

## Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor name	Adaptive Learning Center
Vendor number(s)	Z14438
Primary regional center	Regional Center of the East Bay
Service type(s)	Community Integration Training Program
Service code(s)	055
Number of consumers currently serving and current staff to consumer ratio.	36 (ratio varies based on service/activity)
Have you or the organization you work with been a past recipient of HCBS Funding?	Yes
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	<p>The Adaptive Learning Center has a very unique model. We provide wrap-around services to the individuals in our Community Living Program so that they can live, work and play as independently as possible in the community. Individuals receive ILS/SLS-like services in their own homes such as money management, cooking, meal planning, grocery shopping, apartment maintenance, etc. In addition, individuals are able to attend ALC's "day program" from 9-3, Monday-Friday which consists of a combination of in-house life skill classes (such as Social Skills, Problem Solving, and Health to name a few), exercising at the YMCA and outings in the community. For many years, the focus was for the individuals in the program to participate daily in the day program but over the past five years the emphasis has shifted to helping individuals find more meaningful activities in the community such as competitive integrated employment, volunteering, attending classes at local community college or adult school, etc. Each person has a very individualized program and almost everyone now has some activities where they are engaged in the community. However, there still remains quite a few individuals who could be successful in a job if we had the resources to help them find and to be supported on the job. In addition to its Community Living Program (055 program), approximately a year ago, ALC became a Supported Employment provider to serve individuals living in East and Central Contra Costa to find competitive integrated employment. That program continues to grow but our resources cannot meet the</p>

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	<p>demand in the community. It is also very hard to serve such a large geographic area (spanning from Discovery Bay to San Ramon). We believe we could help more individuals find employment in the community if we had the staffing to do so. By expanding our Supported Employment services we would be helping additional unserved or underserved consumers of RCEB. We know that working in the community is a desired goal under the HCBS guidelines.</p>
<p>Identify which HCBS federal requirements this concept addresses that are currently out of compliance.</p>	<p>Although it has always been the goal of ALC to individualize all services based on individual needs, funding constraints and lack of intensive 1:1 staffing have made it very challenging to do this as well as we would like and it makes it hard to fully meet Federal Requirement #1. In addition, lack of resources (funding and staffing) make it hard for us to serve additional individuals in the community who would greatly benefit from employment services.</p>
<p>Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.</p>	<p>The Adaptive Learning Center (ALC) was founded in 1988 with the mission to provide a safe and healthy community for adults with ASD and neurodevelopment disabilities. Our goal is to help individuals realize their potential for self-reliant living as defined by the ability to engage in productive work, to socialize successfully, to attend to their own physical and emotional health, and to experience on-going personal growth.</p> <p>As described above, ALC has quite a unique model where individuals served live in their own apartments and have the opportunity to work or volunteer in the community, attend educational classes (both onsite at our Center or at the local community college), participate in community outings and activities, or a combination of all. Each person served in our “community living program” has a very individualized schedule that reflects their interests and needs. In many ways, we believe our program is very much in compliance with the Final Rule and strongly support the philosophy and values associated with person centered planning.</p> <p>The funding we received from the HCBS grants this year has proved to be a great start in helping our more challenging individuals become more engaged in the community. In addition, the grant is enabling several of our staff to become certified PCT trainers. We understand that to maintain their certification, they would need to provide at least two 2-day trainings per year. Funding to pay for this will enable ALC to</p>

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	<p>provide more PCT trainings in the community past this current grant year.</p> <p>In addition to the individuals we support in our 055 program, ALC also offers Supported Employment services to other individuals in the community who want paid work in the community. ALC was able to start this vital service in great part thanks to a grant from the Long Foundation. Given the rate structure of Department of Rehabilitation and the Regional Centers, starting a new program without additional resources is nearly impossible. Likewise, expanding a program is equally as challenging. ALC strongly believes it will be able to not only better support the individuals in our 055 program but provide valuable employment services to underserved individuals in our community by hiring a second Employment Coordinator/Job Developer with HCBS funding.</p>
Please describe your person-centered approach <sup>1</sup> in the concept development process; how did you involve the individuals for whom you provide services?	We are always asking the individuals we support what services they want and how can we better meet their needs. Thanks to the funding we received this year from the HCBS grant, we are in the process of adopting the PCT model so that all of our services will be based on what is important to the individual as well as what is important for the individual.
Does the concept address unmet service needs or service disparities? If so, how?	At ALC, we believe every individual has the right to work in the community. Employment not only helps the individuals we support to be more self-sufficient but it provides them with a great sense of pride and self-worth. In addition to helping more individuals in our own 055 program, we believe we could help more individuals in the community find and retain competitive employment with HCBS Grant Funding.
Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.	The budget would cover the costs of recruiting and onboarding a new F.T Employment Coordinator (Job Developer) and associated benefits. Recruitment and onboarding costs would be \$750, salary would be \$45,000 and benefits would be \$11,250. In addition the cost to provide two additional PCT trainings (that would be free for community members) would be \$4800.
Total requested amount.	\$ 61,800
What is your plan for sustaining the benefits,	Once fully established, ongoing fees from DOR and RCEB for Supported Employment services will allow us to sustain

<sup>1</sup> A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit [www.nasdds.org/resource-library/person-centered-practices](http://www.nasdds.org/resource-library/person-centered-practices).

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<p>value, and success of your project at the conclusion of 2018-19 HCBS Funding?</p>	<p>the position. Beyond the grant period, we will also start charging a fee to attend the PCT 2-day training.</p>
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