



Self-Determination Advisory Committee Meeting Minutes – November 18, 2021

10:00 a.m – 12:00 p.m. (Zoom)

Members In Attendance: Joyce Clark (FA), Tania Schloss (OCRA), Tracey Flourie (FA), Chris Lubinski (FA), Bertha Taylor (FA), Pete Salgado (SA)

Ex-Officio Members present: Mary Ellen Stives SCDD, Suzy Requarth SDRC

Members/Ex-Officio Members Absent: Debra Jorgensen (A), Horacio Correa, Jr (FA), Kim Rucker (SA)

1. Welcome/Introductions
2. Public Input
 - None
3. Approve outstanding minutes – Bertha, Tania approved; no abstentions.
4. NeuroNav Presentation – Adam Plachta
 - NeuroNav is a California-based company that provides person-centered planning and IF services. They are currently available to the SDRC area.
 - They can offer a variety of coaching and training options and currently work with three other Regional Centers through the LAC implementation funds.
 - Coaching: Weekly Drop-In, cohort coaching, 1:1 coaching
 - Online Training: mini modules for families, IF training, advanced IF training
 - Spanish-speaking support is available.
 - Presentation reviewed details about the coaching/training services NeuroNav can offer (see attachment below).

- Joyce asked the committee to start thinking about whether we would want to use implementation funds on these services and how we would prioritize them. Joyce will put together subgroup to discuss further based on member interest – Chris, Bertha, Suzy, Joyce, Mary Ellen – will meet 12/7/21 at 1pm
- Some concerns about creating a parallel system for support, SDP should stay individualized and about the person.

5. SCDD Statewide Advisory Board Updates

- Joyce provided a recap.
- DDS was there to get feedback from the group.
- SCDD has contracted with DDS to develop statewide orientation and plain language materials – Joe Hernandez, formally with Aveanna, has been hired and will start December 1st.
- A lot of emphasis on diversity/equity.
- There was a lot of feedback regarding the need for more training across the board statewide.
- Next meeting will be in February.

6. San Diego Regional Center Report

- Enrollment: 88; 29 from full rollout.
- Regional Breakdown of enrollment
- Age Group Breakdown of enrollment
- Orientation attendance October/November: 38
- Participant Choice Specialist positions coming soon.

7. DDS Updates

8. Implementation Funds Spending Plan Updates

- Revisions to FY1920 Allocation – 10k and 10k from joint training/workshops to additional identified needs; 1st motion Tracey, 2nd Chris
- Spending Allocation for FY2021

9. Future Agenda Items

- Invite David to January meeting
- NeuroNav proposal
- 20/21 Implementation Funds

10. Future Meeting Schedule

- December – no meeting, Happy Holidays!
- January 27th, 5:30pm
- February 17th, 10:00am
- March 24th, 5:30pm

Minutes respectfully submitted by Suzy Requarth

11/18/2021



NeuroNav

Self-Determination Transition Coaching Support



NeuroNav

Person-Centered Planning and Independent Facilitation Services



What services do we offer?

1

Person-Centered Planning

Over a period of 6-8 weeks, we consult with you to determine who should be a part of your planning process, considering your budget and needs, while handling all logistics and pricing. We will work together to create a tailored spending plan. This is a package service that has a flat rate of \$2500.

2

Independent Facilitation

This is more of our “pay-as-you-go” offering, where you are in the driver’s seat. where we grant you access to our 10K+ providers in our database and partner you with one of our Navigators to set you on a path that works for you and your loved one. We’ll also work with you to hire any staff or providers to help you get started.

3

Custom Plan Building

Not sure where you land or what next steps to take? Or perhaps not ready to commit to a full Person Centered Plan just yet? We’re here to help build a custom plan for you.



What we do



Guide you
through the
process



Experts with lived
experience



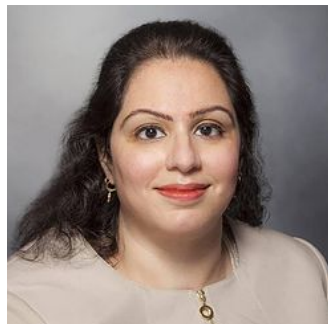
Database of 10K+
service providers

English & Spanish Speakersç

Adults & Transition Age Youth

We are here to help you navigate this process. We realize how complicated creating a plan for a loved one can be, that's why we have a team of experts dedicated to creating an ideal, customized future plan for you and your family.

Who we are



We are a team of certified person-centered planners and independent facilitators with a diverse set of backgrounds and experiences advocating for ourselves, our loved ones, and our clients.

SDRC Advisory Committee Projects

Coaching Options



**Weekly
Drop-in
Coaching**

**Coaching
Cohorts**

1:1 Coaching

Online Training Options

**SDP
mini-modules
for Families**

IF Training

**Advanced IF
Training**



What is covered?

- ▷ SDP Process Overview
- ▷ Person-Centered Planning best practices
- ▷ Spending plan development
- ▷ Preparation for and advocacy in meetings with SDRC
- ▷ Spending plan creation
- ▷ Coaching and guidance once someone is in SDP

Who it's for:

- ▷ Any SDRC clients
- ▷ SDRC client advocates
- ▷ Spanish-speaking SDRC clients

Need Help Entering the Self-Determination Program (SDP)?



Considering joining SDP, and want support as you enter?

Join the 8-week Transition Coaching Program

- Receive weekly small-group peer support, working with a certified Navigator
- Step-by-step support to transition into the SDP, including budget negotiation and developing a customized spending plan
- Meet every week for 1-hour
- Receive support for 8 full weeks
- Benefit from your peer group and Navigator, from orientation to your SD start date



Experiencing some challenges as you transition to SDP?

Get 1:1 Transition Support

- Targeted support when faced with unexpected hurdles
- Guidance through the certified budget process
- Guaranteed development of a verified spending plan
- A uniquely tailored experience for you as you move into the Self-Determination Program



Want to transition at your own pace?

Take a self-paced course with all the info you need!

We offer eight comprehensive training modules on concepts including:

- In depth materials on budget and spending plan processes
- Updatable information sessions available on the digital learning platform, Learn To Win
- Specific curriculum for the Tri-Counties Regional Center

These modules are:

- Interactive
- Self-paced
- Easily referenced
- Available on mobile and desktop
- Available for beginner and advanced
- Available in English and Spanish



Sign up for free at <https://bit.ly/TCRCsign-up>

All coaching options provided for free through a partnership between NeuroNav and the TCRC Local Advisory Committee

1:1 Coaching

What it is:

- On-demand 1:1 coaching with our team of Navigators covering
- Focused and individualized
- Can be used to bring an advocate into an SDRC meeting
- Weekend availability



Weekly Office Hours

What it is:

- ▷ Weekly office hours for drop-ins with our Navigator team
- ▷ A low barrier-to entry way to get answers to questions big and small
- ▷ An opportunity to hear questions other SDRC clients and client advocates have
- ▷ Also accessible to SDRC Staff to do the same



Coaching Cohort



What it is:

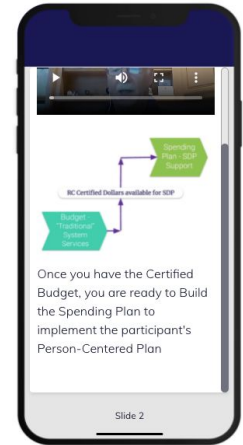
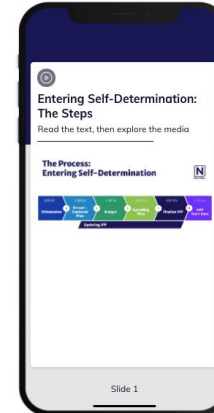
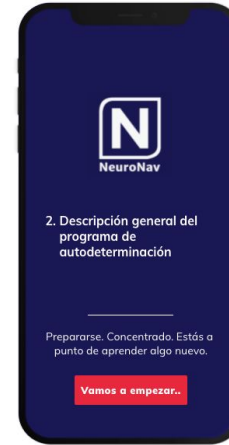
- ▷ An 8 week course of scheduled coaching sessions, each split between lecture and workshop sections
- ▷ A more structured and guided form of coaching, configured to SDRC processes
- ▷ An opportunity for SDRC clients and advocates to network



Online Training

Configurable modules that can support the following groups:

- ▶ Spanish- and English-speaking self-advocates and advocates with orientation-level learning
- ▶ IF and advanced IF training for those who want to function as their own IF or the IF for a loved one
- ▶ Intensive modules for case coordinators



Customer & RC Testimonials



Recent Regional Center Testimonials

"We're not allowed to give out recommendations for independent facilitators, but I do want to put juju out into the world that people find you.

"This has been great, I really hope my next SDP client is with you too!"

Recent Customer Testimonials

"As I read this draft, I almost cried at how well you guys know my daughter!"

"You've given me a lot to think about. I've not thought about it in this way. My child can do a lot."

"We wanted to thank you for helping us get through this meeting with our regional center contact and this whole process. I feel she has a better understanding of why we include certain things in our son's plan and that a lot of thought and effort went into the numbers and asks. So, thank you for your help and guidance. We really appreciate you!!

I appreciate the heart--the work is important but there's something about knowing your heart is in it

I am very grateful for your help and appreciate how you try to connect with my son. I want what is best for him and I think that is what I have found.

NeuroNav has had the most clear and useful information in terms of their process for SDP. You are also the first person to actually reach out to call me and talk through the steps, which I really appreciate



Next Steps:

- ▷ Formal proposal including structure pricing breakdown based on target number of individuals to serve
- ▷ Share learnings from other regional centers
- ▷ Determine timing of implementation