



Valley Mountain Regional Center  
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**VMRC Self Determination Advisory Committee Meeting**



**DATE:** Thursday, March 20, 2025



**TIME:** 3:30pm-5:00pm

**WHERE:** Online through Zoom

**Zoom Meeting:**

**Join on your computer or mobile app:**

<https://us06web.zoom.us/j/87369107398?pwd=aMZK5maN2Uib9nfM5BKy1GeN3V0zYY.1>

Meeting ID: 873 6910 7398

Passcode: 335821

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One tap mobile

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**For security reasons you must be signed into your Zoom account to access the meeting. Please ensure you are signed into Zoom before clicking the link above or entering the ID & passcode.**

*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](mailto:northvalleyhills@scdd.ca.gov). Requests must be received by 5pm, on Thursday, March 13, 2025. Spanish Interpretation is at all meetings and doesn't require a special request.*



**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.



Valley Mountain Regional Center  
Self Determination Advisory Committee (SDAC)  
Thursday, March 20, 2025  
3:30pm-5:00pm

### **AGENDA**

**Item 1: Call Meeting to Order-** Vivian Nicolas -Chair

**Item 2: Introductions-** Committee members can introduce themselves. Public guests are welcome to put their name in chat.

**Item 3: Establish Quorum-** Vivian Nicolas- Chair

**Item 4: Approval of the agenda-****ACTION-**Vivian Nicolas- Chair

**Item 5: Approval of the minutes from December 19, 2024 & February 20, 2025-****ACTION-**Vivian Nicolas-Chair.

**Item 6: Chair Report-****Information-**Vivian Nicolas-Chair

- VMRC reached out to Independent Facilitators to host a Meet & Greet session on March 14, 2025. Possibly create a local VMRC IF group (not a part of the LVAC).
- Resource Fair-Update details regarding agenda, tables, food, etc
- Extension to spend LVAC funds-submit invoices to VMRC by 4/15.
- Workgroup-RFP development for IF/Coaching projects-**ACTION** to add coaching and process
- CHOICES (4/11/25)-Karen/Vivian & three Transition Fairs-Stanislaus (5/2), San Joaquin (4/23)-Vivian, Mountain County-San Andreas (5/8). LVAC tables need volunteers for Stanislaus and San Andreas events
- Town Hall sponsored by our SDAC-timeframe-May?
- VMRC-SDP training for staff as baseline

**Item 7: Replace vacant leadership position-Assistant Secretary-Vivian-****ACTION-**Speeches from nominees and **vote**.

**Item 8: ICC Self Determination Support Project-****Discussion-Vivian-** update-ICC Independent Contract document-share with LVAC before finalizing

**Item 9: 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, but if need an interpreter up to six minutes. Written requests, if any, will be considered first.*

*The VMRC SDAC will also allow public comment, not to exceed a total of seven minutes, for public comment prior to action on each agenda item.*

**Item 10: Update on the Self Determination Program-*Information***-VMRC Staff to provide updates to the committee, including Fiscal Report for funding balances for our LVAC

**Item 11: Event Workgroup-*Information/Action***-Dena & Vivian-Updates from February 27th meeting.

**Item 12: Membership-*Information***-Dena

**Item 13: Self Determination Issues-*Discussion***-Advisory Committee & VMRC Staff-Time for committee members or VMRC staff to share any issues, questions or success stories regarding Self Determination, or announcements of upcoming training or opportunities for participants.

**Join the VMRC SDAC on Facebook:**

<https://m.facebook.com/groups/401810838352575/?ref=share&mibextid=DcJ9fc>

**SCDD SDP Orientation:** <https://scdd.ca.gov/sdp-orientation/?fbclid=IwAR3BNnHWCWlv4gwgXdXgYxfcHubPZnVuJ4KF6hyrpV5bREdsl-8lxZFJdSY>

**Item 14: Next Meeting-** The next meeting is scheduled for Thursday, April 17, 2025 from 3:30-5pm.

The VMRC SDAC meetings are held monthly on the 3<sup>rd</sup> Thursday-from 3:30pm-5:00pm. Meetings can be attended virtually on Zoom. For meetings, the Zoom link is the same each month.

**Item 15:** Meeting adjourned.