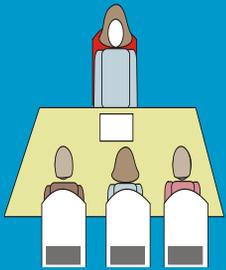




Strategic Plan

Area Board 3 on Developmental Disabilities

*Advocating for Families and Individuals with Developmental Disabilities
Alpine-Colusa-El Dorado-Nevada-Placer-Sacramento-Sierra-Sutter-Yolo-Yuba*



Area Board Members

Sibby McCullough
Chairperson
Joe Goeden
Elaine Ader, Ph.D.
Dan Clift
David Kelly
Amber Kesterson
Jane Marie Taylor
Jay Watson
Christine Hickey
Diana DeRodeff

Michael Rosenberg
Executive Director

Lynne Castellucci
CPS II

Sonya Bingamans
QA Coordinator

Mary Agnes Nolan
CPS II

Area Board 3 Strategic Plan Background 2011 - 2016

Area Board 3 is one of 13 local area boards funded with State and Federal dollars. It is an integral part of the State Council on Developmental Disabilities, assisting with advocacy, training, coordination, and implementation of the Councils goals and objectives.

This **Strategic Plan** was created by **Area Board 3 board members** and **its staff**, along with participation from the **community**. It is with this **Local Strategic Plan** that the Area Board, staff and community will focus its energy in enriching the lives of individuals and families in the catchment area, ensuring the opportunity to live fully inclusive lives.

The **Area Board 3 Strategic Plan** is a living document. This is our Second Edition which will continue to change as our community changes. It reflects the interests, issues and desires for change during the next 3 to 5 years. The Plan is a road map to the future driven by the actions of today. It will be the task of the Area Board to guide today's actions in creating our future.

Area Board 3 On Developmental Disabilities

2033 Howe Ave, Suite 160 Sacramento, California 95825

Telephone (916) 263-3085 Fax (916) 263-3084 www.areaboard3.org

What's in the Packet?



Introduction **Pages 1-11**

Goals **Pages 17-27**

**Goals, Benchmarks
And Strategies** **Pages 28-44**

How to use the packet.



There are three sections to the packet. You can choose to read only the **Goals Section**, the Goals and Strategies or both.

1

Introduction to the Plan:
Vision and Mission

2

The **Goals** of the Plan

3

Goals, Benchmarks and Strategies:
The **what, how and when** of the Plan.

1

Think

Strategic Plan Implementation Process



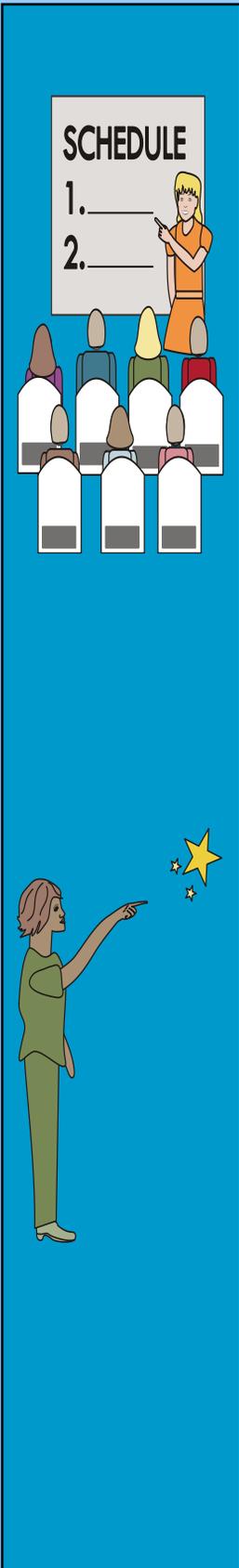
Vision

Mission

Goals

Benchmarks

Strategies



Developing a Plan for the Area Board

To help the Area Board do its work, the Board develops a plan.

The Plan has a:

**Vision,
Mission and
Goals**

What do the Words mean?

A **Vision** is how we want things to be in our community.

A **Mission** is how we are going to change the experiences of people who live in our community.

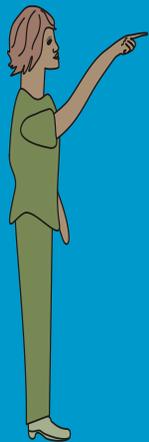
A **Goal** is a list of things we want to do in our community.



Developing a Plan for the Area Board

We are also using words like:

- **Benchmark**
- **Strategies**



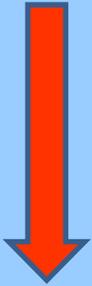
What do the Words mean?

Under each Goal we are stating the things that we are going to do.

The **Benchmark** is a step to reach a Goal.

The **Strategies** are list of things we will do that can be measured; stating when we will do it, and how many people we will do it with.

Federal Definition



A disability that starts before the age of 22 and limitations in 3 of the following areas:

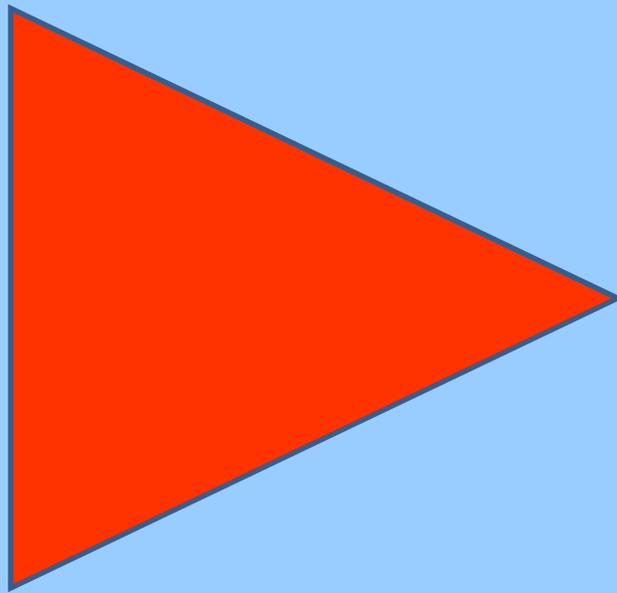
- Look after yourself
- Talk to and understand other people
- To learn and remember new things
- To get around
- To live on your own
- To manage your own money
- To make decisions

State Definition



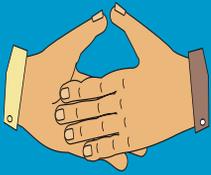
A disability that starts before the age of 18 in 1 of the following areas:

- Intellectual Disabilities
- Epilepsy (seizures)
- Cerebral Palsy
- Autism
- Conditions similar to Intellectual Disabilities



Who we serve

Relationship between the State Council and the Area Board: What does the State Council Do?



State Council on Developmental Disabilities

Vision Statement:

*Californians with
Developmental
Disabilities are
guaranteed the same
full and equal
opportunities for life,
liberty and the pursuit
of happiness as all
Americans.*



Things they do:

1. Write the State Plan which identifies important areas that can lead to better services.
2. Work to change the system so that people with developmental disabilities have better, more inclusive services.
3. Fund new programs to help build better and inclusive services, for example they give money to People First of California.



The Relationship between the State Council and the Area Board: What do Area Boards Do?

Area Boards on Developmental Disabilities

There are 13 Area Boards in the State of California. Area Boards make sure that the rights of people with developmental disabilities are protected.



Things Area Boards do:

1. Protect and advocate for people's rights.
2. Provide education and training.
 1. Help change or make new laws.
 2. Help people work together in the community.
3. Support self-advocacy.
4. Show and talk about new ways of providing services and supports.



Dreams for Area Board 3

Vision Statement

Individuals and their families will live full inclusive lives with assurance that fundamental needs are met, quality services provided and rights championed, resulting in lives rich in opportunity, guided by their hopes and their dreams.





Mission Statement

Area Board advocates for the legal, civil and service rights of individuals and their families. We are representative of the community, embracing and promoting the principles and practices of inclusion. **Area Board 3 :**

- **Works to ensure** the provision of quality services by monitoring agencies and the supports that people receive.
- **Advocates for**, and facilitates systemic change, by building partnerships with organizations that support and share our vision.
- **Promotes, facilitates and supports** self advocacy in local communities.
- **Provides direct advocacy** to individuals and families, empowering them through representation and the development of information and training opportunities.

2

Plan

Strategic Plan Goals



Governance



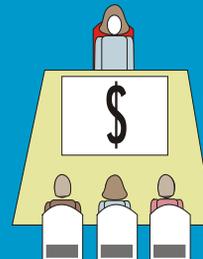
Inclusion



Self-Advocacy



Non-Profit Organization



Advocacy



Strategic Plan Goals



Education



Employment

MY COMPANY



Quality Assurance



Community Supports



Emergency Preparedness



Housing





Goal

Governance

Area Board 3 will have an inclusive Board That is representative of the community embracing the principles and practices of inclusion and self-determination





Goal



Inclusion

Individuals and their families shall have inclusive lives and have the opportunity to fully access community options.

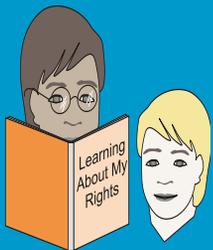


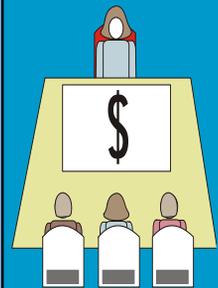


Goal

Self-Advocacy

Individuals will increase their self-advocacy skills.





Goal



Non-Profit Organization

Area Board 3 will create a non-profit organization to facilitate trainings and innovative community projects



Goal

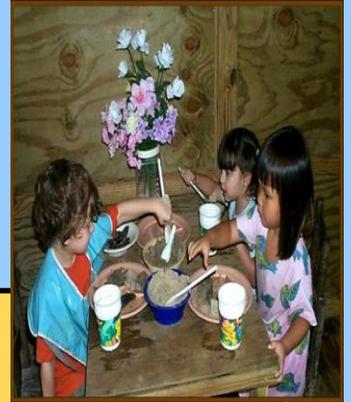


Advocacy

Individuals and their families will receive the supports and services that they are entitled to under the law.



Goal



Education

Students will have the education and the supports they need to fully reach their academic potential in inclusive communities.

Transitions for individuals and families shall be based on choice, appropriateness, and shall change seamlessly as needs change.





Goal

MY COMPANY



Employment

Individuals will have professional fulfillment in a job as well as the necessary information, supports and tools to succeed.

A world in which People with Disabilities have unlimited Employment Opportunities

U.S. Department of Labor – Office of Disabilities

March 2010

Goal



Quality Assurance

Area Board 3 will provide the Quality Assessment interviews in compliance with the contract between the State Council on Developmental Disabilities and the Department of Developmental Disabilities

Area Board will utilize volunteers to conduct interviews



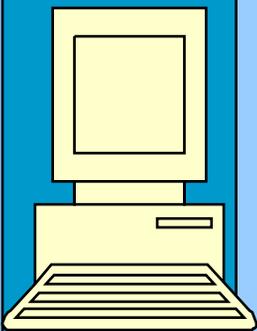
Goal



Community Supports

Area Board 3 will keep the community informed regarding services and supports, training opportunities, Board meetings and Legislative information specific to the needs of families and adults.

Area Board 3 will maintain a website.





Goal

Emergency Preparedness



Individuals will be prepared for emergency situations.





Goal

Housing

Individuals and families will have residential housing options available to them



3

Do



Governance: Area Board 3 will have an inclusive Board that is representative of the community, embracing the principles and practices of inclusion and self-determination.

Benchmark: By **October 2011** the Area Board will have a full board representative of our community and consisting of **15** members.



Strategies:

- On an annual basis, Area Board 3 will hold a retreat for the Board to review The Strategic Plan.
- The Board will participate in **3** trainings on a yearly basis. Some of the topics will include Inclusion, Self-determination, and State and Federal mandates.
- The Board will meet a minimum of **8** times.
- Area Board 3 will conduct outreach activity, for recruitment, in each county on an annual basis





Inclusion: Individuals and their families shall have inclusive lives and have the opportunity to fully access community options.



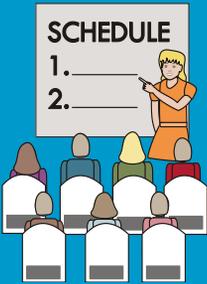
Benchmark: The Area Board will ensure that trainings, resource materials and supports are provided in a manner that is accessible.



Strategies:

By October 2011:

- The Area Board will work in partnerships with **Family Resource Centers**’ in the catchment area as well as other organizations that serve the Spanish speaking community to provide trainings on services for individuals with developmental disabilities and their families





Inclusion: Individuals and their families shall have inclusive lives and have the opportunity to fully access community options.

Benchmark: By October 2011, the Area Board will ensure that trainings, resource materials and supports are provided in a manner that is accessible



Strategies:

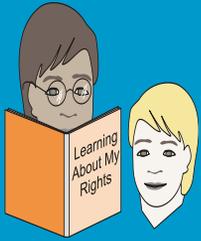
By October 2011 :

- Area Board 3 will work in partnership with local groups and organizations such as **Warmline Family Resource Center** to provide **6** trainings on services for individuals and families that have a developmental disability.

By October 2011:

- The Area Board will build it's capacity by providing a minimum of **9** trainings on Special Education and Lanterman Act, at a time and place that meets the needs of the community.





Self Advocacy: Individuals will increase their self-advocacy skills.

Benchmark: By **June 2011**, **250** individuals will participate in a local Self-Advocacy Conference.



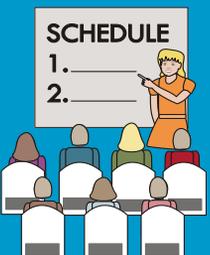
Strategies:

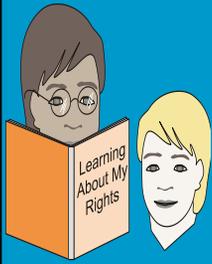
By June 2011:

- Area Board will support the California People First Organization and the Supported Life Institute in holding the annual People First Conference in Sacramento, California.

By June 2011:

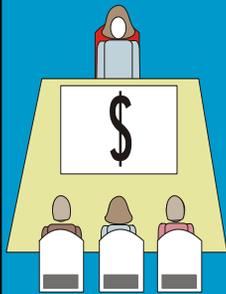
- Area Board 3 will provide technical and clerical support to the People First Conference Planning group.
- Area Board 3 will collaborate with **5** local self-advocacy and People First groups to provide training on Statewide and Federal legislative issues.





Self Advocacy: Individuals will increase their self-advocacy skills.

Benchmark: Advocacy and rights training will be provided to **60** individuals.



Strategies continued:

By July 2011:

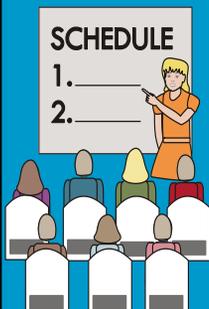
- Area Board 3, will assist **3** local advocacy organizations to fund on-going self-advocacy activities.

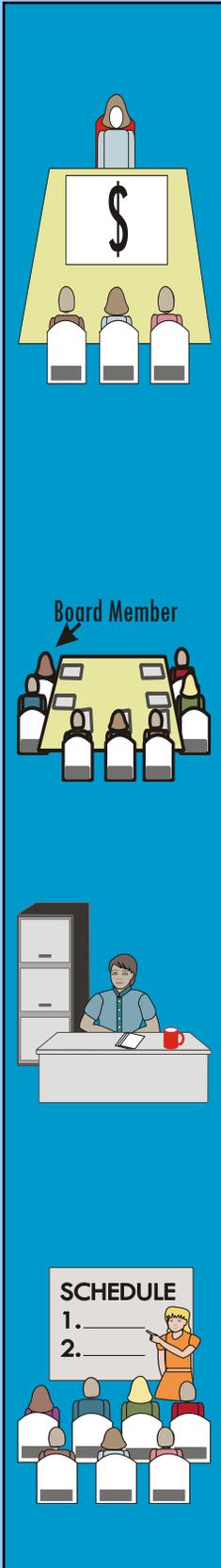
- Area Board 3 will develop and distribute 150 packets of information on self-advocacy to local advocacy groups.



By October 2012:

- Area Board 3, in collaboration with **5** local advocacy groups and the Department for Developmental Services, will provide information on end-of -life planning.





Non-Profit Agency: Area Board 3 will support a non-profit organization to facilitate trainings and innovative community projects.

Benchmark: By **December 2011** Area Board 3 will continue its support of the **Supported Life Institute**

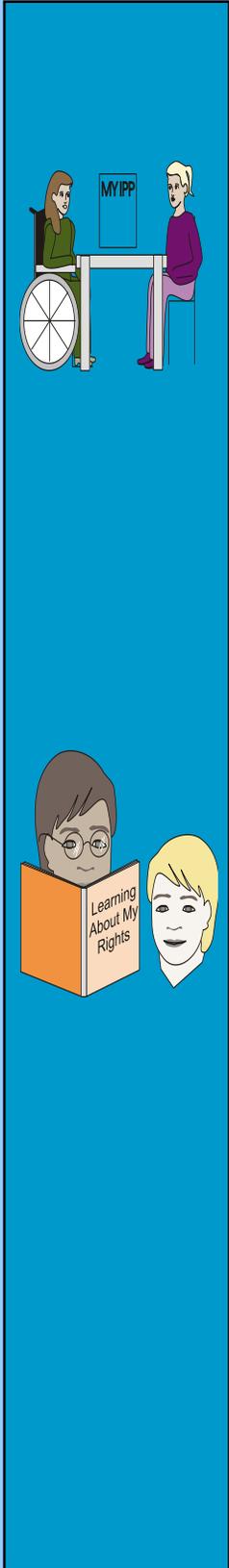
Strategies:

By January 2011:

- The Area Board will assure that a minimum of **2** individuals will sit on the Supported Life Institute Board of Directors.

By December 2012:

- In keeping with common themes of the two organizations, the Supported Life Institute will support **2** events developed by the Area Board which a minimum of **60** individuals will attend.



Advocacy: Individuals and their families will receive the supports and services that they are entitled to under the law.

Benchmark: By **October 2011** the Area Board will provide direct advocacy to **120** individuals and their families.

Strategies:

By October 2011:

- Area Board 3 will provide direct advocacy to **20** families for children birth to 3, which will include attending the IFSP, record review, research, mediation and fair hearing representation.
- Area Board 3 will provide direct advocacy to **100** individuals and their families, which will include attending the IPP, record review, research, mediation and fair hearing representation.



Advocacy: Individuals and their families will receive the supports and services that they are entitled to under the law.

Benchmark: By October 2011 Area Board 3 will provide training **100** families on their legal and civil rights.



Strategies:

Area Board 3 will provide **3** trainings a year to a minimum of **75** families in the ten county catchment area on Lanterman Rights and on Due Process procedures.



Education: Students in the catchment area will have the education and the supports they need to fully reach their academic potential in inclusive communities.



Benchmark: By October 2011, 100 families will receive direct advocacy support as well as resource materials on Special Education rights.



Strategies:

By October 2011:

- Area Board 3 will recruit and train **10** parent mentors to provide support to families at IEP's.
- Area Board 3 will provide direct advocacy to a minimum of **100** families which will include attending IEP meetings, mediation and fair hearings.





Education: Students will have the education and the supports they need to fully reach their academic potential in inclusive communities.



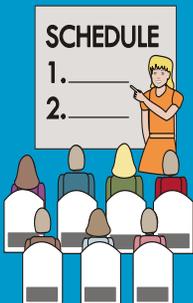
Benchmark: By **October 2011** the Area Board will increase working partnerships with **3** SELPA's and/or local school districts in area.



Strategies:

By October 2011:

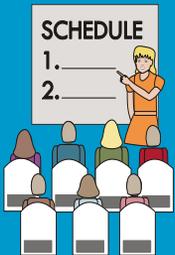
- Area Board 3 will participate in local SELPA committees to develop **20** parent/educator informational events and trainings.
- Area Board 3 will work with **2** SELPAs to add person centered thinking to the Abilities Awareness training.





Education: Transitions for individuals and families shall be based on choice, appropriateness and shall change seamlessly as needs change.

Benchmark: Families participating in trainings, will increase their knowledge and skills in the area of special education rights for preschool and school age children under IDEA, the American with Disabilities Act - Section 504, and the Lanterman Act.



Strategies:

By October 2011

- Area Board 3 will provide a **6** trainings a year with the local Family Resource Center.
- Area Board 3, will produce and distribute **200** resource manuals on CD.

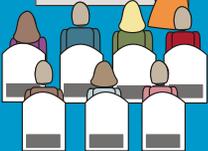


MY COMPANY



SCHEDULE

1. _____
2. _____



Employment: Individuals will have professional fulfillment in a job as well as the necessary information, supports and tools to achieve it.

Benchmark: By October 2012, 20 individuals will have the necessary supports to get the employment of their dreams.

Strategies:

By January 2011:

- The Area Board will work with a former Workability volunteer to establish a strategy to engage **3** focus and **3** training sessions

By July 2011:

- In collaboration with the State Council, the Area Board will support activities of the Employment First legislation outlined in Assembly Bill 287.

- Area Board 3 will conduct **3** trainings to educate persons served, vendors and educators about enterprises and inclusive employment opportunities.



Quality Assurance: Area Board 3 will provide Quality Assessment (QA) services in compliance with the contract agreed between SCDD and DDS.



Benchmark: Area Board 3 will conduct approximately **900** OA's in Area Board 2 and Area Board 3 utilizing **1** full time staff, person as well as a minimum of **20** volunteer visitors during the contract period.



Strategies:

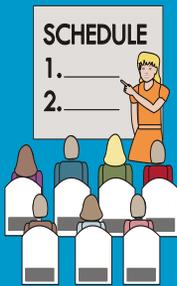
- Area Board 3 will implement the QA/HSRI computer program.
- Area Board 3 will train a minimum of **5** visitors per year to conduct QA visits.





Community Supports: Individuals and their families will receive quality services and supports that are effective, responsive and timely.

Benchmark: By **October 2012**, **100** families, providers and community organizations will participate in educational events on the principles of Inclusion and Self-Determination.



Strategies:

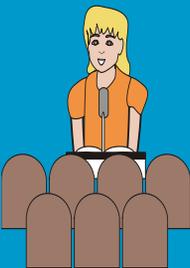
By October 2011:

- The Board will develop community awareness and an understanding of the principles and practices of person center thinking and inclusive services. The Board will develop a Speakers Bureau to provide information, awareness raising and training to the local community.

- The Board will select the Speakers and provide training to them.

By October 2012:

- The Speakers Bureau will conduct **6** presentations to community organizations, schools and businesses on the values and principles of inclusion ,and self-determination.





Emergency Preparedness: Individuals will be prepared for emergency situations.

Benchmark: 90 individuals will be prepared for an emergency situation.



Strategies:

By October 2011:

- Area Board 3 in partnership with local community agencies and Department for Developmental Services, will provide training on emergency preparedness for **90** people.
- The Board will develop an ad hoc emergency preparedness sub-committee
- Area Board 3 will work with partners to identify potential barriers to effective emergency preparedness and develop strategies to address those barriers.





Housing: Individuals and their families will have residential housing options available to them.

Benchmark: Area Board 3 will bring together individuals, families and professionals in a Housing Summit.



Strategies:

By March 2011:

- Area Board 3 will develop an Ad Hoc Housing Committee.

By October 2011:

- Area Board 3 in partnership with Sacramento City and County, Alta California Regional Center, as well as local housing agencies will hold a “ Housing Summit” .to explore residential options. The Summit will target **100** participants.
- The Area Board will work with partners to identify potential opportunities/barriers in developing housing options.





Housing: Individuals and their families will have residential housing options available to them.

Benchmark: The Area Board in collaboration with community partners will explore potential legislative change.



Strategies:

By March 2012:

Through an Ad-Hoc Committee, the Area Board and its community partners will explore potential legislative changes to increase the opportunity for home ownership and rental options.

