



## Something For Everyone

### JULY 2011

#### LET'S TALK SELF-ADVOCACY!

July 19 - Tuesday 3:00 - 4:00 p.m.

Want to learn more about self-advocacy? Linda Butler, WRC's Coordinator of Self-Advocacy, will be available to clients, families, and service providers to discuss issues of Self-Advocacy. Bring a friend, your questions & ideas and we'll be here to listen. This is a free opportunity that is offered on the third Tuesday of each month throughout this quarter. If you need more information, please call (310)258-4245. We meet at WRC in the 4th Floor Meeting Room. Come to WRC and follow the signs to our group!

#### AUTISM AND MEDICATIONS

July 27 - Wednesday 2:00 - 3:00 p.m.

Westside Regional Center welcomes Derek Ott, MD, MS, as our guest presenter for this series of trainings sponsored by the Achievable Foundation. Parents, family members and service providers are encouraged to attend. This presentation will discuss various medications and their uses, and possible adverse consequences, in the treatment of symptoms associated with autism. Dr. Ott is an Assistant Clinical Professor of Psychiatry at UCLA and the director of the UCLA Pediatric Neuropsychiatry Clinic. He also serves as an attending for several other teaching settings in the UCLA Division of Child Psychiatry, including the Pediatric Psychopharmacology Clinic, the Pediatric Consultation Liaison Service, and UCLA/Westside Regional Center Clinic. More specifically, Dr. Ott has particular expertise in the areas of neuropsychiatry, developmental disabilities (including autism/mental retardation), attention-deficit hyperactivity disorder, and childhood psychosis. Don't forget to RSVP.

#### CLIENT'S RIGHTS ADVOCATE IN-SERVICE & DISCUSSION: SOCIAL SECURITY/SSI OVERVIEW

July 28 - Thursday 10:00 - 11:30 a.m.

Please join Katie Meyer, the Client's Rights Advocate (CRA) serving individuals of Westside Regional Center, for this informative in-service and discussion. Information about Social Security Administration benefits will be provided in this presentation. Supplemental Security Disability Insurance (SSDI) and Disabled Adult Child (DAC) eligibility, benefits, overpayments, and appeals will be discussed. Also included: How Medicare and Medi-Cal benefits are affiliated with social security benefits. An open discussion in which questions will be addressed will also be included. In order to have handout materials and seats for all participants, we would like you to RSVP as soon as possible for this great opportunity.

**THIS BULLETIN WAS SENT TO YOU ELECTRONICALLY.  
WESTSIDE REGIONAL CENTER IS NO LONGER  
MAILING PUBLICATIONS.**

**PLEASE MAKE SURE TO STAY INFORMED BY REGISTERING YOUR  
E-MAIL ADDRESS WITH YOUR SERVICE COORDINATOR, YOUR  
QUALITY ASSURANCE SPECIALIST, OR BY RETURNING THE TEAR-  
OFF RESPONSE INCLUDED IN THIS BULLETIN.**

**\*WE WILL HAVE A LIMITED NUMBER OF PRINTED COPIES AVAILABLE FOR  
PICK UP AT OUR OFFICE & WE WILL CONTINUE TO POST INFORMATION  
ON OUR WEBSITE.**

### AUGUST 2011

#### GRIEF AND GRIEVING

August 3 - Wednesday 9:00 - 11:00 a.m.

The loss of a loved one or close friend is a very profound emotional experience. Even the loss of a neighbor, co-worker, or acquaintance can cause short-term emotional trauma and may have a longer lasting effect. Grief is the mental anguish that accompanies loss, and people with developmental disabilities (no matter how severe) do experience grief. This training will help identify behavioral expressions, understand and acknowledge loss, communicate feelings and look for sources of support. Presenter: Stephanie Young, LMFT. Please RSVP.

#### COPING

August 3 - Wednesday 12:00 - 2:00 p.m.

Every day we are experiencing stress and anxiety over our jobs, our life, and other extenuating circumstances. This training will discuss coping skills and approaches for living in a stressful environment. Learning to deal with uncertainty, changing your negative attitude and being optimistic are all positive constructive abilities one must acquire during these taxing times. Wear comfortable clothes in preparation for hands-on stress release activities that you will learn for yourself and for the individuals that you support. This training will teach you stress reduction techniques to make sure we do not project our fears and anxieties on to others. Presenter: Stephanie Young, LMFT. Please remember to RSVP.

#### LET'S TALK SELF-ADVOCACY!

August 16 - Tuesday 3:00 - 4:00 p.m.

Let's Talk Self-Advocacy is WRC's monthly discussion group. Please see complete description under Something For Everyone in July. If you need any more information, please call (310)258-4245. We meet at WRC in the 4th Floor Meeting Room. Come to WRC and follow the signs to our group!

#### CHILDREN'S BENEFITS ACCESS GUIDE TRAINING

August 18 - Thursday 10:00 - 11:30 a.m.

The Disability Rights Legal Center (DRLC) has published a Children's Benefits Access Guide! This is an online resource that provides a comprehensive listing and explanation of health care and related benefits that are available to eligible children with disabilities in Los Angeles County. Audrey A. Kraus, Esq., Children's Benefits Access Project Director, has generously offered to come to WRC and present a training on using and accessing this guide. This free guide has been funded in part by L.A. Care Health Plan and will benefit residents of Los Angeles County. Advocates, parents, families, health care providers, and public agencies are all welcome to attend. Please RSVP so we have a seat for you.

#### UNDERSTANDING TRAUMA

August 23 - Tuesday 10:00 a.m. - 12:00 p.m.

Westside Regional Center welcomes back our guest speaker, Dr. Mayra Mendez! Dr. Mendez is an expert in the field of developmental disabilities and we are excited to have her share her experience, knowledge and wisdom. This training will provide a core understanding of development and later behavior of childhood trauma and its impact. The presentation will focus on the trauma as relevant to the specific needs of individuals presenting with intellectual and developmental disabilities. Materials will cover exploration of traumatic experience, effects upon internal changes impacting life problems such as violent behavior, extreme specificity or reactivity, revictimization, self injury and other mental health conditions. Please RSVP so we have a space for you.

# TRAINING & EVENTS

## Something For Everyone Continued

### EPILEPSY 101

August 31 - Wednesday 1:00 - 2:30 p.m.

Westside Regional Center welcomes Ari Zeldin, MD, as our guest presenter for this series of trainings sponsored by the Achievable Foundation. Parents, family members and service providers are encouraged to attend. This presentation will focus on epilepsy. Everything you ever wanted to know about epilepsy will be discussed. Dr. Zeldin is a board certified pediatrician and pediatric neurologist who has been working with regional center clients for over 10 years. RSVP now to make sure you have a seat.

## SEPTEMBER 2011

### MEDICATION MINIMIZING STRATEGIES

September 14 - Wednesday 1:00 - 2:00 pm.

WRC Psychiatrist Consultant, Dr. Victoria Dunckley, will present this informative training sponsored by the Achievable Foundation. The focus will be minimizing medications. You will learn about synergistic environmental changes that take stress off the nervous system and allow effective reduction of polypharmacy. Dr. Dunckley is board-certified in both child/adolescent and adult psychiatry and is a member of the American Holistic Medical Association. She is a graduate of University of California Irvine's Neuropsychiatric Institute, has practiced for over ten years, combines conventional medicine with alternative methods, and has written numerous articles on the impact of electronics on mental health. You can find her blog at:

[www.psychologytoday.com/blog/mental-wealth/](http://www.psychologytoday.com/blog/mental-wealth/)

Don't forget to RSVP.

### UPDATES & CHANGES TO MEDICARE & PART D

September 15 - Thursday 10:00 a.m. - 11:30 a.m.

A NEW DEADLINE FOR CHANGES TO MEDICARE WILL BE IMPLEMENTED THIS YEAR! The Center for Health Care Rights (CHCR) will be at WRC to present all the information that you need to know regarding Medicare. Topics will be: What changes are being done to the Medicare system, When to enroll in a Medicare Part D plan, What benefits are covered by a Part D drug plan, How your Medicare drug benefits work with Medi-Cal or your retiree drug coverage. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare.

### LET'S TALK SELF-ADVOCACY!

September 20 - Tuesday 3:00 - 4:00 p.m.

Let's Talk Self-Advocacy is WRC's monthly discussion group. Please see complete description under Something For Everyone in July. If you need any more information, please call (310)258-4245. We meet at WRC in the 4th Floor Meeting Room. Come to WRC and follow the signs to our group!

## Service Providers

### SPECIAL - INCIDENT - REPORTS

DON'T FORGET THE WRC SIR FAX NUMBER:

**(310) 258-4222**

for SPECIAL INCIDENT REPORTS only!

All SIR's must be faxed to the above number.

Please inform your staff. THANK YOU, and don't forget the 24-hour time requirement!

## Something For Service Providers

## JULY 2011

### AUTISM AND MEDICATIONS

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This presentation will discuss various medications and their uses, and possible adverse consequences, in the treatment of symptoms associated with autism. Presenter: Dr. Derek Ott, Assistant Clinical Professor of Psychiatry at UCLA and the director of the UCLA Pediatric Neuropsychiatry Clinic, attending for UCLA/Westside Regional Center Clinic. For a complete description of this training, please see the FOR EVERYONE section of this bulletin.

### CLIENT'S RIGHTS ADVOCATE IN-SERVICE & DISCUSSION: SOCIAL SECURITY/SSI OVERVIEW

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## A Reminder For Service Providers

Westside Regional requires a small FEE for Attendance Certificates & for Continuing Education Hours (for DSP/Administrators per Community Care Licensing/Title 22 only).

While you may continue to attend WRC trainings at no cost (unless otherwise specified), you will be asked to complete a request form and include payment when requesting a Certificate or CEU's at the close of each training.

### Fee Schedule is as follows:

\$15 - Certificate Only

\$10 - CEU/ Continuing Education Hours Letter

\*WRC is only able to provide CEU's for DSP/ Administrators.

CEU's for other specialties are NOT available.

**PLEASE NOTE: Any checks that do not clear or are returned will be subject to a \$30 service fee. Re-Payment must be made in person at WRC in CASH ONLY and future acceptance of checks will not be permitted.**

## Service Provider Advisory Committee

The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. Meetings take place at Westside Regional Center on the third Tuesday of every month from 10:30-12:00. WRC encourages all vendors to attend. This is your opportunity to find out about what's happening at the regional center, and give your input and ideas to the WRC Board of Directors. For more information, please call Joe Montez at:

**Call (310) 258-4014**

ROTATING SPAC MEMBERS HOST A CONTINENTAL BREAKFAST EACH MONTH. NEW MEMBERS ARE WELCOME!

# TRAINING & EVENTS

## Something For Service Providers

### AUGUST 2011

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#### DOCUMENTATION TRAINING

August 5 - Friday 10:00 a.m. - 12:30 p.m.

REGISTRATION FEE: \$15.00 - certificate included

Please join other service providers in learning and reviewing the best methods for documenting. Documentation is essential for helping staff members and organizations defend against possible litigation. It should be used as a powerful teaching and learning tool. Come and learn how to document in a systematic and thorough manner. Additional topics will include appreciating the importance of a detailed documentation plan, understanding what should be reported and why, and how to produce clear and organized incident reports. Space is limited. Presenter: Bernadette Daroca. RSVP no later than July 29, 2011.

#### CHILDREN'S BENEFITS ACCESS GUIDE TRAINING

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The Disability Rights Legal Center (DRLC) has published a Children's Benefits Access Guide which provides a comprehensive listing and explanation of health care and related benefits that are available to eligible children with disabilities in Los Angeles County. Service Providers, health care providers, and public agencies are all welcome to attend. Please RSVP so we have a seat for you. For a complete description of this training, please see the FOR EVERYONE section of this bulletin.

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#### BI-MONTHLY RESIDENTIAL TRAINING

August 30 - Tuesday 9:45 a.m. - 12:00 noon

Join other Residential Service Providers for WRC's quarterly training. This training provides Regional Center and Community Care Licensing updates, resources and presentations pertinent to residential service providers continued commitment to enhancing the quality of life of consumers. Training is recommended for WRC Residential vendors/administrator, and/or their designee. Refreshments are served and there is no fee for this training. Please RSVP by August 16.

#### THE PRINCIPLES & PRACTICES OF BUILDING COMMUNITY TRAINING SERIES:

SESSION 4 - POSITIVE BEHAVIORAL SUPPORTS, MEETING UNMET NEEDS

August 30 - Tuesday 12:00 - 2:00 pm

Westside Regional Center's Community Services Department is hosting this bi-monthly series of presentations for service providers. These sessions will include Dr. Tom Pomeranz's Universal Enhancement DVD Series entitled The Principles and Practices of Building Community Training. Service Providers should consider this training a MUST for all newly hired support professionals, and is a wonderful refresher for seasoned managers and clinicians. Each session will feature a different topic. Please RSVP for this great opportunity. Facilitator: Kathy Converse, RN.

#### EPILEPSY 101

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#### SEMI-ANNUAL ADULT DAY SERVICES PROVIDER MEETING

September 26 - Monday 10:00 a.m. - 12:00 noon

All Adult Day Service and Habilitation Service Providers are encouraged to attend this meeting and training. This meeting will feature an update on WRC and discussion regarding current topics. As always, there will be an opportunity for sharing. Reservations are needed and there is no fee for attending. Refreshments will be served. Please contact Eileen Falvey with any agenda items or for further information at (310) 258-4043.

## CPI Quicklook Schedule

New procedure and policy, please read carefully.

With the exception of the Refresher Course, the Non-Violent Crisis Intervention class is offered to WESTSIDE REGIONAL CENTER VENDORS AND PROVIDERS ONLY. Non-WRC providers may register for this class on a STAND-BY basis. Please note, attendance is kept to a minimum in order for this class to be effective. The cost for the CPI and CPI Refresher Class is \$20.00 payable to Westside Regional Center by check or money order only. When you register over the phone DO NOT SEND payment until you are contacted by a WRC Staff. This will confirm that you are eligible to attend and confirm how and when you will make payment. Payment at the door will not be accepted and your staff will be turned away. If you are confirmed to attend and payment has been received, your space in the class will be set aside for that particular session. If you are absent for any day, you forfeit payment and will have to reschedule and pay for the next session. If you are confirmed for any session and payment has not been received, you will be turned away for that session. NO EXCEPTIONS. This policy allows us to prepare properly.

### CPI Class Description:

Non-violent Crisis Intervention is a safe, nonharmful behavior management system designed to help professionals provide for the best possible care and welfare of individuals, even during the most violent situations. This course will assist the professional to develop skills in early and appropriate intervention for potential crisis situations while keeping in mind the care, welfare, safety and security of all involved. PARTICIPANTS should wear comfortable clothes, MUST be physically able to participate, MUST TAKE A WRITTEN Pre and Post TEST INDEPENDENTLY, and MUST attend all days in order to complete this class! No exceptions.

If prior arrangements have been made for you to pay at the door you must arrive at class 15 minutes early with a check for the exact amount.

### Schedule for 3rd Quarter 2011

Dates & Time	Instructors
CPI Class July 13 & 14 - Wed. & Thu. 9:00 - 4:00 p.m. Each Day	Daniel Hoyos & Joe Montez
CPI Class August 30 & 31 - Tue. & Wed. 9:00 - 4:00 p.m. Each Day	Michelle Franklin & Daniel Hoyos
CPI Refresher September 2 - Friday 9:00 - 4:00 p.m.	Kerwind Portillo
CPI Class Sept. 22 & 23 - Thu. & Fri. 9:00 - 4:00 p.m. Each Day	Michelle Franklin & Jill Hewes

### CPI Refresher Class Description:

This class is offered to All SERVICE PROVIDERS who have a current and valid CPI certification card. The CPI Refresher course is for those individuals that have already taken the class and need re-certification. Please bring your current CPI certification card to this class. PARTICIPANTS MUST TAKE A WRITTEN Pre and Post TEST INDEPENDENTLY.

## The Mentor Network's Family Behavioral Services at Westside Regional Center

The Mentor Network's Family Behavioral Services offers classes that help families with a child exhibiting behavioral challenges. Classes introduce and discuss behavioral principles and teach new skills using practical and individualized examples. Please contact your service coordinator about details for enrollment.

For general information regarding The Mentor Network's Family Behavioral Services, please contact Samantha Persoff at (310) 258-4209 or Leticia Franco at (310) 258-4277 (para español).

### ORIENTATIONS

#### FOR MANAGING BEHAVIOR CLASSES

ATTENDANCE TO AN ORIENTATION IS REQUIRED PRIOR TO ATTENDING ANY OF THE CLASSES OFFERED BY THE FAMILY BEHAVIORAL SERVICES.

No appointment or reservation needed for Orientation unless childcare is needed. Please note childcare is occasionally available for evening orientations only and reservation is required. Please call Samantha Persoff at (310) 258-4209 at least 2 days ahead to check for availability. Orientations are held at Westside Regional Center Conference on the 4th floor unless indicated otherwise.

These classes are provided to Westside Regional Center Clients and Families ONLY

THE FOLLOWING CLASSES ARE BEING OFFERED:

Managing Behavior Class 1

Managing Behavior Class 2

(Completion of Managing Behavior Class 1 Required)

Managing Behavior Class 3

(Completion of Managing Behavior Class 1 & 2 Required)

Toilet Training

Please Call Mentor FBS for Schedules

(310) 258-4209

(310) 258-4277 (Para español)

# GROUPS & MEETINGS

## PARENT VOUCHERED RESPITE ORIENTATION SCHEDULE

Orientation meetings regarding payment of Respite, Specialized Supervision, and Transportation Vouchers are generally held on the 1st Tuesday evening of each month & the Wednesday morning that follows. However, for the summer months the dates will be adjusted for holidays. Please see the listing below. RSVP's ARE REQUIRED for both English and Spanish Speaking Families. Please request a list of dates, a service description and the RSVP form from your WRC Service Coordinator. \*It is important that you bring your Orientation/Authorization letter to this meeting.

Meetings will be held at WRC, in the 4th floor meeting room, at the following times:

**Tuesday Evening Orientations meet at 5:00 p.m.**

**(July 12, August 2, September 13)**

**Wednesday Morning Orientations meet at 9:00 a.m.**

**(July 13, August 3, September 14)**

Please follow signs to the correct location and as a courtesy we ask you to please be prompt. Childcare is not available. If there are any questions, please contact the WRC Dept. of Community Services at (310) 258-4019.

## PARENT VOUCHER OPEN HOURS

For Parent Voucher participants that have attended the orientation but have additional questions, or need assistance completing the necessary paperwork, WRC offers Open Office Hours. The 3rd Friday of the month from 9:00-10:45 a.m. will be open for you. Come to the WRC 4th floor meeting room, signs will be posted to direct you to the location. You do not need to RSVP, just bring your paperwork during the specified time and we will have a staff member ready to assist you. \*If you require English to Spanish Translation, please call at (310) 258-4019 (at least 1 week in advance) to make arrangements.

OPEN HOURS ARE NOT A SUBSTITUTE FOR THE ORIENTATION MEETING ABOVE. WE WILL NOT BE ABLE TO ASSIST INDIVIDUALS WHO HAVE NOT ATTENDED THE ABOVE ORIENTATION.

Need Help?



**Sibshops** is an exciting program just for brothers and sisters of children with special needs. The goal of Sibshops is to address the needs of siblings by allowing them to share, play and learn with other children through relevant, age-appropriate fun activities in a safe, nurturing environment.

**Who attends Sibshops?** Sibshops are for 8 to 13 year old brothers and sisters of children who have special needs.

**Who sponsors Sibshops?** Sibshops are one of the many support groups offered by The Westside Family Resource and Empowerment Center.

**Who facilitates Sibshops?** Sibshops are run by WFREC staff and volunteers. This year, Sibshops are facilitated by Danny Delgadillo, Bilingual Outreach Specialist, at WFREC. The Staff at WFREC are experienced parents and family members of children with special needs who are trained to provide emotional and informational support to families who have a child or a young adult with a disability.

**What are Sibshops?** Sibshops are a lively mixture of games, discussion, crafts and guest speakers. Participants should dress comfortably. We also provide lunch!

**When and where are Sibshops?** Please check the WFREC Website events Calendar for upcoming events ([www.wfrec.org](http://www.wfrec.org)). Sibshops are held on the second Saturday of every month from 9:00am to 1:00 pm. Each Sibshop will be held at Westside Regional Center, 5901 Green Valley Circle, 3rd Floor, Culver City, CA 90230.

**Cost?** A \$10 fee to cover the cost of lunch and supplies at each Sibshop is required.

**Sounds great! How do I register?** Call Danny Delgadillo at (310) 258-4063 or email at [DannyD@westsiderc.org](mailto:DannyD@westsiderc.org) for more details on how to register for the upcoming Sibshop series.

**\*\*Space is limited. First come, first served.\*\***

## WESTSIDE NETWORKING AND SOCIAL GROUP PLEASE CONTACT YOUR SERVICE COORDINATOR

The Westside Networking & Social Group will continue to meet every month throughout 2011. The group typically meets on the second Thursday of each month from 4:30-6:30 p.m. at the Regional Center. This group is for adult clients 18 years or older to meet each other, network, make friends, and maybe even a roommate. For more information and to confirm dates contact your Service Coordinator or Linda Butler at (310) 258-4245.

## WESTSIDE ROOMMATE SOCIAL PLEASE CALL (310) 258-4240

Westside Regional Center sponsors this social activity specifically for adults looking for a potential roommate. This group meets at WRC on the THIRD Thursday of each month from 4:30 - 6:30 p.m. All are welcome to attend and it's FREE! Refreshments are served. Please contact Erica Reimer, WRC Liaison, at (310) 258-4240 for more information.

## PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS GROUP (PECSG) TO RSVP PLEASE CALL (310) 258-4063

This Support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The group meets at WRC on the 3rd Friday of the month. For more information and to RSVP call our voice mail at (323) 692-5669. Visit our website: [www.PECSSG.org](http://www.PECSSG.org)



## WEST LA CHADD SUPPORT GROUP CALL MIRIAM STEIN AT (310) 281-7757

For families of children with ADD/ADHD and Youth or Adults with ADD/ADHD. This group meets every 3rd Tuesday of the month 6:30pm-9:00pm. Call Miriam Stein at (310) 281-7757. (Sorry no childcare.)

## EDUCATION SUPPORT GROUP SPANISH GROUP ONLY

The Spanish group meets the 2nd Thursday of each month at the Westside Regional Center from 7:00 - 9:00PM. We provide transportation, childcare, refreshments and friendship! RSVP to Martha Montealegre at (310) 258-4061.

## Informed Education Partners

**Date:** First Thursday of the Month  
**Time:** 6:30pm-8:30pm  
**Telephone:** (310) 258-4063  
**Where:** 5901 Green Valley Circle, #320  
Culver City, CA 90230

Limited Childcare Available!

IEP Support Group

### Facilitated by Barbara Marbach

**This Group will informally address the questions and concern the families have about their child's Special Education services and support**

**We will share information and provide specific strategies so that parents can become confident and collaborative IEP team members!**

**Come and learn the tools and techniques necessary to ensure an appropriate and meaningful education for all our children.**

**CHILDCARE IS AVAILABLE!!!  
(R.S.V.P. For Childcare must be made Monday before the meeting: Limit 15 children, 1:3 adult to child ratio)**

# GROUPS & MEETINGS

## Westside Parents

Support and education groups for parents of children birth to 5 years

Parents of young children have many questions and concerns regarding their children's development, behavior, learning, social, emotional, and health processes.

This parent group is designed to provide strategies in how to successfully integrate the young child with special needs into family life. The group provides open discussions and presentations of educational information pertaining to early childhood development and reinforces family strengths and resiliency.

Call (310) 258-4063 to RSVP

Groups facilitated by: Mayra Mendez, Ph.D., L.M.F.T. - Certified Group Psychotherapist

### Discussion topics include:

- Community in young children
- Feeding and nutrition
- Behavioral challenges
- Sleep concerns
- School transition issues
- Cognition and learning
- Decreasing stressors
- Understanding disabilities
- Celebrating strengths...



Groups Meet on Fridays and start at 12:30 PM



**Sibshops** es un programa emocionante para hermanos y hermanas de niños con necesidades especiales. La meta de Sibshops es de dirigir las necesidades de hermanos permitiéndolos compartir, jugar y aprender mutuamente tendremos actividades divertidas en un ambiente seguro.

**¿ Quien puede asistir?** El grupo de apoyo de hermanitos es para hermanos y hermanas de niños especiales de edades 8 - 13 años.

**¿ Quien facilita este grupo?** El grupo de hermanitos es facilitado por El Centro de Recursos Para Familias del Oeste y voluntarios. La persona de contacto para este grupo será Daniel Delgadillo, Especialista de Apoyo Familiar Bilingüe. El personal del Centro de Recursos son padres con experiencia y miembros de algún individual con necesidades especiales que están entrenados para proveer apoyo de información y emocional a familias de niños con necesidades especiales.

**¿ Que es Sibshops?** Es una mezcla de juegos, discusión, artes y oradores invitados. Los participantes deben vestir cómodamente.

**¿ Proporcionamos también el almuerzo!**

**¿ Donde y cuando son los grupos de hermanitos?** Este grupo tomara lugar cada segundo sábado de todos los meses de 9:00a.m.-1:00 p.m. Los grupos tomaran lugar en el Centro Regional del Oeste, 5901 Green Valley Circle, 3 Piso, Culver City, CA 90230.

**¿ Costo?** El Costo será \$10 por sesión para cubrir costos de materiales y el almuerzo.

**¿ Suena fabuloso! ¿ Como me registro?** Llamar a Daniel Delgadillo al (310) 258-4063 o por correo electrónico:

**DannyD@westsiderc.org** para recibir mas información y detalles de registraci3n.

**\*\*Espacio limitado\*\***

**Westside Regional Center** sponsors these Trainings & Events for parents, clients, service providers and other professionals within our community. Because this calendar is sent to you in advance, we ask that you call WRC to confirm dates and times. Information can all be accessed via the Internet on our website at [www.westsiderc.org](http://www.westsiderc.org). We request that you call **(310) 258-4013**, unless otherwise indicated, to reserve your space to attend any of our sponsored trainings.

**All trainings, unless otherwise specified, will be held at Westside Regional Center.**

5901 Green Valley Circle, Suite 320 - (310) 258-4000  
Culver City, CA 90230

**ALL FAMILIES ARE ENCOURAGED TO ATTEND OUR SUPPORT GROUPS! PLEASE CALL:**

**(310) 258-4063**

**TO RSVP, CONFIRM DATES AND TO ENSURE THAT YOU WILL BE NOTIFIED IF THERE ARE ANY UNEXPECTED CHANGES IN THIS SCHEDULE. RESERVATIONS FOR CHILDCARE (AVAILABLE ONLY IF OFFERED UNDER THE GROUP DESCRIPTION) SHOULD BE MADE IN ADVANCE BY CALLING THE DESIGNATED TELEPHONE NUMBER LISTED FOR EACH GROUP.**

## How To Register

**BY PHONE ONLY:** Please call WRC's Training and Events RSVP line at (310) 258-4013. You will need to provide the following information to the recording:

The name of the training and date

Your name, your organization (if any), and a telephone number where we can reach you if necessary

The number of people who will attend, if you are registering for other people

If you will need English to Spanish translation and the number of people

You will NOT receive a return call unless the training is full, there is a change in the calendar, or a registration fee applies. \*If your training requires a fee, please see Registration Fee Policy post in the next column.

## REGISTRATION FEE POLICY

**IF THE TRAINING REQUIRES A REGISTRATION FEE:** You must register by phone. Priority will be given to participants on a first come, first served basis. Please wait for a WRC staff person to call you back before sending payments. Thus, if you reserve a space using the telephone, but do not receive a call back, this would mean a fee only class is full. Payment at door without prior arrangement will not be accepted.

All payments should include the following information:

Name of Person Attending

Organization

Address, City and Zip Code

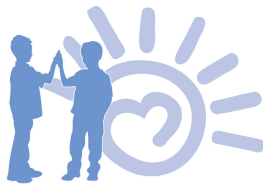
Telephone number

Name of Training you will attend

Date of Training you will attend

Names of any other participants that you are registering

Payments should be sent to: Westside Regional Center - Training Registration, 5901 Green Valley Circle, Ste. 320, Culver City, CA 90230



Westside Family Resource  
and Empowerment Center  
LA County Inclusion Partnership

## “SIEMPRE AMIGAS”

PROYECTO AL ALCANCE PARA FAMILIAS LATINAS

### “Siempre Amigas”

PROYECTO AL ALCANCE PARA FAMILIAS LATINAS

Un grupo de apoyo para madres de niños con necesidades especiales

Siempre Amigas es un grupo de apoyo para madres o mujeres que conviven de alguna manera con un niño o niña con necesidades especiales.

¿ Quiere la oportunidad de participar en un grupo donde se formaran amistades se compartirán sentimientos y apoyo? ¿ Quiere conocer a mujeres que tal vez estén viviendo o vivieron las mismas experiencias? ¿ Quiere sentirse mejor de si misma? ¡ Si contesto si, entonces nuestro grupo es para usted!!!

Este grupo le ofrecerá todo esto en una manera DIVERTIDA Y LIBRE DEL ESTRÉS. Venga y acompáñenos. Conviértas en una Amiga!

Para mas información y reservar su espacio, favor de llamar a Ereida Galda: (310) 258-4218  
(Se ofrece cuidado de niños gratis y limitado)

## Lista de Distribución por Correo Electrónico

El Centro de Recursos & Enfortalecimiento para las Familias del Oeste de Los Ángeles quiere invitarlo a ser parte de nuestra Lista de Distribución por Correo Electrónico.

Periódicamente enviamos información Valiosa relacionada a las familias que tienen hijos con necesidades especiales. Principalmente mandamos información local del Oeste de Los Ángeles pero también proveemos noticias de varias fuentes a través de la Ciudad y del Estado incluyendo a las organizaciones de origen humilde, grupos de padres, distritos escolares, organizaciones comunitarias, y otras agencias de gobierno.

Si usted quisiera ser parte de nuestra Lista de Distribución por Correo Electrónico por favor contacte a nuestro centro WFREC al (310) 258-4063 o contacte a Daniel Delgadillo por Correo Electrónico al: [DannyD@WestsideRC.org](mailto:DannyD@WestsideRC.org)

# COMMITTEES

## WESTSIDE REGIONAL CENTER BOARD OF DIRECTORS MEETINGS

Contact Daisy Marks at

(310) 258-4102 for more details

The Westside Regional Center Board of Directors generally meets on the first Wednesday of each month. Please call the above number to verify. Meetings begin at 6:00 p.m. and there is time for public input at the end of each meeting. This is an open meeting; Clients, families, service providers and community members are welcome.

## CONSUMER ADVISORY COMMITTEE

Contact Linda Butler

(310) 258-4245 for more details

The Consumer Advisory Committee (CAC) meets every first Wednesday of the month between 3:30-5:00 p.m. at the Westside Regional Center. The purpose of CAC is for consumer advocacy leaders in the Westside area to meet and share ideas about self-advocacy. CAC is a sub-committee of the WRC Board of Directors. All WRC consumers are invited to attend. For more information, please call Linda Butler at (310) 258-4245.

## POLITICAL OUTREACH COMMITTEE

Contact Daisy Marks at

(310) 258-4102 for more details

The WRC Political Outreach Committee meets at 5:00 p.m. before each WRC Board of Director's Meeting at Westside Regional Center. Get involved! Find out about current trends, policies, regulations and their impact on you! For more information, please call Daisy Marks at (310) 258-4102.

## Padres de Westside

Grupos de apoyo y educación para padres de niño 0-5 años

Padres de niños pequeños tienen muchas preguntas y preocupaciones sobre el procedimiento de desarrollo, comportamiento, aprendizaje, sociabilidad, emociones y salud de los niños.

Este grupo presentara información y platicas sobre las preocupaciones de padres con niños pequeños.

Llame al telefono numero: (310) 258-4063 para reservar su participación

Grupos seran apoyados por: Mayra Mendez, Ph.D., L.M.F.T. - Terapista Certificada en Grupos

### Temas para las platicas incluyen:

- El desarrollo de comunicación
- Nutrición y apetito
- Comportamientos
- Problemas en dormir
- Transición a el Distrito Escolar
- Inteligencia y Aprendizaje
- Impacto de discapacidades...

Grupos en Español se reúnen cada viernes a las 12:30 PM



# TRAINING & EVENTS



## PRESENTS... Achievable Talk Hour & Training Series

The Achievable Foundation will host a series of training presentations. This will be an ongoing series with different physicians and practitioners presenting a variety of topics.

### AUTISM AND MEDICATIONS

July 27 - Wednesday 2:00 - 3:00 p.m.

Westside Regional Center welcomes Derek Ott, MD, MS, as our guest presenter for this series of trainings sponsored by the Achievable Foundation. Parents, family members and service providers are encouraged to attend. This presentation will discuss various medications and their uses, and possible adverse consequences, in the treatment of symptoms associated with autism. Dr. Ott is an Assistant Clinical Professor of Psychiatry at UCLA and the director of the UCLA Pediatric Neuropsychiatry Clinic. He also serves as an attending for several other teaching settings in the UCLA Division of Child Psychiatry, including the Pediatric Psychopharmacology Clinic, the Pediatric Consultation Liaison Service, and UCLA/Westside Regional Center Clinic. More specifically, Dr. Ott has particular expertise in the areas of neuropsychiatry, developmental disabilities (including autism/mental retardation), attention-deficit hyperactivity disorder, and childhood psychosis.

### EPILEPSY 101

August 31 - Wednesday 1:00 - 2:30 p.m.

Westside Regional Center welcomes Ari Zeldin, MD, as our guest presenter for this series of trainings sponsored by the Achievable Foundation. Parents, family members and service providers are encouraged to attend. This presentation will focus on epilepsy. Everything you ever wanted to know about epilepsy will be discussed. Dr. Zeldin is a board certified pediatrician and pediatric neurologist who has been working with regional center clients for over 10 years. RSVP now to make sure you have a seat.

### MEDICATION MINIMIZING STRATEGIES

September 14 - Wednesday 1:00 - 2:00 pm

WRC Psychiatrist Consultant, Dr. Victoria Dunckley, will present this informative training sponsored by the Achievable Foundation. The primary focus of this session will be minimizing medications. You will learn about synergistic environmental changes that take stress off the nervous system and allow effective reduction of polypharmacy. Dr. Dunckley is board-certified in both child/adolescent and adult psychiatry and is a member of the American Holistic Medical Association. She is a graduate of University of California Irvine's Neuropsychiatric Institute, has practiced for over ten years, combines conventional medicine with alternative methods, and has written numerous articles on the impact of electronics on mental health. You can find her blog at [www.psychologytoday.com/blog/mental-wealth](http://www.psychologytoday.com/blog/mental-wealth) Don't forget to RSVP.

PLEASE NOTE: ALL TRAININGS REQUIRE YOU TO RSVP TO ENSURE THAT YOU WILL BE NOTIFIED IF THERE ARE ANY UNEXPECTED CHANGES AND TO HAVE ENOUGH MATERIAL TO HAND OUT. PLEASE READ EACH DESCRIPTION CAREFULLY. UNLESS OTHERWISE INDICATED PLEASE CALL

**(310) 258-4013**

TO RSVP, AND CONFIRM DATES

Use this form to receive future Training & Events announcements via e-mail don't miss out!

## E-Mail Registration Form

NAME: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AGENCY/VENDOR(if applicable): \_\_\_\_\_

INDIVIDUALS NAME(if parent): \_\_\_\_\_

Please update my records and share this e-mail with my Service Coordinator  
Quality Assurance Specialist.

Please fax back to: (310) 649-1312 or Send/Drop off to Westside Regional Center

Attention: Community Services