



CSLN 2009

9th Annual Leadership Conference

Pre-Conference
Workshop
Wednesday
April 15th, 2009

DR. RUTH MYERS
and
DR. STEPHEN MYERS

*Whole Person
Assessment*

*Who Should Attend
the 2009 Leadership
Conference?*

- SLS & ILS Providers including Parent Vendors
- Regional Center Representatives
- Consumers & Families Interested in SLS
- Stakeholders interested in living options
- Anyone starting SLS programs

Registration Deadline:
March 6th, 2009



"In Times of Crisis..."

*Thursday & Friday
April 16th & 17th, 2009
Catamaran Resort Hotel
San Diego, CA*

California Supported Living Network
www.supportedliving.com

Featured Speakers

Ruth Mize Myers

Ruth "Call me Ruth" Myers, MD, is a psychiatrist who has been working with persons with developmental disabilities and complex needs for over 35 years. For the past twenty years she has specialized in providing comprehensive assessment and psychiatric services to persons with some of the most severe behavior challenges North America and Europe. During this period she has completed over 6,000 comprehensive assessments. During her first nine years she worked in various direct care positions. She has completed a number of epidemiology and outcomes database studies, has authored numerous publications, and has presented training all over North America and Europe. She has been listed with The Best Doctors in America since 1994.

She has served as a Board Examiner and Senior Board Examiner for the American Board of Psychiatry and Neurology since 1992. She rarely admits that she grew up in Cleveland, and prefers instead to reference that she lived in and practiced in Colorado for 18 years, before moving to Minnesota. She will kill him when she finds out that he wants everyone to know that Steve refers to her as a Wizard Woman.



Stephen Paul Myers

Stephen "Call me Steve" Myers, PhD, BCBA has been working with persons with developmental disabilities and complex needs for over 35 years. He has worked all over the United States, assisting individuals in facilities and community settings. His expertise is in updating behavioral technology to serve people in a way that is both

helpful and humanistic. He worked in Alabama, as the state director of psychological and behavior services for the Department of Mental Retardation. He and Ruth participated in improving behavioral and psychiatric services to the point where the State of Alabama could finally settle the historic Wyatt v Stickney lawsuit. He has presented training in various parts of North America and Europe. He grew up in various flat places, including Topeka, Kansas, and has said many times... "Lord, please don't let me die on the prairie." Steve's greatest claim to fame is that he is Ruth's chauffeur.

Thursday April 16, 2009 General Session

LESSONS FROM THE ROAD:

Serving Persons with Developmental Disabilities for more than Eighty Years

The Keynote address will span the more than eighty years that Steve and Ruth have served persons with developmental disabilities. Ruth's experiences began in 1973 as a junior ARC volunteer filling in for direct care staff that went on strike in an old-style institution in Ohio. Steve's experiences began in 1971 as a Research Assistant in the Psychology Department of the Kansas Neurological Institute in Topeka, Kansas. Experiences that will be shared include a review of the changes that have occurred over the years, where we are today, and hopes for the future. Some of the areas to be addressed are: Individualization of Supports, whole person assessment, psychotropic medication, applied behavior analysis, positive behavioral supports, restraint, advocacy, and guidelines for current issues.

Wednesday April 15, 2009 Pre-Conference Workshop

WHOLE PERSON ASSESSMENT

Achieving the best possible quality of life requires attention to more of the person than just the "behaviors of concern." A whole person assessment attempts to understand the person in many life areas, and then to integrate that information into a respectful comprehensive support strategy. Areas to be discussed include physical assessment, understanding nonverbal communications of distress, issues of spirituality and non-allopathic healing, humanized behavioral support, psychotherapy, and environmental support. The principles of "nothing about me without me" and transdisciplinary circles of support will be emphasized.



Conference Agenda

Conference Information

Pre-Conference Wednesday April 15, 2009

8:00am- 9:00am	Registration and Continental Breakfast
9:00am-11:45am	Workshop
12:00pm-12:45pm	Lunch
1:00pm- 4:00pm	Workshop

Thursday April 16, 2009

8:00am- 9:00am	Registration and Continental Breakfast
8:00am- 3:00pm	Exhibitors
9:00am- 9:30am	Welcome and presentation of Key Person Award
9:30am-11:45am	General Session by Dr.'s Ruth and Stephen Myers
12:00pm-1:15pm	Lunch
1:30pm- 3:15pm	Break-out Sessions:
3:15pm-3:30pm	Break
3:30pm-5:00pm	Break-out Sessions:
5:00pm-7:00pm	Complimentary Hospitality Reception and Social Hour Come join us for networking, socializing and fun!

Friday April 17, 2009

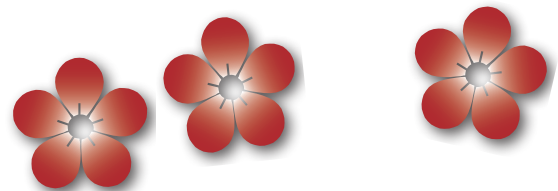
8:15am-9:45am	Continental Breakfast and optional Table Topic Discussions
10:00am-11:30am	Break-out Sessions
11:45am-1:15pm	Lunch and Keynote by Terri Delgadillo, DDS Director
1:30pm-3:30pm	SLS Circle of Influence General Session
3:30pm-3:45pm	Conference Wrap-up

CONFERENCE THEME

With the current state of budget affairs in California, *"In Times of Crisis"* seemed to be the only theme appropriate for the 2009 Leadership Conference. It is said that the Chinese symbol for crisis is a combination of two symbols: danger and opportunity. No matter the difficulty of the circumstances, no matter how dangerous the situation.... At the heart of each crisis lies a tremendous opportunity.

Upon further research, we found that a more accurate translation of the second symbol in the Chinese translation of the word "crisis" is a "crucial point". This is exactly where we are in Supported Living Services in the Golden state. It is crucial that we take action now. It is crucial that the SLS services we provide are of the highest quality. It is crucial that we work with stakeholders to preserve SLS as an option for all adults with developmental disabilities. It is crucial that we come together as a provider community to offer creative solutions for reasonableness without compromising the principles SLS was founded on.

Change is coming and we want to be the ones writing the next lines of SLS history. This crisis requires engagement and the 2009 CSLN Leadership Conference will offer the opportunity for us to do just that.



California Supported Living 2008 Scorecard

Ongoing Dialogue with DDS Leadership	Leaders of CSLN continue to meet quarterly with Terri Delgadillo, Director of Developmental Services to elevate the concerns of the membership related to budgetary cut backs, IHSS, cost-effective services, and proposed changes to the SLS regulations. Ms. Delgadillo has been invited back to the 2009 Leadership Conference.
Regional Forums Piloted	In an effort to outreach to more of our CSLN members, Regional Forums have been organized in Northern California, the Bay Area, and in the South State. Feedback has been excellent and these forums will continue and expand next year.
Annual CSLN Leadership Conference	The 2008 CSLN Leadership Conference in San Diego was our best attended conference ever and highlighted by the Director of Developmental Services, Terri Delgadillo's keynote address. Tom Pomeranz inspired us to reach higher in providing supported living services.
Outreach to Stakeholder Groups	Network leaders continue to dialogue with the Association of Regional Center Agencies (ARCA), Disability Rights Association (formerly known as Protection and Advocacy, Inc.), and the California Disability Services Association (formerly known as the California Rehabilitation Association) to represent the interests of supported living providers, and to join in efforts to overcome barriers to the growth of supported living services around the state. Steering Committee members also participated in such state-wide forums as the Lanterman Coalition.
CSLN Incorporated as a Non-Profit Organization	CSLN became a 501 C6 which gives corporate structure to the Network and enables us to have a stronger presence in disability rights and issues in the State of California through permitted lobbying activities. This will be crucial in 2009 given the projected budget crisis as there is no other advocacy group in California that solely represents issues related to supported living.
Revised CSLN Website and List Serve	The CSLN website and the list serve will be changing and will have even more information to equip you with the most up to date information related to key issues of concerns related to business practices, legislation, and the provision of quality supported living services.

CSLN 2009 Leadership Conference General Information

General Sessions

The 2009 Leadership conference will offer several General Sessions we know will leave you informed and inspired. Dr. Ruth and Stephen Myers will present "LESSONS FROM THE ROAD: Serving Persons with Developmental Disabilities for more than Eighty Years" on Thursday April 16, 2009. We have invited DDS Director, Terri Delgadillo back again for a lunch time general session on Friday April 17, 2009 and she has tentatively confirmed. Following her address, we have the Circle of Influence general session with a focus on SLS advocacy and a call to action in 2009.

Break-out Sessions

Over the years, conference attendee feedback has revealed that there are three main areas of interest among CSLN members and SLS stakeholders. We are again offering three strands to address these areas: Best Practices, Business Supports, and Staff Development.

Exhibitors

CSLN has invited a variety of vendors and organizations to participate and exhibit on April 16, 2009 from 8:00am to 3:00pm. Here you will find resources and new ideas to take back that directly impact your work and life.

Conference Registration

Conference registrations are being accepted online, by fax and U.S. mail. CSLN members receive a discounted conference rate. Your full conference registration fee provides access to the General Session, Break-out sessions, Morning refreshments, Lunch, Vendor Exhibits and the Hospitality Reception. Your additional pre-conference registration fee provides access to the full day workshop, morning refreshments and lunch on Wednesday April 15, 2009. The registration form and instructions are available in this brochure and online at www.supportedliving.com. Conference registration fees increase after March 6, 2009 so be sure to get registered before then! Watch your email or mail as we will send you a confirmation with additional information soon after we receive your registration.

Cancellation/Refund Policy

Cancellations must be in writing. All cancellations will be subject to a 50% administrative fee. Cancellations after March 20, 2009 cannot be refunded (including "no-shows") and no refunds will be given on-site. Substitutions are welcome with advance notice. Mail cancellations to CSLN 5945 Palm Drive Carmichael, CA 95608.

Contact Information

General Conference and Registration

Melanie Bazile melanieb@stepagency.com
(916) 679-1555 ext 108 Fax (916) 679-1530

CSLN Membership

Jennifer Lengyel Jenlen@comcast.net
(408) 293-5002

Exhibit and Sponsorship

Joan Schmidt JSchmidt@creativelivingoptions.com
(916) 372-2102

Location/Housing/Reservations

The Conference is again being held at the beautiful Catamaran Resort Hotel in San Diego, CA. The Catamaran is located within miles of the San Diego Airport. Airport shuttles are available through Cloud 9 Transportation and taxis are available at the airport. Hotel reservations can be made online by visiting www.catamaranresort.com or by contacting the Catamaran at (800) 422-8386. Room rates are \$179 per night, double occupancy under the California Supported Living Network. Rooms must be booked no later than March 6th, 2009 to receive this special rate!

Breakout Sessions



PTSD *Dr. Ruth Myers, Dr. Stephen Myers*

Thursday April 16, 2009

Persons with intellectual and developmental disabilities experience abuse and other forms of trauma more frequently than other people. One of many possible results of trauma might be the development of post traumatic stress disorder. This presentation will focus on accurate diagnosis and ideas for developing individualized healing and recovery strategies..



Building Capacity *Donna Bettencourt, Beth Gallagher, and Melanie Bazile*

Thursday April 16, 2009

In this session, you will learn how your agency can build capacity while still maintaining the five principles that guide quality supported living services. A panel of three directors from a small, medium, and large agency will share their experiences in developing infrastructure, procedures, policies, and staffing structure as they increased their capacity to serve more consumers, and/or to serve consumers with specialized needs. Whether you are a small, medium, or large supported living provider, you will come away with a greater knowledge of how to grow your agency, or, for that matter, how to stay small, but maximize your resources and capacity.



Community Resources *Jacquie Foss and Lisa Barrows*

Thursday April 16, 2009

As we experienced last year that networking and discussing available community resources, how to maximize them and just conversing with one another can lead to a dynamic and beneficial discussion. The format will be to present systems we have utilized for IHSS, Housing and other Community Resources and to have you share your systems as well. In this critical time of budget cuts, we as a community coming together to assist one another to be as efficient as possible is one avenue of ensuring those we support continue to receive quality services.



Mood Disorders *Dr. Ruth Myers, Dr. Stephen Myers*

Thursday April 16, 2009

This session will focus on accurate recognition of mood disorders such as depression, bipolar disorder, and mood disorders with psychotic features. Information on medical mimics and mood side effects of non-psychotropic medications will also be discussed. Treatment ideas will emphasize the principles of recovery and autonomy.



Staff Development: People I would want to support ME!

Sadie and Eric Hess

Thursday April 16, 2009

Don't you sometimes think you would be better off if you didn't have to deal with staff? Staffing issues repeatedly add to administration frustration and burnout. Morale and attitude are also one of the most difficult areas to put your arms around and yet one of the most crucial! This session will take a look at our agency philosophy and what we could do to affect overall morale. But as good as philosophy is—we all want practical answers. We will also give some practical, hands on tools you can put in place that will make a difference immediately.

Breakout Sessions



Human Resources

Sandra Jones, PHR and other speakers to be determined

Thursday April 16, 2009

There is nothing typical about SLS so it's true that Human Resources in an SLS agency can be complicated. This interactive session will address the crucial HR functions necessary for the success of SLS providers throughout California. Examples will be explored from agencies of all sizes and alternatives to traditional HR discussed.



Think-Plan-Do

Mark Starford, Tammy Evrard

Friday April 17, 2009

California's Department of Developmental Services Consumer Advisory Committee [CAC] in partnership with Board Resource Center (BRC) will present "THINK-PLAN-DO: strategies to communicate choice, set goals, and develop critical leadership skills". The CAC & BRC have published a rich field-tested library of books, an award winning adaptation CD, & 15 educational DVDs. These field-tested materials support people with implementation of personal and employment goals. Presenters will distribute DVDs to attendees and lead the group through an interactive project. The Board Resource Center will provide a presentation that will include an interactive session using the CAC DVD with examples of the tools and methodology used in the current Leadership through Personal Change project. Presenters will show one of the 15 DVDs and Guides that focus uniquely on decision making for people with disabilities. All DVDs and guides have been developed, with titles and content decided by CAC members, to provide strategies for people to be successful. Session attendees will be provided copies of the DVD.



Be A Positive Part of the Democratic Process

Dwight Hansen

Friday April 17, 2009

This session will address how a bill becomes a law and building and fostering legislative influence. Session attendees will leave with ample resources to prepare for our call to action in this time of crisis.



Personal Care Guidelines

Deb Royat

Friday April 17, 2009

Many individuals we serve require personal care to remain healthy and comfortable. This session will cover the use of Personal Care Protocols and guidelines for teaching boundaries as well as provide safe and respectful care. Personal Care Protocols ultimately protect the privacy, dignity and safety of the people we serve, as well as protect the staff and the organization from questions of impropriety.



Circle of Influence General Session

Friday April 17, 2009

Supported Living in California is at a crucial point. It is important that we as an SLS Community focus our efforts on the issues we can influence. We expend a lot of energy on the inequities of service rather than directing our efforts toward pro-activity that will make a difference. This interactive panel will address the concerns of SLS and give concrete examples of how we can really influence the future of Supported Living. The time for action is now!

CSLN 2009 Leadership Conference Registration Form

Name _____

Organization _____

Position or Title _____

Services provided (check all that apply) ☐ ILS ☐ SLS ☐ Supported Employment ☐ RC funded Day Service

Other _____

Day time phone _____

Email address _____

Conference Registration and Fees

Attending (check all that apply) ☐ Pre-conference 4/15/09, ☐ Full conference 4/16-17, 2009

Fees (Does not include the cost of hotel or travel)

Pre-conference

CSLN Member \$125

Non-Member \$150

Full Conference

Self-Advocate or Family Member	Before 3/6/09	After 3/6/09	On-site
CSLN Member	\$180	\$230	\$280
Non-Member	\$205	\$255	\$305

Staff Member/Professional with Agency

CSLN Member	\$265	\$305	\$345
Non-Member	\$290	\$330	\$370

Total Registration Due \$ _____

Special Accommodations:

☐ Sign Language Interpreting Services

☐ Accommodations for Conference Materials

☐ Vegetarian Meal

☐ Specially Prepared Meal _____

☐ Other-Please specify _____

Fill out one registration form per person and mail with payment to:

CSLN

Attn: Melanie Bazile

5945 Palm Drive

Carmichael CA 95608

Register Online at:
www.supportedliving.com

Registration form can also be faxed to CSLN Attn: Melanie Bazile at (916) 679-1530. Make check payable to CSLN. Registration and payment can also be completed on line at www.supportedliving.com. Questions about conference registration can be directed to Melanie Bazile at melanieb@stepagency.com or (916) 679-1555 ext 108.



CSLN

Attn: Melanie Bazile
5945 Palm Drive
Carmichael, Ca 95608
www.supportedliving.com

TIME SENSITIVE MATERIAL

Registration Deadline March 6th, 2009

California Supported Living Network 9th Annual Leadership Conference

**April 16th & 17th
-2009 -**

Hotel Accommodations are Available!

CATAMARAN
RESORT HOTEL

**3999 Mission Boulevard
San Diego, CA 92109
(858) 488-1081
Fax (858) 488-1387**

Room rates are \$179.00 per night, double occupancy.

Call (800) 422-8386 to make room reservations under
The California Supported Living Network.
www.catamaranresort.com

**ROOMS MUST BE BOOKED NO LATER THAN
MARCH 6th, 2009 TO RECEIVE THIS SPECIAL RATE!**

