

**Regional Center of Orange County
1525 North Tustin Avenue
Santa Ana, CA 92702**

Self-Determination Program Local Advisory Committee Meeting

Date: Thursday, February 18, 2021

3:00 p.m. – 5:00 pm.

Virtual Public Meeting

https://rcocdd.zoom.us/webinar/register/WN_KtyndRswRbqVYwbIBKxhfQ

“Self-determination provides consumers and their families with an individual budget which they can use to purchase the services and supports they need to implement their Individual Program Plan.”

Please note: in accordance with the Bagley Keene Act, Section 11125.7: Members of the public may directly address this Committee on each agenda item before or during the Committee’s discussion and consideration of each agenda item. We would be grateful if comments could be limited to three minutes.

AGENDA

- | | | |
|----|---|-----|
| 1. | Welcome and Introductions | All |
| 2. | Approval of February 1, 2021 Meeting Summary | All |
| 3. | Discussion: Request for Proposals (RFP) Submissions and Follow-up Questions with RFP Applicants | All |
| | a. Project 1: Aveanna and PRAGNYA | |
| | b. Project 2: I CAN | |
| 4. | Agenda Items and Date of the Next Meeting | All |
| 5. | Adjourn | |



Request for Proposals

From Self-Determination Local Advisory Committee for RCOC

Issued on December 16, 2020

Deadline for submission: Friday, January 29, 2021, no later than 4 pm.

Background

Self-Determination Program Local Advisory Committees (SDP LAC's) were established by law to provide oversight of the Self-Determination Program (SDP) and make recommendations for improvement to each local regional center and the Department of Developmental Services. Periodically, funds are granted by the Department of Developmental Services (DDS) to the SDP LAC's and Regional Centers to support the implementation of the SDP. The SDP LAC for Regional Center of Orange County (RCOC) has prioritized the needs in the local area for the use of the first provision of funds, and is seeking proposals from interested parties to carry out one or more of the projects which the committee wishes to fund.

Proposals are being accepted for the following projects:

- 1. Coaching of Self-Determination Program participants to support them in transitioning to SDP**
- 2. Building the capacity of self-advocates (persons with developmental disabilities) to be Independent Facilitators within SDP**

Application Instructions

Submit the following documentation/information by Friday, January 29, 2021, no later than 4 pm.:

- general application
- responses to the project-specific questions
- budget

All projects must be completed by March 31, 2022.

Project Description and Additional Application Instructions by Project

1. Project #1: Coaching of Self-Determination Program Selectees to Support Them in Transitioning to SDP

Provide coaching and facilitation to help SDP selectees take the steps needed to transition into the Self-Determination Program. Coaches should be knowledgeable about the steps needed to transition into the SDP and have experience helping SDP selectees go through the initial steps to begin using self-determination funds. Qualifying experience includes being an independent facilitator in the current program, with the California pilot or in self-determination in other states. Proposals which include experienced coaches mentoring newly trained bilingual or RCOC consumer/self-advocate independent facilitators are encouraged.

Total funding available:

SDP coaching up to \$78,929.60.

This shall include coaching of at least 75 SDP participants and of those, half (37 individuals) have a preferred language other than English.

SDP coaching shall include all aspects of SDP, including, but not limited to transitioning into the program, person centered planning (acquisition of), budget and spending plan coaching.

In addition to responding to the general application, please answer the supplemental questions below on a separate paper:

- Your experience in SDP, including the name of the associated regional center where you provide services
- The language(s) in which you can fluently coach
- How many selectees you propose to coach and in which language(s) (use of interpreters is acceptable)
- Your experience in drafting plain language materials and speaking in plain language (universal design of learning).
- The minimum and maximum number of selectees that you would be able to serve
- Your billing rate for SDP coaching

Note that the funding for coaching does not include the actual development of person-centered plans as there is separate funding for that through all regional centers, but you may need to assist the participant with finding one and/or explaining the process involved as it relates to SDP.

2. Project #2: Building the capacity of self-advocates (persons with developmental disabilities) to be Independent Facilitators within SDP

Provide coaching and facilitation to help persons with developmental disabilities develop skills needed to serve as Independent Facilitators in the Self-Determination Program. Coaches should be knowledgeable about the steps needed to transition into the SDP, have experience working with (training/teaching) persons developmental disabilities toward employment-related outcomes, ability to converse and develop materials and curriculum using the universal design of learning model (plain language), and understands the processes to engage the Department of Rehabilitation and the IPE process.

Total funding available:

Self-Advocate Capacity Building toward employment as an Independent Facilitator funding available up to \$29,643.20.

This shall include locating and working with a minimum of 18 persons with developmental disabilities interested in doing IF as a small business and agreeing to be added to a Statewide and local IF registry to provide this service for others; curriculum development in plain language; and capacity-building.

In addition to responding to the general application, please answer the supplemental questions below on a separate paper:

- Your experience teaching/training self-advocates (persons with developmental disabilities)
- Your experience in drafting plain language materials and speaking in plain language (universal design of learning).
- A list of what curriculum topics/outline the training would include
- Your billing rate for SDP capacity building
- The minimum and maximum number of self-advocates that you would be able to serve

General Application Questions

Feel free to add whatever space is needed to respond thoroughly to the questions below and explain why your skills and experience would be of great assistance to the SDP.

Name of Organization or Individual:

Name of Contact Person:

Email of Contact Person:

Phone number of Contact Person:

Website of Business or Organization:

Street Address of Business or Organization:

Is this an individual contractor, nonprofit organization, partnership or corporation?

What percentage of the ownership of this business or of the total number of members of the Board of Directors are:

- Persons with disabilities?
- Latinx/Latino or Hispanic?
- Asian or Asian-American?
- Black or African-American?
- White or Anglo?
- Another racial identity?

What is the experience of your business with self-determination?

What is your interest in the Self-Determination Program currently being rolled out in RCOC?

What is your experience working with individuals with developmental disabilities?

What is your experience working with individuals with developmental disabilities from underserved populations?

What is your experience with person-centered practices?

What is your experience using plain language practices?

List all the projects that you are applying for under this RFP.

Request for Proposals to Self-Determination Local Advisory Committee of RCOC

Project Specific Questions

Submit one copy of this page for each project being applied for.

Respond to each question on the page as it pertains only to that specific project.

Name of Organization or Individual:

Project # and name for this page of Project Specific Questions:

What experience and skills make you and your business uniquely qualified to carry out this particular project?

List any relevant qualifications for the individuals who would implement this project, including the role each would play. (If some are not yet identified, list by role.)

What prior experience do the individuals who would implement this project have with self-determination?

What is your anticipated timeline for completing this particular project? (All projects must be completed by 3/31/2022.)

What is your proposed budget total for this particular project? Please attach a separate budget for each project you are applying for.

Please submit all information requested via email to selfdetermination@rcocdd.com by Friday, January 29, 2021, no later than 4 pm.

The review of applications will occur in late February 2021.

Awardees will be notified in mid-March 2021.

Thank you for your interest in these projects and the Self-Determination Program!

Aveanna
Project #1

General Application Questions

Feel free to add whatever space is needed to respond thoroughly to the questions below and explain why your skills and experience would be of great assistance to the SDP.

Name of Organization or Individual: Aveanna Healthcare Services

Name of Contact Person: Alma [REDACTED]

Email of Contact Person: [REDACTED]@aveanna.com

Phone number of Contact Person: [REDACTED]

Website of Business or Organization: www.aveannasuportservices.com

Street Address of Business or Organization: [REDACTED]
Orange, CA 92868

Is this an individual contractor, nonprofit organization, partnership or corporation?

Corporation

What percentage of the ownership of this business or of the total number of members of the Board of Directors are:

Persons with disabilities?
Latinx/Latino or Hispanic?
Asian or Asian-American?
Black or African-American?
11%
White or Anglo? 89%
Another racial identity?

What is the experience of your business with self-determination?

Aveanna Support Services has been at the forefront of the Self Determination Program in California. Aveanna was the first Financial Management Service agency to be vendored with all 21 Regional Centers. From the beginning, we have supported families through their Self Determination journey, which often meant connecting them with Independent Facilitators, developing their spending plan and guiding them through the transition process.

In addition to helping our families, our team has assisted Regional Centers and organizations like the State Council on Developmental Disabilities, Integrated Community Collaborative, Conexiones Educativas, Autism Society Los Angeles, Disability Voices United and DDS with Self Determination orientations, presentations and sponsorships for both families and independent facilitators proving their trust and confidence in our organization.

What is your interest in the Self-Determination Program currently being rolled out in RCOC?

At Aveanna, we believe in the principles of Self Determination and have seen first hand how our families have created new lives with freedom, authority, responsibility, support and confirmation. We are invested in successfully transitioning all interested RCOC participants so they too can benefit from a self-determined life of their choosing.

What is your experience working with individuals with developmental disabilities?

We have over 15 years of working with Regional Center participants, employing participants, and helping participants take advantage of new and innovative programs. We were one of the first in the state to offer services in the Paid Internship Program, expand Personal Assistant services for family flexibility and spearhead FMS services in California over 10 years ago.

What is your experience working with individuals with developmental disabilities from underserved populations?

At Aveanna we recognize the need to focus on underserved populations. Over the years, in order to better serve these communities, we have conducted informational sessions, presentations, webinars, seminars and Regional Center trainings to explain programs such as In-Home Respite, Self Determination and Participant Directed Services. We have also extended our reach to those underserved populations by making the information available in their preferred language.

Additionally, over the years Aveanna has purchased and distributed over 15,000 back packs and school supplies to individuals with developmental disabilities from needy families. This is in addition to serving and distributing Thanksgiving dinners, donating toys and supplies during the holidays, and facilitating PPE distribution just to name some of our many community endeavors.

What is your experience with person-centered practices?

All of our Self Determination team are certified in Person Centered Thinking. Our goal is to offer exceptional service, one person and one family at a time. What is important to as well as for each person is the mental framework our team uses when approaching our services.

What is your experience using plain language practices?

Plain language is very important to ensure that every participant and family is exposed to “easy to read and understand” language. We host weekly webinars where we try to make information not only accessible, but understandable to the members of the developmentally disabled community. We routinely review and customize our presentations to make sure that the information we present is easy to understand and comprehend for the community we serve.

List all the projects that you are applying for under this RFP.

Project #1 – Coaching Services

Request for Proposals to Self-Determination Local Advisory Committee of RCOC

Project Specific Questions

Submit one copy of this page for each project being applied for.

Respond to each question on the page as it pertains only to that specific project.

Name of Organization or Individual: Aveanna Healthcare

Project # and name for this page of Project Specific Questions:

Project #1- Coaching Services

What experience and skills make you and your business uniquely qualified to carry out this particular project?

Aveanna has been at the forefront of Self Determination Program services since the law was passed. We have participated with self-advocates, family members and Regional Center staff on the Self Determination State Workgroup for seven years and counting. We aggregated information for the state and other stakeholders on the national self-directed trends by attending multiple conferences and trainings on FMS and self directed services. We have been providing award winning service to the county of San Diego Veterans Directed program for the last five years.

Our experience as a Financial Management Service has exposed us to every aspect of the Self Determination program, giving us the necessary experience to be able to navigate many of the current Self Determination barriers.

List any relevant qualifications for the individuals who would implement this project, including the role each would play. (If some are not yet identified, list by role.)

Transition Coordinators : Coach families

- 3+ Years of Customer Service Experience
- Independent Facilitator Certified
- Person Centered Thinking Certified
- Experience with Self Determination
- Experience navigating case management systems and accounts
- Regional Center knowledge
- E-billing system knowledge

Program Supervisors/Managers

- 3+ Years of Customer Service Experience
- Independent Facilitator Certified
- Person Centered Thinking Certified
- Experience with Self Determination
- Experience navigating case management systems and accounts
- Regional Center knowledge
- E-billing system knowledge
- 2+ years of SDP experience

What prior experience do the individuals who would implement this project have with self-determination?

Our experience as a Financial Management Service has exposed us to every aspect of the Self Determination program, giving us the necessary experience to be able to navigate many of the current Self Determination barriers. Our team has assisted participants with Self Determination program and have knowledge in the principles of Self Determination.

Aveanna has been at the forefront of Self Determination Program services since the law was passed. We have participated with self-advocates, family members and Regional Center staff on the Self Determination State Workgroup for seven years and counting. We aggregated information for the state and other stakeholders on the national self-directed trends by attending multiple conferences and trainings on FMS and self directed services. We have been providing award winning service to the county of San Diego Veterans Directed program for the last five years.

What is your anticipated timeline for completing this particular project? (All projects must be completed by 3/31/2022.)

For those families that choose to take advantage of coaching services we plan on completing their transition by March 2022.

What is your proposed budget total for this particular project? Please attach a separate budget for each project you are applying for.

Aveanna has the capacity to take up to 75 clients. Our proposed budget would be of \$1052.39 per client.

Please submit all information requested via email to selfdetermination@rcocdd.com by Friday, January 29, 2021, no later than 4 pm.

The review of applications will occur in late February 2021.

Awardees will be notified in mid-March 2021.

Thank you for your interest in these projects and the Self-Determination Program!

1. Your experience in SDP, including the name of the associated regional center where you provide services

We work with all 21 Regional Centers, including Regional Center of Orange County.

2. The language(s) in which you can fluently coach

English, Spanish, and Vietnamese

3. How many selectees you propose to coach and in which language(s) (use of interpreters is acceptable)

Up to 75 of the clients can be coached and transitioned by March 2022.

4. Your experience in drafting plain language materials and speaking in plain language (universal design of learning).

We host weekly webinars where we try to make information not only accessible, but understandable to the members of the developmentally disabled community. We routinely review and customize our presentations to make sure that the information we present is easy to understand and comprehend for the community we serve.

5. The minimum and maximum number of selectees that you would be able to serve

- Your billing rate for SDP coaching

Aveanna has the capacity of taking all 75 participants. Our billing rate for the coaching service is \$75/ hour. For each participant there is a budget of \$1052.39 which would allot 14 coaching hours per participant, however there are some participants that will require more time and some that will require less time.

Coaching Hours	Hourly Rate	Total Clients
	\$75	75
Hours Per Client	14.032	
Cost Per Client	\$1,052.39	
Total Budget	\$78,929.60	

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PRAGNYA

Project #1

GENERAL APPLICATION QUESTIONS

Name of Organization : PRAGNYA

Contact Person: Kavita [REDACTED]

Email : [REDACTED]@pragnya.org

Phone : [REDACTED]

Website : www.pragnya.org

Address : [REDACTED] . San Jose 95131

Organization Type : 501(c)(3) Non-Profit

Board of Directors :

Persons with disabilities? 20%

Latinx or Latino or Hispanic? 0%

Asian or Asian-American? 0%

Black or African-American? 0%

White or Anglo? 0%

Another racial identity? 100% SouthAsian

SCOPE OF PROPOSAL:

Provide coaching and facilitation to help SDP selectees take the steps needed to transition into the Self-Determination Program.

Our experience working with Self-determination:

PRAGNYA serves individuals with ID/DD and trains neurotypical individuals on the concepts of person centered thinking and the Ally support program to be able to better understand the neurodiverse community, and to proactively reach out and **integrate them into mainstream society**, while providing them the natural circle of support to empower them into leading a life of dignity and respect.

PRAGNYA Team members, Kishan S, Kavita [REDACTED] and Ivon [REDACTED] are all trained **Person Centered Planners, Independent Facilitators** and also serve currently on the Self Determination Advisory Committee at the San Andreas Regional Center.

PRAGNYA's team has been trained on the SDP 'Train the trainer' program by Liz Herrell and Judy Mark. PRAGNYA founders work closely with SCDD and the Disparity Task force(Central Coast) in providing technical support to selectee-families across california.

Both Kishan and Kavita are the founding members of the **Independent Facilitation Network** initiated by the SCDD, Central Coast. They organize and conduct SDP **Selectee Mixers** where selectees and families attend, share and learn more about the SDP. Kavita's daughter is a Self Determination Selectee and has started her services through the Self Determination program.

Between them, Kavita, Ivon and Kishan have worked on **36 plus Person Centered Plans** and are serving as Independent Facilitators for **14 families working with the San Andreas Regional Center**.

PRAGNYA has been contracted by the **Regional Center of the East Bay (RCEB)** and the **Westside Regional Center (WRC)** to be **SDP Coaches**, guiding their SDP Selectee families/Individuals through the **Self Determination Process**. PRAGNYA is currently in the process of supporting six (6) families in transitioning into the Self determination program.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese**.

Interest in the Self-Determination Program currently being rolled out in OCRC?

The founding philosophy of PRAGNYA is to be able to create a world where everyone can belong, without seclusion or exclusion regardless of their difference, developmental or otherwise. The five pillars of Self Determination program (Freedom, Authority, Support, Responsibility and Confirmation) resonate with the PRAGNYA vision :

To create an “Awakening” of the “Pure Soul” that is basic to us as “Human Beings” building a non-judgemental world that is accepting of all, welcoming of diversity, ensuring everyone has the freedom and authority with the adequate support to lead a life of dignity.

Person centered thinking drives the PRAGNYA Ally Support program and it is hence, that the founders of PRAGNYA are so intrinsically involved with the Self Determination Program.

MORE ABOUT OUR TEAM:

Ms. Kavita is one of the co-founders of PRAGNYA, and is a parent advocate with a 15 year old daughter diagnosed with Autism. She serves on the Self Determination Advisory committee from the San Andreas Regional center catchment area. She also champions the initiative of “outreach efforts to selectees” of their SDAC by **organizing the selectee mixers**; She is an **advocate of self determination** in the community and provides support to families that are struggling with the navigation of the self determination process.

Kavita has given talks and webinars providing insight on the **journey of self determination** as a parent of a Special needs child. She is also active in the **independent Facilitator group** and has helped shape the **IF training** in this catchment area.

Kavita is also part of the **Disparity Task Force** put together by the SCDD Central Coast, and also serves on the **Regional Advisory Committee**. Kavita is also actively involved as a SPED Parent Advocate and is on the **CAC of the South East SELPA** this year. She currently serves as the Sped Parent Advisory Committee Lead for the Milpitas Unified School District. She also serves on the **Milpitas City Community Advisory Commission** aside from supporting several families of

individuals with ID/DD in navigating the services and supports space made available through the DDS.

Mr. Kishan, a business psychologist, who is also one of the co-founders of PRAGNYA is the architect of the “Ally Support Program” at PRAGNYA where neurotypical individuals are trained on this unique program that combines leadership, behavioral, interpersonal communication and wisdom skills that help them to develop their personal communication hygiene and also make meaningful connections with their neurodiverse peers.

Kishan is a **certified Person Centered Planner** and an **Independent facilitator**. He has also been trained in the **Self determination Principles** and has provided training for Independent facilitators through the **Independent Facilitator Groups** supervised by the State Council on Developmental Disabilities in the central coast region.

Kishan has been a **trainer / speaker on Person Centered Planning** at Webinars organized by SCDD, the IF Networks and other community based organizations. He is also an active community advocate for Special Ed Students and for inclusion initiatives in the city of Milpitas. Aside from all of this, Kishan is himself a dedicated Ally to several of his neurodiverse peers (young adults) and is an active participant in the PRAGNYA MyPACK program that meets every weekend. He serves as a co-chair on the Self Determination Advisory Committee at the San Andreas Regional Center.

Ivon [REDACTED] supports families that are **spanish speakers** and over the last 15 years, Ivon has worked with ID/DD individuals through coaching and mentoring, taking a brain-mind approach, considering all life; mental, social/emotional, body, and heart. Ivon is also a proud parent of a son on the Autism Spectrum and her goal is to provide an opportunity for each person, specifically those with disabilities, to become responsible, independent and effectively interdependent to achieve meaningful purposes. She has also provided training and guidance to students in a mentor-style relationship to attain their personal goals. Most recently, Ivon has been working with families in the Self-Determination Program by assisting families with the Person-Centered Plan, Spending Plan, and Independent Facilitator Services.

Experience working with individuals with developmental disabilities?

PRAGNYA has been working with individuals on the spectrum of autism and also with ID/DD since its inception in 2017. The vision was to prepare Resources and Allies in the Neurotypical community to support our Neurodiverse Community by creating experiences/opportunities to “Acculturate” to each other. We have been serving individuals with ID/DD right from 2.5 years of age to 48 years of age for the past three years.

Experience working with individuals with ID/DD from underserved populations?

PRAGNYA is open to all community members, we started with serving South Asian families and individuals with special needs three years ago and now are serving members from other Asian communities, such as Chinese, Vietnamese and Filipino communities on a weekly basis as part of

the daily and weekly programs we run for individuals with ID/DD. PRAGNYA also has started serving the Spanish speaking ID/DD population with person-centered planning, independent facilitation and SDP coaching services over the course of the past year. The individuals we support range in their developmental differences from those with Autism to Cerebral Palsy to Global Developmental Delays, Downs Syndrome, Prader-Willie, Fragile X, Epilepsy etc. with other comorbidities of muscular dystrophy, GAD, MDD etc. Our unique Ally Support Program enables us into developing and training individuals to be Allies of those with ID/DD and being there as circles of support and empowering those with ID/DD.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese**.

Experience with Person-Centered Practices?

PRAGNYA promotes the practice of wisdom skills to create an “Awakening” of the “Pure Soul” that is basic to us as “Human Beings” thereby building a non-judgemental world that is accepting of all, welcoming of diversity, ensuring everyone has the freedom and authority with the adequate support to lead a life of dignity. Pragnya’s Ally Support Program, is akin to the person centered thinking model where one is trained in the practice of the wisdom skill “Empathy” to be able to think in the shoes of the other to better understand their situation. The Ally Support Program is unique to PRAGNYA and all the Allies from 7 years of age to 68 years of age are trained in this program in order to aid them in connecting with their neurodiverse peers.

Person-centered practices are at the very core of the Ally Support Program which are further solidified by the practice of Wisdom Skills such as Empathy, Mindfulness, Emotional Intelligence, Ego Transcendence etc. Furthermore, the co-founders of PRAGNYA are trained in Person Centered Planning and have successfully developed several person-centered plans for self determination selectees in the Bay Area.

PRAGNYA operates at the core with the Self determination philosophy:

- **FREEDOM**
To decide how one wants to live their life.
- **AUTHORITY**
Over a targeted amount of dollars.
- **SUPPORT**
To organize resources in ways that are life enhancing and meaningful to the individual.
- **RESPONSIBILITY**
For the wise use of public dollars and recognition of the contribution individuals with disabilities can make in their communities.
- **CONFIRMATION**
Of the important role that self-advocates must play in a newly redesigned system.

Our experience using plain language practices?

PRAGNYA provides training to Adults and kids to become allies and hence all our communication and course materials is designed to be in plain and easy to understand format. Using the of plain language guidelines to make it ease for our end users to be able to :

- Find what they need
- Understand what they find
- Use what they find to meet their needs

List of projects that we are applying for under this RFP.

- 1. Coaching of Self-Determination Program participants to support them in transitioning to SDP**
- 2. Building the capacity of self-advocates (persons with developmental disabilities) to be Independent Facilitators within SDP**

Please find attached the Two separate files with detailed descriptions of projects.

Name of Organization: PRAGNYA

Project 1 : Coaching of Self-Determination Program participants to support them in transitioning to SDP

SCOPE :

Provide coaching and facilitation to help SDP selectees take the steps needed to transition into the Self-Determination Program.

What experience and skills make us uniquely qualified for this project?

PRAGNYA Team members, **Kishan S, Kavita [REDACTED] and Ivon [REDACTED]** are all trained **Person Centered Planners, Independent Facilitators** and also serve currently on the Self Determination Advisory Committee at the San Andreas Regional Center.

Both Kishan and Kavita are the founding members of the **Independent Facilitation Network** initiated by the SCDD, Central Coast. They organize and conduct SDP **Selectee Mixers** where selectees and families attend, share and learn more about the SDP. Kavita's daughter is a Self Determination Selectee and has started her services through the Self Determination program.

Between them, Kavita, Ivon and Kishan have worked on **36 plus Person Centered Plans** and are serving as Independent Facilitators for **14 families working with the San Andreas Regional Center**.

Our prior experience in implementation of this project

PRAGNYA has been contracted by the **Regional Center of the East Bay (RCEB)** and the **Westside Regional Center (WRC)** to be **SDP Coaches**, guiding their SDP Selectee families/Individuals through the **Self Determination Process**. PRAGNYA is currently in the process of supporting six (6) families in transitioning into the Self determination program.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese**.

TIME LINE & WORK PLAN PROPOSAL

Duration of the Contract : Completion dates per RFP, 3/31/2022

Based on our experience with families in the SDP journey, we have learned that the process is personal and unique to each and every individual but, in terms of pain points in the life cycle of the their SDP journey where families need the most hand holding and guidance is during the first initial start and second is when they are half way through and are at the spending plan/budget negotiations level with the regional centers.

SELF DETERMINATION LIFECYCLE - Jan 2021 <i>(Based on data accumulated from families in SDP from various Regional centers)</i>	
	Start by attending the Orientation organized by Regional Centers (RC)
Phase 1	Identify a Person Centered Planner and get the plan done
	BUDGET PLANNING PROCESS with RC
	Call for a NEW IPP under SDP
	Update IPP with the Goals and Outcomes listed in the PCP
Phase 2	Prepare Spending Plan listing the Service Needs as listed in PCP /IPP
	Identify the FMS and pick the best option that fits the budget
	Identify Service Providers and connect them with the FMS
	Identify an Independent Facilitator
	Review Spending Plan and get it certified by the RC
	Start Services in the Self Determination Process

When a client / family reaches out to us for Coaching, we will :

- Initiate an “Intake Call” to identify at which phase they are in the SDP journey, here we identify the supports the family will need, example language preference and any additional supports/accommodation needed (in the case of *self-advocates with limited family supports or with complex needs.*)
- PRAGNYA will coach the individual/family through the whole process Irrespective of what phase they are in as part of the SDP lifecycle; we will allocate the time and our best efforts to move them along the process.
- Once a client has started their coaching process with PRAGNYA, the RC will be notified and will also request for access to review the clients IPP information.
- PRAGNYA will also provide a monthly update at the the Local Advisory Committee meetings in their preferred format of presentation(monthly / Biweekly)

PROPOSED BUDGET

Based on the Scope please find below the project budget for your perusal.

	Description	Total \$\$
1	1:1 COACHING ON SDP	
	Format : Webinar / Online meetings	
	Individual 1:1 coaching for a Maximum of up to 75 Selectees (Max. 8hrs/selectee) on the SDP technical support	\$60,000.00
	Inperson meeting: Travel expenses actuals	

**Please Note that the funding specified for coaching does not include the actual development of person-centered plans or does not replace the role of an Independent Facilitator.*

EXPLANATION OF BUDGET ITEMS

The Total number of hours per selectee of 1:1 coaching:

One of the goals of PRAGNYA has been to provide adequate support to the families and individuals to empower them with the right tools to navigate the Self Determination process. Considering our experience in working with families in the SARC catchment area, we estimate that the process of Self determination, from Orientation to Spending plan, may range from 1-3 months(depending on the RC's Budget Certification and Spending plan approval process).

Keeping the above information in mind, we estimated around **8 hours** of 1:1 consultation per selectee family/individual. Also, we would like to be available to support the Family/individual throughout the process, and hence are flexible with the time allocated to the family/Individual which may vary on a case-to-basis. In the event that there needs to be an in-person visit, to facilitate the coaching of self advocates with limited family support or with complex needs, the travel & board expenses will be billed as per actual expenses incurred.

The Estimated cost per coaching hour:

Given that families might be at different stages in the SDP process, the time they might need with coaching might also vary, based on the need. Though we estimate 8 hours of 1:1 coaching where we tackle their specific situation and guide them throughout their Self Determination process, some situations may take less time. Hence we suggest an Hourly rate where we maximise the time allocated to the families and individuals.

For this, we estimate a rate of \$100 per hour

8 hours per selectee/family or individual x \$100/hr = \$800 per client

The minimum number and maximum number of clients:

We have the capacity to address the coaching needs of 75 selectees as a maximum number of clients but require to be able to serve a minimum of 25 clients at the very least per our budget and pricing.

PROJECT OUTCOME AND MEASURES:

The PRAGNYA team will coach and support individual SDP selectees from Regional Center of Orange County into transitioning to Self Determination by providing them a combination of group and 1:1 coaching support on general areas as well as how to build their **budget** and **spending plan**.

PRAGNYA representatives will be present at the monthly local Advisory Committee meetings to provide updates on the coaching project and reports will be shared with the members at the meeting / as per the instructions by the committee.

Transitions

Project #1

General Application Questions

Name of Organization or Individual: Transitions

Name of Contact Person: Melanie [REDACTED]

Email of Contact Person: [REDACTED]@gmail.com

Phone Number of Contact Person: [REDACTED]

Website of Business or Organization: www.transitionscalifornia.com

Street Address of Business or Organization: [REDACTED], Long Beach, CA 90814

Is this an individual contractor, nonprofit organization, partnership or corporation?

Non-profit

What percentage of the ownership of this business or of the total number of members of the Board of Directors are:

Persons with disabilities? 100%

LatinX/Latino or Hispanic? 25%

Asian or Asian-American? 0%

Black or African-American? 0%

White or Anglo? 65%

Another racial identity? Indigenous 10%

LGBTQ? 100%

What is the experience of your business with self-determination?

We have had multiple IF trainings, and Independent Facilitation experience helping family members and paid clients transition into SDP. Having family members in SDP, helping them to support and advocate for themselves, and developing plans for them to sustain their autonomy.

What is your interest in the Self-Determination Program currently being rolled out in RCOC?

Having children in the SDP has made us deeply invested in its success. And while young adults transition into college and career from one Regional Center to another, the overall success of SDP throughout the state of California is extremely important to their autonomy as regional center clients and our autonomy as working professionals who have disabilities, and who are advocating and working in the disability community.

What is your experience working with individuals with developmental disabilities? We have successfully worked to help individuals get services under the Regional Center system, both in Traditional Services and in Self-Determination. We use circles of support in our own lives to accomplish our

responsibilities and goals as well as have accountability. Some of the circles we have developed and maintain are social skills groups, homeschooling support and advocacy circles, recreational and adapted physical education teams or clubs, holistic body education, autistic women's networking and small group meetings, online chats and texts for generalized anxiety, and open resource meetings. We have created Learning Centers with a focus on anti-ableist learning and connecting differently abled learners to each other in order to build learning communities. As adults with disabilities as well as parents of children with disabilities, we seek to amplify all voices.

What is your experience working with individuals with developmental disabilities from underserved populations? As members of underserved populations, we have taught, done outreach and lived in so called "at-risk" communities. Those of us who are "at-risk" recognize the importance of elevating the voices of the most vulnerable and making space for those voices to lead. As foster/resource parents with special needs children, we know trauma informed practices refer to a never-ending Praxis wheel, a process of check-ins and feedback, as opposed to a goal. And we know how we want to be treated and how we want our children to be treated because we have lived with invisibility, and we are fighting against it.

What is your experience with person centered practices? We have facilitated several different components of person centered plans. We have interviewed Self-Determination participants and their families to develop a list of goals for them, and have translated the information to multiple reports for person centered planning. As a team, we have participated in multiple training sessions in both Spanish and English, focused on person centered thinking. We use The PATH and MAPS Handbook as a guideline, and we value person centered thinking in all our relationships.

What is your experience using plain language practices? We are committed to using plain language as part of our commitment to anti-oppression in our professional work. We prioritize understanding in our communication by using vocabulary that our audience feels comfortable using as well as building relationships with community partners. We use our clients goals as the framework of communication and check in to make sure they are feeling both visible and properly represented.

Project 1 separate sheet

List all the projects you are applying for under this RFP. Request for Proposals to Self-Determination Local Advisory Committee of RCOC Project Specific Questions

What experience and skills make you and your business uniquely qualified to carry out this particular project? Because we are members of underserved populations as well as having autism, and because we have helped family and friends navigate the transitions required to get services for themselves, as well as for ourselves, we have lived experience which informs our work. We understand the support needed to transition into the increased freedom, authority, support, responsibility, and confirmation of Self-Determination.

List any relevant qualifications for the individuals who would implement this project, including the role each would play. (If some are not yet identified, list by role.)

Transitions is a California NPO that is run by two LGBTQ and differently abled activists.

Ines [REDACTED] is a facilitator, teacher and grant writer who has been working with special needs non-profits for over 30 years. She has degrees in Child Development, Human Development and Organizational Leadership and Change, and is completing her Phd in Media Psychology. She is a foster/resource parent and has a Trauma Specialist One Certification. She is set to complete Trauma Specialist Two certification in March 2021.

Melanie [REDACTED] is an independent facilitator and community based teacher, who has been teaching for over 25 years. She is a holistic and whole child advocate with children on the Spectrum. She has trained children/adults in community and youth organizations in self defense, advocacy, body awareness and mindfulness. Collectively they have helped hundreds of clients over the 55 years of community service they bring to the table.

What prior experience do the individuals who would implement this project have with self-determination? We are qualified Independent Facilitators in the Self-Determination Program. We have helped friends and family members transfer from Traditional Services to Self-Determination.

What is your anticipated timeline for completing this particular project? (All projects must be completed by 3/31/22.) We intend to run *five* 14 week, successive pods which will help clients through the process of transitioning to SDP. Clients can join pods at any time but the project per client entails a 14 week window. Clients are welcome to stay longer but the curriculum is a 14 week model.

What is your proposed budget total for this particular project? Self Determination is a process and integrating community support is a quantifiable skill we are trying to develop in clients. Pedagogically speaking that happens in community. The pod model we are proposing allows clients to join at any given time and stay for as long as they need. In addition to weekly pods, we are offering hour long 1:1 support for clients and their families. Each 15 person pod requires two facilitators. The cost *per client* is \$80.50 a week, or \$1,127 per 14 week pod. Five pods per year over 14 weeks with a full 15 client maximum capacity is \$78,929. We will be providing 38 clients with Spanish language support.

I CAN
Project #2

I CAN Self Determination Independent Facilitator Project #2
Proposal Submission Cover Sheet

To Whom It May Concern:

We are thrilled by the opportunity to provide a proposal to support this exciting project! Enclosed please find the following documents:

1. General Application
2. Responses to Project-Specific Questions
3. Supplementary Questions
4. Budget Summary Sheet
5. CAN Program Flyer
6. Letter of

Please let us know if you require any additional detail or have further questions.

Thank you,

Sandra [REDACTED], Director

CAN (Collaborate/Advocate/Navigate)

collaborateadvocatenavigate@yahoo.com

[REDACTED]

selfdetermination@rcocdd.com

I CAN Capacity Building Self Advocate Independent Facilitator Project #2

General Application Questions

Name of Organization:

The CAN (Collaborate/Advocate/Navigate) I CAN program is the lead for this proposed Self Advocate Independent Facilitator project, and will be partnering with Integrated Resources Institute

Name of Contact Person:

Sandra [REDACTED], Director, CAN (Collaborate/Advocate/Navigate)

Email of Contact Person:

collaborateadvocatenavigate@yahoo.com

Phone number of Contact Person:

[REDACTED]

Website of Business or Organization:

CAN = <http://collaborateadvocatenavigate.org>

Integrated Resources Institute = [https:// www.irioc.org](https://www.irioc.org)

Street Address of Business or Organization:

[REDACTED] 001, Irvine, CA 92623

[REDACTED], Irvine, CA 92618

This is a partnership between two nonprofit organizations – see Board distribution below:

CAN Board -

Persons with disabilities – 2

Asian - 0

Latino - 0

White – 5

Other racial identity – 1

IRI Board -

Persons with disabilities – 1

Latino – 1

Asian/Asian American – 1

Black/African American – 1

White – 3

What is the experience of your business with self-determination?

Integrated Resources Institute (IRI) has been providing employment and supported living services to adults with developing disabilities since 1984, with a client focus enveloping Person-Centered practices.

While few IRI clients have had the opportunity to join the Self-Determination Regional Center program to date, IRI is preparing their self advocates and staff so that a smooth transition can occur for those

who opt into the program once it is opened for all RC consumers. Currently IRI is supporting three individuals who have entered into Self Determination through RCOC.

Sandi [REDACTED] has successfully navigated her 27-year-old daughter through the Self Determination process with RCOC. She participated in the RCOC required Self-Determination training for consumers rolling into a Self Determination program and completed the RCOC Self-Determination Independent Facilitator training. Within her professional practice, she has historically embedded Person- Centered practices and strategies to support parents develop their child's individualized programs.

[REDACTED], I CAN Co-Coordinator, has completed the RCOC Self-Determination Program Independent Facilitator training and has completed the additional Self-Determination required training and was actively involved in the process as an RCOC consumer herself.

Lauren [REDACTED], I CAN Co-Coordinator, has completed the RCOC Self-Determination Program Independent Facilitator Training in April 2020.

Both Richard [REDACTED], Vocational Specialist, and Jan [REDACTED], Cal State Professor of Special Education, have long histories advocating for individuals with disabilities. Both in their personal and professional careers, they have been instrumental in the development of adult integrated programs that focus on the individual. Their work over many decades has always had a focus on supporting employment related outcomes that are focused on the individual, following Person Centered/Directed practices.

What is your interest in the Self-Determination Program currently being rolled out in RCOC?

Our I CAN program, whose mission is to provide support and resource coordination for self advocates who have faced any barriers to access in their lives, is an ideal fit for facilitating the proposed Self Advocate Independent Facilitator project.

Having self advocates involved in the Person Directed/Centered process supporting Regional Center consumers is an idea whose time has come. Self driven advocates have insight and experiences that will enhance the experience RC consumers go through when identifying the path that will help lead them to fulfilling their dreams and developing their individual opportunities, goals and path to success.

Having the opportunity to provide guidance and support to Regional Center consumers and their families on an ongoing basis as Independent Facilitators is a large step toward our system of delivery supporting the philosophy of capability and inclusion in real time. It has been shown in studies (see success noted in Let's Work California Transition Alliance) that individuals with disabilities who are employed show a strong commitment and dedication to their field. Developing the capacity of Self Advocates to be able to support other Regional Center consumers allows those who have walked their own path successfully, to be leaders in helping others do the same.

The strength of our project proposal is the ability to build the capacity of self-advocates to be Independent Facilitators within the Self-Determination Program by utilizing a wrap-around approach. We have recruited a team of experts who will be actively involved in the I CAN Self Advocate Independent Facilitator project development and facilitation.

What is your experience working with individuals with developmental disabilities?

Sandi [REDACTED] began her career in the mid 1980s working with adults with disabilities. She continued her career advocating for inclusion and equality in a number professional capacities, before giving birth to her daughter with Down syndrome in 1993. Sandi's focus moved to special education advocacy soon after but continued to develop and participate in programs for individuals with disabilities of all ages.

Lauren [REDACTED] is a sibling of an adult with Down syndrome who has been instrumental in developing and supporting programs of inclusion and opportunity for him. She has worked in Special Education as an inclusion specialist and received her credential in Special Education. Lauren has developed a number of recreation programs as well as a vocational business that includes teens and adults with disabilities.

Joseph [REDACTED], as Director of IRI, has been working with individuals in a variety of capacities since 1975. He has been staff with Integrated Resources Institute for over 10 year and is currently the Executive Director.

What is your experience working with individuals with developmental disabilities from underserved populations?

The CAN program has historically provided supports to parents who English is a second language, and provides Spanish interpretation and translation of materials for all workshops. We offer all our workshops for free and make a point of targeting underserved areas.

Integrated Resources Institute supports a wide range of people with diverse ethnicities in Orange and Los Angeles Counties. Integrated Resources Institute employees are fluent in Spanish, Korean, Tagalog, Vietnamese, Mandarin, Cantonese, Italian, French and Farsi.

What is your experience with person-centered practices?

The mission of CAN programs include inclusivity and a focus on the individual. The CAN Director has infused Person-Centered Practices in all trainings and mentorship opportunities offered as a special education advocate, trainer and parent mentor.

Person-Centered Practices have been at the center of Integrated Recourses Institute since it began. Integrated Resources Institute has always been 100% community based, with individuals receiving services and supports in fully integrated and inclusive settings.

Richard [REDACTED] uses the term Person-Directed Practices more often than Person-Centered Practices – which emphasizes that the individual is the at the center, empowered to provide direction to their teams. It is this philosophy that will be embedded in all of our I CAN Independent Facilitator trainings.

What is your experience using plain language practices?

Integrated Resources Institute provides individualized and group training for the self advocates in their program. Trainings have all been differentiated to include universal design of learning strategies; implementing the use of language and communication based upon individual need. Universal design

practices and implementation customize teaching and communication modalities based upon individual need. The use of photographs, multiple media modalities, common and brevity in language are embedded in all trainings. The use of Augmentative and Alternative Communication is supported for those that cannot verbally communicate.

Jan [REDACTED] and Richard [REDACTED] both have a long history in education. As a Vocational Specialist for many decades, Richard developed curriculum and provided direct teaching to multitudes of students with developmental disabilities. Jan Weiner, as a Professor of Special Education, enveloped universal design of learning in all of her curriculum to enable her students to become proficient in providing a quality education to all students, including those with developmental disabilities. Both of these versed professionals will be developing the curriculum that will be used to train all of our Self-Advocate Independent Facilitator participants.

Additionally, Sandi [REDACTED], [REDACTED] and Lauren [REDACTED] have extensive experience in using plain language practices in their capacity of either family members or a consumer. Living with individuals with disabilities requires the ability to communicate effectively and approach all life skills with a focus on Universal Design of Learning principles.

List all the projects that you are applying for under this RFP?

Our proposal is only for application of the Project #2 - Capacity Building Self Advocate Independent Facilitator

I CAN Capacity Building Self Advocate Independent Facilitator Project #2

Specific Questions

Name of Organization or Individual:

This project proposal is a partnership between the CAN (Collaborate/Advocate/Navigate) I CAN program and Integrated Resources Institute.

CAN is a wrap-around non-profit facilitating three programs: 1) Parents CAN offering parents who have children with disabilities advocacy support, training and mentor opportunities, 2) We CAN offers training and resources to educators, therapists and community partners serving students with disabilities, and 3) I CAN provides resource identification and coordination for self advocates facing barriers to access in their community.

The CAN Director is lead on all aspects of program development and facilitation. CAN Director and I CAN Co- Coordinators will be instrumental in completing the activities required to solicit project participation, prepare training materials and curriculum, participate in all trainings, oversee and participate in the Person Center Planning team facilitated meetings, support resource development, and secure continued and active involvement of partner agencies, including Department of Rehabilitation, Adult Transition Taskforce, school District transition programs, and adult vocational and community integration programs.

Integrated Resources Institute's Executive Director will assist with program administration and fiscal management, recruitment and training of project participants, as well as collaborate with the I CAN Project Coordinators and Director on program planning and implementation.

Integrated Resources Institute's (IRI) mission is to facilitate successful employment outcomes and support independent and supported living in fully integrated and inclusive settings in the community based upon individual preference and choice. IRI has been providing integrated employment support since 1987 which are 100% community-based. IRI implemented is Empowered Living Program in 2017, supporting individuals with disabilities so that they can live independently in their own residence. Since founder, Steve Zivolich, developed the first national employment initiative in 1984, known as the Pizza Hut Jobs Plus program, IRI has continues with its commitment toward Person Center Principles and Self-Determination.

Project #2 – Building the capacity of self advocates (persons with developmental disabilities) to be Independent Facilitators within SDP

What experiences and skills make your business uniquely qualified to carry out this particular project?

The strength of our I CAN Self Advocate Independent Facilitator project proposal is our wrap-around approach. We have recruited a team of experts who will be actively involved in our project development and facilitation.

Our partners each come with a unique skill set and have all been actively involved in Person Centered Planning, Independent Facilitation, and the Self Determination process, personally as well as professionally.

The personal connection and experiences of the I CAN Director and Co-Coordiators have led them to commit themselves to increasing self advocacy inclusion and capacity as leaders in the Self Determination process. Their personal beliefs, as well as the mission of I CAN, embody the spirit and intent the Self Determination program and Person Centered Planning principles.

IRI has a long history of empowering self advocates. Since its inception in 1984, IRI has never wavered from their commitment to fully support Person-Centered Practices and self advocate capacity to participate in Self Determination, and continue to look for opportunities such as this project to increase self advocate capacity.

List any relevant qualifications for the individuals who would implement this project, including the role each would play.

Sandi [REDACTED], CAN Director and primary contact for I CAN Self Advocate Independent Facilitator proposed project, is a parent of an adult daughter who has gone through the self determination process. While Sandi has extensive experience in the field of disabilities, she was extremely challenged in completing the self determination process due to a lack of clear direction and numerous miscommunications throughout. The thought that kept her moving through without giving into the challenges and barriers faced, was that if the process was this difficult for her, how would a consumer or parent who didn't have the background knowledge and access to the same resources fare? Many people offered the opportunity to participate in the soft rollout have pulled out of the program due to these challenges and barriers and many more are still trying to navigate through – over three years later. Sandi has made a commitment to supporting consumers and their families move successfully through Self Determination.

As a long time advocate and professional in the field of disabilities for over 30 years, she began her career in the mid-80s working for the OC ARC, which at that time was focused on moving from the sheltered workshop service delivery for adults with disabilities, to include more community integrated opportunities. In the mid-90s Sandi's focus moved toward special education advocacy and resource coordination for school-age children. She started her Parents CAN program soon after, offering advocacy support and representation to families, as well as parent training and mentorship support. Since then she expanded her CAN program supports to include educators, therapists and community representatives that support school age children with unique needs. She developed the We CAN program to provide educational and training opportunities as well as resources to support the ability to expand awareness and implementation of universal design of learning best practices. She expanded her program again three years ago to include support for adults with disabilities through the I CAN program, whose mission is to provide support and resource coordination for self advocates who have faced any barriers to access in their lives.

██████████, Co-Coordinator of I CAN, has benefited from the use of person centered planning principals throughout her life. She received her high school diploma in 2012, and has attended classes through Orange Coast College for over seven years. She worked as an intern with the State Council on Developmental Disabilities providing administrative support. Shanel has developed a strong skill base to further her career goal – to be a self advocate who effectively impacts change by expanding opportunities for self advocates to reach their fullest potential and lead fully inclusive lives within their communities.

Lauren ██████████, I CAN Co-Coordinator, brings a different perspective and skill set to the partnership. As a sibling of an adult brother with disabilities, she has been extremely proactive in supporting his development and opportunities throughout his life. Lauren has worked in the field in many capacities, including as a job coach for adults with disabilities, and with students providing inclusion support. She received her Educational Specialist credential last year, after working as an Inclusion Specialist for a charter school and supporting individual students for many years. Recently Lauren has developed a nonprofit business engaging teens and adults with development disabilities in job development making and marketing: It's All Good Pet Food. She has a unique ability to engage adults with disabilities, bringing out and celebrating their strengths while helping them identify and support their development in areas of weakness. Lauren also completed the RCOC Self-Determination Program Independent Facilitator training in April 2020.

Richard ██████████, PhD, is providing I CAN Self Advocate Independent Facilitator project plan with his expertise in creating curriculum and facilitating Self Determination, Person Centered/Driven Planning and Independent Facilitator trainings that will be a key to developing the foundation of understanding and skills needed for our Self Advocates to become proficient Independent Facilitators. Richard has been an active advocate in his long term career as vocational specialist. He has been active at the local, state, and national level since 1980.

Jan ██████████ PhD, is a Board Member of Integrated Resources Institute who will be developing curriculum facilitation support for our additional mini trainings that will provide our self advocates with additional tools they will need to be successful Independent Facilitators. For the past 50 years, Jan's personnel curricula and content, direct advocacy, training and administrative work has had a person-centered focus, with person centered planning principles always taking the lead in conversations and actions taken. As faculty in the Department of Special Education at California State University, Jan headed the Education Specialist Credential program for students with moderate/severe support needs. Her coursework has been predicted on a system of person-centered practice and self-determination, which has been the driving focus throughout her experiences in the higher education context as well as her real practice in advocacy work and in her personal life.

Joseph ██████████, MS, is the Executive Director of IRI. Joseph will be providing collaborative support in program planning and implementation, as well as recruitment of the self advocates participating in the I CAN proposed Self Advocate Independent Facilitator project. He began his career of service for those with developmental disabilities in 1973, and began his work at ARC-San Diego in 1975. He taught special education for 14 years at the San Diego Community College, and has worked with 11 out of the 21

regional centers in California. Joseph had the opportunity to participate in a Person Centered Principles training with John O'Brien in 2007 and has ensured that Person Center Planning principles and self determination are the focus of IRI's program supports and activities.

Summary of Program Partner Roles:

Sandi [REDACTED] – CAN Director

- Lead in project development and facilitation
- Curriculum development support for Core and Mini Trainings
- Lead facilitating informational meetings for potential candidates interested in participating
- Training facilitation
- Community agency outreach and partnership development for continued capacity
- Grant data and measure oversight
- Grant funding oversight
- Person Centered Planning Team development and oversight
- Development and oversight of tools to measure program efficiency and participant success

[REDACTED] – I CAN Co-Coordinator

- Developing marketing tools for participant and community outreach
- Participating in presentations, resource fairs and other outreach opportunities
- Development of IF Tool Box and Service Delivery Data Base
- Preparation of participant binders and training materials
- Securing training facilities and additional logistics needed
- Primary contact for program participants
- Participation in all Core Trainings and mini trainings
- Participation on and facilitation of Person Centered Planning Team meetings for RC consumers
- Distribution of measurement tools

Lauren [REDACTED] – I CAN Co-Coordinator

- Developing marketing tools for participant and community outreach
- Participating in presentations, resource fairs and other outreach opportunities
- Development of IF Tool Box and Service Delivery Data Base
- Preparation of participant binders and training materials
- Securing training facilities and additional logistics needed
- Primary contact for program participants
- Participation in all Core Trainings and mini trainings
- Participation on and facilitation of Person Centered Planning Team meetings for RC consumers
- Distribution of measurement tools

Richard [REDACTED] – Vocational Specialist

- Curriculum development for Core Trainings
- Lead Training Facilitator for Core Trainings
- Providing review and support for mini training curriculum development

Participation and support of Person Centered Planning Teams for RC consumers as needed

Jan [REDACTED] – Integrated Resources Institute Board Member and Special Education Faculty

Curriculum development for mini trainings

Providing review and support for Core Training curriculum development

Participation and support for all trainings as available

Joseph [REDACTED] – Integrated Resources Institute Executive Director

Collaborative support of program planning and implantation

Provide fiscal management for program

Recruitment of potential candidates for participation

Logistic support

Community outreach support

Identification and development of extended program needs to continue development of capacity

What prior experience do the individuals who would implement this project have with self determination?

Sandi [REDACTED] has included Person Centered Planning principals in all aspects of her daughter's development, throughout her education and adult program development. She navigated the Self Determination process for her own daughter that took 2 1/2 years, during which time she completed extensive research on self determination legislation, and how it aligns with the Lanterman Act and Person Centered Planning best practices. This research has included participation in numerous workshops as well as ongoing resource support and direction offered through community agencies, including but not limited to the State Council on Developmental Disabilities, Regional Center of Orange County, and Disabilities Right California. Early on Sandi had completed the Independent Facilitator training and the required Self Determination Training through RCOC.

[REDACTED] has completed the RCOC Independent Facilitator training and participated in her own Person Centered Planning/Driven process and Self Determination program development.

Lauren [REDACTED] I has completed the RCOC Self-Determination Independent Facilitator training.

Richard [REDACTED] was one of the professionals who was instrumental in defining and creating Person Centered/Directed Planning principals as well as fine tuned the intent and support needed for Self Determination to become a reality for RC consumers.

Jan [REDACTED] has been instrumental in developing the long-standing mission of Integrated Resources Institute to provide Person-Centered practices necessary to support the Self Determination process. The quote, "Nothing about me without me" has been the cornerstone of her personal as well as professional beliefs, and is evident in all of her work as an educator and program developer.

Joseph [REDACTED] has managed and directed community-integrated programs since 1989, with the last 21 years focused on Person-Centered/Driven principles. Integrated Resources Institute currently supports three individuals with Self Determination plans and Joseph collaborates with to ensure their success.

What is your anticipated timeline for completing this particular project?

April

Develop informational materials to introduce program to potential candidates for inclusion in project
Solicit self advocate candidates through adult service programs, parent groups, Transition Task Force, and other community agencies

Secure agency connections for additional vocational training – DOR, Transition Workforce, District Transition Programs

Develop curriculum for two core trainings

Create IF Tool Box – which will include resources that an IF may need to access during and after project development

Secure core training facility

Prepare project participant binders for training materials and individual monitoring of skill development

Hold informational meeting for potential project participation candidates interested

May

Continue solicitation of self advocate candidates

Secure agency connections for additional vocational training – DOR, Transition Workforce,

Continue to develop curriculum for two core trainings

Identify potential resources to be included in IF Tool Box

Hold additional informational meeting for potential project participation candidates interested

Develop informational I CAN participant services delivery data base that will include materials from the State of California, Department of Developmental Services, Disability Rights California, Financial Management Service agencies, and Regional Centers state-wide on Self Determination, the Lanterman Act, Person Centered Planning and Independent Facilitator roles and opportunities.

Continue to prepare project participant binders for training materials and individual monitoring of skill development

Provide initial assessment of skills for all participating Self Advocates

June

Hold informational meeting for project candidates interested in participating

Facilitate initial skill assessments for all project participants

Finalize curriculum for two core trainings

Develop curriculum for mini trainings addressing soft skills to strengthen self advocacy skills and long term capacity

Continue to identify potential resources to be included in IF Tool Box

Continue to develop I CAN participant service delivery data base

Core Training #1 Held – Laying the Ground Work

July

Confirm core training logistics and participant attendance
Continue to facilitate initial skill assessments for all project participants
Provide project participants with participant binders and resources/materials to familiarize them with the SD/PCP/IF process
Prepare participant materials for distribution at two core trainings
Develop curriculum for mini trainings addressing soft skills to strengthen self advocacy skills and long term capacity
Continue to develop I CAN participant service delivery data base
Continue to identify potential resources to be included in IF Tool Box

August

PCP/IF Training #2 Held – Facilitating Person Centered Planning and Continued IF Support
Participants to complete SCDD online IF training with support as needed
Continue to develop curriculum for mini trainings addressing soft skills
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base
Check in with Self Advocate participants to assess development of skills and understanding

September

Participants to complete SCDD online IF training
Mini Training #1 facilitated – Identifying and Connecting to Community Resources
Continue to develop curriculum for mini trainings addressing soft skills
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

October

PCP facilitations – 6 RC consumers
Mini Training #2 facilitated – Developing Confidence and Effectiveness when Working With Individuals and Groups
Continue to develop curriculum for mini trainings addressing soft skills
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

November

Facilitate PCP Team Facilitations – 6 RC consumers
Mini Training #3 facilitated – Client Data Tracking Practices
Continue to develop curriculum for mini trainings addressing soft skills
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

December

Check in with Self Advocate participants to assess development of skills and understanding

Facilitate PCP Team Facilitations – 2 RC consumers
Continue to develop curriculum for trainings
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

January

Facilitate PCP Team Facilitations – 6 RC consumers
Mini Training #4 facilitated – Developing and Marketing Your IF Business
Develop curriculum for trainings
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

February

Mini Training #5 facilitated – Topic TBD
Develop curriculum for ongoing trainings that may be needed to continue developing self advocate proficiency in the IF process
Continue to identify potential resources to be included in IF Tool Box
Continue to develop I CAN participant service delivery data base

March

Mini Training #6 facilitated – Topic TBD
Final assessment of Self Advocate participants to determine ability to independently provide Independent Facilitator activities with fidelity
Develop curriculum for ongoing trainings that may be needed to continue developing self advocate proficiency in the IF process
Identify potential resources to be included in our IF Tool Box
Final grant measurable collected and submitted to Grantee

What is your proposed budget for this particular project – see attached budget sheet for breakdown of expenses – Please see attached budget sheet for project applied for.

I CAN Self Determination Independent Facilitator
Project #2

Overall Budget –

Budget Details -

Curriculum Development -

Core Trainings (x2)	\$1,000.00
Mini Trainings (x6)	\$1,200.00

Training Facilitation

Facilitator	\$2,090.00
Location Fees	\$ 360.00
Materials	\$ 500.00
Participant Stipends for attending training	\$4,500.00

Program Coordination -

Participant Oversight/Communication	\$1,800.00
Outreach	\$ 150.00
Resource Development	\$2,700.00
Partnering Agency Development for Capacity	\$1,000.00
Marketing	\$ 150.00

Grant Implementation and Oversight

Participant Assessment and Monitoring	\$2,000.00
Implementation and Development	\$1,500.00
Monitoring Measures and Outcomes	\$1,500.00
Data Input/Tracking	\$ 540.00
Fiscal Management	\$ 672.00
Additional Staff Fees	\$3,357.50

TOTAL BUDGET	\$23,939.50
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I CAN Capacity Building Self Advocate Independent Facilitator Project #2 Supplemental Questions

Your experience teaching/training self advocates -

Sandi [REDACTED] has been providing workshops and trainings for over 25 years to parents, educators, self advocates and the community at large. She supported the development and facilitation of a ministry program for adults with developmental disabilities. As a parent of an adult child with Down syndrome, Sandi has first-hand experience scaffolding skill development and providing the supports required to support her daughter's vocational and personal development. Sandi has been the lead in all Person Centered Planning activities leading to [REDACTED] independence and participation in her Self-Determination program.

As a self advocate, [REDACTED] has participated and facilitated group activities with her peers. She has also presented to numerous groups within the community sharing her story and inspiration. Shanel has also helped facilitate and support CAN trainings.

In her role as an educator and inclusion support, **Lauren** [REDACTED] has been key in differentiating and scaffolding materials to support her student's success. She facilitates a weekly Self-Advocate Art Party, as well as created art and socialization classes for adults through the Irvine Disability Services department. As a sibling of an adult brother with developmental disabilities, Lauren has also been key in developing and supporting projects and activities for her brother, his friends, and clients she works for as a Special Education Specialist and Inclusion Facilitator.

Richard [REDACTED], PhD., received his PhD in Behavioral Disabilities and Educational Administration. He completed 32 years as Career Vocational Coordinator for the Whittier Unified School District, and has provided technical assistance to the Community Advocates for People's Choice agency providing supporting employment and supported living services to adults with disabilities.

Jan [REDACTED] PhD., has been providing direct advocacy support to individuals with developmental disabilities and their families for over 50 years. She has been instrumental in the development and continued facilitation of many inclusive programs, including those at Integrated Resources Institute. As a long standing faculty member in the Department of Special Education at the California State University, Jan has developed the curriculum and provided the training so that educators would be well equipped to work with students who have developmental disabilities.

As the Executive Director of IRI, **Joseph** [REDACTED] is essential in the development of program and supports addressing the individual needs of over 175 adults with developmental disabilities. Joseph has over 48 years experience working with individuals with developmental disabilities, as well as has personal experience as the parent of a 19-year-old triple with Down syndrome and Autism who is non-verbal.

Your experience in drafting plain language materials and speaking in plain language

Integrated Resources Institute provides individualized and group training for the self advocates in their program. Trainings have all been differentiated to include universal design of learning strategies;

implementing the use of language and communication based upon individual need. Universal design practices and implementation customize teaching and communication modalities based upon individual need. The use of photographs, multiple media modalities, common and brevity in language are embedded in all trainings. The use of Augmentative and Alternative Communication is supported for those that cannot verbally communicate.

Jan [REDACTED] and Richard [REDACTED] both have a long history in education. As a Vocational Specialist for many decades, Richard developed curriculum and provided direct teaching to multitudes of students with developmental disabilities. Jan [REDACTED], as a Professor of Special Education, enveloped universal design of learning in all of her curriculum to enable her students to become proficient in providing a quality education to all students, including those with developmental disabilities. Both of these versed professionals will be developing the curriculum that will be used to train all of our Self-Advocate Independent Facilitator participants.

A list of curriculum topics/outline the training included

Our project plan includes a two core mandatory trainings and a series of six mini workshop trainings, as well as hands-on opportunities to practice the skills necessary to perform the duties of an Independent Facilitator for consumers of Regional Center with fidelity.

There are two core trainings that all participants will attend.

1. **The first core training** will lay the ground work for understanding the system of delivery and will be primarily instructional:
 - What is the intent of the Lanterman Act?
 - How is it implemented to support individual consumers?
 - What is Person Centered Planning and how does it support the development of an Individual Program Plan?
 - What is Self Determination and how is it implemented?
 - What is an Independent Facilitator, including their roles and responsibilities?
2. **The second core training** will be more interactive , further developing participants ability to understand and effectively participate in the Person Centered Planning, Self Determination and Independent Facilitator process.
3. All participants will be provided support as needed for them to complete the **SCDD online Independent Facilitator** required training.
4. Participants will be required to **participate in a minimum of four of the six additional trainings** offered to help develop more of the soft skills that will be necessary for self advocates to develop and sustain their ability to provide Independent Facilitator supports to RC consumers. Four training topics have been identified, while the remaining two will be developed based on self advocate participant need once we have more full identified need:

Mini Training #1 – Identifying and Connecting to Community Resources

Mini Training #2 – Developing Confidence and Effectiveness when Working with Individuals and Groups

Mini Training #3 – Client Data Tracking Practices

Mini Training #4 – Developing and Marketing your IF Business

Mini Training #5 – TBD based on self advocate need identified through program participation

Mini Training #5 – TBD based on self advocate need identified through program participation

5. Participants will be included in **Person Centered Planning Teams** and actively facilitate a minimum of two Person Center Planning meetings for RC consumers. These Person Center Planning meetings will include the pre-planning, facilitation and follow-up necessary to complete the initial Person Centered Plan as outlined in the Department of Development Services as a precursor to Self Determination.

Summary of Program Outcomes -

- Provide training and support to develop capacity to a minimum of 20 self advocates to provide ongoing PCP facilitation and IF support
- Develop 10 PCP teams that will be available to support RC consumers through the PCP facilitated process – teams will consist of two self advocates and one neuro-typical peer
- Develop an IF Resource Tool Box available to support their ongoing Independent Facilitator work with RC consumers
- Develop a Service Delivery Data base that will include information compiled from the Department of Development Services, Disability Rights California, and all 21 Regional Centers that pertains to Self Determination, Person Centered Planning and the Independent Facilitator role and responsibilities.
- Develop a referral list of qualified self-advocates qualified and available for hire by RC consumers to provide continued Independent Facilitator support
- Connect self-advocates with community resources necessary to support their individual Independent Facilitator work/business development on an ongoing basis, including but not limited to Department of Rehabilitation and local adult Community Integration and Vocational programs
- Continue providing the I CAN Self Advocate Independent Facilitator trainings annually to support participation of additional self-advocates
- Continue to provide support and resources to self advocates who have completed the one year I CAN Self Advocate Independent Facilitator training program in order to continue to develop their skills and sustain their capacity to provide ongoing Person Center Planning facilitation and Independent Facilitator support to RC consumers

Summary of Program Measures –

- 20 Self advocates will participate in the Person Centered Planning and Independent Facilitator training from 4/2021 – 3/2022
- Participants will receive incoming and outgoing surveys for each training
- Additional areas of need will be assessed after every training and additional resources and support will be provided to address any gaps in self advocacy training
- Participants will undergo an initial skills assessment upon entrance to the project, will receive two intermittent check-ins with I CAN Program staff, and a final assessment at the

end of the one year I CAN Independent Facilitator project to determine proficiency and/or need for additional support/training.

- After completing the two part core training, Self Advocate participants will be part of a three-person team that will facilitate a minimum of two initial Person Centered Planning meetings for RC consumers as outlined by the Department of Developmental Services as a precursor to Self Determination
- Self Advocate participants will become certified Independent Facilitators after completing the SCDD Independent Facilitator on-line training, with support as needed
- Self advocates who complete the training will be added to the I CAN Independent Facilitator referral list and be available for hire. I CAN staff will be available to support as needed until proficiency is met
- Self Advocates who would like to build their own business offering Independent Facilitation will be connected to the community resources they may need develop their business supporting RC consumers (e.g. DOR, Community Integration Programs)
- Self advocates will be encouraged to add themselves to additional referral lists as certified Independent Facilitators, including but not limited to RCOC, SCDD, and parent group and community agency lists as appropriate.
- The I CAN Independent Facilitator Tool Box and Service Delivery Data Base will be developed to support continued Independent Facilitator work and will be available ongoing to participants who have completed the one year training program

Billing rate for SDP capacity building -

The total budget to fund the proposed I CAN Self Advocate Independent Facilitator proposed project is \$23,939.50 – details of expenses are outlined in our attached budget sheet.

As indicated, Self Advocates will not receive an hourly rate while developing their vocational skills required to be an Independent Facilitator, but will receive stipends for attending trainings and participating on Person Center Planning teams while developing their skills and proficiency. If proficient, Person Centered Planning teams will be seeking access to State/RC funds available to consumers for the initial Person Centered Planning outlined by the Department of Developmental Services.

Upon completion of the I CAN Self Advocate Independent Facilitator program, or before if skills required have been demonstrated with fidelity, Self Advocate Independent Facilitators will be invited to add themselves to the I CAN Independent Facilitator referral list as an I CAN Team member.

I CAN Independent Facilitators will be for hire by RC consumers and their families at rate of \$60.00 an hour. Self Advocates who would prefer to join an Independent Facilitation Team will receive \$40.00 an hour as lead or \$20.00 as secondary support.

I CAN Person Center Planning teams will be available on an ongoing basis to provide the initial Person Centered Planning process outlined by the Department of Developmental Disabilities as a part of entry into the Self Determination RC program. Teams will be accessing the RC/State funds identified for these initial meetings. Consumers and their families will also be welcome to hire our teams for ongoing Person-Centered Planning after their initial process has been completed. Teams fees will be contingent upon the complexity and duration of support needed for each RC consumer.

The minimum and maximum number of self-advocates that we would be able to serve

Our I CAN project plan is proposing the full participation of a minimum of 20 self advocates. We will have the capacity to include more self advocates in all trainings, but would not be able to increase participation on our Person Center Planning teams until the next program annual cycle.

Once we have completed one full cycle we will be able to include 20 new self advocate participants for the second year, as well as continue to support those already completed with their training.

It is our goal to provide the resources, training and tools for Self Advocates to become certified Independent Facilitators, proficient in Person Center Planning, and able to develop their own business as independent contractors. Participants are encouraged to continue as an I CAN Independent Facilitator as well as Person Center Planning team members after program completion.

OCAF

Project #2

General Application Questions

Name of Organization or Individual:

OC Autism Foundation (OCAF)

Name of Contact Person:

Julie [REDACTED]

Email of Contact Person:

director@ocautismfoundation.org

Phone number of Contact Person:

[REDACTED]

Website of Business or Organization:

www.ocautismfoundation.org

Street Address of Business or Organization:

[REDACTED], Garden Grove, CA 92842

Is this an individual contractor, nonprofit organization, partnership or corporation?

501 (c)(3) Nonprofit

General Application Questions

What percentage of the ownership of this business or of the total number of members of the Board of Directors are:

Persons with disabilities?	66%
Latinx/Latino or Hispanic?	0%
Asian or Asian-American?	100%
Black or African-American?	0%
White or Anglo?	0%
Another racial identity?	0%

What is the experience of your business with self determination?

OC Autism Foundation (OCAF) has participated in many public meetings related to the implementation of the Self-Determination law that was passed in 2013, conferences and workshops for program development and the importance of self advocacy. We have also researched extensively to understand the barriers to services for our underserved communities, including review of local Regional Center of Orange County data. As a vendor, we have also been in may discussion with RCOC regarding the statewide data and California Department of Developmental Services push to address the POS Disparities.

What is your interest in the Self Determination Program currently being rolled out in RCOC?

Our primary interest is in helping persons with developmental disabilities achieve sustainable independence through accessing programs and services, self advocacy, small business development and vocational skill development.

What is your experience working with individuals with developmental disabilities?

OCAF has a dedicated staff with formal skills, training and licenses to work with persons with disabilities. We communicate with these individuals, the interdisciplinary team, caregivers and network of support.

We are able to provide communication and training materials that are accessible to persons with disabilities. In addition we have case managers who are able to provide specific accommodations and modification for persons with developmental disabilities to ensure the success and completion of the program.

General Application Questions

What is your experience working with individuals with developmental disabilities from underserved populations?

OCAF has served over 20,000 individuals each year, including children and adults with disabilities and their caregivers. We provide direct multilingual services, online resources, in-person workshops, online training, community fairs and cultural events throughout the year.

We offer telehealth services, online training and workshops and a televised program services to outreach to the community. These programs are essential for individuals who are immunocompromised or may have limited mobility or access to transportation.

What is your experience with person-centered practices?

OCAF promote case management and weekly case review to evaluate the needs of persons with disability to select and organize the services that will help them integrate in the community. In addition to direct services we provide at our center, we refer the consumers to other agencies and organizations for comprehensive care to meet the individual needs or the person with disability.

What is your experience using plain language practices?

OCAF works with individuals with intellectual disabilities and developmental delays. We are able to provide the appropriate accommodations necessary to access information, programs and services. We have graphic support, concrete information, and clear outline. We use simple text to distribute literature, videos or audio materials.

List all the projects that you are applying for under this RFP.

Project #2

Project Specific Questions

Name of Organization or Individual:

OC Autism Foundation

Project # and name for this page of Project Specific Questions:

Project #2

OC Autism Foundation Independent Facilitator Training for Individuals with Developmental Disabilities

What experience and skills make you and your business uniquely qualified to carry out this particular project?

OCAF has extensive experience working with individuals with different disabilities including individuals with severe impairments. We can help individuals who are non-verbal acquire alternative means of communication. And we may also help individuals with severe behavioral challenges manage their behaviors in order to fully participate in the mainstream community.

When individuals with disabilities receive the appropriate support, they can be ideal candidates to be independent facilitators. They will be related and understand firsthand the challenges.

We work with individuals with limited English proficiency and provide bilingual and bicultural support.

List any relevant qualifications for the individuals who would implement this project, including the role each would play. (If some are not yet identified, list by role.)

Project manager - oversee program and team. Manage staff.

Vocational specialist team - help train the individuals with disabilities on how to become a independent facilitator

Recruiters - recruits individuals with disabilities who are interested in becoming independent facilitators.

Case managers - review participation and ensure successful completion training to become independent facilitators.

Project Specific Questions

What prior experience do the individuals who would implement this project have with self determination?

OC Autism Foundation has prior experience developing several self determination training in the Vietnamese community in collaboration with the Vietnamese Parents with Disable Children Association (VPDCA).

What is your anticipated timeline for completing this particular project? (All projects must be completed by 3/31/2022.)

We anticipate a 12-month program from March 2021 until March 2022.

What is your proposed budget total for this particular project? Please attach a separate budget for each project you are applying for.

\$29,643.20

In additions to responding to the general application, please answer the supplemental questions below on a separate paper:

Your experience teaching/training self-advocates (persons with developmental disabilities)

OCAF has served the Vietnamese community for the past 10 years. We have the trust and the support of the local families and community partnership for our collaborative.

We have partnered with local nonprofit organizations, school districts, cities and local businesses for our community outreach efforts. Our bilingual and cultural staff are experienced in serving the specific needs of the minority and underserved community, including Vietnamese-speaking communities for over 10 years in Southern California. While hundreds of individuals and families receive direct services each week, our community events typically engage about 1,000-4,000 individuals and our televised Bilingual Vietnamese program reaches thousands each week.

Your experience in drafting plain language materials and speaking in plain language (universal design of learning.)

Our founder has worked with individuals with intellectual disabilities and developmental delays for over 20 years. Our Speech-Language Pathologist specializes in behavior and medical treatment for individuals with related brain impairment. We are able to integrate the Universal Design of Learning model that fully engages the brain to affective, recognition and strategic network.

We have specific strategies in placed to simply motivate, actively engage, and effectively stimulate learning. The physical environment reduces distractors, while the training materials are enhanced to gain and maintain attention. Due the changing needs of the clients, our programs are designed to flexible and adaptive for student-centered learning.

A list of what curriculum topics/outline the training would include

How to find clients

How to keep your client's files organized

How to develop a person centered plan

How to develop a budget

How to find services to recommend to your clients that fits within their budgets

Fees you will charge and services you will offer

Your billing rate for SDP capacity building

\$50-\$150 per hour for skilled trainers and program development

The minimum and maximum number of self-advocates that you would be able to serve

We anticipate serving a minimum of 18 and a maximum of 30 persons with developmental disabilities for each cohort. However, the number will grow exponentially when they are able to become independent facilitators.

PRAGNYA

Project #2

GENERAL APPLICATION QUESTIONS

Name of Organization : PRAGNYA

Contact Person: Kavita [REDACTED]

Email : [REDACTED]@pragnya.org

Phone : [REDACTED]

Website : www.pragnya.org

Address : [REDACTED] San Jose 95131

Organization Type : 501(c)(3) Non-Profit

Board of Directors :

Persons with disabilities? 20%

Latinx or Latino or Hispanic? 0%

Asian or Asian-American? 0%

Black or African-American? 0%

White or Anglo? 0%

Another racial identity? 100% SouthAsian

SCOPE OF PROPOSAL:

Provide coaching and facilitation to help SDP selectees take the steps needed to transition into the Self-Determination Program.

Our experience working with Self-determination:

PRAGNYA serves individuals with ID/DD and trains neurotypical individuals on the concepts of person centered thinking and the Ally support program to be able to better understand the neurodiverse community, and to proactively reach out and **integrate them into mainstream society**, while providing them the natural circle of support to empower them into leading a life of dignity and respect.

PRAGNYA Team members, Kishan S, Kavita [REDACTED] and Ivon [REDACTED] are all trained **Person Centered Planners, Independent Facilitators** and also serve currently on the Self Determination Advisory Committee at the San Andreas Regional Center.

PRAGNYA's team has been trained on the SDP 'Train the trainer' program by Liz Herrell and Judy Mark. PRAGNYA founders work closely with SCDD and the Disparity Task force(Central Coast) in providing technical support to selectee-families across california.

Both Kishan and Kavita are the founding members of the **Independent Facilitation Network** initiated by the SCDD, Central Coast. They organize and conduct SDP **Selectee Mixers** where selectees and families attend, share and learn more about the SDP. Kavita's daughter is a Self Determination Selectee and has started her services through the Self Determination program.

Between them, Kavita, Ivon and Kishan have worked on **36 plus Person Centered Plans** and are serving as Independent Facilitators for **14 families working with the San Andreas Regional Center**.

PRAGNYA has been contracted by the **Regional Center of the East Bay (RCEB)** and the **Westside Regional Center (WRC)** to be **SDP Coaches**, guiding their SDP Selectee families/Individuals through the **Self Determination Process**. PRAGNYA is currently in the process of supporting six (6) families in transitioning into the Self determination program.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese**.

Interest in the Self-Determination Program currently being rolled out in OCRC?

The founding philosophy of PRAGNYA is to be able to create a world where everyone can belong, without seclusion or exclusion regardless of their difference, developmental or otherwise. The five pillars of Self Determination program (Freedom, Authority, Support, Responsibility and Confirmation) resonate with the PRAGNYA vision :

To create an “Awakening” of the “Pure Soul” that is basic to us as “Human Beings” building a non-judgemental world that is accepting of all, welcoming of diversity, ensuring everyone has the freedom and authority with the adequate support to lead a life of dignity.

Person centered thinking drives the PRAGNYA Ally Support program and it is hence, that the founders of PRAGNYA are so intrinsically involved with the Self Determination Program.

MORE ABOUT OUR TEAM:

Ms. Kavita is one of the co-founders of PRAGNYA, and is a parent advocate with a 15 year old daughter diagnosed with Autism. She serves on the Self Determination Advisory committee from the San Andreas Regional center catchment area. She also champions the initiative of “outreach efforts to selectees” of their SDAC by **organizing the selectee mixers**; She is an **advocate of self determination** in the community and provides support to families that are struggling with the navigation of the self determination process.

Kavita has given talks and webinars providing insight on the **journey of self determination** as a parent of a Special needs child. She is also active in the **independent Facilitator group** and has helped shape the **IF training** in this catchment area.

Kavita is also part of the **Disparity Task Force** put together by the SCDD Central Coast, and also serves on the **Regional Advisory Committee**. Kavita is also actively involved as a SPED Parent Advocate and is on the **CAC of the South East SELPA** this year. She currently serves as the Sped Parent Advisory Committee Lead for the Milpitas Unified School District. She also serves on the **Milpitas City Community Advisory Commission** aside from supporting several families of

individuals with ID/DD in navigating the services and supports space made available through the DDS.

Mr. Kishan, a business psychologist, who is also one of the co-founders of PRAGNYA is the architect of the “Ally Support Program” at PRAGNYA where neurotypical individuals are trained on this unique program that combines leadership, behavioral, interpersonal communication and wisdom skills that help them to develop their personal communication hygiene and also make meaningful connections with their neurodiverse peers.

Kishan is a **certified Person Centered Planner** and an **Independent facilitator**. He has also been trained in the **Self determination Principles** and has provided training for Independent facilitators through the **Independent Facilitator Groups** supervised by the State Council on Developmental Disabilities in the central coast region.

Kishan has been a **trainer / speaker on Person Centered Planning** at Webinars organized by SCDD, the IF Networks and other community based organizations. He is also an active community advocate for Special Ed Students and for inclusion initiatives in the city of Milpitas. Aside from all of this, Kishan is himself a dedicated Ally to several of his neurodiverse peers (young adults) and is an active participant in the PRAGNYA MyPACK program that meets every weekend. He serves as a co-chair on the Self Determination Advisory Committee at the San Andreas Regional Center.

Ivon [REDACTED] supports families that are **spanish speakers** and over the last 15 years, Ivon has worked with ID/DD individuals through coaching and mentoring, taking a brain-mind approach, considering all life; mental, social/emotional, body, and heart. Ivon is also a proud parent of a son on the Autism Spectrum and her goal is to provide an opportunity for each person, specifically those with disabilities, to become responsible, independent and effectively interdependent to achieve meaningful purposes. She has also provided training and guidance to students in a mentor-style relationship to attain their personal goals. Most recently, Ivon has been working with families in the Self-Determination Program by assisting families with the Person-Centered Plan, Spending Plan, and Independent Facilitator Services.

Experience working with individuals with developmental disabilities?

PRAGNYA has been working with individuals on the spectrum of autism and also with ID/DD since its inception in 2017. The vision was to prepare Resources and Allies in the Neurotypical community to support our Neurodiverse Community by creating experiences/opportunities to “Acculturate” to each other. We have been serving individuals with ID/DD right from 2.5 years of age to 48 years of age for the past three years.

Experience working with individuals with ID/DD from underserved populations?

PRAGNYA is open to all community members, we started with serving South Asian families and individuals with special needs three years ago and now are serving members from other Asian communities, such as Chinese, Vietnamese and Filipino communities on a weekly basis as part of

the daily and weekly programs we run for individuals with ID/DD. PRAGNYA also has started serving the Spanish speaking ID/DD population with person-centered planning, independent facilitation and SDP coaching services over the course of the past year. The individuals we support range in their developmental differences from those with Autism to Cerebral Palsy to Global Developmental Delays, Downs Syndrome, Prader-Willie, Fragile X, Epilepsy etc. with other comorbidities of muscular dystrophy, GAD, MDD etc. Our unique Ally Support Program enables us into developing and training individuals to be Allies of those with ID/DD and being there as circles of support and empowering those with ID/DD.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese**.

Experience with Person-Centered Practices?

PRAGNYA promotes the practice of wisdom skills to create an “Awakening” of the “Pure Soul” that is basic to us as “Human Beings” thereby building a non-judgemental world that is accepting of all, welcoming of diversity, ensuring everyone has the freedom and authority with the adequate support to lead a life of dignity. Pragnya’s Ally Support Program, is akin to the person centered thinking model where one is trained in the practice of the wisdom skill “Empathy” to be able to think in the shoes of the other to better understand their situation. The Ally Support Program is unique to PRAGNYA and all the Allies from 7 years of age to 68 years of age are trained in this program in order to aid them in connecting with their neurodiverse peers.

Person-centered practices are at the very core of the Ally Support Program which are further solidified by the practice of Wisdom Skills such as Empathy, Mindfulness, Emotional Intelligence, Ego Transcendence etc. Furthermore, the co-founders of PRAGNYA are trained in Person Centered Planning and have successfully developed several person-centered plans for self determination selectees in the Bay Area.

PRAGNYA operates at the core with the Self determination philosophy:

- **FREEDOM**
To decide how one wants to live their life.
- **AUTHORITY**
Over a targeted amount of dollars.
- **SUPPORT**
To organize resources in ways that are life enhancing and meaningful to the individual.
- **RESPONSIBILITY**
For the wise use of public dollars and recognition of the contribution individuals with disabilities can make in their communities.
- **CONFIRMATION**
Of the important role that self-advocates must play in a newly redesigned system.

Our experience using plain language practices?

PRAGNYA provides training to Adults and kids to become allies and hence all our communication and course materials is designed to be in plain and easy to understand format. Using the of plain language guidelines to make it ease for our end users to be able to :

- Find what they need
- Understand what they find
- Use what they find to meet their needs

List of projects that we are applying for under this RFP.

- 1. Coaching of Self-Determination Program participants to support them in transitioning to SDP**
- 2. Building the capacity of self-advocates (persons with developmental disabilities) to be Independent Facilitators within SDP**

Please find attached the Two separate files with detailed descriptions of projects.

Name of Organization: PRAGNYA

Project 2 : Building the capacity of self-advocates (persons with developmental disabilities) to be Independent Facilitators within SDP

SCOPE :

Provide coaching and facilitation to help persons with developmental disabilities develop skills needed to serve as Independent Facilitators in the Self-Determination Program.

What experience and skills make us uniquely qualified for this project?

PRAGNYA Team members, **Kishan S, Kavita [REDACTED] and Ivon [REDACTED]** are all trained **Person Centered Planners, Independent Facilitators** and also serve currently on the Self Determination Advisory Committee at the San Andreas Regional Center.

Both Kishan and Kavita are the founding members of the **Independent Facilitation Network** initiated by the SCDD, Central Coast. They organize and conduct SDP **Selectee Mixers** where selectees and families attend, share and learn more about the SDP. Kavita's daughter is a Self Determination Selectee and has started her services through the Self Determination program.

Both Kavita and Kishan have completed the **Person Centered Thinking and Planning Training** as prescribed by **The Learning Community** conducted by Dr. Heidi Morgan of Essentials CEU Institute. They also attended and completed the **Person Centered thinking and planning training** conducted by **SCDD, Central Coast**. They are both well-versed in the person centered planning process using concepts and PCP tools such as **MAP** (Making an Action Plan), **PATH** (Planning Alternative Tomorrows with Hope) and have developed a **SMART** (Specific, Measurable, Achievable, Realistic and Timely) Goals based plans for their clients. They have conducted Person Centered Planning Training for selectee-families and independent facilitators in the SARC Catchment area. They have also been featured speakers/ trainers on Person Centered Planning Webinars conducted by Disability Voices United.

Between them, Kavita, Ivon and Kishan have worked on **36 plus Person Centered Plans** and are serving as Independent Facilitators for **14 families working with the San Andreas Regional Center**. They also are co-founders of PRAGNYA and Kishan is the architect of the Ally Support Program that is based on Wisdom Therapy, that is rooted in person centered thinking.

Our prior experience in implementation of this project

PRAGNYA has been contracted by the **Regional Center of the East Bay (RCEB)** and the **Westside Regional Center (WRC)** to be **SDP Coaches**, guiding their SDP Selectee families/Individuals through the **Self Determination Process**. PRAGNYA is currently in the process of supporting six (6) families in transitioning into the Self determination program.

The PRAGNYA team is **fluent in English, Spanish and South Asian languages** such as Hindi, Punjabi, Telugu, Gujarati, Tamil, Kannada and also provides **translation support in Tagalog, Mandarin and Vietnamese.**

TIME LINE & WORK PLAN PROPOSAL

Duration of the Contract : Completion dates per RFP, 3/31/2022

The Proposal for training Self Advocates with developmental disabilities will be planned within the time frame of 3/31/21 and 12/31/2021. We propose to offer 2 (Two) training sessions, with a maximum group size of 9 (Nine) self advocates to be able to understand what independent facilitation is and how to start offering services to others thereby creating a source of employment for themselves.

Our independent facilitator course is a 4 week long course with more than 8 hours of instructions/ lectures delving deep into the concepts and ideas of facilitation with real world examples and worksheets. Here is an overview of the course:

THE 4-WEEK INDEPENDENT FACILITATOR COURSE INCLUDES:	
1	4 live webinars with more than 8 hours of instruction getting a deeper insight into the understanding of independent facilitation
2	Case study examples of real Self-Determination participants
3	Templates for person-centered planning and spending plans
4	Checklists for each part of the participant's role as an independent facilitator
5	Weekly readings and homework assignments to keep the participant on track & accountable
6	Ongoing community support and feedback: <ul style="list-style-type: none">- 2 x live group coaching and collaboration video calls- 2 x 1:1 coaching support when working with their first Clients- Connecting to a network of IFs to share and learn from and build a business- Ongoing support on a private online forum

PROPOSED BUDGET

Based on the Scope please find below the project budget for your perusal.

	Description	Total \$\$
1	Self-Advocate Capacity building towards employment as an IF	
	Format : The coaching program takes place entirely online! Using Zoom and Google Drive to make learning easy and accessible from the individual's home or office.	
	Planning TWO(2) Self Advocate IF Training Webinars which include : - 4 x Online Weekly Informational Sessions (cohorts upto 9 members) - Moderating Online groups and preparing training material	\$27,000.00
	<i>*Includes Miscellaneous expenses, including operational, administrative costs</i>	

**Please Note that the funding specified for coaching does not include the actual development of person-centered plans or does not replace the role of an Independent Facilitator.*

EXPLANATION OF BUDGET ITEMS

The Estimated coaching cost per individual:

One of the goals of PRAGNYA has been to provide adequate support to the families and individuals to empower them with the right tools to navigate the Self Determination process, with a special emphasis on empowering individuals with developmental disabilities.

Our coaching costs were designed to support 18 individuals at the rate of \$1500 per person. We have split the 18 into two batches and each session, we estimate:

9 individuals x \$1500 = \$13,500 per batch

With two batches the total = \$27,000.00

PROJECT OUTCOME AND MEASURES:

PRAGNYA will coach and support 18 individuals with Developmental Disabilities from Regional Center Orange County to develop skills needed to serve as Independent Facilitators in the Self-Determination Program. We will do this by using a combination of group and 1:1 coaching sessions focusing on building their **negotiation and administration skills**. By the end of course all participants in the program will be able to take on clients to provide Independent **Facilitation services** through the Self Determination Program.

Abound Project #1

A Proposal to support RCOC's Self-Determination Participants in their transition process

General Application Questions:

My name is Christopher . I'm the owner of Abound Services, LLC (AboundServices.com), a team of Independent Facilitators based in O.C. and through the state. Please reach me at @aboundservices.com Or . I am of Venezuelan and Anglo descent, and am the sole owner. Our office address now: , San Leandro, CA.

What is the experience of your business with self-determination?

My team is one of the most experienced set of Self-Determination Ifs, PCPs, and coaches in the state, having assisted 50 Self-Determination participants so far. We currently support the SF bay area with a similar coaching contract (RCEB). Our team is diverse, and have served clients from 5 to 69, in English, Vietnamese Spanish and ASL.

Our home base is in Orange County and the SF Bay Area. It would mean a lot to us to bring our experience In Self Determination to this catchment through these RFPs. We offer "full service" Independent Facilitation, Meaning that we support clients in all of the anticipated ways they may need someone through the process: Person-Centered Planning, Budget Certification, Financial Management Service (FMS) selection, support/ Service provider recruitment and management, Spending Plan certification, and generic services advocacy (for example, many of our clients use us our special-ed advocate, or IHSS/Medi-Cal advocate, etc.).

Lastly, and perhaps most importnatly, our background...the five of us serve as parents, special-ed teachers, former residential-home directors, and special-ed and institutional advocates for Regional Center clients. Our experience with Self-Determination comes from many perspectives and a deep passion for those we serve.

What is your interest in the Self-Determination Program currently being rolled out in RCEB?

Professionally, my organization's primary aim is to meet the needed support in the next year for self-determination participants who will need Independent Facilitation &/or family & self-advocacy support as the Program opens up to everyone in June/July 2021. This is why we're growing.

Personally -

I'm the primary stay at home parent. My partner and I have been foster and adoptive parents to three children to-date. My oldest daughter is a Regional Center client. My aunt, who I assist with, is also one. I'm excited for both of them to participate in Self-Determination, come next June, and hopeful that I can have an impact in the Self-Determination ecosystem of supports that will be necessary in keeping this program afloat.

What is your experience working with individuals with developmental disabilities?

Before the phase in, my prior background of 10 years was as a non-attorney advocate for families navigating navigating special education, Medi-Cal, California Children's Services, IHSS and Regional Centers.

Pre-Covid, I volunteered and assisted the hospital Social Work team with families on the oncology ward at our local hospital. My team members have various experiences. One of our team members has deep experience and connection to supporting the Vietnamese community, another is a Mind Institute grad and a deep thinker on Person Centered Thinking for individuals. A third is a mom of a talented young adult in graphic design in a rural part of TCRC; she is amazing at finding services for kids and young adults with unique gifts. A fourth is the nephew of the first black police officer in San Francisco. He, himself was the coordinator of a residential facility for some of the highest level of need individuals in his area.

Our whole team have been trained in 3 ways:

- 1) Attending an SCDD Self-Determination training of some sort (such as RCOC's self paced IF program)
- 2) Attending a Person-Centered thinking or Person-Centered planning training of some sort (for example The Guidelight Group's Self-Determination training program)
- 3) Shadowing existing Ifs through the Self-Determination process, to get hands on experience.

What is your experience working with individuals with developmental disabilities from undeserved populations?

As I mentioned, we serve a wide range of clients. I currently have clients who are first and second generation immigrants from numerous countries. My current client load is racially and ethnically diverse, including Latinx, Hispanic, Chinese, Burmese, Nigerian, African-American, and white. Socioeconomically speaking, in my background as a non-attorney advocate, I suffered the problem of not having a publicly funded mechanism for clients to pay for my services. So, while I took on clients of various socioeconomic strata, but could never meet the need of every client who couldn't pay for services. My "full service" Independent Facilitation is inspired from that, and I can now take on generic services advocacy for every client I serve, regardless of their personal wealth.

What is your experience with person-centered practices?

I am a fully trained person-centered planner, as mentioned above. I've attended numerous trainings and am fluent in many popular training methodologies, including: "Essential Life Planning", Group Action Planning (GAP), Making Action Plans (MAPS), Personal Futures Planning (PFP), Planning Alternative Tomorrows with Hope (PATH), and 4-Dimensional Blocks (4DB), which is a planning process developed at Abound Services that I utilize with many of the clients that we provide Person Centered Planning services for.

Essentially, my organization is built around supporting person-centered outcomes.

What is your experience using plain language practices?

All of my person-centered planning revolves around the developmental needs of my clients. I have clients between 5 and 62 right now (63 if you count my Aunt who is pre-self determination). My clients have a wide range of intellectual and emotional needs and with each client I maximize their involvement and write plans that include language and images that are meaningful to them.

List all the projects that you are applying for under this RFP.

Thank you for your interest in my proposal. I am deeply committed to the success of the Self-Determination program in California, and will be glad to serve. This proposal is directed at the Coaching Program, which is the clearest fit for my personal experience and the experience of my team.

However, I'd like to be considered for both proposals. While I think I've laid out the clean case for us as a Coaching agency, what I've yet to note is that I am the leader of the state's leading Independent Facilitator Organizations, the IFN, which is has about 200 members and is committed to self-advocacy and Independent Facilitation. We believe our team can develop a cadre of terrific self-advocate Ifs using our Unique resources.

More Project Specific Questions on following pages

Christopher Wecks, Abound Services

Project #1: Coaching of Self-Determination Program Selectees to Support Them in Transitioning to SDP

What experience and skills make you and your business uniquely qualified to carry out this particular project?

As mentioned in my general application, I am an experienced coach for Self-Determination participants, as well as an experienced, currently practicing Independent Facilitator serving a wide range of clients. My process is integrated and I take a “full service” perspective on the process, coaching clients through every step of the process they wish, including Person-Centered Planning, Budget Certification, Financial Management Service (FMS) selection, support/service provider recruitment and management, Spending Plan Certification, and generic services advocacy (for example, some of my clients use me as their special-ed advocate, others in advocating IHSS or Medi-Cal appeals/applications, etc.). I find this works best because the individual phases of Self-Determination are really not as separate as they first appear to be. In other words, I take this approach with my clients currently as it is.

List any relevant qualifications for the individuals who would implement this project, including the role each would play. (If some are not yet identified, list by role.)

My team has diverse backgrounds to join my own experience. We speak several languages inside our Organization, and come from a variety of backgrounds as spelled out in the general application.

Our team would provide one or 2 team members to coaching sessions in a language of the individual's Preference, and assist them with as many coaching hours as they needed to enter Self-Determination. Everyone on the team would be managed by me and have PCT/PCP as well as SCDD SDP training Experience.

What prior experience do the individuals who would implement this project have with self-determination?

My team has years of experience working with Regional Center clients, and we have worked with about 50 Self-Determination participants to-date.

What is your anticipated timeline for completing this particular project?(All projects must be completed by 03/31/21.)

I anticipate successfully coaching a combination of 75 general coaching requests and 75 budget and spending plan requests by 03/31/21

What is your proposed budget total for this particular project? Please attach a separate budget for each project you are applying for.

I am requesting a budget of \$1050 per self-determination participant seeking coaching. This proposal includes unlimited coaching hours, as needed to support the individual in their Path into self-determination. Billing is suggested as \$100/hour, billable up to \$1050, after which we will continue to provide any hours, as needed, but will not bill. As such, we can provide up to 75 clients with their needed support within the RFP budget.

Thank you for your consideration of Abound Services' application to assist Self-Determination clients. We wish you luck in your search for individuals who can help in this process.