



**Valley Mountain Regional Center
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Stockton, CA 95202
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**ZOOM CALL-See How to Connect Below
VMRC Self Determination Advisory Committee**



DATE: Thursday, May 21, 2020



TIME: 3:30pm-5:00pm



WHERE: ZOOM CALL ONLY

Join Zoom Meeting

<https://zoom.us/j/92331556443?pwd=UFhyUXAvVUJpejExQ2tZZU9hQ0Zqdz09>

Meeting ID: 923 3155 6443

Password: 774450

One tap mobile

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Dial by your location

+1 669 900 6833 US (San Jose)

Pursuant to Government Code Sections 11123.1 and 11125(f), individuals with disabilities who require accessible alternative formats of the agenda and related meeting materials and/or auxiliary aids/services to participate in the meeting, should contact Dena Hernandez at the SCDD North Valley Hills Office

2529 W. March Lane Suite 105 or by phone: 209-473-6930 or

Email: northvalleyhills@scdd.ca.gov

Requests must be received by 5pm, on Thursday, May 14, 2020



**Valley Mountain Regional Center
Self Determination Advisory Committee (SDAC)**

REMINDER from the Self Determination Law
WELFARE AND INSTITUTIONS CODE Section 4685.8

Role of this Committee

Each regional center shall establish a local volunteer advisory committee to provide oversight of the Self-Determination Program.

The regional center and the State Council on Developmental Disabilities shall each appoint one-half of the membership of the committee.

The committee shall consist of the regional center clients' rights advocate, consumers, family members, and other advocates, and community leaders.

A majority of the committee shall be consumers and their family members.

The committee shall reflect the multicultural diversity and geographic profile of the catchment area.

The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent with the requirements, and may make ongoing recommendations for improvement to the regional center and the department.

These are PUBLIC Meetings-so everyone is welcome.

The focus of this committee is to discuss the

Self Determination Program

This is not the meeting for individual concerns/issues about traditional VMRC services and supports. Please contact your service coordinator for help on individual concerns.

The 5 Principles of Self-Determination



Freedom

You plan your own life and make your own decisions, just like people without disabilities are able to do.

Authority

You decide how money is spent for your services and supports.

Support

You pick the people and supports that help you live, work and play in your community.

Responsibility

To make decisions in your life, to be accountable for using public money and to accept your valued role in the community.

Confirmation

You are the most important person when making plans for your life.
You are the decision maker about your services.

10 Ground Rules for Meetings

1 Show up on time and come prepared

Be prompt in arriving to the meeting and in returning from breaks.
Be prepared to contribute to achieving the meeting goals.
Come to the meeting with a positive attitude.



2 Stay mentally and physically present

Be present, and don't attend to non-meeting business.
Listen attentively to others and don't interrupt or have side conversations.
Treat all meeting participants with the same respect you would want from them.

3 Contribute to meeting goals

Participate 100% by sharing ideas, asking questions, and contributing to discussions.
Share your unique perspectives and experience, and speak honestly.
If you state a problem or disagree with a proposal, try to offer a solution.

4 Let everyone participate

Share time so that all can participate.
Be patient when listening to others speak and do not interrupt them.
Respect each other's thinking and value everyone's contributions.



5 Listen with an open mind

Value the learning from different inputs, and listen to get smarter.
Stay open to new ways of doing things, and listen for the future to emerge.
You can respect another person's point of view without agreeing with them.

6 Think before speaking

Seek first to understand, then to be understood.
Avoid using idioms, three letter acronyms, and phrases that can be misunderstood.
It's OK to disagree, respectfully and openly, and without being disagreeable.

7 Stay on point and on time

Respect the groups' time and keep comments brief and to the point.
When a topic has been discussed fully, do not bring it back up.
Do not waste everyone's time by repeating what others have said.



8 Attack the problem, not the person

Respectfully challenge the idea, not the person.
Blame or judgment will get you further from a solution, not closer.
Honest and constructive discussions are necessary to get the best results.

9 Close decisions and identify action items

Make sure decisions are supported by the group, otherwise they won't be acted on.
Note pending issues and schedule follow up meetings as needed.
Identify actions based on decisions made, and follow up actions assigned to you.

10 Record outcomes and follow up

Record issues discussed, decisions made, and tasks assigned.
Share meeting reports with meeting participants.
Share meeting outcomes with other stakeholders that should be kept in the loop.





Valley Mountain Regional Center
Self Determination Advisory Committee (SDAC)
May 21, 2020
3:30pm-5:00pm

AGENDA

Call Meeting to Order- Mariela Ramos-chair

Introductions- Committee Members and audience

Establish Quorum- Mariela Ramos-chair

Approval of the Agenda- ACTION

Approval of the minutes from February 20, 2020 and April 16, 2020-ACTION

Public Comment- *This item is for members of the public to comment and/or present information to the VMRC SDAC. Each person will be afforded up to three minutes to speak. Written requests, if any, will be considered first. The VMRC SDAC will also provide public comment, not to exceed a total of seven minutes, for public comment prior to action on each agenda item.*

Update on the Self Determination Program Phase In & Orientation during the COVID-19 Pandemic-Information- Tony Anderson, VMRC Executive Director and Cindy Mix, Director of Case Management

Next Meeting- June 18, 2020, 10:00am to 11:30am.

Meetings are held monthly on the 3rd Thursday-time will alternate monthly-morning (10am-11:30am) & afternoon (3:30pm-5:00pm).

Meeting Adjourned