

Community Resources 3 Hours
Instructor: Vivian Regalado

Regional Center: Placement Agency
<http://www.dds.ca.gov/RC/RCList.cfm>

Vendorization Process (business section)

Governed by Title 17

[https://govt.westlaw.com/calregs/Browse/Home/California/CaliforniaCodeofRegulations?guid=I2EB78DB0D60711DE88AEDDE29ED1DC0A&originationContext=documenttoc&transitionType=Default&contextData=\(sc.Default\)&transitionType=Default&contextData=\(sc.Default\)](https://govt.westlaw.com/calregs/Browse/Home/California/CaliforniaCodeofRegulations?guid=I2EB78DB0D60711DE88AEDDE29ED1DC0A&originationContext=documenttoc&transitionType=Default&contextData=(sc.Default)&transitionType=Default&contextData=(sc.Default))

Charged with providing services to DD population.
Each consumer has IPP. Services implement IPP.

Example of IPP Goals

Goals are set in IPP meetings (Person Centered Planning)

Learn how to use public transportation
Improve social skills and make one friend
Control anger and aggressive incidents
Reduce instances of head banging.
Continue to live independently
Compliance with medication

Types of Services:

Residential
Community Day and Integration Programs
Independent Living
Employment

Autism Response
Crisis Homes
Early Intervention

Video: 4.12 minutes

California Regional Centers: The Birth of Innovation
Uploaded Youtube Aug 29, 2012
<https://www.youtube.com/watch?v=T5Wnam8ICBA>

Video: 5.24 Minutes

Larry's Story, Person Centered Planning
Youtube Uploaded Oct 25, 2013

https://www.youtube.com/watch?time_continue=1&v=PhiYISglx40

Mental Health Resources

ARFs that work with mentally ill receive referrals from psychiatrists, social workers, psychiatric hospitals, and other health care professionals.

LA County Dept. of Mental Health

Provides case management, assessment, crisis intervention, medication and social support services to mentally ill population..

Services available to individual with severe and persistent mental illness
Network of community mental health clinics in LA County

Mental Health Court

<http://www.lacourt.org/division/mentalhealth/mentalhealth.aspx>

Court becomes point of entry for mental health services
Educates court on needs of mentally ill

Court liaison program that integrates services between courts, Jail Mental Health and community.

Core values are Hope, Wellness and Recovery

Profiles of Hope Videos LA County Dept. Mental Health

Excellent Resource for understanding how mental illness effects people's lives
Hope (good resources for staff training)

Video: 9.24 Minutes

"Profiles of Hope Clayton Chau MD, PHD Psychiatrist"
Uploaded Youtube ,Don Knabe Jul 29, 2011

<https://www.youtube.com/watch?v=M5gzvFgAJSo>

More Videos Google Search: Profiles LA County Dept. Mental Health

LA County Department Mental Health

<http://dmh.lacounty.gov/wps/portal/dmh>

Adult Full-Service Partnership Program

Referral process for adults ages 26-59 suffer from severe mental illness who benefit from intensive service program

Foundation value "whatever it takes"

Housing, employment, education and mental health services

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Integrates substance abuse treatment

LA County Dept. Mental Health Adult System of Care Plan

Locate services in your area.

213.738.2868

LA County Dept Mental Health: Wellness/Client Run Centers

Mental Health Services Act (MHSA)

Develop new kinds of mental health services

Provide 24 hour 7 day a week support

Psychiatric Tx, health screening

Client run: case management, healthy living activities support groups

Referrals and outreach

Wellness

Mental Health Court (LA County)

Provides psychiatric evaluations, treatment, investigation and hearings related to involuntary commitment

Handles special confinement of people with developmental disability and narcotic addiction and mentally disordered sex offenders, not guilty by inanity

LA County Mental Health Court

<http://www.lacourt.org/division/mentalhealth/MH0013.aspx>

LA County Jail

20% of 17,000 people incarcerated have severe mental illness

Can be considered largest mental institution in country

High rates of suicide by hanging

Unsanitary horrible conditions

toilets backing up

crowding

dungeon like environment

mentally ill attacked by other inmates

vermin infested

Severe shortage of mental health beds

Federal settlement requires staff trained in mental health

Plan is to build new jail and provide special accommodation for mentally ill

Los Angeles County Jail Conditions

Los Angeles Times , Cindy Chang Aug 8, 2015

<http://www.latimes.com/local/countygovernment/la-me-jail-conditions-20150808-story.html>

Deinstitutionalization Movement

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What Happened to US Mental Health Care After Deinstitutionalization?

Washington Post June 2013

https://www.washingtonpost.com/news/wonk/wp/2013/06/12/what-happened-to-u-s-mental-health-care-after-deinstitutionalization/?utm_term=.5e617f450756

Video: 10.46 minutes

Mentally Ill LA County Jail

<https://vimeo.com/165932015>

How Release of Mental Patients Began

New York Times

October 30, 1984

<http://www.nytimes.com/1984/10/30/science/how-release-of-mental-patients-began.html>

Population of inpatient fell from 559,00 to 154,00

Population in California initially 37,000

California State Hospitals

<http://www.dsh.ca.gov/Hospitals/default.aspx>

Today state hospitals only house violent individuals, MDSO

700 beds - LPS

Total CA MI in State Hospitals dramatically reduced to several thousand

Initial plan was for community mental health to provide treatment, resources, housing poorly funded and no coherent plan.

Rich system of services for DD Population in California Regional Center System

CA Dept. of Developmental Services

<http://www.dds.ca.gov/>

Not so well for mentally ill

Many mentally ill ends up homeless and in jail

Lack of services led to more substance abuse and crime

Deinstitutionalization continues with closure of Developmental Centers

Describe clients evaluated in developmental center and contrast with community effects of long term institutionalization on behavior and transition to community

Creation of crisis homes by RC and day programs specialize in transition

Homeless Mentally Ill

HUD survey 2010 estimates 649,917 homeless in US

Mentally ill or one third of homeless population or 216,000 individuals

Lifetime rate of victimization ranges from 74% to 87%

Lifetime rate of being arrested between 63% and 90%

Estimates are numbers are rising and related to deinstitutionalization

Quality of life on the street is horrible

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Study in Los Angeles of 529 homeless - previously hospitalized individuals were more likely to use garbage cans as food sources

Mental Illness and Homelessness are Connected: But Now How You Might Think
Los Angeles Times Gail Holland August 7, 2017

<http://www.latimes.com/local/la-me-mentally-ill-homeless-20170807-htm1story.html>

Divert Mentally Ill from Jail

California Health Line Stephen Collins Oct 20, 2014

<https://californiahealthline.org/news/la-program-working-to-divert-mentally-ill-from-jail/>

Reaching Inside the Jails To Break The Cycle of Homeless Arrests

Los Angeles Times - Doug Smith November 25, 2017

<http://www.latimes.com/local/lanow/la-me-ln-jail-homeless-outreach-20171128-story.html>

Homeless Population Counts in Los Angeles County

Los Angeles Almanac

<http://www.laalmanac.com/social/so14.htm>

Handout: Anosognosia (lack awareness that are mentally ill).

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anosognosia-FS.pdf>

Video: 4.20 minutes

LA County Jail: One Homeless Woman's Hustle On The Street Ep 5

YouTube Uploaded Jan 11, 2016 Los Angeles Times

<https://www.youtube.com/watch?v=lc0LYWenkUE>

Legal and Civil Rights of Disabled

Disability Rights California

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

Informs people with disabilities about their legal, civil and service rights. Sometimes are representatives at IPP meetings.

Technical assistance, training, publications support for families and representatives. Legislative advocacy to ensure that laws benefit Californians with disabilities.

Investigates serious physical and sexual abuse and neglect-related deaths in institutions

Outreach to underserved ethnic and disability communities.

Peer self-advocacy services for people with psychiatric or developmental disabilities

Patients' rights advocacy for state psychiatric hospital residents.

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Rights advocacy for developmental disabilities receiving services at regional centers

Bringing impact litigation and acting as amicus curiae in disability-related cases; and representing individuals based on our priorities and case selection criteria

Video: 4.16 minutes

A Home of My Own

YouTube Uploaded Sept 8, 2016 DRC

<https://www.youtube.com/watch?v=ZY1tycg-esw&t=186s>

Disability Rights International: You are part of world community

<https://www.driadvocacy.org/>

Learn more about abuse of mentally ill and developmentally disabled in Mexico, Eastern Europe and other locations

Video: 4.12 Minutes

Disability Rights International

YouTube Uploaded June 2013 DRI

https://www.youtube.com/watch?v=HgwQgjf_yM&t=2s

<https://www.youtube.com/watch?v=39xMpl1p-Ck&t=185s>

Veterans

ARFs also serve veterans from Iraq and Afghanistan.

Homeless Veterans/Grant Program

<https://www.va.gov/HOMELESS/housing.asp>

Contact the Social Service Department of the Veterans Hospital nearest you.

Veterans Hospital and Services

Contact the Social Service Department of a local VA hospital.

<http://www2.va.gov/directory/guide/home.asp?isflash=1>

California Veterans Affairs

800.952.5626

Guide To Long-Term Care Veterans

<http://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp>

VA Public Resources

info@publicresources.org

718.982.5055

Housing Grants for Disabled Veterans

<http://www.benefits.va.gov/homeloans/adaptedhousing.asp>

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National Coalition Homeless Veterans

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

Video: 3.03 Minutes

Mark Disabled Veteran Homeless LA

<https://www.youtube.com/watch?v=2RxJ1TyZYk0>

Video: 2.31 Minutes

Origami Brain Injury Rehab Center

Uploaded Youtube Sep 12, 2011

https://www.youtube.com/watch?time_continue=3&v=GhqIIDIXFw

Fire Dept (Emergency Medical Response)

Interface with fire dept. for emergency medical and fire

Contact your local fire dept. and introduce yourself explain the type of clients you work with in case you need services

Most Fire Depts. have a day for the public can view the station and climb up on the Fire Engines. Great activity for consumers

Sometimes Fire Prevention Bureau will come out do a talk to consumers about safety. (usually at day programs)

Police and Sheriff

Contact local police and introduce yourself and describe your clients

Most police departments t have a community division

become an active participant in

LAPD Neighborhood Watch Program (Crime Prevention)

http://www.lapdonline.org/crime_prevention_tips/content_basic_view/23477

Develop Neighborhood Outreach Program

Hold neighborhood meetings.

Great way to meet your neighbors and communicate who you are and introduce clients.

Sample Neighborhood Policy

<http://www.psi-ceu.com/wp-content/uploads/2017/12/Good-Neighbor-Policy2.pdf>

Community Resources for Clients

Educational activities

Inform clients of all education classes available through the local Community College, Regional Center, local library and local hospital community education programs.

Religious Activities

Make arrangements for residents can attend their choice of worship and will initiate contact to arrange religious activities at the facility provided by resident's choice of religious organization or group.

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More Activities in The Community

The web sites below have many wonderful and meaningful activities for developmentally disabled clients. Show class and review the many possibilities often overlooked. Full participation is a movement away from segregated activities and communities.

100 Free Things to Do in Los Angeles: Free Activities

Updated on March 7, 2016

<https://www.discoverlosangeles.com/blog/100-free-things-do-los-angeles-free-activities>

100 free things to do in Santa Monica

<https://www.santamonica.com/100-free-things-to-do-santa-monica-family-and-outdoor/>

Free or Cheap Things to Do in Los Angeles

<https://www.nbclosangeles.com/multimedia/Free-and-Cheap-in-LA--430773433.html>

Los Angeles Events Calendar

<https://www.timeout.com/los-angeles/events-calendar>

Top Ten Things to Do in San Fernando Valley

<https://theculturetrip.com/north-america/usa/california/articles/the-top-10-things-to-do-and-see-in-the-san-fernando-valley/>

50 Free Things to Do in Orange County This Summer

<https://www.ocregister.com/2017/05/26/50-free-things-to-do-in-o-c-this-summer/>

Things to Do in Orange County

<http://www.visitheoc.com/things-to-do/free-things-to-do-in-orange-county/>

Sample Community Recreation and Leisure Activities

Exercising
Local Dance
Dancercising to music
Gardening
Croquet
Badminton
Board games
Playing miniature golf
Exercising and/or swimming at a local gym
Dance or yoga classes
Local High School Football Games
Cat or dog shows
County Fair
Community Events
Movies
Sports Events
Museums
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Observatory Shows

Preparing and cooking a weekend snack for house-mates such as pizza or homemade cookies. Holiday related crafts such as decorating Halloween pumpkins, coloring Easter eggs, or trimming a Christmas tree.

Support Groups

Leisure Activity Training

Weekly training on how to plan independent activities will focus on learning skills such as using the newspaper, inviting house mates - or friends, setting a time schedule and arranging public transportation.

Relaxation: Learning to relax, breathing exercises, relaxing with music.

Hiking: Hiking skills includes walking skills, deciding on appropriate shoes and clothes, and the preparation of food and snacks.

Arcade: learning how to play, waiting in line, getting change.

Movies: waiting in line, buying tickets, deciding on the movie, behavior in the theater.

Music: listening to a variety of different types of music (includes concerts, and live music clubs and restaurants).

Library: what information is available, how to find books and magazines.

Dancing: learning to dance, inviting someone to dance (includes parties and dance clubs).

Parks: picnics, sport activities, and game participation.

Board games: learning how to play, fair play, patience with other people.

Television: choosing and watching programs, changing channels, news watching, and familiarity with selected programs.

Interactions: Chatting leisurely and comfortably with staff and other residents..

Exercise: Physical workouts will include taking walks, aerobic exercise, dancing, basketball, and other sports.

Arts and Crafts: Simple arts and crafts projects.

Sample Community Resources (Central Los Angeles)

Community Resources are continually updated for the benefit of residents.

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AMC Magic Johnson Crenshaw 323.290.5900

View Park Library 213.293.5791

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Culver Ice Rink 213.3985718
Mulligan Fun Center 310.325.3950
Griffith Park 323 913 4688
Hollywood and Highland Center (free concerts) 323.467.6412
Hollywood Bowl 323.850.2000
Jesse Owens Park 323 589 9610
American Red Cross 213.739.5507
Ladera Park 323.298.3629
South Central Regional Center 213.744.7000
Los Angeles Memorial Coliseum 213 747 7111
Los Angeles City College 323.953.4000
LA County Museum of Art 323.857.6000
LA County Fair 909.623.3111
Disneyland 714.781.4636