



# ENDING ABUSE:

Training and Treatment Resources in Los Angeles County  
for Children and Adults with Developmental Disabilities,  
their Families, and the People who Support Them



Developmental Disabilities Area Board 10  
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## INTRODUCTION

It is widely known that incidents of physical, emotional, financial and other forms of abuse occur 4 to 10 times more frequently to people with developmental disabilities than to the general public. It is also clear that among the keys to ending abuse are: 1) education about minimizing the risk of unhealthy and dangerous situations, and about identifying and reporting it, and 2) treatment for victims and abusers.

This booklet is designed to be a quick reference for both purposes. It contains free and low cost training resources for consumers, families, providers, schools, and first responders on the types of abuse, how to prevent it, recognize it, report it, and how to help a person who has been abused. It also provides treatment referrals to provide immediate intervention for individuals with developmental disabilities who have been abused or neglected, as well as some resources for abusers.

For the most part, we limited the resources listed here to those that have specific expertise working with people with developmental disabilities. There are a few exceptions if an agency has experience with a broad range of vulnerable populations. We further divided the training and treatment sections into those for adults and those for children, but there may be some overlap. It is always advisable to call first to any therapist or program to make sure it is the right fit for your needs. Some may require referral from the person's regional center.

We did our best to make sure this information was as accurate as possible on the date of publication, but it is subject to change. Area Board 10 does not endorse or guarantee the quality of any specific providers, programs, or training curricula listed in this booklet. Please let us know of other resources you know of for possible inclusion in future editions.



## **REMINDER ABOUT REPORTING**

Before reading further, if you are a mandated reporter or you suspect abuse, report it immediately to the following phone numbers (for anywhere in Los Angeles County, including the City of L.A. and all the 87 other cities within the greater Los Angeles area):

Adult or Elder Abuse in family home, independent living, etc.  
Adult Protective Services  
213-351-5401 (during business hours)  
800-992-1660 (after hours)

Adult or Elder Abuse in any kind of group home, care facility, or nursing home  
Long Term Care Ombudsman  
800-334-9473 (during business hours)  
800-231-4024 (after hours)

Child Abuse  
Child Protective Services:  
800-540-4000 (24 hours a day)

OR Call 911 and report the abuse to local law enforcement.

## **TRAINING RESOURCES – ADULTS**

**Abilities** (program through Lanterman Regional Center)

213-383-1300 (Mary Flynn)

[http://www.lanterman.org/index.php/event\\_descriptions/abilities\\_1](http://www.lanterman.org/index.php/event_descriptions/abilities_1)

Sexual abuse and risk reduction training. Open only to adult clients of Lanterman Regional Center. Lasts 3 to 4 sessions.

**Nora Baladerian, Ph.D.**

2100 Sawtelle Blvd. #204

Los Angeles, CA 90025

310-473-6768

[www.norabaladerian.com](http://www.norabaladerian.com)

Extensive experience training consumers, parents, providers, case managers, law enforcement and other first responders in healthy relationships and sexuality; and in preventing, identifying, reporting, and investigating abuse of people with developmental disabilities. Has created numerous training materials, curricula, books, and DVD's. Some services are regional center vendored.

**California Coalition Against Sexual Assault (CALCASA)**

1215 K Street, Suite 1100

Sacramento, CA 95814

916-446-2520

[www.calcasa.org](http://www.calcasa.org)

A clearinghouse for information for rape crisis centers and sexual assault survivors. Has a booklet entitled, "Supporting Sexual Assault Survivors with Disabilities" which can be downloaded from this link:

<http://calcasa.org/wp-content/uploads/2010/12/Survivors-with-Disabilities.pdf>

**Center for the Pacific Asian Family, Inc.**

1102 Crenshaw Blvd.

Los Angeles, CA 90019

323-653-4045

800-339-3940 (24-hour emergency hotline)

[www.nurturingchange.org](http://www.nurturingchange.org)

Provides a violence prevention curriculum for child care workers for after-school programs, and trainings for various community organizations. Focus is on the Asian and Pacific Islander community.

**Howard Chudler, MFT**

626 W Route 66 Suite E

Glendora, CA 91740

714-529-2549

<http://www.chudler.net>

Offers sexuality and healthy relationships trainings focusing on people with developmental disabilities. Trains consumers, parents, providers, and case managers. Some services are regional center vendored.

**Get Safe**

17602 17<sup>th</sup> St., Suite 102 - #259

Tustin, CA 92780

714-834-0050 (Stuart Haskin)

<http://www.getsafeusa.com/persons-with-disabilities/>

Provides abuse prevention training for children and adults with disabilities, in groups or individually as needed. Also has a Breaking Barriers program that provides more intense training and education which works in tandem with private therapy. The website has links to You Tube training videos, including one for first responders about assisting people with disabilities. Works with regional centers and programs in Los Angeles County, Orange County, and other areas. Services are regional center vendored, or by private contract.

**L. A. 4 Seniors:**

<http://www.la4seniors.com/>

Website sections on Elder Abuse/Neglect and Domestic Violence contain helpful information on indicators of abuse, reporting abuse, laws pertaining to abuse prevention, safety tips and other resources. The information is not specific to disabilities, but is still relevant and clearly presented.

**Mayra Mendez, Ph.D., LMFT**

310-829-8588

Presents trainings primarily for professionals who already have some experience working with people with developmental disabilities. Abuse focus is on the mental health aspects of trauma, including multi-generational cycles, impacts of trauma on the child and family, and developmental approach to bullying. Trainings are provided on a contract basis. Some services are regional center vendored.

**Rape Treatment Center of Santa Monica-UCLA Medical Center**

1250 – 16<sup>th</sup> St.

Santa Monica, CA. 90404

310-319-4503 (business office)

<http://www.911rape.org/>

Provides free trainings to agency and school staff, including special education teachers about sexual assault incidence, prevention, and reporting. Also conducts trainings for students on college campuses throughout Los Angeles County.

**Young Adult Institute**

212-273-6517

<http://www.yai.org/resources/r-c/resources/sexual-abuse-prevention-a-lesson-plan-from-social-sexual-skills-in-the-city.html>

An organization with numerous training curricula and videos designed for people with disabilities on many aspects of healthy lifestyles, community inclusion, relationships, etc. This link is a video training on Sexual Abuse Prevention geared for adults with disabilities. Cost is \$150 annual membership for all their training materials.

**Eileen Zaroff, MFT**

Zaroff and Zaroff

17337 Ventura Blvd., Suite 317

Encino, CA. 91316

818-886-9410 ext 2

or

24509 Walnut St., Suite 201

Newhall, CA. 91321

661-287-5996 ext 2

[eileen@zaroffandzaroff.com](mailto:eileen@zaroffandzaroff.com)

Provides classes on healthy relationships and sexual maturity for people with developmental disabilities in the San Fernando and Santa Clarita Valleys. There are separate classes for teenagers ages 13 to 17, and for adults over 18. Some services are regional center vendored, or private pay.

## **TRAINING RESOURCES – CHILDREN**

### **Nora Baladerian, Ph.D.**

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### **Cal State Los Angeles Juvenile Court Partnership**

King Hall B109

5151 State University Drive

Los Angeles, CA

323-343-4696 (Colleen Friend, Ph.D., Director)

<http://www.calstatela.edu/academic/hhs/jcp/>

Trains students to work in the area of child maltreatment and family violence, including internships at the Juvenile Court.

### **Center for the Pacific Asian Family, Inc.**

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### **Child Abuse Mandated Reporter Training**

858-966-4972

<http://mandatedreporterca.com/>

Funded by the California Department of Social Services, Office of Child Abuse Prevention, this website has free self-paced training modules for mandated reporters about identifying abuse and how to report it. There is a general 4-hour training, and also many profession-specific trainings (such as medical professionals, law enforcement, clergy). A training for caregivers, teachers and practitioners who work with children who have developmental disabilities and another one for special education teachers is currently under construction and should be available in late 2012.

### **Children's Hospital CARES Team**

323-361-4977 Sandy Himmelrich, Coordinator; Karen Imagawa, M.D.,  
Director

[http://www.chla.org/site/c.ipINKTOAJsG/b.3829787/k.6548/Child\\_Abuse\\_CARES\\_Team.htm](http://www.chla.org/site/c.ipINKTOAJsG/b.3829787/k.6548/Child_Abuse_CARES_Team.htm)

As one of L.A. County's 6 Child Abuse Treatment Hubs, also conducts seminars, staff trainings, and conferences about various aspects of abuse.

### **Child Welfare Information Gateway**

<http://www.childwelfare.gov/preventing/developing/training.cfm>

Scroll down to: Abuse and Neglect of Children and Adults With Developmental Disabilities: A Problem of National Significance: A Web Course for Health Professionals and Other Professionals Serving People with Developmental Disabilities. This comprehensive Web course consists of 13 self-paced instructional modules which address the complexity of issues that surface when abuse or neglect of children or adults with developmental disabilities is suspected. Cost varies from \$120 to \$195 depending on number of participants.

### **Howard Chudler, MFT**

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### **Darkness to Light**

[www.d2l.org](http://www.d2l.org)

National organization based in South Carolina that provides information and training for adults to take steps to prevent child sexual abuse. They have a 2 ½ hour “Stewards of Children” online prevention training that teaches about recognizing, reacting responsibly, and preventing child sexual abuse. Cost is \$10. Not disability specific.

### **Get Safe**

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### **Mayra Mendez, Ph.D., LMFT**

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### **RapeTreatment Center of Santa Monica-UCLA Medical Center**

1250 – 16<sup>th</sup> St.

Santa Monica, CA. 90404

310-319-4503 (business office)

<http://www.911rape.org/>

Provides free trainings to public and private middle schools and high schools throughout Los Angeles County. Training for middle school students is a 3 hour program (one hour a day for 3 days) focusing on peer sexual harassment. High school program has a similar structure which focuses on acquaintance rape.

**Speak Up, Be Safe** (through Childhelp)

800-245-1527

<http://www.speakupbesafe.org/>

The “Speak Up, Be Safe” training (replaces Good Touch, Bad Touch curriculum) is designed for elementary grades 1-6 classrooms (cost is \$1500+). There are also train-the-trainer sessions and a 1 ½ day in- person Advanced certificate training. Not disability specific.

**James Stanfield Co.** (various special education video training curricula)

1-800-421-6534

<http://www.stanfield.com/>

Click on Family Life and Relationships, then click on Circles Curriculum, designed for special education students.

Circles: Teaches about appropriate social distances, sexual boundaries, and the role of choice in intimacy and relationships. \$699 for all Level 1 materials, \$699 for all Level 2 materials, \$1199 for both.

Circles Stop Abuse: Teaches how to recognize and avoid threatening or potentially abusive situations with real-life demonstrations. \$499 for all materials.

**USC University Center for Excellence in Developmental Disabilities**

[http://www.uscucedd.org/index.php?option=com\\_content&view=article&id=139&Itemid=220](http://www.uscucedd.org/index.php?option=com_content&view=article&id=139&Itemid=220)

Has five free one-page “Keeping our Children Safe” parent information sheets available in English and Spanish on the website covering: What is Child abuse? How do I know if my child is being abused? What should I do if I think my child has been abused? What can I teach my child to keep him safe? How can I keep my child safe?

There is also a more detailed booklet of the same name for caregivers and providers of children with developmental disabilities, which can also be downloaded.

**Eileen Zaroff, MFT**

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## **TREATMENT RESOURCES – ADULT**

Contact your regional center service coordinator for help identifying appropriate referrals and possible funding for some services.

### **Alma Family Services**

323-881-3799 (central intake number)

<http://www.alfamilyservices.org/aboutus.asp>

They have counseling offices in East Los Angeles, Long Beach, Pico Rivera, and Long Beach and will refer to the nearest one. Most services are covered by MediCal. There are limited funds for people who have no other way to pay for services. Referrals can be made by self, schools, regional centers, or Department of Mental Health. Regional center vendored.

### **Nora Baladerian, Ph.D.**

2100 Sawtelle Blvd. #204

Los Angeles, CA 90025

310-473-6768

[www.norabaladerian.com](http://www.norabaladerian.com)

Therapy practice is devoted to adults and children with disabilities who have experienced any type of abuse or have been abusers. Spanish-speaking. Regional center vendored or private pay.

### **Neila Berton, Ph.D.**

4849 Van Nuys Blvd., Suite 210

Sherman Oaks, CA. 91403

818-995-4840 ext. 3

Works with adult regional center consumers on abuse issues, among others. Vendored for clients of North Los Angeles County Regional Center or private pay.

### **Center for the Pacific Asian Family, Inc.**

1102 Crenshaw Blvd.

Los Angeles, CA 90019

323-653-4045

800-339-3940

[www.nurturingchange.org](http://www.nurturingchange.org)

24 hour hotline, shelter, and free counseling for victims of domestic violence and sexual assault. Focus is on Asian and Pacific Islanders.

TREATMENT RESOURCES – ADULTS (continued)

Languages spoken include Burmese, Cambodian, Chinese, Japanese, Korean, Tagalog, Thai, and Vietnamese.

**Howard Chudler, MFT**

626 W Route 66 Suite E  
Glendora, CA 91740  
714-529-2549

<http://www.chudler.net>

Specializes in trauma response, behavior intervention, and ongoing therapy. Works with adult or children victims of abuse as well as perpetrators. Regional center vendored or private pay.

**H. S., Inc. Life Skills Program**

4626 Arlington Ave.  
Los Angeles, CA 90043  
323-292-4193 (Monica Williams)

A specialized program focusing on human sexuality, domestic violence, and social skills training for clients with developmental disabilities ages 12 to adulthood. Offers both group sessions and individual counseling. Also offers Project Fatherhood, a weekly support group for developmentally disabled fathers and/or fathers of developmentally disabled children. Services vendored by regional centers, DCFS, or private pay.

**Steve Klein, MFT**

818-624-1616

Experienced in issues pertaining to abuse, relationship issues, sexuality, and more. Sees clients in their homes in order to gain a better understanding of their situation. Regional center vendored or private pay.

**LAC-USC Violence Intervention Center**

2010 Zonal Avenue

Los Angeles, CA 90033

<http://www.violenceinterventionprogram.org/web-contents/clients.html>

This Center is home to several specialized medical clinics for victims of violence, including:

Sexual Assault Center - forensic, medical examinations and treatment of adult victims of rape and sexual assault.

Phone: 323-226-3961.

Adult Protection Team - forensic, medical examinations for elder and dependent adult abuse victims and general geriatric medicine.

Phone: 323-226-3638.

**Lotus Project**

Barbara Sultan, MFT

310-926-2958

[www.lotusprojectla.org](http://www.lotusprojectla.org)

Trauma and recovery program for women with developmental disabilities who are victims of abuse and violence. Group counseling, education, art, poetry, and drumming therapies are available. Currently open only to clients of Westside Regional Center.

**Mayra Mendez, Ph.D., LMFT**

St. John's Child and Family Development Center/Mental Health Program for People with Intellectual and Developmental Challenges

1339 – 20<sup>th</sup> St.

Santa Monica, CA. 90404

310-829-8588

Specializes in individual and group therapy with people with developmental disabilities. Experienced working with females who have been victims of rape. Clinic accepts Medi-Cal only, no other insurance.

## TREATMENT RESOURCES – ADULTS (continued)

### **Peace over Violence**

1015 Wilshire Blvd., Suite 200

Los Angeles, CA 90017

213-955-9090

24 hour Rape and Battering hotline: 213-626-3393 (Central L.A.) or

310-392-8381 (South and West L.A.) or

626-793-3385 (West San Gabriel Valley)

[www.peaceoverviolence.org](http://www.peaceoverviolence.org)

Individual and group counseling for survivors of sexual assault, domestic violence, stalking, and child sexual abuse. Works with clients ages 12 to adult within the Glendale, Pasadena, Central LA and parts of ELA areas.

### **Project Sister**

P. O. Box 1369

Pomona, CA. 91769

909-623-1619 (office)

24 hour help line, 7 days a week: 800-656-HOPE(4673) or 909-626-4357

or 626-966-4155

<http://www.projectsister.org/>

Provides services to women, children, and men survivors of sexual assault and abuse and their families in the East San Gabriel and Inland Valleys.

### **RapeTreatment Center of Santa Monica-UCLA Medical Center**

1250 – 16<sup>th</sup> St.

Santa Monica, CA. 90404

310-319-4000 Press 3 (crisis number)

310-319-4503 (business office)

<http://www.911rape.org/>

Provides free treatment for sexual assault victims and their families, including 24-hour emergency medical care, forensic examinations, crisis intervention, long-term counseling, advocacy and other services.

TREATMENT RESOURCES – ADULTS (continued)

**Hotlines** (all operate 24 hours a day):

211 – Treatment and shelter referrals throughout Los Angeles County

Los Angeles County Elder Abuse Hotline: 800-992-1660

Los Angeles County Mental Health Hotline: 800-854-7771,  
562-651-2549 (TDD)

National Domestic Violence Hotline: 800-799-7233

RAINN (Rape, Abuse and Incest National Network) 1-800-656-HOPE.

A national organization that offers free counseling and support to survivors of sexual assault. RAINN will connect you to a rape crisis center in your area

Suicide Prevention Center Hotline: 877-727-4747

## **TREATMENT RESOURCES – CHILDREN**

Contact your child's regional center service coordinator for help identifying appropriate referrals and possible funding for some services.

### **Alma Family Services**

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### **Nora Baladerian, Ph.D.**

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### **Children's Institute**

2121 W. Temple St.  
Los Angeles, CA. 90026  
213-260-7600

<http://www.childrensinstitute.org/>

Provides individual, family, and group counseling for sexually abused children and teens, or those exposed to violence in the home and their non-offending parents. (Also has office in mid-Wilshire and Torrance areas.)

### **Howard Chudler, MFT**

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### **H. S., Inc. Life Skills Program**

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**Los Angeles County Child Abuse "Hubs"** – 6 centers that provide comprehensive medical evaluations by pediatricians for suspected child abuse cases (many in foster care) and mental health crisis intervention in collaboration with the Department of Children and Family Services, Department of Health, and Department of Mental Health. Covered by MediCal, Prop 99 funds or private insurance:

TREATMENT RESOURCES – CHILDREN (continued)

CARES Child Abuse Center

Children's Hospital

4650 Sunset Blvd.

Los Angeles, CA 90027

323-361-4977 (Sandy Himmelrich, LCSW, coordinator; Karen

Imagawa, M.D., Director)

[http://www.chla.org/site/c.iplNKTOAJsG/b.3829787/k.6548/Child\\_Abuse\\_CARES\\_Team.htm](http://www.chla.org/site/c.iplNKTOAJsG/b.3829787/k.6548/Child_Abuse_CARES_Team.htm)

Collaborates with Project Heal on page 19.

Harbor UCLA KIDS Clinic

1000 W. Carson St.

Torrance, CA 90509

310-222-3091 (ChrisAnna Mink, M.D., Director)

<http://harborpeds.org/fellowships/childabuse>

High Desert Multi-Service Ambulatory Care Center

44900 N. 60<sup>th</sup> St. West

Lancaster, CA 93536

661-948-8581

<http://www.ladhs.org/wps/portal/HighDesertHomepage>

Los Angeles County USC Violence Intervention Program Forensic

Urgent Care Center

2010 Zonal Avenue

Los Angeles, CA 90033

323-226-3961

<http://www.violenceinterventionprogram.org/web-contents/clients.html>

This is the only hub that operates 24/7.

Martin Luther King Multi-Service Ambulatory Care Center

12021 S. Wilmington Ave.

Los Angeles, CA 90059

310-668-4321

<http://www.ladhs.org/wps/portal/KingHomepage>

Olive View/UCLA

14445 Olive View Dr

Sylmar, CA 91342

818-364-1555 (Rona Molodow, M.D., Director)

**Steve Klein, MFT**

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**Mayra Mendez, Ph.D., LMFT**

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**Peace over Violence**

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**Project Heal**

Children's Hospital/USC University Center for Excellence

3250 Wilshire Blvd.

Los Angeles, CA 90010

323-361-7827 – Marlon Duarte (intake)

323-361-3826 – Karen Rogers, Ph.D.

[http://www.uscucedd.org/index.php?option=com\\_content&view=article&id=296&Itemid=300](http://www.uscucedd.org/index.php?option=com_content&view=article&id=296&Itemid=300)

Offers treatment to children and adolescents with and without developmental disabilities who have been exposed to trauma, including abuse, neglect, violence, accidents, and loss. Services include individual, family, and group therapy, testing, school consultation, and outreach. Most services covered by MediCal. If no other source of funding, there is limited California Victims of Crime funding available.

**Project Sister**

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**Rape Treatment Center of Santa Monica-UCLA Medical Center**

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**Stuart House** (affiliated with Rape Treatment Center above – See Page 15)

Address is confidential.

Call Rape Treatment Center of SM-UCLA for info: 310-319-4000, press 3.

Stuart House is a unique facility that brings together in one location police, prosecutors, medical, and child protection personnel, to minimize unnecessary interviews of traumatized children, to collect evidence, and to provide counseling services. Stuart House has individual, family, and group therapy for child victims and their families.

TREATMENT RESOURCES – CHILDREN (continued)

**Hotlines** (all operate 24 hours a day except where noted):

211 – Treatment and shelter referrals throughout Los Angeles County

Child Help National Child Abuse Hotline 800-422-4453

Suicide Prevention Center Hotline: 877-727-4747

Teen Line: 800-TLC-TEEN (800-852-8336) (6 to 10 PM)