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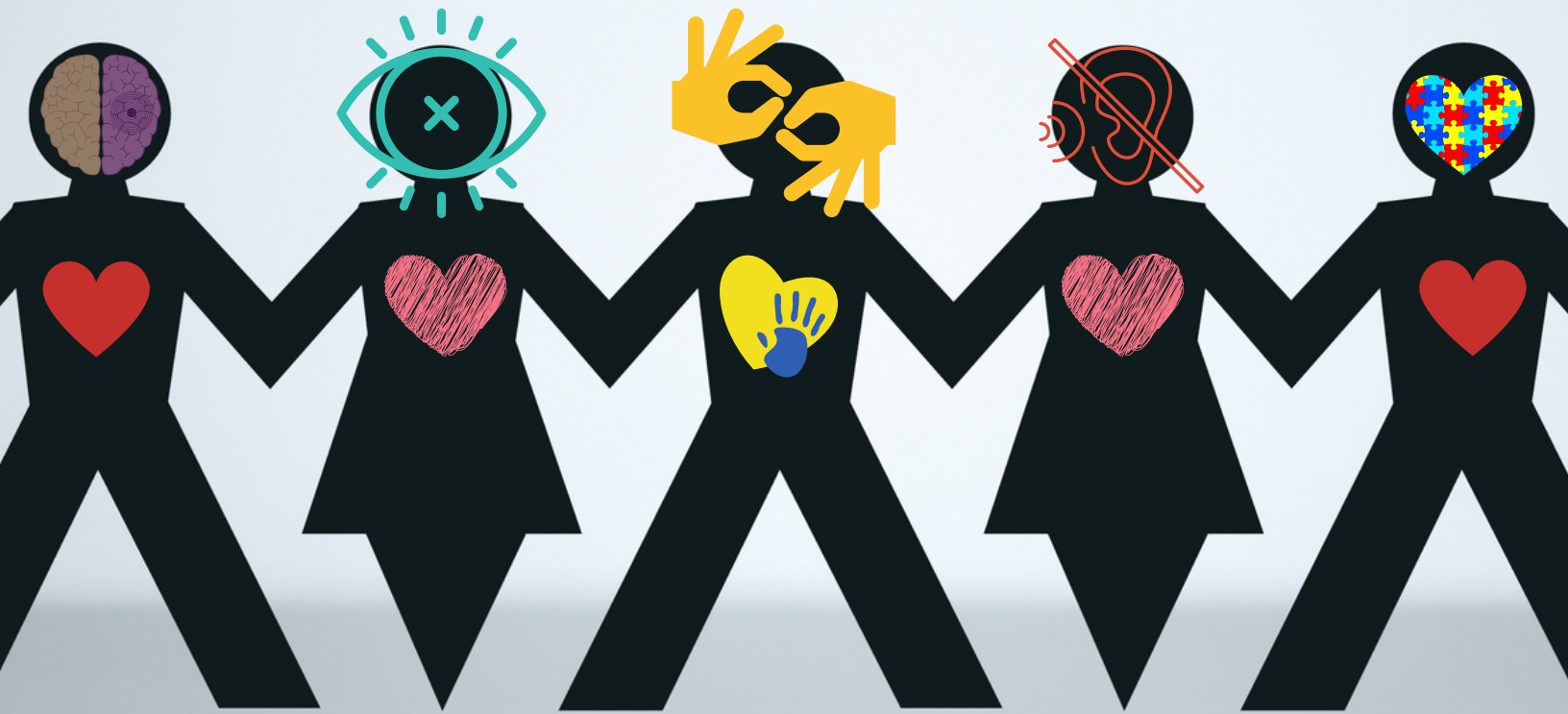
JAN. 2023

ACCESS

Newsletter



INLAND REGIONAL CENTER



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BY COMMUNITY ENGAGEMENT

Meet the Community Engagement Team



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Consumer Support Technician III (CST III)

Meet the Community Engagement Team



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Consumer Support Technician I (CST I)



Gregory Harrison

Consumer Advocate



Stephen Donahue

Consumer Advocate



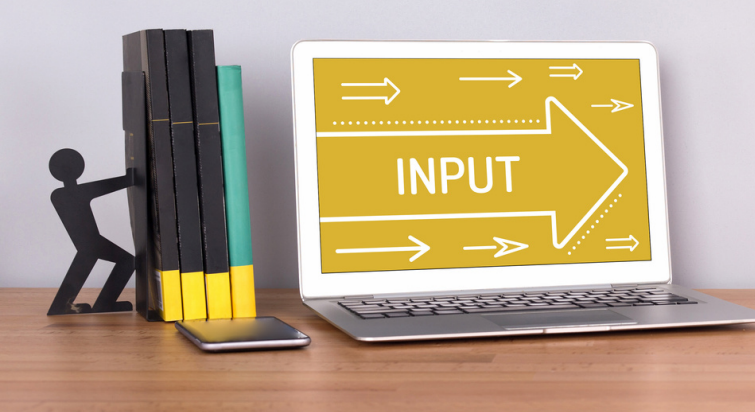
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Editor's Note

The Importance of Providing Public Input

BY MARTÍN MORALES

As an editor, I would like to take a moment to address the importance of providing formal public input, specifically about reducing disparities for individuals with intellectual disabilities and improving language access and cultural competency for lower-frequency languages and monolingual families. The 2020-21 Budget Act's allocation of \$16.7 million for regional centers in California to improve and promote language access and cultural competency is a step in the right direction toward a more inclusive and equitable society. However, the public must have the opportunity to provide their input about the current programs and needs, particularly for individuals with intellectual disabilities and monolingual families.

Individuals with intellectual disabilities often face barriers in accessing government services and programs, and language access and cultural competency can play a significant role in overcoming these barriers. Moreover, families who speak lower-frequency languages and are monolingual also face difficulties in accessing government services and programs and may require specific support.

That's why the public must have the opportunity to provide formal public input on how our current programs are working, what can be improved, and what new programs are necessary to address the evolving demands of our Clients. This includes providing input on the types of programs that should be developed and implemented, as well as the specific language and cultural needs that should be addressed, particularly for individuals with intellectual disabilities and monolingual families. Additionally, it's important to gather input from diverse individuals, including those from different linguistic, cultural, and ability backgrounds, to ensure that the programs are inclusive and effective.

Providing a formal public opinion is essential to ensure that government services and programs meet all Californians' needs. When you participate, you guarantee that your voice is heard and goes on the record. When you don't, you allow someone else to decide for you, which may not necessarily be in your best interest. Your voice must be heard and counted. We invite you to take a moment and see the current opportunities you have to help us improve our programs, including the February 15 Purchase of Service Public Input Meeting 2023, where you can tell us if our current purchase of services is adequate, needs improvement, and what we can do to reduce disparities.

Ultimately, we intend to improve continuously; to do that, we need you. Our Clients Need you. Their families need you. Their caregivers need you. Please help us improve our current services by providing public input when you can do it. We want our Clients to be in control of their decisions. What is best for our Clients is best for all.

Inland Regional Center, Community Engagement



HONORING DR. KING: AN OPPORTUNITY TO REMEMBER HIS LEGACY AND STRIVE FOR A JUST AND PEACEFUL WORLD

By Community Engagement

Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.

—DR. MARTIN LUTHER KING

Every year on the third Monday of January, the United States of America honors the life and legacy of Dr. Martin Luther King, Jr. He was a leader in the struggle for civil rights and justice for all people, and his commitment to nonviolence and peaceful protest continue to inspire us today.

Dr. Martin Luther King, Jr. was an inspirational civil rights leader and social activist who played a vital role in the American civil rights movement from the mid-1950s until his assassination in 1968. He was a champion of nonviolent civil disobedience who fought for racial equality in the United States during the 1950s and 1960s. He is remembered today as a powerful symbol of equality and justice.

King was born on January 15, 1929, in Atlanta, Georgia. He was named Michael Luther King, Jr., but later changed his name to Martin after his father. The second of three children of Martin Luther King Sr., a Baptist minister, and Alberta Williams King, a former schoolteacher. He graduated from Morehouse College in 1948 with a degree in sociology, then earned a divinity degree from Crozer Theological Seminary in 1951 and a Ph.D. from Boston University in 1955.

KING'S LEADERSHIP IN THE CIVIL RIGHTS MOVEMENT BEGAN IN THE MID-1950S.

King's leadership in the Civil Rights Movement began in the mid-1950s. He was a powerful orator and a tireless advocate for civil rights and equality. Dr. King's most significant accomplishments include:

- Leading the Montgomery Bus Boycott in 1955-56.
- Spearheading the Southern Christian Leadership Conference (SCLC) in 1957.
- Organizing the March on Washington in 1963.



Through his leadership in the SCLC, King helped to organize nonviolent protests in the civil rights movement, including the March on Washington in 1963. During the Montgomery Bus Boycott, he helped organize a bus boycott to protest the segregation of African Americans on city buses. The boycott lasted 382 days and ultimately led to the Supreme Court ruling that segregation on buses was unconstitutional. In 1957, he founded the SCLC, serving as its first president, where he worked to end racial segregation and discrimination through nonviolent civil disobedience.

In 1963, he organized the March on Washington for Jobs and Freedom, which drew more than 250,000 people to the nation's capital to demand civil rights legislation and an end to racial discrimination. During this march, he delivered his famous "I Have a Dream" speech. This speech, in which he called for an end to racism and civil and economic rights, was a defining moment of the civil rights movement. It is still remembered today for its power and beauty as one of the greatest speeches in American history.

In 1964, King received the Nobel Peace Prize for his work to end racial segregation and discrimination through nonviolence. Despite the progress made during the Civil Rights Movement, King continued to fight for civil rights and economic equality. He was assassinated in 1968, but his legacy lives on through the Civil Rights Act of 1964, the Voting Rights Act of 1965, King's tireless activism and dedication to ending racial injustice, and the many institutions and monuments dedicated to him. His work in the civil rights movement helped to end Jim Crow laws and segregation in the United States, and his influence spread into the world.

King's nonviolent philosophy and leadership profoundly impacted the Civil Rights Movement and continues to inspire social justice movements worldwide today. His message of equality, love, and nonviolence still resonates with people of all races, religions, and backgrounds. He remains a symbol of hope and inspiration for many people fighting for justice and equality.

DR. KING'S LEGACY IS ONE OF A MAN WHO STOOD UP FOR JUSTICE AND EQUALITY IN THE FACE OF TREMENDOUS OPPOSITION

Dr. King's legacy is one of a man who stood up for justice and equality in the face of tremendous opposition, and his legacy lives on in the progress that has been made in the United States since then. He is remembered as a powerful example of how one person can make a difference in the world and inspire others to do the same.

Honoring Dr. King on his official day in the United States is an important reminder of his work to advance civil rights and justice. It is also an opportunity to remember his legacy and strive for a just and peaceful world. Let us use this day to remember the important lessons he taught us and continue moving forward, finding common ground in the struggle for justice, peace, and equality for all.



TIPS ON BEING A STRONG PARENT ADVOCATE

By Dr. CJ Cook, DBA

As a parent of a child with an intellectual or developmental disability, you are the expert on your family, which naturally makes you the best advocate for your child! Typically, as parents, we take on the role of advocate until our children can speak for themselves. In many cases even after that time has come, our role as advocates remains. You understand your child's strengths, weaknesses, and challenges, and can help identify the resources your child needs to succeed.

A great parent advocate gets involved and stays informed! This includes:

- understanding your child's educational/legal rights
- knowing the facts of your child's situation including strengths/weaknesses
- making sure to have details/accurate information, never depending on second-hand information
- creating plans that assist children in achieving goals and objectives
- empowering your child to succeed
- attend public input meetings hosted by the county, school district and IRC and provide constructive feedback
- seek out and attend educational events, activities, and conferences in your community

The system can be a bit complex, but knowledge is power. So, educate yourself! If you need assistance in understanding the Individual Program Plan (IPP), IRC appeals process, Individual Education Plan (IEP) or related legal rights, you may contact our Legal Department or Training Department by using the Contact Us option on our website's About Us section. You should also always feel free to contact your Consumer Services Coordinator (CSC) with any questions and concerns.

If you need assistance connecting to your CSC send us an email using the contact us option on inlandrc.org or community@inlandrc.org. We will always need the Clients name and date of birth to connect you. Please allow 48 hours for a response from the party you are attempting to contact. If you have not received an answer to your inquiry within 48 hours, please confirm that you have entered your return email address correctly and double check your junk/spam email folder. Please remember we will likely not respond after hours, or on weekends and holidays.

We also encourage our community to sign up for email updates and our monthly **Access newsletter** by visiting <https://www.inlandrc.org/sign-up/>

advocacy

- Another way to get involved and learn more about advocacy is by checking out the many trainings and events posted on the inlandrc.org calendar. Many of these events are hosted by IRC's Community Engagement (CE) Team. CE events and trainings are free of charge to Clients, care providers, and parents. A few examples of training opportunities for Clients and parents include:
- Monthly virtual IRC New Parent/Client Orientation
- Weekly virtual Consumer Advisory Committee (CAC) meetings (Clients 16 and older only)
- Monthly in person CAC events (Clients 16 and older only)
- IRC Safety Resource Fair (Fall Festival- Coming in October 2023)
- Service Access and Equity (SAE) Parent/Client conference (Announcements soon)
- Consumer Sex Ed
- How to Talk to Your Child About Sex – a parent training
- Community Based-Organization (CB0) free events.

More on advocating for your child! Keeping records is key. Keep detailed records when making calls to request support/services, including the date/time and who you spoke to. It is always a great idea to write down the calls and messages left with your IRC Service Coordinator or the school. Keep copies of everything you get or send to IRC or school district. When you receive your child's IEP or IPP, review it and make sure it reflects what you requested, and most importantly, that you and your child agree with what has been written. If possible, you should send important letters to IRC or the school "Return Receipt Requested." If you hand-deliver materials to the school, make a note of the date and time, and the person who received it.

It is extremely important that you as an advocate never rely on phone calls or casual conversation. Keep a record of any phone conversations: date, time, name, and position of the person from IRC or the school district, and any decisions made.



Be Prepared! Before you schedule or attend any meeting about your child's care, ask yourself:

- What kind of meeting is being scheduled?
- Is this an IEP meeting?
- Is this a 504 Planning meeting?
- Is this a mediation session?
- Is this an IPP with your child's IRC Service Coordinator? <https://www.inlandrc.org/clientsfamilies/>
- Is this an appeals process hearing? <https://www.dds.ca.gov/general/appeals-complaints-comments/fair-hearings-complaint-process/>
- What documentation/information do I need for the meeting?
- What outcome would my child and I like to see from this meeting?

If you're not sure what kind of meeting you are scheduling or attending, call your CSC or school district to find out. You need to know ahead of time what will be discussed so you can prepare and gather information needed. Identify any legal requirements that relate to the meeting, such as what kind of notice you must receive, who must participate, and any timelines that apply. Then, use the meeting time effectively. Be polite, courteous and expect the same from all those in attendance.

Finally, follow up, keep track of deadlines, and communicate with the school or your IRC Service Coordinator. You should report on progress, as well as problems. It is a great feeling as a Service Coordinator or teacher, to hear positive progress and good stories from the parents and consumers, so share them and be proud of what you and your child have accomplished.

Links

IEP: <https://www.understood.org/en/articles/understanding-individualized-education-programs>

504: <https://www.greatschools.org/gk/articles/section-504-2/>

Mediation: <https://www.greatschools.org/gk/articles/section-504-2/>

ENDURING SPIRIT: NAVIGATING DISABILITY WITH LOVE, SUPPORT, AND RESILIENCE

BY MARTÍN MORALES

"Most of the things worth doing in the world had been declared impossible before they were done."

— Louis D. Brandeis

Kevin is a young man from Riverside County, California, who has faced many challenges in his life but has never let them stand in the way of his success. When Kevin was just one year old, he and his family moved to Riverside County from Orange County, where he was first diagnosed with a disability.

He began receiving ABA (Applied Behavior Analysis) services at the age of one and continued to receive them through the school district and IRC (Inland Regional Center) until he was 18. Despite early difficulties with behavior and staying on task, Kevin has grown into a calm, independent person who has accomplished much more than many people thought possible, said Tara, Kevin's mother.

Kevin enjoys spending time with his family in Temecula, California, and visits his grandparents in Menifee, California, over the holidays. He loves animals and owns two dogs, Piper and Zoe. Although he is devoted to his professional goals and cherishes his family time, his maturity did not develop overnight.

Tara recalls the early difficulties they faced with Kevin's behavior. "When he was young, he was challenging behaviorally," she said. "He was very violent towards myself and tutors. You know, screaming, kicking; he required one-on-one aid in school, which is very difficult to get. But he grew



Kevin Kenny

up to be a very calm, independent person through Regional Center and the school district, and he became mature." She wants other parents to see what Kevin has accomplished. "Just not to lose hope. We had people basically say, 'you don't expect him to graduate high school, do you?' And I am like, I certainly do."

Now, at 22, Kevin is a self-motivated individual with a tenacity and drive that impresses those around him. Tara recalls the moments when Kevin worked hard to obtain his driver's license. He was determined to get it and studied and took the tests independently. "I think what really helped was taking a test on paper," Tara said. "He passed with no problem. He did it all on his own. She notes that other parents were crying when they saw Kevin. They were afraid their children would never be able to drive, and Kevin was driving alone. "He drives everywhere now."

Tara mentions that despite these difficulties, Kevin has always been very intelligent and driven. In second grade, he knew all the presidents in order, the years they were in office, and their wives names, which is extremely impressive. Kevin's intelligence and drive have helped him to achieve many of his goals, including winning a geography contest at an early age and using his memorization skills to pass the real estate test. Kevin notes that he learned all the area's streets, floorplans, and school boundaries.

Susan Vaughn, Kevin's Consumer Services Coordinator (CSC), since he was 16 years old, has been a constant source of support and encouragement throughout his journey. She has been impressed by Kevin's tenacity and drive from the moment she met him. "If someone would tell him he couldn't do it, he was basically like, 'watch me.' And it's been such a pleasure to work with the family and work with Kevin. It's just been wonderful for me to watch the growth and what Kevin's done."

Susan believes that Kevin's story is an inspiration to anyone, with or without a disability, and his achievements can show people what is possible. "To come into the picture when Kevin was 16 years old, and go on this journey with him and see all the things that he has done, and the hope he's given people, and his drive, is inspiring to anybody," she said.

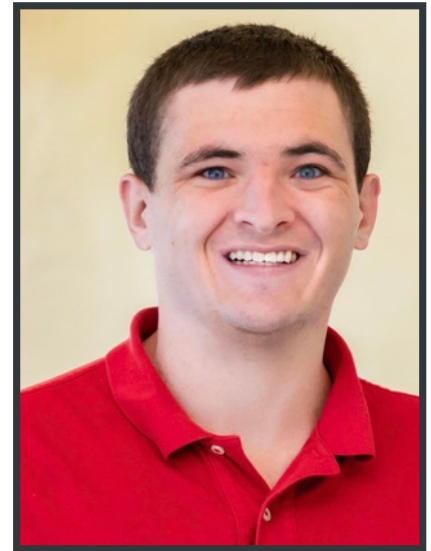
A significant accomplishment for Kevin has been his work in the real estate field. He was motivated to help families find the right home for them and decided to pursue a career in real estate. He studied and completed the real estate certification program, but it was challenging. He faced a setback when he failed the state test by just two points. But he didn't lose hope; he tried again, and this time he passed without a problem. Tara notes, "the test is one of the hardest in the country to pass, and it's amazing that Kevin was able to do it."

Kevin worked as an assistant at a local real estate agency for about one year. After the certification, he felt he wasn't receiving enough support or mentorship, so he decided it was time to change. He contacted Susan for assistance in finding a new placement. Susan credits Beth Crane, IRC's Employment Specialist, as the person that made it possible for Kevin to receive his new opportunity. "If it wasn't for her, I don't think that Kevin would have found that realtor. She picked up the phone and made one phone call and made it happen," Susan added.

Kevin was able to find a new realtor to work with, and he is now working at a local real estate agency in Murrieta, California, where he is receiving the help he needs to be successful. Tara notes the agency has a program to get new agents ready step by step. Kevin mentions that he expects to learn more and soon help a family find the home of their dreams.

Tara states that Susan has been an incredible support throughout Kevin's journey. "Without her, I don't know how we would have gotten either position." Kevin agrees, saying, "Susan is a fierce advocate."

At Inland Regional Center, we strive to work as a team. We are helping families identify what works best for their loved ones. Tara and Kevin found support in incredible staff members like Susan and Beth. As Tara mentioned, don't lose hope. We are dedicated to working with you, and who knows, as in Kevin's story, your loved one's journey may turn the impossible into new possibilities and hope.



Kevin mentions he "expects to learn more and soon help a family find the home of their dreams."



EMERGENCY PREPAREDNESS: QUICK CHECKLIST AND EMERGENCY APPS

By Community Engagement

Emergency preparedness is crucial for everyone, but it can be incredibly challenging for individuals with intellectual disabilities. They may have difficulty understanding and following emergency instructions and may need extra support and accommodations to stay safe during an emergency. A plan for emergencies, such as natural disasters or power outages, is vital. One way to ensure we are prepared is to create a quick emergency kit checklist.

This article will discuss making a quick checklist for emergency kits and apps to help individuals with intellectual disabilities stay safe during emergencies in California. When making a checklist, it is crucial to consider the individual's needs and abilities. For example, if the person is nonverbal, including a communication device or a picture book with emergency information may be helpful.

First, let's discuss the importance of having an emergency kit. An emergency kit should include basic supplies to help you survive an emergency for at least 72 hours. Some essential items to include in your emergency kit are:

- Water: At least one gallon of water per person per day
- Food: Non-perishable, easy-to-prepare food items
- Flashlight and extra batteries
- First aid kit
- Medications: At least a two-week supply of any prescription medications
- Cash: A small amount of cash in case of power outages
- Personal hygiene items: Toothbrush, toothpaste, and other essential toiletries
- A battery-operated radio. If you lose power or service, you may get updates on weather, evacuation routes, and other breaking news by tuning into local stations.
- Copy of essential documents such as identification and insurance information is also necessary.

Tailoring your emergency kit to your needs and the region you reside in is vital. Being ready for catastrophes of this nature is crucial because Southern California is vulnerable to wildfires, earthquakes, and power outages. For example, it is a good idea to have a plan for evacuation in case of a wildfire and to know the location of emergency shelters. If you have a disability, you may also want to include extra batteries for mobility devices, additional medication, or other items specific to your needs.



In addition to having an emergency kit on hand, it's also important to have apps on your phone that can provide information and assistance during an emergency. Some apps that can be helpful for individuals with intellectual disabilities include:

- The EverBridge app is a mass notification system that allows organizations to send out emergency alerts and notifications to many people, such as weather warnings and other critical information. The app can send out notifications via text, email, and voice message, making it easy for organizations to reach many people quickly and efficiently. Users can also access a map to see the location of the emergency or incident, which can be helpful for evacuation planning.
- Watch Duty (wildfire) app enables users to report and track wildfire incidents in real-time. It allows users to submit photographs and information about a wildfire, such as its location and size, and share it with other users and emergency responders. The app also provides users with real-time updates on the status of the wildfire, including its location and size, as well as information on evacuation orders and road closures. Additionally, it allows users to receive alerts about new wildfires in their area and to view a map of current wildfires.
- MyShake is an earthquake warning app for earthquakes with an estimated magnitude of 4.5 or higher. MyShake sends early notifications to phones in locations with light to strong shaking in California, Oregon, and Washington. Not all earthquake occurrences will trigger alerts; only those potentially harmful will.
- Red Cross First Aid App. This app provides step-by-step instructions for emergency first aid. It also includes a special section for individuals with intellectual disabilities.
- Emergency: Alerts by American Red Cross. This app provides emergency alerts, information on emergency shelters, and the ability to call for help.
- The Federal Emergency Management Agency (FEMA) also has an app that provides emergency alerts and information on shelter and disaster recovery centers.

Finally, not only people with intellectual disabilities must be prepared for emergencies; we all need to do our part. A quick checklist for an emergency kit, as well as emergency apps, can help ensure we are ready in case of an emergency. It is crucial to consider the individual's needs and abilities and the specific hazards in the region in which we live. By taking the necessary steps to prepare, everyone, including individuals with intellectual disabilities, can know they are ready for any emergency that may arise at any time.



WHAT IS DINNER TABLE SYNDROME AND WHY DOES IT MATTER?

By Estefania Pena

A ritual celebrated across the world—the dinner table has always been a symbol for many things: the place where we nourish ourselves, where we come together to celebrate important milestones or share experiences and traditions. Family and friends gather over prepared meals to talk about their lives and reconnect with one another. It is a cherished symbol of family life and bonding in many cultures, especially during the holidays. For deaf and hard-of-hearing people, however, the dinner table often represents loneliness and inaccessibility.

In the US, 90% of deaf children are born to hearing parents, and 88% of the parents do not learn a signed language to communicate with their child, a decision that impacts deaf

children for the rest of their lives. The Dinner Table Syndrome describes the phenomenon in which deaf people and hard of hearing are continuously left out of conversations. They watch their family or friends enjoy their conversations with each other while struggling to keep up, or worse, finding themselves unable to understand anything. If a conversation erupts into roaring laughter, the deaf person will lean to the closest person and ask what was so funny. Sometimes a sympathetic member would offer a summary using a few signs they know, a paraphrased story that does not have the same impact as the first time around. Often, they are told, “Oh, it was nothing,” or “I’ll tell you later.” Except that later was quickly forgotten.

Although exclusion is not intentional, deaf and hard-of-hearing people feel excluded and become stressed out, lonely, angry, and feeling unimportant. The painful accumulation of being



left out at the family table over a lifetime has caused many deaf and hard-of-hearing people to dread going home for the holidays. The coping mechanism for deaf people at events like this is to disengage. This can be done in a multitude of ways. Some silently stifle their frustration and wolf down a meal, only to ask to be excused early. Some may take their plate of food to their bedroom and eat alone. Some cope by reading books at the table; others draw pictures or scroll through their phone. Almost all zone out.

Dinner time with family should be a time when everyone can participate equally and openly. Deaf and hard-of-hearing children who are raised in homes with ASL have more ability to benefit from informal and incidental learning, something that many of us take for granted. ASL does not have to be exclusive and should be one of many languages used in the household. By participating in conversations utilizing multiple languages, including sign language, deaf children (and people of all ages) accumulate more knowledge and information, which leads to increased skills in areas such as problem-solving, higher vocabulary and literacy, and leadership.

By being a participant in the conversation, as opposed to a bystander, a deaf or hard-of-hearing individual feels more connected, becomes more aware of one's cultural identity, and is more confident. Moreover, children who sign tend to perform better academically, have stronger cognitive and spatial reasoning skills, report less depression as teens, and live more successful, independent lives. ASL can work beautifully with any language, especially the language already shared with the child: love.

Please keep these things in mind this holiday season as we gather around our dinner tables and try to include your deaf and hard-of-hearing family members and friends of all ages in the conversation, no matter how small the chatter may seem.

OVERCOME BARRIERS

LANGUAGE ACCESS AND CULTURAL COMPETENCY FOR ALL

BY MARTÍN MORALES

With more than 39 million residents, many of whom speak languages other than English, the state must ensure that all citizens, regardless of language or cultural background, have access to all government services and activities.

The 2020-21 Budget Act, which the California State Legislature passed, and California Governor Gavin Newsom signed into law, includes a significant allocation of funds for improving and promoting language access and cultural competency for lower-frequency languages. Specifically, the budget includes \$16.7 million in ongoing funding for regional centers in California to more effectively meet the linguistic requirements of people with developmental disabilities, their caregivers, and their family members while facilitating more reliable access to information and services for groups who are multilingual, monolingual, and from various cultural backgrounds.

Regional centers in California provide services to individuals with intellectual and developmental disabilities and their families. These services include but are not limited to case management, therapy, and support for daily living. However, for families and Clients who speak languages other than English, accessing these services can be a major challenge. This is especially true for those who speak lower-frequency languages, such as Mandarin, Arabic, Tagalog, Vietnamese, and ASL.

The 2020-21 Budget Act funding will improve language access and cultural competency at regional centers across the state. It's important to note that this funding is ongoing and will be used to improve and maintain language access and cultural competency services, which will help provide long-term support to the community and reduce disparities. It includes hiring bilingual staff and providing language-specific services and resources for families and Clients who speak lower-frequency languages.



This will help build trust and confidence in the services provided by regional centers among monolingual-speaking families and Clients with intellectual disabilities. These programs also include language classes, interpreter services, training for existing staff to better understand the cultural and linguistic needs of these families and Clients, and cultural awareness training for government employees and service providers.

This funding allocation is a positive step towards ensuring that all Californians have equal access to government services and programs. They will be given equitable access to the necessary resources and assistance to thrive. Moreover, it will also support the development of a more inclusive and equitable society, specifically in meeting the linguistic and cultural demands of California's diverse population, where people of all languages and cultures can participate fully in their communities.



ON THE ROAD:

SERVING OUR COMMUNITY THROUGH OUTREACH AND SPECIAL EVENTS

WHY IT MATTERS

Every month, Inland Regional Center plans or participates in unique events and community outreach initiatives to inform stakeholders about the work IRC performs, program and policy changes, how money is spent, or to build relationships with the local community. As the months go by, it's easy to lose track of our efforts, especially if you don't know what we do.

To get familiar with what we do monthly and highlight our efforts, we created the section On the Road. However, these past couple of months, from mid-November to mid-January, the events changed a bit because when the end of the year approaches, the opportunities for outreach events naturally slow down. However, this also offers an excellent opportunity to highlight some of our outreach efforts, with the exception of holidays, which took place throughout the year and note some of the upcoming events that will take place in 2023.

Do you want to learn more? Let's check it out!

WHAT WE ACCOMPLISHED

IRC CAC Hangout from Home. This virtual meeting for IRC CAC members 16 years of age and older took place every Thursday in 2022.

ASL Art Class with Fania, IRC Deaf and Hard of Hearing (D/HH) Cultural Specialist. In 2022, our Deaf and Hard-of-Hearing Specialist, Estefania Pena, started the Art class for IRC's Deaf and Hard of Hearing community. Classes took place every third Monday of the month, but in 2023, it will be moving to every third Tuesday of the month.

IRC Parent Orientation 2022. A virtual meeting directed to families found eligible for services, where they learn a brief history of the regional center system and an overview of how case managers provide services to individuals with developmental disabilities. These events took place on the last Monday of every month.

Inland Regional Center Board of Trustees Meeting. Everyone is welcome to attend IRC board meetings. The board meetings are held on the second Monday of every odd month and address critical issues relating to the agency and its services.

July 13: Outreach Back-to-School backpack event with 24 Hour Home Care, In-Roads Creative Programs, and the IRC CAC.

July 19: Caring Circuit Institute, an IRC vendor from the Victorville area, took part in four behind-the-scenes tours of the Victorville Police station, checked out the Police cars, met the Detectives the Gang Unit, and discussed interacting with the Police with the station Lieutenant and Sheriffs Service Specialist.

July 19: SBCUSD held a Special Education Conference from July 18th-July 22nd. Outreach event. Inland Regional Centers (IRC) Community Engagement team was honored to host an informational booth at the event on July 19 and distribute fact sheets about the Early Start, Lanterman Programs, and the IRC CAC.

July 26: IEHP- ADA 32 Resource Fair. Outreach event. Inland Regional Centers (IRC) Community Engagement team host an informational booth at IEHP building in Rancho Cucamonga, and as part of Americans with Disabilities Act (ADA) anniversary activities organized by IEHP.

Continued on next page





October 3: Disaster Preparedness Training at In-Roads Creative Programs, Inc., Colton, California. Our IRC Emergency Services Coordinator provided a presentation to Clients about how to build emergency kits and emergency preparation.

October 22: Inland Regional Center Job Fair 2022. As our Clients needs grow, our organization is also growing. This event was an effort to increase the number of staff and was a major success!

October 31: IRC Performance Contract Public Input Meeting 2023. This meeting was a significant opportunity for all stakeholders to attend and provide critical input. Although the participation was different from what we expected, we will continue working on engaging our community and educating them about the importance of having a voice.

November 1: Learn About Social Recreation. In this event hosted by a community partner, attendees learned about the social recreation activities that are available once again as of 2022.

Sex Education for Adults and Teens conducted by IRC Training and Development Unit, provided important information for families, caregivers, and Clients.

In-Person Disaster Prep class - Active Shooter- CCI Victorville. This was a combined effort with one of our vendors to educate our Clients about disaster preparedness and active shooter events. We are thankful for the opportunity and forever grateful to communicate the importance of always being alert and prepared.

November 14: National Core Indicator (NCI) Survey Public Input Meeting. This project helps agencies that serve people with developmental disabilities track performance. Public participation was low, however, we will continue our efforts in communicating the importance of the event for our Clients and their families.

Service Access and Equity (SAE)



Inland Regional Center (IRC) is mandated by The Lanterman Act, an important and beautiful piece of legislation that resulted from advocacy efforts driven by a group of parents seeking change. The Lanterman Act states that "people with developmental disabilities and their families have a right to get the services and



Other Achievements

Official launch of IRC newsletter "Access" in August 2022. The official launch of the IRC newsletter "Access" was in August 2022. The newsletter allows sharing information about events and resources and meaningful stories about our Client's lives that otherwise would be missed.

Emergency Services education: through social media for emergency prevention and response during local fire emergencies and due to potential power outages in the area. We conducted several disaster preparedness trainings throughout the year, both for Clients and staff, and we are now running focus groups to learn directly from our Clients how we can help them. And more to come in 2023!

Our Service Access and Equity (SAE) page is now live. Our efforts continue to provide new ways to make information and resources easier to find and accessible in English and Spanish. More coming soon in other languages as part of our Language Access and Equity!

In 2022, we redesigned our website and also launched our page, dedicated to our deaf and hard-of-hearing community. This was an effort made possible with the assistance of our web designer and our D/HH Cultural Specialist.

Our very own ACCESS PODCAST is coming soon. To provide information, resources, and educational content for our community, we created Access Podcast. Our first episode is almost ready, and you'll learn more about it through our social media channels soon.

Our first major in-person event, our Purchase of Service (POS) Public Input meeting, is happening on February 15, 2023. So, please mark your calendars and don't forget to attend to help us learn about your needs based on our data from Purchase of Service.

And, of course, we saved the best for last. Stay tuned for more news about important in-person events that will happen throughout the year!

Do you have a public event, conference, or resource you wish to reach a broader audience?

Send it our way and it may be featured in our digital calendar of events!



Check Out Our GENERAL GUIDELINES

1

Requests by outside agencies must be relevant to IRC

IRC's digital communications' primary function is to promote IRC's mission, message, and brand. Events or resources must be deemed relevant by IRC's Web Team and have approval from the Community Engagement Manager.

2

Send requests 30 days prior to the event

To ensure sufficient time for review, approval, and distribution, we only accept requests at least 30 days prior to the event's date.

3

Requests must be sent to community@inlandrc.org only

We only accept post requests through our Community Engagement Unit's email contact. Any requests sent through social media channels will not be accepted.

4

Make sure to include all details of the event/conference

Please make sure to include all relevant details of the event such as date, time, location, and contact information.

5

Send graphic/flyers in both English and Spanish

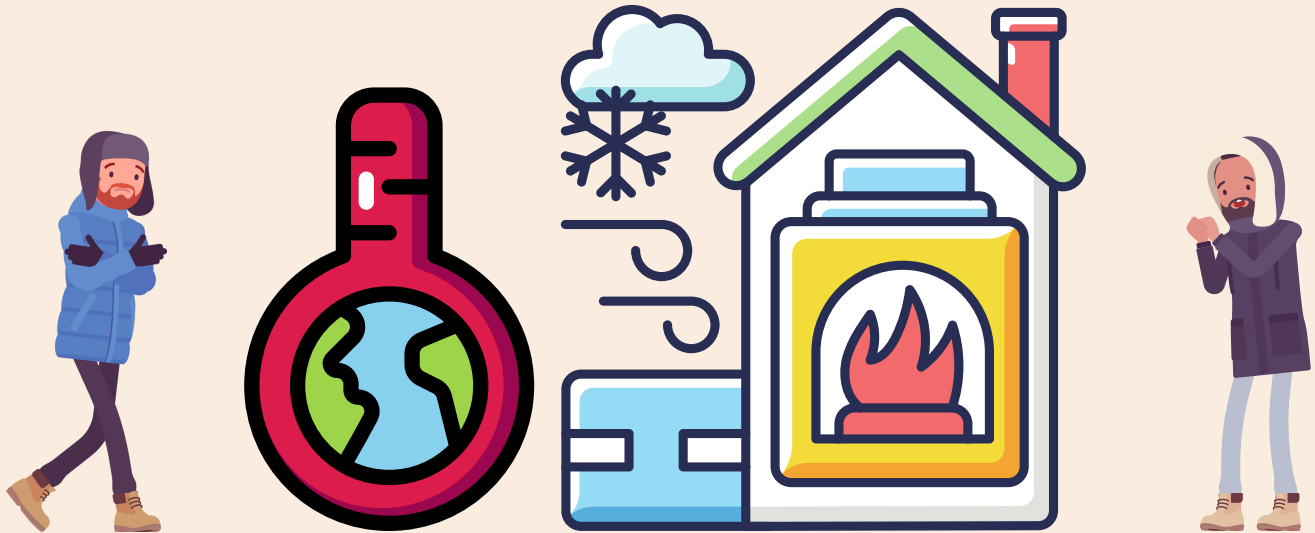
We ask for Spanish and English materials. All marketing material should be culturally sensitive and must promote inclusion of all ethnicities, race, and gender.

FOR MORE INFORMATION, CHECK OUR DIGITAL COMMUNICATION POLICY AT:

www.inlandrc.org/wp-content/uploads/2021/12/Digital-Communications-Policy-Update-2022.pdf



Warm Centers in Your Area

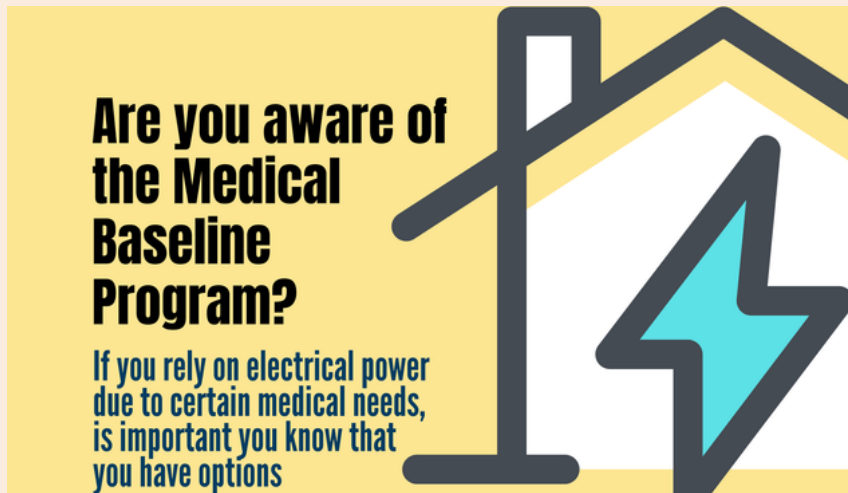


To find the closest warm center in your County, please follow the links below

Riverside County: www.capriverside.org/Cool-Centers

San Bernardino County: <https://bit.ly/3Ti4laQ>

Medical Baseline Allowance Program



Medical Baseline Allowance Program: <http://ow.ly/fwks50KCQc8>

ADDITIONAL RESOURCES

Flex Alerts: <http://ow.ly/4Gxf50KCR6q>

PSPS: <https://www.sce.com/wildfire/psps>



DID YOU KNOW

That at Inland Regional Center we have an Emergency Services Coordinator (ESC)?

The Southern California area experiences wildfires, high wind events, and power outages year-round. Our I/DD Community needed a better way to stay informed, safe, and prepared. DDS provided funding to address this issue.

HOW DOES AN ESC HELP?

1

PREPARATION

Preparing IRC staff, vendors, clients, and families for any disaster and/or emergency, both natural and man-made.

2

PROVIDING INFORMATION

Keeping our I/DD Community informed, safe, and prepared about potential risks and natural or man-made disasters.

3

COOPERATION WITH OTHER REGIONAL CENTERS

Providing mutual aid and assistance to other Regional Centers.

4

MULTI-AGENCY

Serving as a liaison between all twenty-one Regional Centers, local and state agencies, and other local responding agencies.

5

COLLABORATION

Collaborating with local utility companies to prepare for planned outage/shutoff that may impact IRC clients.



DO YOU HAVE ANY QUESTIONS ABOUT OUR EMERGENCY SERVICES EFFORTS?

EMAIL US AT COMMUNITY@INLANDRC.ORG.



DO YOU WANT TO STAY INFORMED ABOUT

UPCOMING EVENTS?

CHECK OUR DIGITAL CALENDAR!

www.inlandrc.org/calendar



ART CLASS



WITH FANIA!

In-Roads
Creative Programs, Inc.



Every Third Tuesday

6:00 PM - 7:30 PM
(Via ZOOM)

Link provided upon registration.

Contact Fania Pena
to register. Supplies are limited.

Email: asl@inlandrc.org

V/VP: (909) 332-3639

Art supplies will be provided and mailed. For IRC Clients Ages 16+

Are you new to Inland Regional Center



Join us for an Orientation!

**FOR FAMILIES FOUND ELIGIBLE FOR REGIONAL
CENTER SERVICES**

IRC welcomes one and all to come to the training to learn more (or refresh what you know) about IRC. During the training organized by IRC Training and Development, families will hear a brief history of the regional center system and an overview of how case managers provide services to individuals with developmental disabilities. There will be a time for questions at the end should a family have a personal or detailed question for the trainer.

New Parent Orientation will be provided via Zoom January 30, 2023. The trainings will be held from 5:00 pm-7:00pm. You will need to access the training using Zoom on a computer, a smart phone, or a tablet. Questions? Contact Sarah Hartsell at shartsell@inlandrc.org or Ruth Armstead at rarmstead@inlandrc.org.



WE WANT TO HEAR FROM YOU!

PURCHASE OF SERVICE - HOW IRC SPENDS MONEY ON PROGRAMS

Tell us about your experience with IRC services.
Help us better meet the needs of our clients and their families!
Share your input, suggestions, and ideas with us!

FEBRUARY 15, 2023 · 5:00 - 6:30 PM

English Session

**IRC Conference Center
1425 S. Waterman Avenue
San Bernardino, CA 92408**

Presented by the Inland Regional Center Community Engagement Team

Trauma-Responsive and Attachment-Informed Caregiving: A Training Series

OCTOBER

19

INTRODUCTION

10am-12pm via Zoom

» REGISTER NOW!

NOVEMBER

16

CENTERING FAMILY
AND CULTURE

10am-12pm via Zoom

» REGISTER NOW!

JANUARY

18

HEALING FOR THE
HEALERS

10am-12pm via Zoom

» REGISTER NOW!

FEBRUARY

15

LEADERSHIP
AND SYSTEMS

10am-12pm via Zoom

» REGISTER NOW!

Facilitated by licensed clinical psychologist, Dr. Kelsie Tatum Martinez, this training series is designed for care team members (e.g., direct care staff, resource parents, county social workers, peer specialists) who want to better understand and serve young people.



CEs available. See registration for more information. Questions?

Contact us at

youth@catalyst-center.org

IRC BOARD MEETING



**ORGANIZED BY IRC
BOARD OF TRUSTEES**

Everyone is welcome to attend IRC board meetings. They are held on the second Monday of every odd month. Public comments may be submitted prior to the event using this online form <https://inlandrc.seamlessdocs.com/f/BoardComment>

This meeting will be conducted virtually due to COVID-19 and recommendations to avoid large public gatherings. The live session can be found at:

inlandrc.org/live

MONDAY, MARCH 13, 2023

5:00-6:00 PM



TOPICS

KEY ISSUES RELATING TO THE AGENCY
AND ITS SERVICES.



BOARD MEETING

IRC'S CLIENT ADVISORY COMMITTEE WILL BE HAVING A BOARD MEETING TO DISCUSS COMMITTEE BUSINESS AND PLAN UPCOMING CAC EVENTS. WE'D LOVE TO HEAD FROM YOU!



MARCH 27, 2023
5:30 - 7:00 PM

Join us! No RSVP required.

Email community@inlandrc.org
to request ASL Interpretation.



IRC CONFERENCE CENTER
1425 SOUTH WATERMAN AVE
SAN BERNARDINO, CA 92408

**THE CLIENT ADVISORY COMMITTEE IS A SOCIAL AND ADVOCACY
GROUP FOR IRC CLIENTS AGES 16 AND OLDER.**



**DO YOU HAVE STORIES
TO SHARE WITH US?**

Contact us at community@inlandrc.org

INLAND REGIONAL CENTER, COMMUNITY ENGAGEMENT



Inland Regional Center

www.inlandrc.org



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Let's Get Connected for Our Latest News & Updates



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