

Department Of Developmental Services
Consumer Advisory Committee

Meeting Minutes
May 16 & 17, 2006

Members Attended

Others Attending

Nyron Battles
Tina Ewing-Wilson
Colette Madore
Lori Sloan
Betty Pomeroy
Sam Durbin
Kim Rucker
David Miller
Bruce Thomas
Michael Parr
Cindy White
Shannon Brockman

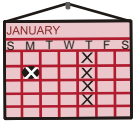
Barbara Mayer
Chris Amaya
Angel Wilson
Laura Martin
Clyde Pomeroy
Vanea Montenegro
Scott Griego
Timothy Davis
Jolene Bradford
Marcy Holbrook
Edward White
John Graber
Carol Risley

Terri Delgadillo
Tharon Wright
Kim Morris
Renee Kurjiaka

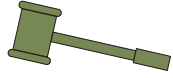
Members Absent

Thomas Michaels
Debra Beeter

Kathleen Ozeroff
Nicole Patterson
Liz Lyons
Sherry Beamer
Mark Starford
Daniel Dawkins
Marilyn Todd
Brian Marsh
Ursula Bischoff
Debra Reath
Dawn O'Connor Rowe
Yvonne McCuistion-Tucker



May 16, 2006



1. **CALL TO ORDER**

Tina Ewing-Wilson, Chairperson, called the meeting to order at 9:06 A.M.

A. Everyone introduced herself or himself.

B. General announcements were made.



C. The agenda for the first day was reviewed and no modifications were made. **It was moved (Nyron Battle), seconded (Michael Parr), and carried to approve the agenda.**

2. **UPDATE FROM CAC CONSULTANTS**

Mark Starford and Sherry Beamer showed the CAC some of the other projects they have been working on.

- Mark showed the workbook that was made from the Choices book that will be used by residents of Agnews DC to make choices about what they want before they are set to move out. Nicole Patterson and Barbara Mayer will be meeting with the residents individually to explain how to use the booklet. Agnews is set for closure in 2008.
- Mark also gave a copy of the new book he helped develop with the People First Community Services Inclusion project. This project is to teach people how to volunteer in their community.





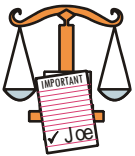
3. LEADERSHIP TRAINING

Mark Starford started the training with a review of what the Leadership Training is going to cover based on the results of the needs survey the members did last year. The leadership training plan will include: good planning and decision making; listening and speaking well; risk taking; and taking good care of yourselves.

The following leadership characteristics were discussed:

- What Is A Leader?- Leaders know 3 things:
 1. They know what they want to do
 2. They want to contribute
 3. They know what is important to them

- What does it mean to inspire?: to guide and influence to motivate to action; to affect or touch someone
 - ❖ How a leader should act:
 - ❖ Inspire people;
 - ❖ Are confident;
 - ❖ Listen well;
 - ❖ Take care of themselves;
 - ❖ Take important risks;
 - ❖ Plan and organize;
 - ❖ Create teams to accomplish goals.



4. MISSION STATEMENTS

Mark explained why it is important to have a personal mission statement. Your personal mission statement should state who you are or who you want to be; how you live your life or what you want to change about your life; and how you make a difference or plan to make a difference in what you believe. Mark walked people through how to make their own mission statement in steps.

Step 1: What is important to me?

Step 2: Why is it important to me?

Step 3: Things I do that support what is important to me.

Step 4: Write your statement based on steps 1-3.



5. DRESSING FOR SUCCESS

Dawn O'Connor Rowe came to the CAC to talk them about how dressing can be a form of communication in business, government, and making presentations.

- How we dress tells others what we are doing like:
 - ❖ working
 - ❖ going to meetings
 - ❖ having an appointment
 - ❖ hanging out
- For each activity you might dress differently.
- Being a leader and speaker it is important to have proper dress, personal hygiene, positive attitude.
- How do professionals dress?
- Clothes need to be clean, not wrinkled, fresh smelling, no rips or tears, good fitting.
- Dawn went through the dos and don'ts when women are dressing for success.
- Dawn went through the dos and don'ts when men are dressing for success.
- She explained the importance of planning ahead so you can make sure you have everything you need for the next day.



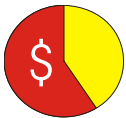
6. PERSONAL WELLNEES

Brian Marsh is a Personal Wellness Coach. Wellness means talking care of yourself. We take care of ourselves in different ways such as:

- Taking care of your body like good personal hygiene and grooming. Also exercising in eating right and doing what your doctor tells you.
- Taking care of yourself also means having positive thoughts instead of negative thoughts will help create a positive attitude.
- Part of taking care of yourself is taking care of your feelings by having dreams or vision. Because we feel good when we take small steps everyday to achieve our dreams.
- Everyone needs support. No one does it alone.

Each CAC member will now be able to work with a coach one-on-one from their home. The coach will help you think about ways to be a successful leader. Remember the coach believes in you and your leadership goals.

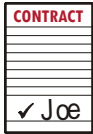
- Your coach will schedule a 15 minute meeting with you each month.
- Your coach will meet with you by phone.



7. PERSONAL BUDGETING

All the CAC members and some staff went over their personal budget for the last three months. By the end of everyone sharing the total came up to about \$4000 altogether and it seemed to come easy to everyone to save for their goal. Here are some example of some goals that people are or saved for:

- New Computer
- Wedding
- Trips
- Painting their house
- New lights fixtures for the house



8. **COMMUNITY ASSIGNMENTS**

a. **Mission Statement:**

Complete mission statement work with facilitators or Mark and Sherry.

b. **Organization -\$50.00 to be paid by Mark**

1. Complete organization survey
2. Shop for supplies with facilitator or Mark/Sherry
3. Try out the new supplies

c. **Appointments with Mark and Sherry**

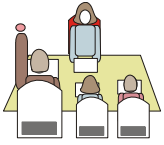
1. Be on time
2. Do not cancel or not be available at the appointment time
3. Ask your facilitator to be at the meeting

d. **Coaching appointments with Brian**

1. Be at home for the agreed time for the scheduled phone call
2. Think of things you want him to help you with (grooming/organization/listening/speaking)

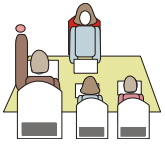
e. **Safety Net**

1. View the Safety Net website. The website address is www.ddssafety.net
2. Come back to the next meeting and tell us what you think



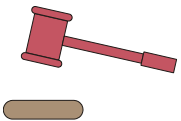
9. CAC MEMBERS' CHECK-IN SESSION

Members met with Nicole Patterson and Kathleen Ozeroff. Some members gave reports about personal activities and issues they wished to share with the Committee.

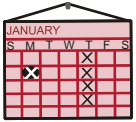


10. FACILITATORS' CHECK-IN SESSION

Mark Starford and Sherry Beamer met with the facilitators and gave the facilitator's training on the role of facilitator.



11. The meeting adjourned for the day at 5:05p.m.



May 17, 2006

1. CALL TO ORDER

Tina Ewing-Wilson, Chairperson, called the meeting to order 8:30 a.m.

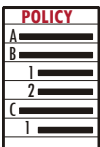
A. General announcements were made.

B. The agenda for the second day was reviewed and no modifications were made. **It was moved (Kim Rucker), seconded (Colette Madore), and carried to approve the agenda.**



2. Quality Management System

Debra Reath from DDS came in place of Bill Mullanix. She introduced her supervisor Renee Kurjraka. Debra went over the DDS Quality Management System again because the team that is working the Quality



Management System and Risk Management want to make sure that the that the CAC understand what it is.

- Debra explained that the DDS Quality Management System – focuses on individuals with developmental disabilities and seeks to improve their quality of life. It values:

- ❖ Choice
- ❖ Services that are individualized
- ❖ People being a part of community
- ❖ Dignity/respect/rights
- ❖ Health & well-being
- ❖ Opportunities to develop relationships
- ❖ Growth/development
- ❖ Satisfaction

POLICY	
A	_____
B	_____
1	_____
2	_____
C	_____
1	_____

3. Risk Management

- Ursula Bischoft from Acumen, a consulting team working with DDS on the Quality Management project, talked about a piece of the Quality Management System that deals with risk management.
- She explained about the information that is gathered when a person with developmental disabilities experiences an injury, illness, or harm:
 - ❖ How the information is gathered.
 - ❖ Why the information is important.
 - ❖ What to do with the information.
 - ❖ How this information can help consumers when making decisions by knowing what harmful, and working with your planning teams to find ways for it to less likely happen, and by getting information about what you are planning to do and how it can be done with as least harmful risk as possible.

- She also went over a web site called the Safety Net and showed the CAC members how to get to the web site and how to use it.
- Carol asked the CAC members to add an assignment to the committee assignment sheet to go to the web site and see how you like it and come back to the next meeting and tell us what you think.



4. CAC Members Reports

- The members gave their reports on what they have been doing on behalf of the committee and their people first or local self-advocacy group. David Miller brought up a conversation asking people about what to do if a disaster happens, what would happen in that type of situation to people with developmental disabilities, and how people with disabilities can help to protect their selves. Mark asked the CAC if they would like to do a publication about what to do in a disaster situation. **It was moved (Nyron Battles), seconded (Colette Madore), and carried to approve the disaster publication.**

5. Meet the New DDS Chief Deputy Director/Interim Director, Terri Delgadillo

- Nicole introduced Terri Delgadillo, as the new DDS Chief Deputy Director/Interim Director. Terri talked about her background and what she did before she started working with DDS. She talked about how important the CAC is to her and how she is glad to have the opportunity to work in this field and with the CAC.

- Terri also came to the CAC to present them with a gold award that was given to the CAC for their Adaptation Guide CD “Making Complex Information Simple.” The award was given to them by State Information Officers Council on May 11, 2006.



6. CAC Members' Reports

The following members gave their reports on what they have been doing on behalf of the committee and their People First or local self-advocacy group: Kim Rucker, Michael Parr, Colette Madore, Lori Sloan, David Miller, Betty Pomeroy, Cindy White, Bruce Thomas, Sam Durbin and Shannon Brockman.



7. Coordinator of Consumer Services Report

Nicole gave a report on what she has been doing for the past three months:

- The new Consumer Corner web site should be up and running in about a month or two.
- On April 13, 2006 at PAI, there was a Consumer Advocates meeting with all the regional centers consumer advocates. They are working on their new handbook giving information on what the job of Consumer Advocate is.
- I went to People First of California meeting on April 29th and 30th. They are working on a new project called Community Service Inclusion to educate people with disabilities on how to volunteer in their community.
- I did a keynote speech and two breakout sessions at the Direct Support Professional training in San Diego on May 8-11, 2006.

- On May 12, 2006 I went to Stockton for their Choices Conference and had a table at the agency fair.
- I will be speaking in a breakout session at the National Self Advocacy Conference in Atlanta, Georgia on the CAC publications.
- I will be doing a breakout session at the statewide Convention on Choices books June 9-11, 2006.
- On June 22, 2006 I will be doing a presentation at Far Northern Regional Center to their Board of Directors on what my job is and CAC publications.
- On July 7, 2006 I will be doing a presentation at Central Valley Regional Center to the Board of Directors on what my job is and CAC publications.

8. From Self Determination to Self-Directed Services - by what will change

Yvonne McCuiston-Tucker and Tharon Wright went over the differences between self determination and self-directed services.

The differences in enrollments criteria are:

- Can not reside in a licensed residential service facility.
- Can not receive services in a typical day program.

New services under self-directed services:

- Supports broker
- Financial Management Services
- Housing Access Supports
- Participant Designated Goods and Services
- Integrative Therapies
- Community Living Supports
- Training and Education Transition Services

The Risk Pool is 5% of a person's budget that will be put aside for emergency money for when something happens out of the ordinary. (like injury, illness, etc.) occurs that is unknown at the time of your IPP.

Please note that this program is not for everybody, and you do have the option to stay with the traditional regional center services.



9. Final Check on Assignments

Mark asked the CAC members to go around and say what they learned from the last two days:

Nyron: Patience.

Michael: The information I get from this meeting I can share the with others.

Colette: The leadership training will change people's lives.

Lori: I am learning more and more each time.

Shannon: To stay working with the CAC to learn more.

Betty: I learned to support people.

Cindy: How to be a leader for others.

Bruce: Taking better reports.

David: That dressing says who you are.

Sam: Knowing the big picture.

Kim: Why it is important to let people get to know you.



10. End Of Meeting

Kim Rucker adjourned the meeting at 3:06 p.m.