



**CSLN 2013**

**13<sup>TH</sup> ANNUAL LEADERSHIP CONFERENCE**

# **CONFERENCE BROCHURE**

**Thursday and Friday  
April 18 & 19, 2013**

**The Dana Hotel - San Diego, California**



**[www.supportedliving.com](http://www.supportedliving.com)**

# CONFERENCE SCHEDULE

WED	TIME	SESSION / EVENT	LOCATION
4/17/13	5:00p-7:00p	Early Registration and packet pick up	Mission Bay Ballroom Foyer
THU	TIME	SESSION / EVENT	LOCATION
4/18/13	8:00a-9:00a	Registration and Continental Breakfast	Mission Bay Ballroom
	8:00a-3:00p	Exhibitors	Mission Bay Ballroom Foyer
	9:00a-9:15a	Conference Welcome and Logistics – CSLN President Joan Schmidt	Mission Bay Ballroom
	9:15a-12:00p	GENERAL SESSION: Bruce Anderson - “Hidden Communities and Hidden Gifts: Uncovering What Matters”	Mission Bay Ballroom
	12:15p-1:15p	Lunch and Key Person Award	Mission Bay Ballroom Terrace
	1:30p-3:00p	<b>BREAK OUT SESSIONS:</b>	
		Bruce Anderson - “Hope at Work: Creating Positive and Resilient Organizations”	Sunset Room
		Tony Anderson - “Public Policy Update and Effective Advocacy”	Marina Room
		Art Bolton - “Writing the Lanterman Act for California”	Pacific Room
	3:00-3:15p	Break	
	3:15p-4:45p	<b>BREAK OUT SESSIONS:</b>	
		Bruce Anderson - “Who Am I?: Distinguishing Between Skills, Talents, and Gifts”	Sunset Room
		Carlene Holden and Marty Omoto - “ILS/SLS/Managed Medi-Cal: And More Changes Coming”	Marina Room
		Tony Anderson – The California Alliance for Direct Support Professionals (CADSP): “Building a Professional Association for California’s Developmental Services DSPs”	Pacific Room
	5:00p-7:00p	Hospitality Reception	Tropical Pool
FRI	TIME	SESSION / EVENT	LOCATION
4/19/13	8:00a-9:00a	Continental Breakfast and Table Topic Discussions	Mission Bay Ballroom
	9:00a-12:00p	GENERAL SESSION: Nora Baladerian – “Risk Reduction: A Guide for Individuals with Developmental Disabilities and their Families and Careproviders.”	Mission Bay Ballroom
	12:00p-12:15p	Break	
	12:15p-1:30p	Lunch	Mission Bay Ballroom Terrace
	1:30p-3:00p	<b>BREAK OUT SESSIONS:</b>	
		Nora Baladerian – “The Rules of Sex: Social and Legal Guidelines for those who have Never Been Told”	Sunset Room
		Tony Anderson – The California Alliance for Direct Support Professionals (CADSP): “Building a Professional Association for California’s Developmental Services DSPs”	Marina Room
		Stacy Sisson – “Nuts and Bolts of Generic Resources”	Pacific Room
	3:00p-3:15p	Break	
	3:00p-3:45p	Family Members and Self-Advocates: “Loving and Learning with Our Adult Children with Disabilities: A Life-long Dance”	Bayside Conference Room
	3:15p-3:45p	Conference Wrap-Up and Federal and State Updates Carol McKinney and Jacquie Dillard-Foss, Co-Chairs, CSLN Governmental Affairs Committee	Mission Bay Ballroom

### Table Topics

Please join us during breakfast on Friday for our annual Table Top Discussions! This is a chance to discuss topics of your choosing in small groups. Some of the topics will be:

"IHSS and Capturing Generic Resources"

"Supporting People with Medical Challenges"

"Motivating Staff to Improve Performance"

"Supporting People With Mental Illness"

"Delivering Quality Independent Living Services"

AND MANY MORE!

## ***Congratulations to Art Bolton CSLN 2013 Key Person Award Recipient***

In 2005, the Key Person Award was established by CSLN to recognize an individual's outstanding advocacy efforts for the advancement of supported and independent living services throughout the state of California. Art Bolton, a well known leader and early pioneer in the California disability movement, is recognized for his lifetime commitment and advocacy work beginning with his position as a Senior Health and Welfare Consultant to the California State Assembly, and the Assembly Ways and Means Committee. As the first director of the Assembly Office of Research, Art was a visionary who helped develop legislation in the fields of mental health, criminal justice, and health care. In 1967, he worked with then Assemblymember Frank Lanterman to craft the bill that became known as the Lanterman Act, a monumental piece of legislation that created our current regional center and community-based service system.

## **CONFERENCE SESSIONS**

### **Thursday, April 18 General Session**

#### **"Hidden Community and Hidden Gifts: Uncovering What Matters"**

**Bruce Anderson**

Who is welcome and who is not? Creating cultures of inclusion requires us to think about welcoming from three distinct perspectives: for the people we support, for our staff, and for our surrounding communities. Combining the strengths of the disability movement with asset-based community development gives us the principles and tools to move forward. In this engaging and participatory presentation, Bruce will give each of us an opportunity to assess where we are in each of these three areas, and decide what our next steps will be.

### **Thursday, April 18 Afternoon Break-Out Sessions**

#### **"Hope at Work: Creating Positive and Resilient Organizations"**

**Bruce Anderson**

This session applies recent research on how hope is built and sustained in humans into a model for organizations to use. We will describe the four focus areas necessary for hope to thrive in any group and give examples of activities. Using our evaluation tools, you will have the opportunity to assess your current workgroups levels of hope and establish strength/improvement areas. This training WILL make you more hopeful about the future of your workplace.

#### **"Public Policy Update and Effective Advocacy"**

**Tony Anderson**

We will provide a review of the national and state public policy issues, and review the principles of effective grassroots advocacy, community organizing, and influencing policymakers.

#### **"Who Am I?: Distinguishing between Skills, Talents, and Gifts"**

**Bruce Anderson**

Strength-based practices require identifying and utilizing the capacities in a person as a significant tool in helping them to move forward in their life. But strength-based lists don't distinguish between what a person "can do" and "what they really want to do and will stick with." This distinction is critical for motivation and success. This session will introduce helping professionals to the 3 Gift Buckets tool, which can be used with people receiving support and also with employees to increase opportunities to bring more of what matters to them into their daily life with others.

**Please visit our Exhibitors on Thursday,  
from 8:00 AM to 3:00 PM in the foyer.**

**Take advantage of the resources  
and bring them back to your agency.**



# CONFERENCE SESSIONS

## Thursday, April 19 Afternoon Break-Out Sessions

### **Writing the Lanterman Act for California**

**Art Bolton**

Art Bolton, one of the original legislative staffers responsible for crafting California's Lanterman Act, which established the first entitlement for developmental services system in the country will take us back to that very important moment in time.

### **"SLS/ILS/IHSS and Managed Care: Massive Changes Now and More Coming"**

**Carlene Holden and Marty Omoto**

The federal government and the state are trying to find ways to contain costs. Medicaid and Medicare are planning to streamline the programs and make them affordable over the long run. Their plan is simple. It's known as the triple aim: serve more people, do it in a way that costs less, and improve quality.

Things are changing quickly and learning how to advocate for the needs of the people we care about is becoming challenging. Learn the changes that are here now, learn what's coming soon, learn the problems to expect as managed care plans become more of a reality for services and long term supports. Help develop a plan of action to assure you program participants will get what they need and what they are entitled to receive.

## Friday, April 19 Morning General Sessions

### **"Risk Reduction: A Guide for Individuals with Developmental Disabilities and their Families and Careproviders."**

**Nora J. Baladerian, Ph.D.**

Abuse of people with disabilities is a terrible problem. By acknowledging the problem, these victims of abuse can become strong survivors when they receive support, credence and appropriate intervention. By continuing our failure to believe this could occur or that a specific incident occurred we leave the victim powerless with increased vulnerability. This presentation is designed to create awareness of the problem among Professionals who can make a difference with the collaboration of individuals with disabilities, their families, and other advocates. This information is to strengthen our resolve to openly discuss abuse problems, create plans to thwart would-be abusers, and assist agencies in staff development of quick reporting skills.

## Friday, April 19 - Afternoon Break-Out Session

### **"The Rules of Sex: Social and Legal Guidelines for those who have Never Been Told"**

**Nora J. Baladerian, Ph.D.**

People with intellectual disabilities should be given the opportunity to learn about sex and the law in a safe, non-threatening and easy to understand manner. This information is difficult to find! This presentation provides intellectually diverse people a simple guide to effectively teach basic facts that everyone needs to know to learn boundaries (laws) regarding sex, and to protect him or herself from victimization, while still enjoying their sexuality.

### **The California Alliance for Direct Support Professionals (CADSP): "Building a Professional Association for California's Developmental Services DSPs"**

**Tony Anderson**

This session will provide an overview of the credentialing and certification for Direct Support professionals who support people with intellectual and developmental disabilities and their families. The session will cover the code of ethics, the competencies of the profession, and the development of the California Alliance for DSPs.

### **"Nuts and Bolts of Generic Resources"**

**Stacy Sisson**

This session will provide you with insight into the complex world of IHSS and Medi-Cal as well as affordable housing. We will discuss helpful tools and ways to forge lasting relationships to maximize the use of generic resources in your agency. You'll learn useful techniques to navigate through the IHSS assessment process; IHSS state regulations and how they affect your consumers; Medi-Cal redeterminations and more.

### **"Loving and Learning with Our Adult Children with Disabilities: A Life-long dance!"**

**Janice Fialka**

In this workshop we will have a lively conversation about the impact of raising and supporting a child as they move into their young adult years. This transition impacts each member of the family in unique ways. We will explore the impact of this new phase, including the range of feelings, thoughts, worries, joys and changing roles. We will share concrete ways that parents provide support to their teenage and adult children in ways that honor their child's emerging abilities and sense of self determination.