academy have not only gained awareness of the federal regulations but have also learned how to put it into practice. Curtis, a young man who joined the academy with little to no knowledge of what is HCBS Final Rule, demonstrated his growth during the academy. He suggested the graduating class have a hybrid (in-person and virtual) ceremony so all the important people he would like to be part of this experience would be able to join him. His initiative to make that request reaffirmed what was being taught was exactly what was being practiced.

## In Their Own Words

### Bianca Addison's Story

For me, the HCBS Training Academy was very informative. I learned about other disabilities, about other Regional Center Programs, and even about myself. The Academy gave me the opportunity to learn about my rights and about how to stand up for myself. Being part of the Academy allowed me to get a job at the Children's Hospital as a peer navigator through the Paid Internship Program. I'm now using what I've learned in the Academy at my work. I am currently helping young adults with intellectual disabilities. This is an office job that I've never done before. There are some challenges, but I like it.

I'm working with referrals for some clients and I'm starting to help them out. I get to lend my learned experiences to the clients and the parents when it comes to pediatrics and school transitions. I look up resources and guide them through the process. My mom and brother were surprised and shocked when I got this job. They were used to seeing me working in retail. Even my friends now ask me if I'm busy working before giving me a call. They are also happy that I'm working and that I like it.

### Curtis Dinius's Story

My favorite part of the HCBS Training Academy was learning about Home and Community Based Services (HCBS), specifically that it is meant to empower individuals with disabilities to live their best lives on their own terms. I also enjoyed learning how to communicate with each other and with the community as a self-advocate.

I did have some challenges with learning the material and presenting it to the community because as trainers we must be ready to answer questions at the end. I learned that HCBS is a tool to make my life better. I believe that the Academy made me a better self-advocate. While I did not have support staff with me at the Academy, I always felt supported and empowered to find answers as we covered the material. I learned that, if needed, I could make changes to my services without having to wait.

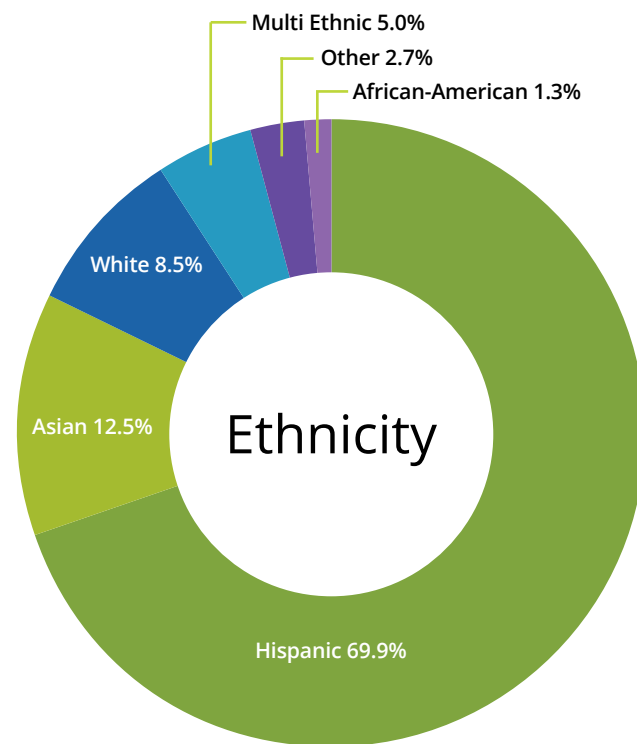
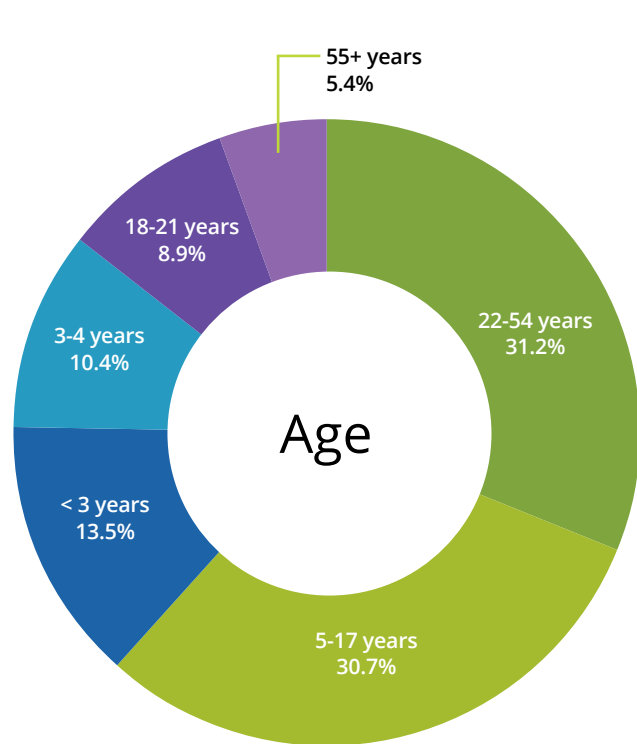
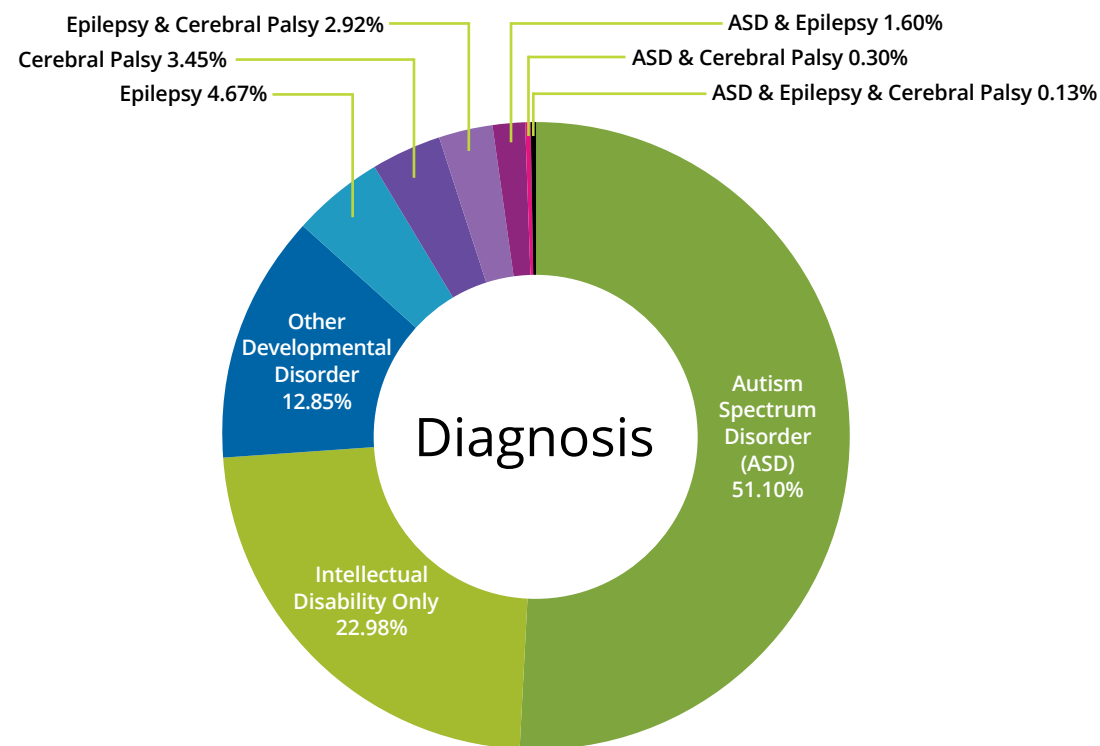
I have the freedom to make mistakes, and I can correct them like everyone else. I would recommend having another academy in a person-to-person manner because it is the best way for the community to learn about HCBS. So, the more certified trainers, the better because it helps spread the word about HCBS within our community. I am currently working towards starting my own landscaping gardening business and I would like to hire individuals with disabilities. Making our own money is a wonderful thing. I have used what I have learned to be a better self-advocate and to communicate with my family so they can better support me.



Group activity at HCBS Training Academy



## Demographic Reports



## ELARC Leadership Team



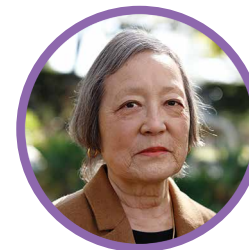
**Gloria Wong**  
*Executive Director*



**Alina Alvarez**  
*Human Resource Manager*



**Edith Hernandez**  
*Chief of Consumer Services*



**Elin Nozaki**  
*Assessment & Special Services Manager*



**Elizabeth Harrell**  
*Community Services Manager*



**Patricia Alvarez**  
*Chief of Administrative Services*

## Board of Directors

The Eastern Los Angeles Regional Center Board of Directors is committed to ensuring that the mission of the agency is carried out. The Board is made up of volunteers from our community, parents, individuals served, professionals, and others with specific skills and knowledge who provide guidance and leadership for the agency.

## Consumer Advisory Committee

The Eastern Los Angeles Regional Center Consumer Advisory Committee exists to advocate, advise, empower, lead, plan, inform, and educate so that individuals served may understand their rights under the Lanterman Act and achieve their goals.

## Vendor Advisory Committee

The Eastern Los Angeles Regional Center Vendor Advisory Committee provides recommendations, guidance, and technical assistance to ELARC's Board of Directors. They meet to review and discuss both agency and state issues that impact service providers in our community.



*Curtis Dinius*



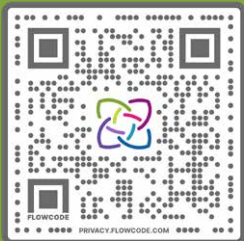
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*Curtis and Danique walking to class.*