

2001
Edition

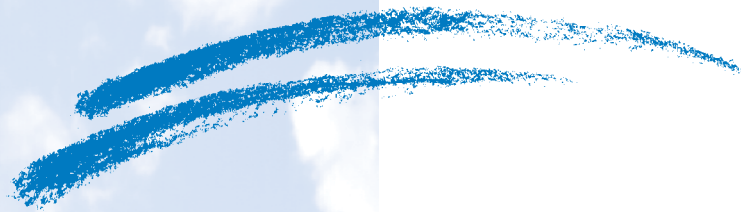
DDS

DEPARTMENT of
DEVELOPMENTAL
SERVICES &
REGIONAL
CENTERS

*W*ellness Initiative Projects 1996 - 2000



June 2001



DEPARTMENT OF DEVELOPMENTAL SERVICES

HEALTH AND WELLNESS SECTION

and

REGIONAL CENTERS

WELLNESS INITIATIVE PROJECTS

1996 - 2000



A M E S S A G E F R O M T H E D I R E C T O R

I am very pleased to present the Department of Developmental Services' (Department) 2001 edition of the Wellness Report. Through the Department's Wellness Initiative we are developing partnerships with state agencies, universities, and professionals to promote the health and well-being of Californians with developmental disabilities.

The primary focus of the Wellness Initiative has been to assist consumers with accessing quality medical, dental, and mental health services with an emphasis on positive health outcomes. Due to Wellness Initiative projects:

- Over 4,500 consumers with complex health problems have received targeted services as a result of Wellness Initiative funding.
- Over 2,600 professionals have received training on health issues specific to persons with developmental disabilities.
- Over 36 new partnerships with universities, state organizations, professional associations, and service agencies have been developed by the Department and regional centers through the Wellness Initiative.

The Department has developed the following resources to assist healthcare providers in providing quality health services to consumers:

- Physician Assistance Consultation and Training Network
- Health Notes: Care of Children and Adults with Developmental Disabilities
- The Road to Wellness: Accessing Medical Services and Navigating the Managed Care System
- www.ddhealthinfo.org
- Wellness Digest
- DDS-HEAL
- Annual Wellness Forum

We hope this booklet keeps you informed on the progress being made as a result of the Wellness Initiative. We wish to thank the regional centers, universities, and community partners who have made this progress happen.

Cordially,



CLIFF ALLENBY

Director

Department of Developmental Services

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Project Selection Committee

This committee includes representatives from the following organizations:

- Association of Regional Center Agencies (ARCA)
- Consumer Advisory Committee
- DDS Developmental Centers Division
- DDS Prevention and Children Services Branch
- DDS Program Services Branch
- DDS Regional Center Branch
- Legislative Staff (Senate and the Assembly)
- Organization of Area Boards
- Protection and Advocacy, Inc.



Executive Summary

The Department of Developmental Services (DDS) has reviewed over 100 regional center wellness projects which have been initiated over the past five fiscal years. The purpose of this review was to:

- Identify valuable protocols, methods, manuals and materials which can be replicated by other regional centers.
- Identify gaps in services which remain after local projects have been implemented.

Staff interviewed regional center staff for all of the projects and completed site visits on many. Reports and materials were provided by the regional centers and project partners. The focus of the information gathering was on outcomes, success factors, and barriers. The challenge was to generate some common conclusions, given the diverse information from a variety of projects.

In general terms, over 4500 consumers with complex health problems have received targeted services as a result of Wellness Initiative funding. Over 2600 professionals have received training on health issues specific to persons with developmental disabilities. DDS and regional centers have developed over 36 new partnerships with universities, state organizations, professional associations, and service agencies through the Wellness Initiative.

The time line for projects varies as specified in each regional center's proposal. Several regional centers have continued funding Wellness projects after the funding period has expired. These projects are categorized in applicable sections as Projects Continuing with Regional Center Funding.

Common themes which have emerged from the project reviews include the following:

Outcomes

- Increased awareness of the health needs of persons with developmental disabilities living in the community.
- Increased communication between primary care physicians, psychiatrists, and pharmacists.
- Improved collaboration among local service agencies.
- Identification and treatment of previously unrecognized medical conditions.
- Improved documentation of complex medical conditions.
- Increased awareness of cultural diversity issues with regard to persons with developmental disabilities.
- Development of guidelines and protocols for effective health care delivery.
- Development of training videos and materials.
- Development of multi-lingual materials for health education.
- Establishment of numerous local clinics.

Success Factors

- Involvement of various stakeholders from project inception to completion.
- Interagency collaboration (regional center to regional center, hospitals, dentists, county mental health agencies, and professional associations).
- Dedication of regional center staff and local service providers.
- Utilization of local experts, including persons with developmental disabilities.
- Promoting new working relationships among community service agencies.
- Utilization of nationally recognized experts.
- Use of the multi disciplinary team approach.
- Utilization of technology for remote access.
- Provision of on-site child care for community training sessions.
- Hiring project coordinators.

Barriers

- Difficulty in procuring services from professionals in the community who have experience in working with individuals with developmental disabilities.
- Difficulty in getting the targeted audience to attend the training or conference.
- Low DentiCal and Medi-Cal reimbursement for critical services.
- Scheduling of clinics and training.
- Dynamics of service providers, i.e. staff turnover, consumer absences due to extended medical leave, and relocation of consumers.

Recommendations

- Replicate the most successful models for improving access to dental, physical, and mental health services, targeting replication in communities in need of those services.
- Improve technical assistance, as necessary, to communities seeking to replicate successful project models.
- Establish funding mechanisms by which successful local projects can be sustained, or at least can obtain multi-year funding.
- Establish evaluation criteria that are consistent for all projects so that aggregate data can be collected and consumer outcomes analyzed.
- Increase professional and consumer education including the removal of obstacles which prevent participation at conferences and/or training.
- Support local efforts for positive public relations.



Wellness Initiative

In 1996, the Department of Developmental Services launched a statewide initiative to promote health and wellness for persons with developmental disabilities living in community settings. The primary focus has been timely access to quality medical, dental, and mental health services with an emphasis on positive health outcomes. Taking a leadership role in this statewide effort, DDS is sponsoring research, developing "best practice" guidelines, and improving professional expertise. A second focus has been to increase the clinical capacity of regional centers and their communities. The third focus has been the development of partnerships among state and local agencies and universities. These partnerships conduct special projects to help address the diverse health issues of persons with developmental disabilities. All of these activities support the mission of the Wellness Initiative.

“To promote the health and well-being of all Californians with developmental disabilities.”

DDS Focus on Wellness

DDS will continue to take the lead with a number of projects and activities:

- Developing policies regarding health care service delivery and problem resolution.
- Supporting the development of formal training programs for health care practitioners.
- Training community residential care providers to identify early signs and symptoms of illness.
- Sponsoring conferences on "best practices" to promote clinical excellence.
- Issuing newsletters highlighting clinical issues and services.
- Supporting statewide task forces and advisory committees addressing issues concerning oral, mental, and physical health.

Regional Center Focus on Wellness

The regional centers are a critical component for building local clinical service capacity. DDS funds local wellness projects to improve clinical services in communities throughout the state. These projects include activities such as the following:

- Specialty clinics.
- Enhanced monitoring of consumer health status.

- Projects using telemedicine or other innovative technologies.
- Training of care providers, consumers and families.
- Interagency collaboration.

The California Wellness Partnership

The California Wellness Partnership is an affiliation whose members share a commitment to the health and well-being of persons with developmental disabilities. Through these partnerships, DDS merges our comprehensive knowledge of developmental disabilities with the leadership, innovative services and technical expertise of the various partners to promote timely access to quality medical, dental and mental health services. Efforts in this area include:

- Mobilizing dynamic public leaders into partnerships to address critical priorities.
- Empowering local communities to improve health services and health outcomes for persons with developmental disabilities.
- Assisting in evaluating the effectiveness of wellness efforts.



Wellness Initiative

The Wellness Forum

In 1998, the Association of Regional Center Agencies (ARCA) sponsored a statewide wellness conference which emphasized the formation of community networks and linkages made to strengthen the medical, dental and mental health services for persons with developmental disabilities. This conference focused on issues pertaining to adults and older persons with developmental disabilities.

Due to the success and enthusiasm generated by this first conference, ARCA partnered with DDS to co-sponsor subsequent annual Wellness Forums. These two-day conferences offer a setting for regional centers and project partners to share outcomes from the various wellness projects which have been developed over the past several years. They also identify success factors and barriers to project implementation.

Thanks to the continued support of the Legislature, and the regional centers' ongoing commitment to important health issues, the fourth annual Wellness Forum will occur in Winter, 2001. ARCA and DDS will work together to showcase current wellness projects, as well as to bring forth the latest information regarding innovative service approaches for persons with developmental disabilities.

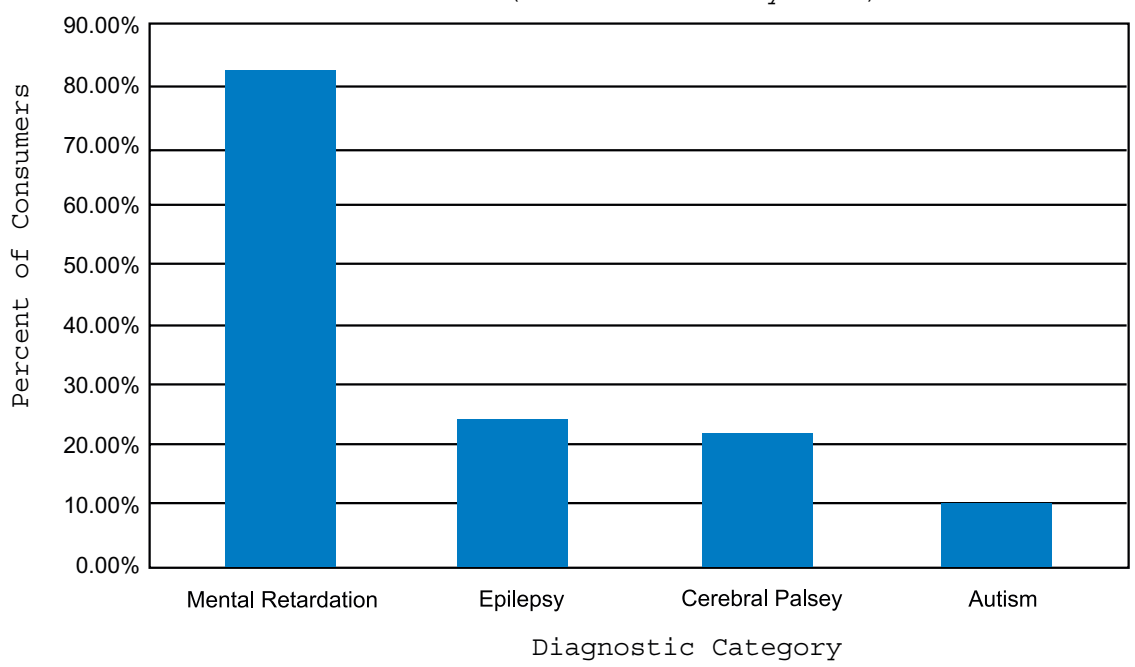
Wellness Projects

Wellness Projects are a major component of the Wellness Initiative. These are developed and implemented by regional centers and their partners. Wellness Projects are categorized into several broad topic areas, including:

- Mental Health
- Oral Health
- Medication
- Women's Health
- Aging and Developmental Disabilities
- Telemedicine
- Nutrition
- Training and Resources for Physicians and Other Medical Professionals
- Training and Resources for Consumers, Families and Service Providers

This report describes Wellness Projects as categorized under these broad topic areas.

Percent of Consumers in Each Major Diagnostic Category (Per CDER January 2001)



Source: CDER File as of January 2001, DDS Information Systems and Services

Mental Health

B A C K G R O U N D

Persons with developmental disabilities have been underserved in regard to diagnosis and treatment for mental health services. Factors that contribute to inadequate services include:

- Perception that persons with developmental disabilities do not have mental health problems and, therefore, do not require mental health services.
- Inability of many residential facilities to provide the necessary staffing to consumers who have psychiatric diagnoses and developmental disabilities.
- Limited expertise of mental health practitioners.
- Limited access to specialized mental health services for consumers who are dually diagnosed.
- Lack of collaboration between regional centers and county mental health agencies regarding services for persons who are dually diagnosed.
- Inadequate funding for mental health services in general.

Through the implementation of the Wellness projects and the Statewide Mental Health Task Force, the regional centers, county mental health agencies, and the Departments of Developmental Services and Mental Health are making significant strides to improve services for the dually diagnosed population.

Current Projects

Central Valley Regional Center *Statewide Mental Health Training*

Funded in fiscal year 1998/99, this project provided training for county mental health and regional center staff on assessment and treatment for individuals with both mental illness and developmental disabilities. A statewide mental health summit promoted collaboration among county administrators and regional center directors regarding the functional model of the Whole Person Assessment by Dr. Ruth Ryan, and models for systems change. Two additional mental health training sessions were conducted in Northern and Southern California and were directed to supervisory and clinical staff at regional centers and county mental health agencies. This project was completed in February 2000.

Counties in Project Area: All

Golden Gate Regional Center *Anchor Project*

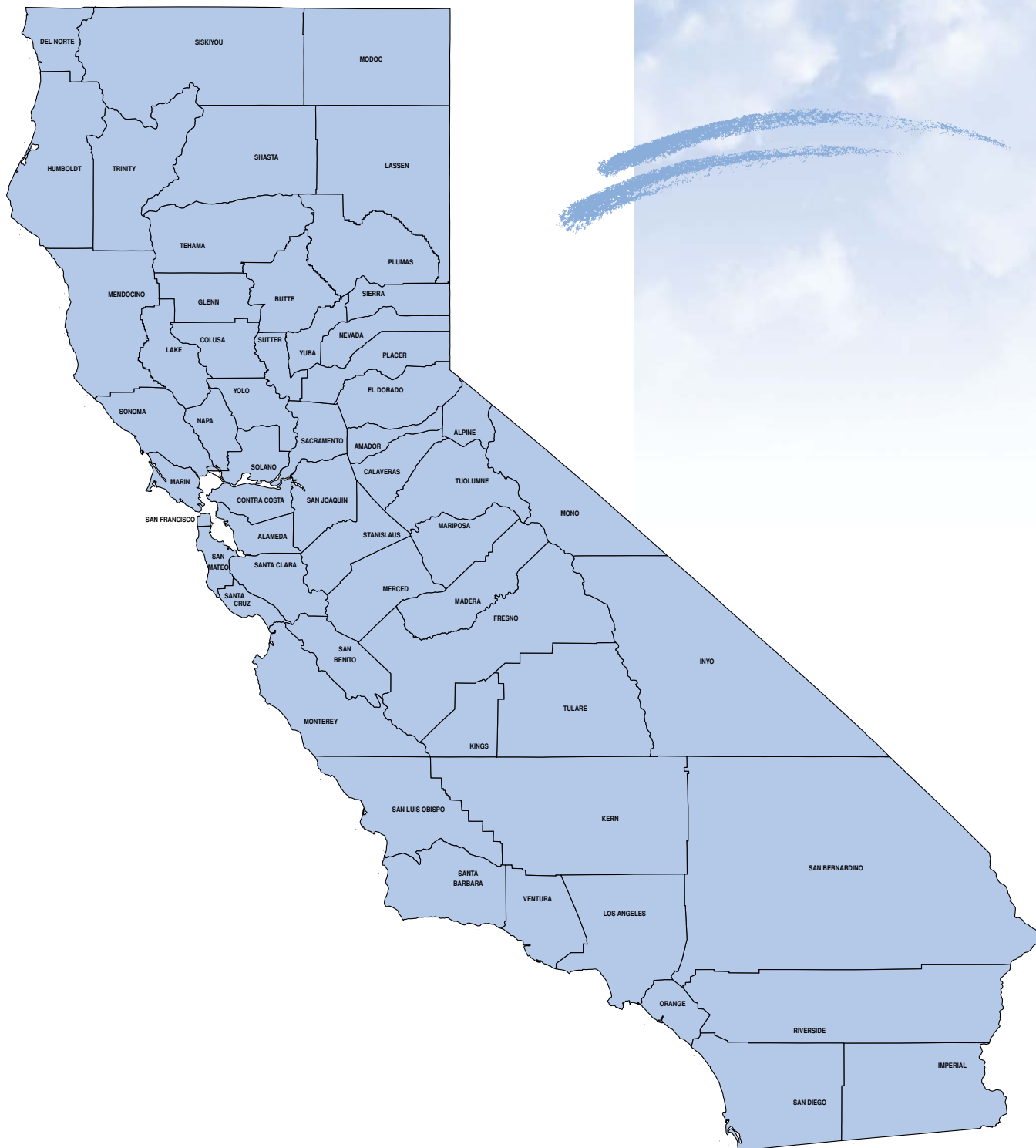
Funded in fiscal years 1997/98 and 1999/00, the Anchor Project is a collaborative effort between the regional center, San Francisco Community Mental Health and San Mateo County Community Mental Health. This project has improved access to mental health services for consumers who have mental health needs. The 1997/98 funded project was completed in June 2000.

The current project is introducing consumers to group and individual psychotherapy, as well as psycho-educational training in anger management, social skills, human sexuality, and problem solving. Service providers are also receiving training in behavior management, social skills, and sexuality training.

Counties in Project Area: San Francisco, San Mateo



Mental Health Projects by Counties Served



Mental Health Projects

Blue represents counties served

Mental Health

Inland Regional Center

Promoting Positive Mental Health Through Counseling Services

Funded in fiscal year 1999/00, this project will implement group and individual counseling for issues dealing with post-traumatic stress, grief and/or abandonment, anger, sexual and/or physical abuse, eating disorders, impulse control, addiction, and self-esteem.

Counties in Project Area: Riverside, San Bernardino

North Bay Regional Center

Development of Community Psychiatric Treatment Resources

Funded in fiscal year 1998/99, this project will expand the number of community psychiatrists who are skilled at providing services to persons with developmental disabilities, as well

as to develop inpatient treatment resources. It will do this by training regional center psychiatric consultants who will, in turn, train community psychiatrists in issues related to developmental disabilities. It will also train psychiatrists from county mental health agencies to be utilized as consultants by their colleagues at respective mental health agencies.

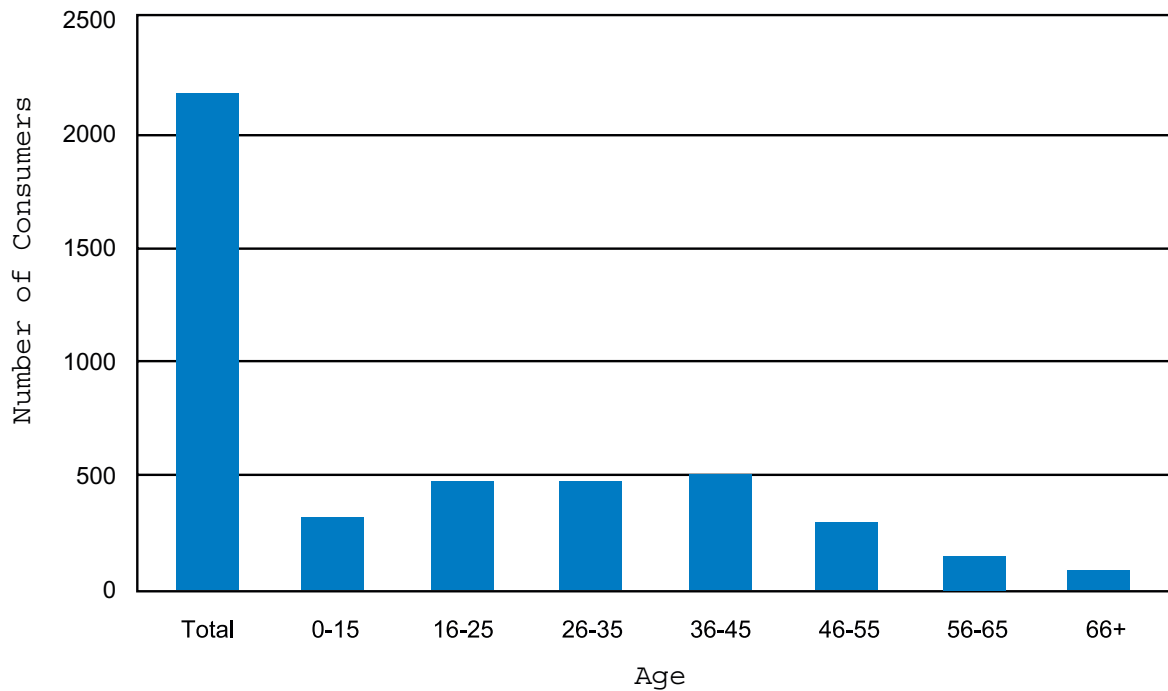
Counties in Project Area: Napa, Solano, Sonoma

Cooperative Mental Health Assessment for the Dually Diagnosed Consumer

Funded in fiscal year 1999/00, this project will replicate the Anchor Project by developing clinical services to dually diagnosed consumers. It will also offer specialized training to service providers in both the Department of Mental Health and the North Bay Regional Center.

County in Project Area: Sonoma

Number of Consumers Prescribed Two or More Behavior Modifiers



Source: CDER File as of January 2001, DDS Information Systems and Services



Mental Health

Redwood Coast Regional Center

Project Incorporation: Individuals with Developmental Disabilities Getting Care

Funded in fiscal year 1998/99, this project is developing a model of cross-agency training and consultation between the regional center, county mental health, and a variety of service providers. It is allowing for individuals with developmental disabilities and mental health diagnoses to receive services and supports in a proactive manner.

County in Project Area: Mendocino

Regional Center of Orange County

Best Practice Guidelines for Behavioral Psychology

Funded in fiscal year 1997/98 and to be finalized in 2001, this project initially intended to develop a Best Practices Guidelines for behavioral psychology. A task force was established and determined that a more realistic goal would be to produce an Affective@ practices document. As an effective practices document, this report includes definitions, descriptions, and recommendations concerning effective behavioral services.

Counties in Project Area: All

San Andreas Regional Center

Partnership of San Andreas Regional Center and Natividad Medical Center

Funded in fiscal year 1998/99, and completed in August 2000, this project trained regional center staff in how to effectively utilize psychiatric services at Natividad Medical Center. This included working with emergency room staff, reporting symptoms, and understanding terminology used by county mental health workers. A referral tool, based on the Whole Person Assessment model, was co-developed with the Santa Clara County Mental Health Department.

Counties in Project Area: Monterey, Santa Clara, Santa Cruz

South Central Regional Center

Promoting Positive Mental Health and Well-Being Through Teaching Personal Safety

Funded in fiscal year 1997/98 and completed in the spring of 2000, this project promoted the safety of women with developmental disabilities. Training was conducted so that women could acquire skills which would enable them to recognize and avoid risky situations. Service providers also participated in workshops which reinforced the same strategies taught to the consumers. At the conclusion of the training, both consumers and staff received training manuals and pictorial guides for future reference.

County in Project Area: Los Angeles

San Diego Regional Center

Comprehensive Mental Health Services

Funded in fiscal year 1999/00, this project will develop a residential treatment facility for dually diagnosed and behaviorally challenged adolescents. It will also develop an intensive assessment team for diagnostic and treatment recommendations. This team will coordinate and/or provide intensive treatment to adolescents.

Counties in Project Area: Imperial, San Diego

Valley Mountain Regional Center

Parents, Educators & Administrators Collaborating Effectively (PEACE)

Funded in fiscal year 1999/00, Project PEACE will develop a curriculum for parents, providers, school and regional center personnel that will sensitize them to the social-emotional aspects of early autism treatment and to facilitate effective communication among the team members. The long-term goal is to improve treatment by stabilizing families, maintaining in-home placements where possible, and teaching more effective communication techniques to treatment teams.

Counties in Project Area: San Joaquin, Stanislaus



Mental Health

Projects Continuing with Regional Center Funding

San Gabriel/Pomona Regional Center *Multi-Disciplinary Evaluation and Support Team*

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, this project established a Memorandum of Understanding with Los Angeles County Mental Health and seven Los Angeles area regional centers. The MOU is reviewed for effectiveness on a monthly basis.

County in Project Area: Los Angeles

Completed Projects

Alta California Regional Center *(ACRC funded) Positive Behavior Support Training*

Funded in fiscal year 1996/97 and completed in June 1997, this project's goal was to provide support and maintain consumers in the least restrictive environment. This was accomplished by training care providers and service coordinators on the positive behavioral support process.

Counties in Project Area: Placer, Sacramento, Sutter, Yolo, Yuba

Golden Gate Regional Center *Anchor Project*

Funded in fiscal year 1996/97, this project developed a treatment program for 30 "high risk" consumers who are dually diagnosed.

County in Project Area: San Francisco

Regional Center of the East Bay *Development and Outcomes Assessment Multi-Disciplinary Team*

Funded in fiscal year 1996/97 and completed in June 1998, this project developed and field tested all components related to the Multi-Disciplinary Team model in achieving positive general, mental, and behavioral health results for consumers.

Counties in Project Area: Alameda, Contra Costa

San Andreas Regional Center *Enhanced Psychiatric Services*

Funded in fiscal year 1996/97 and completed in June 1998, this project served dually diagnosed consumers by providing medication reviews and psychiatric interventions.

Counties in Project Area: Santa Clara, Santa Cruz

San Diego Regional Center *Improve Mental Health Services for Children and Adolescents*

Funded in fiscal year 1997/98 and completed in December 1998, this project provided training to mental health professionals in understanding, diagnosing and treating children and adolescent consumers who are dually diagnosed.

County in Project Area: San Diego

OUTCOMES

- Mental Health Summit trained 100 regional center and county mental health administrators and directors in the Whole Person Assessment model, and systems collaboration.
- 200 "middle managers" and clinical workers were trained at the Statewide Mental Health Training.
- Care provider staff reported a reduction of aggression for consumers receiving anger management and social skills training.



- Law enforcement personnel have an increased understanding of mental health issues for persons with developmental disabilities.
- Relationships with county mental health agencies and regional centers have been strengthened with interagency agreements, joint trainings, and liaison activities.

SUCCESS FACTORS

- First Mental Health Summit for Regional Center Directors and County Mental Health Directors.
- First statewide training addressing dual diagnosis for persons with developmental disabilities.
- Providers identified individuals with dual diagnoses who could benefit from skill building before those individuals showed severe behavior problems.
- Regional center referral system is proactively identifying consumers with mental health needs.
- Collaboration was established between regional centers, county mental health agencies and law enforcement agencies.
- Reduction in the use of psychiatric emergency services, number of psychiatric inpatient hospital days, and amount of time spent in psychiatric hospitals.

BARRIERS

- Funding for mental health services.
- Referrals were greater than one provider could handle.
- Difficulty in the establishment and approval of a contract.
- Difficulty in securing a contractor to perform mental health services for dually diagnosed consumers.
- The inability of providers to receive Medi-Cal reimbursement for mental health services for dually diagnosed consumers.
- The issue of confidentiality among service agencies .
- The cost of a residential treatment program for dually diagnosed consumers.
- Difficulty in securing the services of clinicians and behavioral specialist who have experience working with people who have developmental disabilities and mental illnesses.

Jesse's Story

Jesse's participation in the **San Andreas Regional Center's** wellness project enabled him to overcome his fears about moving away from his family, as well as helped him cope with losses in his life. Read more about Jesse's success in the *Testimonials* section.



Oral Health

B A C K G R O U N D

Inadequate oral health among individuals with disabilities is a long-standing and well-documented problem of national proportion. Among the many factors contributing to the magnitude of the oral health problem are:

- complications associated with medications and poor oral hygiene
- behavior management issues
- a greater incidence of malocclusions related to craniofacial deformities
- problems with mastication such as swallowing and rumination
- poor motor coordination skills
- increased incidence of traumatic injuries

These issues are combined with many factors including a lack of perceived need, limited financial resources, limited access to and unavailability of quality dental care, and limited training in oral hygiene for those with disabilities. This oral health problem manifests in substantial pain and suffering, rampant periodontal disease and tooth decay, premature loss of teeth, dental infection and ultimately, loss of function.

Recent research indicates that poor oral health is a leading cause of more serious secondary infections. Indeed, the mouth has been determined to be a primary entry point for numerous systemic diseases. Without the increased access and comprehensive preventive measures, persons with developmental disabilities can develop increasing medical problems which could lead to infection, heart disease, malnutrition, and serious complications.

The State Department of Developmental Services supports regional centers in their efforts to improve the oral health of persons with developmental disabilities and to increase the access to dental care professionals.

Current Projects

Central Valley Regional Center

Improving Oral Health Through a Community-Based Program

Funded in fiscal year 1998/99, this project has developed a community-based oral health system to triage, refer and treat consumers, and provide preventive education to consumers, families, and care givers.

Counties in Project Area: Fresno, Madera, Merced

Far Northern Regional Center

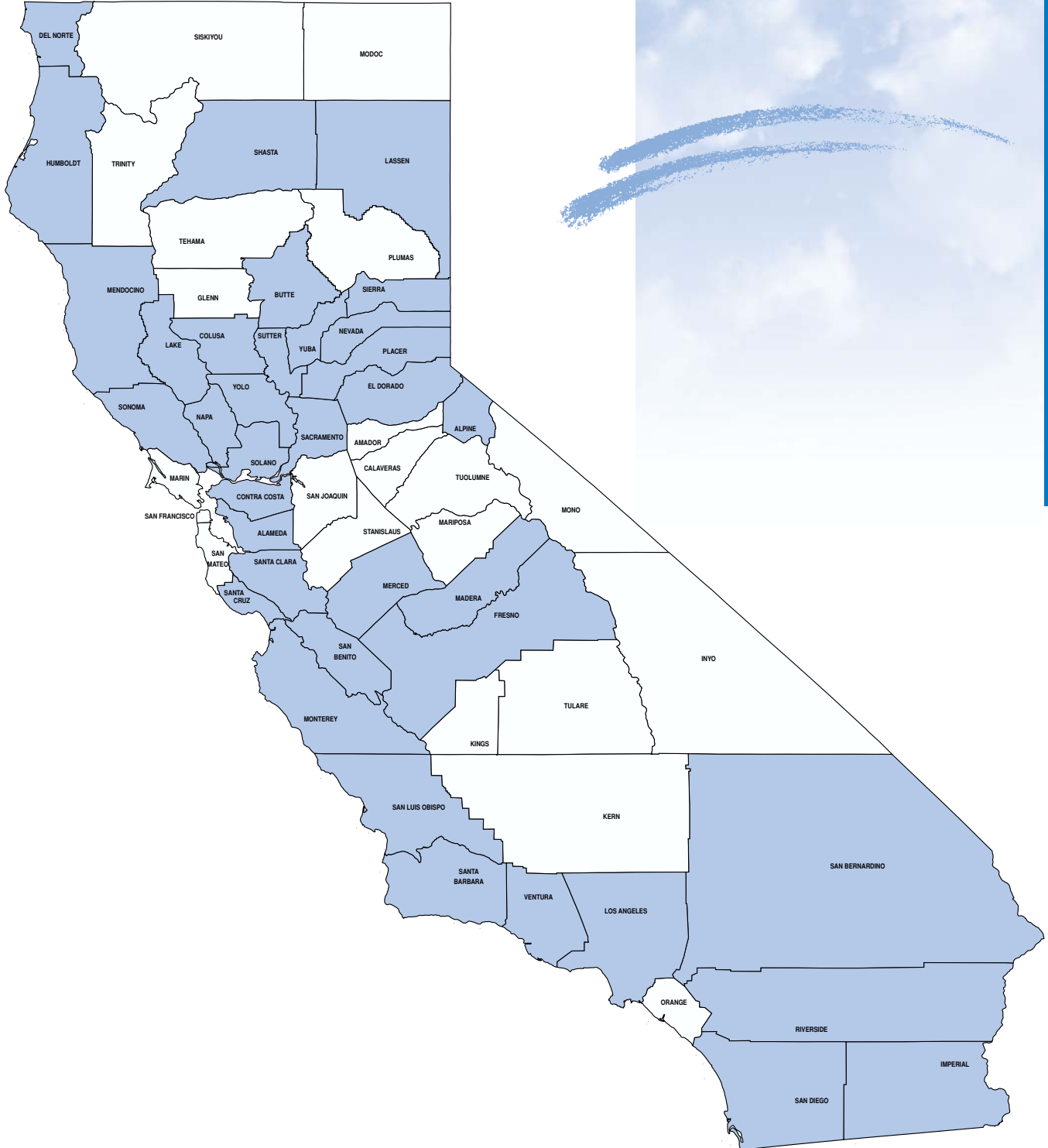
Adopt-a-Home - A Preventive Dentistry Program for the Developmentally Disabled

Funded in fiscal year 1998/99, this project has improved the quality of oral health practices of consumers; increased the oral health knowledge of consumers; increased the ability of consumers to provide their own oral hygiene; and has increased residential care providers' ability to overcome behavioral obstacles in relation to assisting consumers with oral hygiene.

Counties in Project Area: Butte, Lassen



Oral Health Projects by Counties Served



Blue represents counties served

Oral Health

Inland Regional Center

Oral Health

Funded in fiscal year 1998/99, this project has performed dental screening and has advocated for consumers' dental wellness by educating consumers and their families, care providers, and service coordinators about the importance of improved oral health for persons with developmental disabilities.

Counties in Project Area: Riverside, San Bernardino

North Bay Regional Center

Improving Oral Health Through a Community-Based Dental Program

Funded in fiscal year 1998/99, the goal of this project is to improve access to dental care for consumers. The project has funded the development of a hospital dental clinic to ease access to operating room dental procedures. The procurement of dental coordinators has increased consumer access to dental care in the community.

Counties in Project Area: Napa, Solano, Sonoma

Regional Center of the East Bay

Community Based Oral Health System to Increase Access to Local Dentists and Improve Prevention Activities

Funded in fiscal year 1998/99, this project has developed a screening and referral program for oral health; has conducted training for dental professionals and caregivers; and, has provided oral health equipment to caregivers.

Counties in Project Area: Alameda, Contra Costa

Redwood Coast Regional Center

Two Strategies for Enhancing Dental Health for People with Developmental Disabilities: The Adopt-A-Home Program and Telemedicine Tools for Dentistry

Funded in fiscal year 1998/99, this project has expanded the Adopt-a-Home model to support and maintain healthy oral hygiene skills of consumers living in community care facilities. It has enhanced and supported the willingness and expertise of community dental health care professionals to provide access, treatment and oral health care for consumers through continuing educational opportunities via teleconferencing, and by interactive teaching and consultation utilizing intraoral cameras.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino

San Andreas Regional Center

Oral Health - A Community-Based Dental Program

Funded in fiscal year 1998/99, this project has provided oral hygiene training for consumers and care givers and has made referrals to dentists in the community to get prompt completion of treatment.

Counties in Project Area: Monterey, San Benito, Santa Clara, Santa Cruz

San Diego Regional Center

Improving Dental Health of Persons with Developmental Disabilities

Funded in fiscal year 1998/99, this project provides oral hygiene training to parents, school staff, caregivers and consumers. It increases access to care through outreach and serves as a regional resource for families and agencies.

Counties in Project Area: Imperial, San Diego



South Central Los Angeles Regional Center *Dental Wellness*

Funded in fiscal year 1998/99, this project has increased access to dental services through outreach and has provided preventive education to consumers, family members, and care givers. This project provided post-graduate education and training to dental professionals in March 2001.

County in Project Area: Los Angeles

Westside Regional Center *Managing Long-Term Dental Outcomes in the Developmentally Disabled*

Funded in fiscal year 1998/99, this project has increased the number of consumers who receive oral hygiene education, treatment and follow-up. It has also trained health care professionals and direct care staff in the provision of care to persons with developmental disabilities.

County in Project Area: Los Angeles

Projects Continuing with Regional Center Funding

Far Northern Regional Center *Dental Project*

Using their own funds in 1992 and ongoing to date with continuation funding by the regional center, Far Northern Regional Center established a hospital-based dentistry program. This regional center also implemented the Adopt-a-Home model for consumers.

Counties in Project Area: Butte, Shasta

Redwood Coast Regional Center *Community-Based Hospital Dentistry*

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, this project:

- Worked with local hospitals to establish dental clinics.

- Conducted dental screening.
- Initiated oral hygiene and desensitization training for families and care givers.
- Provided a training in preventative dental care to community dental hygienists.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino

Completed Projects

Alta California Regional Center *(ACRC funded) Preventative Dental Systems*

Funded in fiscal year 1996/97 and completed in June 1998, this project established a dental clinic to serve persons with developmental disabilities; trained dental professionals to provide care to persons with developmental disabilities; and educated and trained individuals with developmental disabilities and their parents or care givers to monitor oral health and provide effective oral hygiene.

Counties in Project Area: Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, Yuba

Dental Equipment

Funded the same year, this collaborative project provided portable and stationary dental equipment, surgical instruments, and dental supplies for Colusa Community Hospital and Barton Memorial Hospital. New clinics were operational by June 1998.

Counties in Project Area: Colusa, El Dorado

Dental Screening

Also during the same year, this project funded dental screening and oral health care instructions for the consumer and care giver in the consumers' homes. This project was completed in June 1998.

Counties in Project Area: Nevada, Placer, Yuba



Oral Health

North Los Angeles County Regional Center

Dental Care Awareness

Funded in fiscal year 1996/97 and completed in December 1998, this project made available curriculum and multi-lingual instructional materials in good dental practices for consumers, families, service providers and dental practitioners.

County in Project Area: Los Angeles

Redwood Coast Regional Center

Pyramid Training and Adopt-a-Home Program for Dental Hygiene Programs

Initiated in 1990 utilizing Program Development Funds, this project continued with funding in fiscal year 1996/97 and was completed in June 1998. This project established a collaborative relationship between the regional center and the local dental hygiene community.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino

San Diego Regional Center

Oral Hygiene Training

Funded in fiscal year 1996/97 and completed in June 1998, this project developed an oral hygiene training program for consumers.

County in Project Area: San Diego

Tri-Counties Regional Center

Dental Wellness

Funded in fiscal year 1996/97 and completed by June 1999, this project provided training on prevention and oral hygiene. The project focused on dental treatment to consumers with the greatest needs and the least amount of resources to meet those needs.

Counties in Project Area: San Luis Obispo, Santa Barbara, Ventura

Westside Regional Center

Dental Care

Funded in fiscal year 1996/97 and completed in June 1998, this project identified dental professionals with experience in working with persons with developmental disabilities. This project conducted desensitization to dental work and stress reduction of consumers through education and relaxation techniques.

County in Project Area: Los Angeles

OUTCOMES

- A system has been established to conduct dental screening and evaluations.
- Postgraduate education and training for dental professionals.
- Consumers who previously “wouldn’t brush” have begun brushing and have allowed themselves to receive oral hygiene screening.
- Improvement in the frequency of brushing, flossing, and use of mouth rinses.
- Understanding and appreciation of the “Adopt-a-Home” volunteers for persons with developmental disabilities.
- Better understanding of dental needs in the community.
- Community dental resources were identified and trained in working with persons with developmental disabilities.
- Regional center service coordinators are better able to detect dental problems and make appropriate referrals for services.
- 100 Caregivers were trained in a “Train the Trainer” model. They, in turn, train staff at residential care homes.
- 90 Dental Professionals were trained in serving persons with developmental disabilities in their practice.
- Local Oral Health Task Forces have been formed.
- Many residential care homes are participating



- in the Adopt-A-Home program.
- Registered dental hygiene students in three programs now have units on working with people with developmental disabilities as part of their regular educational programs.
- Thousands of dental screenings have been performed by the regional center Dental Coordinators.
- Increase in the number of dentists willing to treat regional center consumers.

SUCCESS FACTORS

- Availability of conferences and workshops which provide a global orientation for Adopt-a-Home volunteers.
- Valuable professional and technical guidance from the University of the Pacific School of Dentistry.
- Mentoring program for Adopt-a-Home volunteers initiated by Lead Volunteer.
- The “meet and greet” sessions established rapport with care providers and consumers.
- Trust with consumers and credibility with providers was further established by the Adopt-a-Home volunteers becoming familiar with the consumers and their daily routines before initiating inservices or initial evaluations.
- Adopt-a-Home volunteer stipends.
- Adopt-a-Home volunteers’ commitment and perseverance in the face of multiple challenges.
- The ability to hire a full-time dental coordinator.
- Interest of caregivers and case managers in oral health.
- Collaboration with several of the major oral health resources in the community. Each of the collaborators have contributed a variety of resources and expertise.
- Cooperation of regional center staff in publicizing trainings for caregivers and assistance in finding interested facilities for the Adopt-a-Home Program.

- Strong commitment by Registered Dental Hygienists’ (RDH) Association to recruit and train RDH’s.
- Increase in the number of dental hygiene students eager to learn / train to work with individuals with special needs.
- Contractual agreement with West LA College and the Dental Hygiene program to educate and train dental hygiene students.
- The enthusiasm of the Dental Coordinators has been an essential success element. They have been tireless in going into the community and working with consumers and dental professionals.

BARRIERS

- Referrals for procedures that require general anesthesia.
- Getting treatment accepted by DentiCal.
- DentiCal does not authorize IV anesthesia in a dental office. Consequently, many of the individuals seen for this study who could have been scheduled in an in-office anesthesia setting had to be scheduled for the operating room in order to get their dental needs addressed.
- Scheduling is still an arduous task depending on the residential care provider’s ability to arrange for staff and transportation for their residents.
- Recruiting Adopt-a-Home volunteers.
- Scheduling inservice training and follow up meetings with the care providers and consumers.
- Lack of a project coordinator.
- Inconsistency in the use of standardized Adopt-a-Home data collection forms due to each home already having their own system for collecting data on brushing and flossing.
- Inconsistency of care provider participation in follow up evaluations presented a barrier to evaluating the success of the program.



Oral Health

- Dynamics within individual homes, i.e. staff turnovers, extended medical leave, and movement of consumers.
- Large geographic area and number of consumers.
- Lack of experience of dental professionals limits the number of special needs patients they serve.
- Limited accessibility of many dental offices for patients using wheelchairs.
- Recruiting consumers and care providers to participate in oral hygiene training and screening.
- Care providers' ability to transport consumers out of county to participate in workshop.
- Identification and recruitment of dental professionals to treat persons with developmental disabilities.
- Scheduling training at times, dates and places convenient to both parents and care providers
- Involving residential care providers in the oral hygiene of consumers.
- Low reimbursement rate of Denti Cal. This makes it extremely difficult to recruit dentists and hospitals to offer services to our consumers.

"Darla's" Story

"Darla's" oral health and self esteem improved greatly after visitation by an Adopt-a-Home volunteer. Read more about how "Darla" and others have benefitted from regional center oral health projects in the *Testimonials* section.



Medications

B A C K G R O U N D

Concern continues to be expressed that persons with developmental disabilities receive inordinate amounts of psychoactive medication, inappropriate medications, or are in danger of drug interactions due to multiple medications. Individuals with developmental disabilities have complex health needs often requiring multiple treatment modalities. Medication management and monitoring are key to consumers living successfully in the community. Understandable guidelines for providers, identification of potential side effects, easy to access information and education are vital to appropriate medication administration.

Current Projects

Central Valley Regional Center

Medication Management: The Shared Responsibility Model

Funded in fiscal year 1997/98 and completed in June 2000, this project contracted with the University of California at Irvine to develop statewide guidelines on medication management for physicians, pharmacists, service coordinators and service providers.

Counties in Project Area: All

Regional Center of the East Bay

Medication Management Training For Care Providers

Funded in fiscal year 1997/98 and completed in June 2000, this project provided four two-day medication management training.

Counties in Project Area: Alameda, Amador, Calaveras, Contra Costa, Fresno, Kings, Mariposa, Merced, Napa, San Joaquin, Solano, Sonoma, Stanislaus, Tulare, and Tuolumne

Valley Mountain Regional Center

Medication Problems and Emergency Department Visits

Funded in fiscal year 1999/00, this project will reduce emergency room visits that are related to medication problems. This will be done by identifying consumers with

medication problems resulting in emergency room admissions, and then by providing education and training to the consumer, family or care provider. In addition, an elective course for Doctor of Pharmacy Students will be developed that examines the role of the pharmacist in caring for persons with developmental disabilities.

Counties in Project Area: Amador, Calaveras, San Joaquin, Stanislaus, Tuolumne

Completed Projects

Golden Gate Regional Center

Medication Monitoring

Funded in fiscal year 1996/97 and completed in June 1998, this project reviewed medication regimens for consumers at risk of medication mismanagement.

Counties in Project Area: Marin, San Francisco, San Mateo

Regional Center of the East Bay

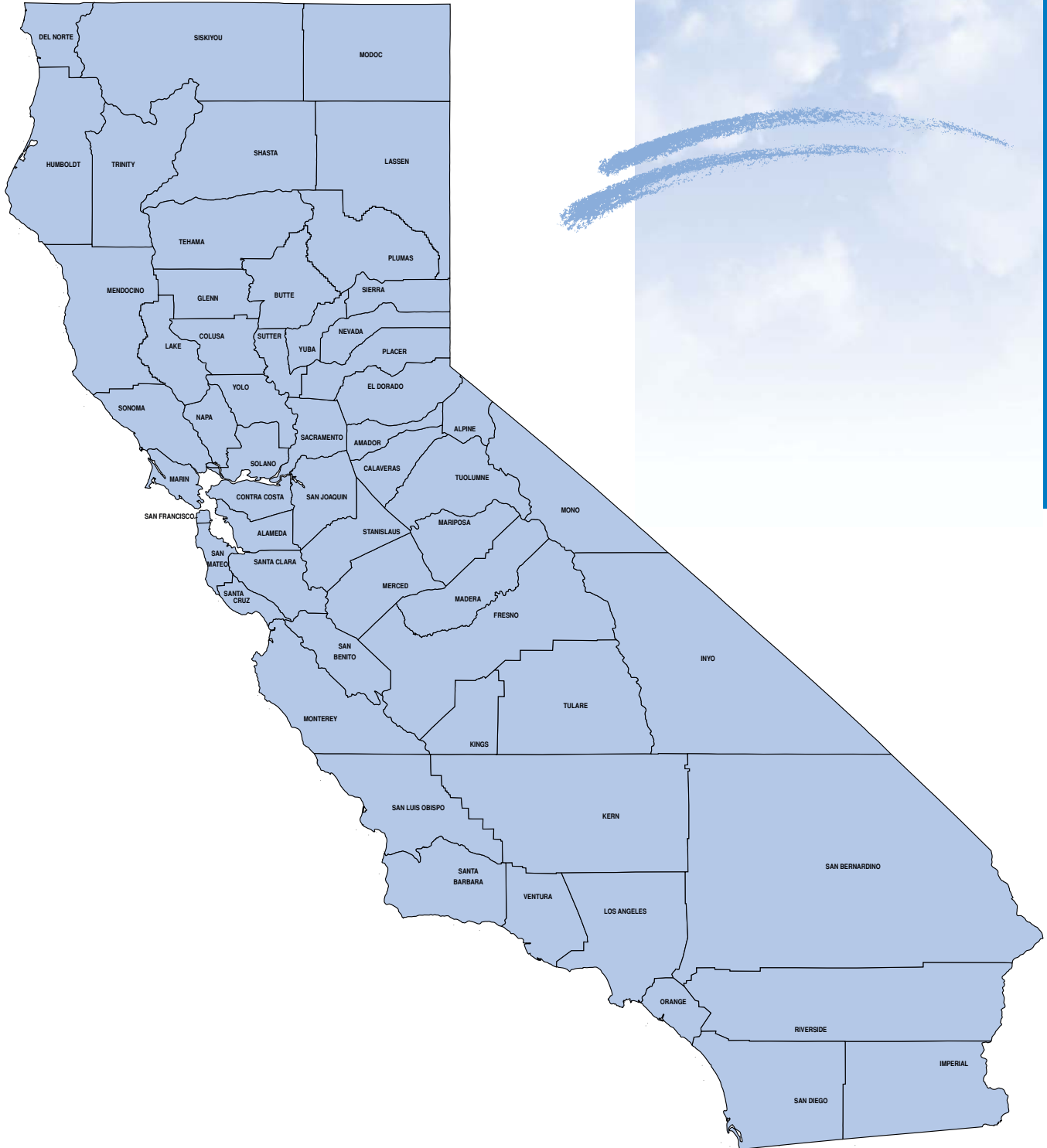
Medication Management Training

Funded in fiscal year 1996/97 and completed in June 1998, this project completed eight medication management training sessions for care providers in four regional center catchment areas. A total of 21 regional center staff, 72 service providers and 234 care providers received the training. Each training consisted of two, six-hour training sessions.

Counties in Project Area: Alameda, Contra Costa, Marin, Monterey, Napa, San Benito, San Francisco, San Mateo, Solano



Medications Projects by Counties Served



Medications

Blue represents counties served

Medications

Regional Center of Orange County

Medication Reviews

Funded in fiscal year 1996/97 and completed in June 1998, this project reviewed medication regimens for consumers at risk of medication mismanagement.

Counties in Project Area: Orange

San Diego Regional Center

Improved Psychotropic Medication Monitoring

Funded in fiscal year 1996/97 and completed in October 1998, this project developed and implemented a medication monitoring review system. The review included assessment of the frequency and type of utilization of psychoactive medications.

Counties in Project Area: Imperial, San Diego

San Gabriel / Pomona Regional Center

Medication Reviews

Funded in fiscal year 1996/97 and completed in June 1998, this project conducted reviews of 85 consumer medication regimens.

County in Project Area: Los Angeles

Westside Regional Center

Medication Reviews

Funded in fiscal year 1996/97 and completed in June 1998, this project employed the services of a pharmacist to review medication regimens of 162 consumers. A clinical protocol was developed which included a comprehensive summary sheet and recommendations to primary care physicians.

County in Project Area: Los Angeles

OUTCOMES

- Development of Statewide Medication Safety Guidelines.
- Service providers increased their knowledge of medications.
- Caring for Persons with Developmental Disabilities curriculum for pharmacy students has been developed.

- 120 emergency room medication reviews have been performed.
- Communication has improved between primary care physicians, psychiatrists and pharmacists.

SUCCESS FACTORS

- UC Irvine did a great job of collaborating with the various agencies to ensure the comprehensiveness of the medication guidelines.
- The participants of the training were given a comprehensive medication manual to take home.
- UOP and regional centers have great working relationships and excellent partnerships.

BARRIERS

- The Medication Guidelines project encountered difficulties because of the differences in opinion as to the content of the guidelines. Getting consensus between regional centers, physicians and pharmacists was difficult.
- The registration process for Care Provider Training was challenging. Each regional center conducts training differently and the registration process was confusing to some participants. Registration was handled solely by Regional Center of the East Bay (RCEB), so when a training was offered at North Bay Regional Center (NBRC), participants had to send in the registration packet to RCEB, not NBRC.
- Scheduling the contractors was difficult due to their busy schedules.
- The teleconference training was not as successful as originally thought. It required more concentration to follow the program and questions had to be repeated as it was difficult to hear.



Women's Health

B A C K G R O U N D

Women with developmental disabilities often face barriers to accessing health services. Both social and medical factors are significant obstacles. For example, specialized equipment may be necessary to accommodate women with physical challenges both for treatment and assessment. Behavioral and social challenges, including communication skills, self advocacy, cognitive understanding and cooperation during examinations also contribute to difficulty in receiving health care.

Current Projects

Central Valley Regional Center

Women's Health

Funded in fiscal year 1999/00, this project will provide women's health screenings to at least 50 under-served consumers.

Counties in Project Area: Fresno, Tulare

Far Northern Regional Center

Expanded Health Services for Women

Funded in fiscal year 1997/98 and completed in June 2000, this project included the following:

- Monthly clinics for women with disabilities at the Shasta Women's Health Center.
- A consumer education and examination desensitization component.
- Development and implementation of a training curriculum for care providers and community health care providers.

Counties in Project Area: Shasta, Siskiyou, Tehama, Trinity

Frank D. Lanterman Regional Center

Lanterman - UCLA Peer Advocacy for the Reproductive Health of Women with Developmental Disabilities

Funded in fiscal year 1999/00, this project will work with the University of California at Los Angeles to organize a peer-advocacy training, a self-advocacy training, and

a health provider training. All will advocate for the reproductive health of women with developmental disabilities.

County in Project Area: Los Angeles

Redwood Coast Regional Center

Enhanced Access to Women's Health Services for Individuals Unable to Cooperate for Exams

Funded in fiscal year 1997/98 and completed in June 2000, this project trained staff from three clinics regarding the various needs of women with developmental disabilities.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino

Regional Center of the East Bay

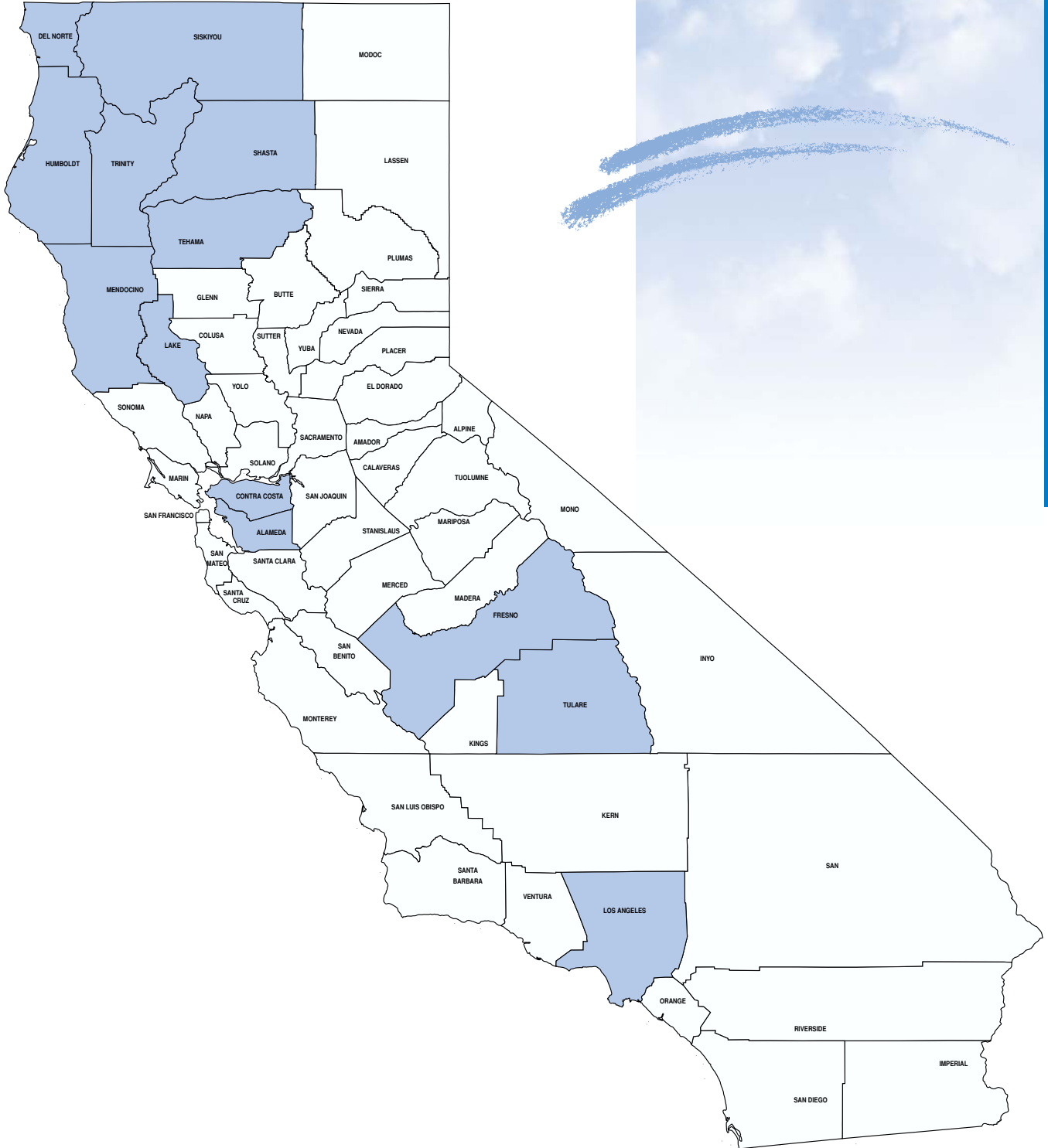
Increasing Access to Women's Health Services for Women with Developmental Disabilities

Funded in fiscal year 1999/00, this project will increase the number of women receiving gynecological care who have developmental disabilities. It will also provide support to them from trained and knowledgeable health care providers.

Counties in Project Area: Alameda, Contra Costa



Women's Health Projects by Counties Served



Women's Health

Blue represents counties served

Women's Health

Completed Projects

Westside Regional Center

Gynecological Services

Funded in fiscal year 1996/97 and completed in June 1999, this project provided gynecological services for adolescent and adult women. It included supports for women with behavioral issues and other health related difficulties.

County in Project Area: Los Angeles

OUTCOMES

- An increased number of women have received pelvic and breast examinations.
- Special examination table for women with physical challenges was purchased.
- Anatomically correct dolls were purchased to assist in communication and education with consumers.
- Educational video of exam procedures was purchased for use in training consumers.
- An MOU with the San Juan Clinic for provision of services to women with developmental disabilities has been established with the Central Valley Regional Center.

SUCCESS FACTORS

- The success of accessing clinic services from the San Juan Clinic in Tulare County rests in large part with the interest and willingness of a physician who works with both the Clinic and the Central Valley Regional Center. This physician has seen the need and has been very helpful in encouraging the clinic staff to participate in this project.
- Information in the Far Northern Regional Center project was presented in "People First" language.

BARRIERS

- Lack of willingness of providers to accept Medi-Cal for payment.
- Difficulty scheduling consumers for services.
- Difficulty in securing the services of clinicians who have experience working with people with developmental disabilities.

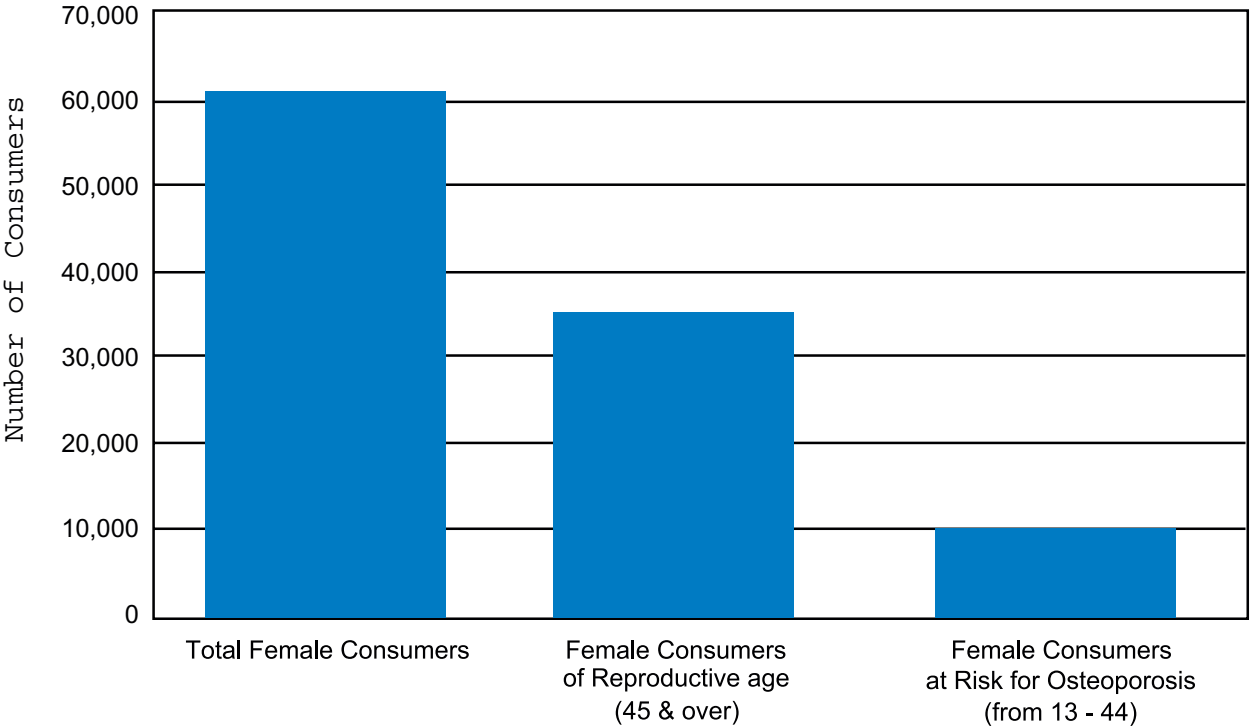
"Mary's" Story

"Mary's" discomfort and fear of examinations subsided as a result of sensitive treatment. Read more about how "Mary's" health problems were resolved in the *Testimonials* section.



Women's Health

Total Number of Active Female Regional Center Consumers Cor
Consumers of Reproductive Age & Female Consumers at Risk c



Categories of Female Consumers

Source: CDER File as of January 2001, DDS Information Systems and Services



Aging

B A C K G R O U N D

With advances in medical technology and healthcare practices, the general population is experiencing increased longevity. Projections for California indicate that the elderly population will grow more than twice as fast as the total population. Aging has become an emerging area of interest and this trend is paralleled in the population of people with developmental disabilities. Specific issues in this area include:

- Research suggesting that the onset of Alzheimer's Disease may occur at a younger age and result in a more rapid decline among people with Down Syndrome.
- Resource development to meet the increased need for medical and personal care for elderly individuals with developmental disabilities.
- Provision of a continuum of services and supports appropriate to the needs of this aging population.

Current Projects

Golden Gate Regional Center

Protocol for Older Persons with Down Syndrome at Risk For Alzheimer's Disease

Funded in fiscal year 1997/98 and completed in June 2000, this project developed a test protocol to identify and monitor persons with Down Syndrome who are at risk for Alzheimer's Disease.

County in Project Area: San Francisco

Kern Regional Center

Survey and Treatment of Osteoporosis in a Community-Based Population

Funded in fiscal year 1999/00, this project intends to reduce the development of osteoporosis and prevent or reduce the risk of fractures for females over 40 years old who live in residential care facilities.

Counties in Project Area: Inyo, Kern, Mono

North Los Angeles County Regional Center

Aging and Persons with Developmental Disabilities

Funded in fiscal year 1997/98 and completed in December 1999, this project developed curriculum for three conferences on aging and developmental disabilities. Conference curriculum and materials were translated into Spanish, Korean, and Chinese.

County in Project Area: Los Angeles

Completed Projects

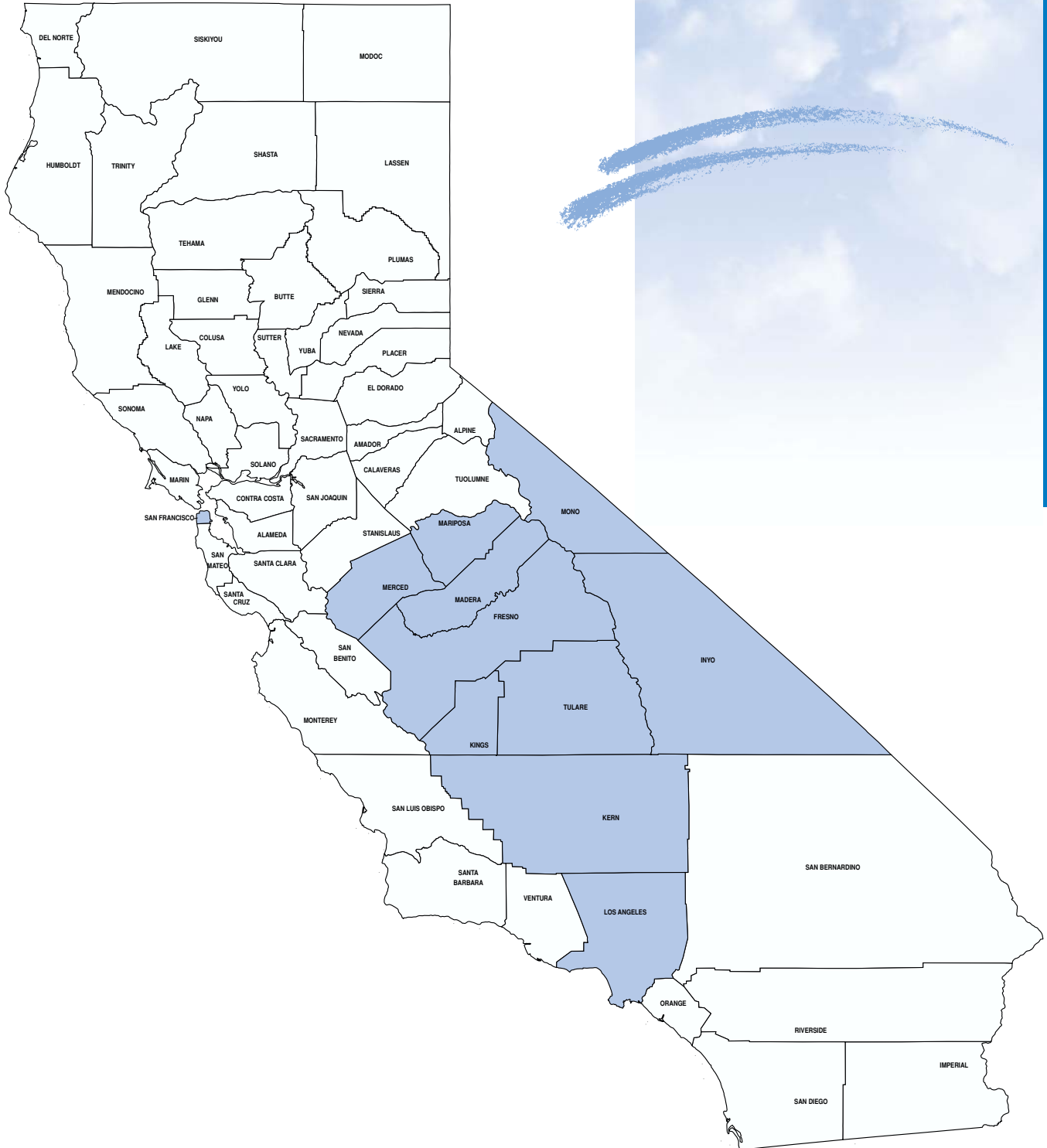
Central Valley Regional Center

Conference on Aging

Funded in fiscal year 1996/97, this project provided a one-day conference on aging issues related to persons with developmental disabilities.

Counties in Project Area: Fresno, Kings, Madera, Mariposa, Merced, Tulare

Aging Projects by Counties Served



Blue represents counties served

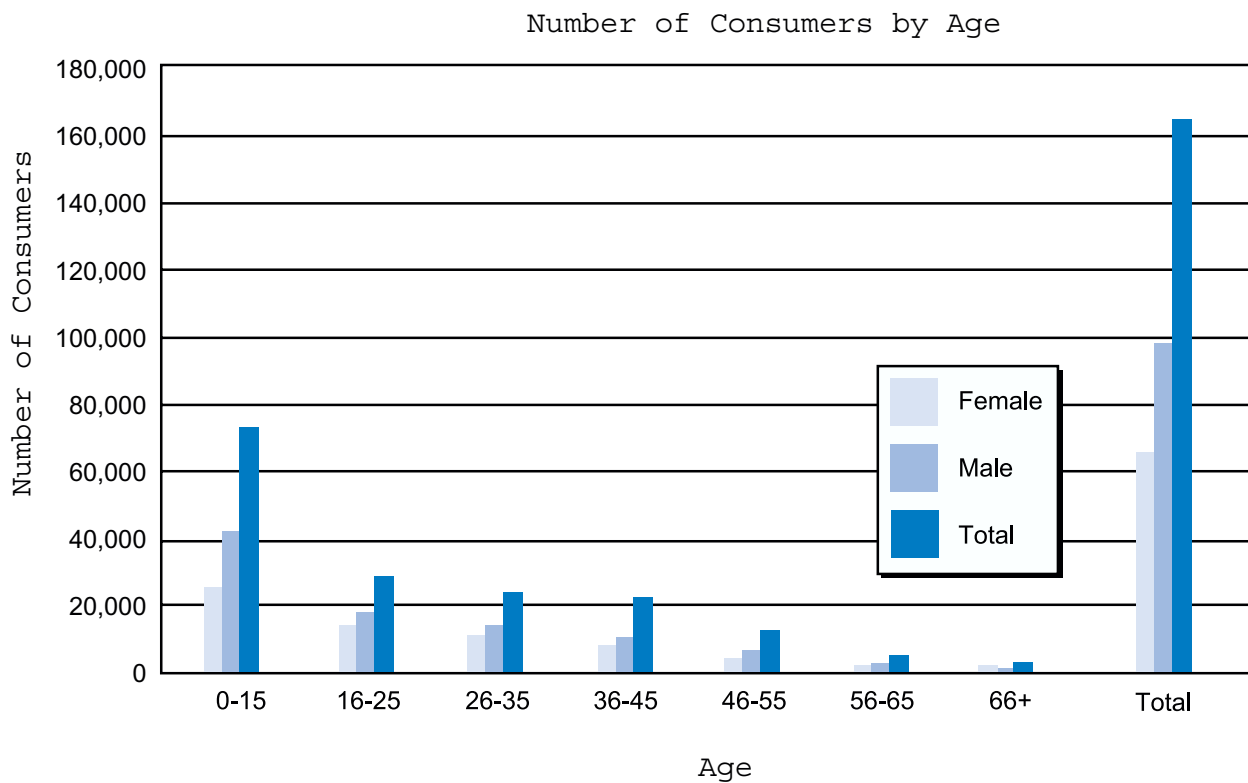
Aging

OUTCOMES

- Tests that can successfully be administered to persons with Down syndrome were identified for the Protocol for Older Persons with Down Syndrome at Risk For Alzheimer's Disease. These include:
 - Orientation test (day, month, year, site, city, state)
 - Test for Severe Impairment (Albert & Cohen, 1992)
 - Peabody Picture Vocabulary Test (Dunn & Dunn, 1981)
 - Fuld Object-Memory Evaluation (Altman, 1977)
 - Developmental Test of Visual Motor Integration (Beery & Butenica, 1977)

SUCCESS FACTORS

- Kern Regional Center is involving the community residential facilities in their project. From their recommendations, Kern has decided to rent a bone-density testing machine and hold clinics for osteoporosis testing at the regional center, instead of requiring consumers to go to a doctor's office. By doing this, consumer stress will be reduced and participation will be increased.
- Dedication and collaboration between Arc San Francisco and Golden Gate Regional Center allowed for easier identification and participation of consumers in the project.
- There is significant interest in aging due to the increase of this segment of the population.



Source: CDER File as of January 2001, DDS Information Systems and Services



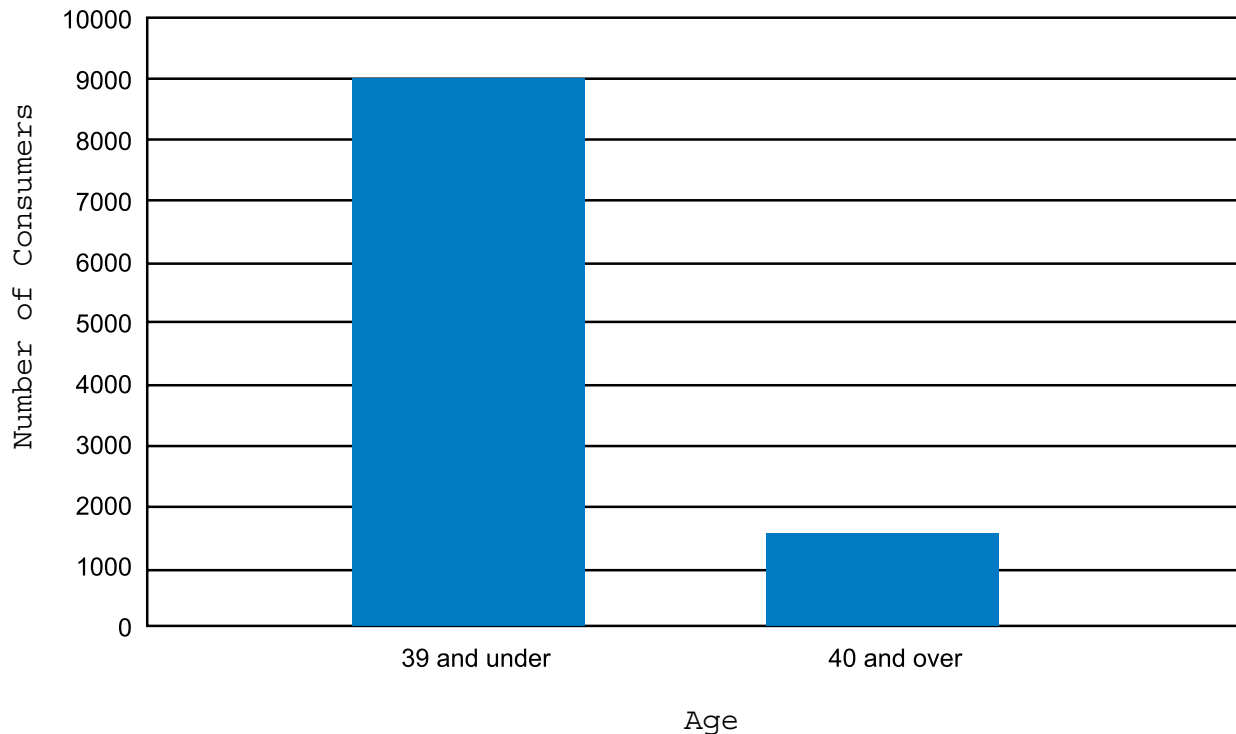
BARRIERS

- In the Kern Regional Center project, the protocol for osteoporosis identification and evaluation needs revision. Consequently, identification has gone slower than anticipated. Alternative recommendations are being reviewed.
- Reorganization at UCSF; closure of their Alzheimer’s Clinic and Memory Disorder Clinic.
- Timeline for development and delivery of the final product was delayed to incorporate input and comments from all four conferences.
- There was no budget line item for conference space, so funds for conference space in Van Nuys were generated by a small conference enrollment fee to help off-set costs. This may have deterred enrollment.

“Gary’s” Story

“Gary’s” life might have been different if his Alzheimer’s disease could have been diagnosed sooner. Read about what happened to “Gary” in the *Testimonials* section.

Number of Regional Center Consumer with Down Syndrome



Source: CDER File as of January 2001, DDS Information Systems and Services



Telemedicine

B A C K G R O U N D

Many persons with developmental disabilities experience limited access to specialty medical and psychiatric care. Access is limited due to:

- Geographic distance to healthcare resources.
- Inaccessibility to healthcare practitioners due to inclement weather conditions.

Time and distance barriers to specialty care services can delay treatment and make it difficult to provide appropriate on-going follow up care.

Telemedicine has bridged the distance gap by creating links to needed resources anywhere in the state. Video conferencing has created distance learning opportunities (health education and prevention, wellness interventions) for individuals who are geographically isolated.

Current Projects

Kern Regional Center

Telemedicine Feeding Clinics

Funded in fiscal year 1998/99, this project provides ongoing consultation and technical assistance to consumers with complex feeding problems and their families. It also has increased the capacity of regional center personnel, oral motor specialists, nutritionists, and behavior specialists to utilize an interdisciplinary team approach to assess and provide intervention for feeding problems.

County in Project Area: Kern

San Diego Regional Center

Use of Teleconferencing Equipment

Funded in fiscal year 1998/99 and completed in June 2000, this project connects the San Diego and Imperial County regional center offices via video teleconferencing equipment to enhance medical and psychological consultation.

Counties in Project Area: Imperial, San Diego

Projects Continuing with Regional Center Funding

Kern Regional Center

Telemedicine Project

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, Kern Regional Center established a telepsychiatry clinic in conjunction with Cedar-Sinai Hospital in Los Angeles.

Counties in Project Area: Inyo, Kern

Far Northern Regional Center

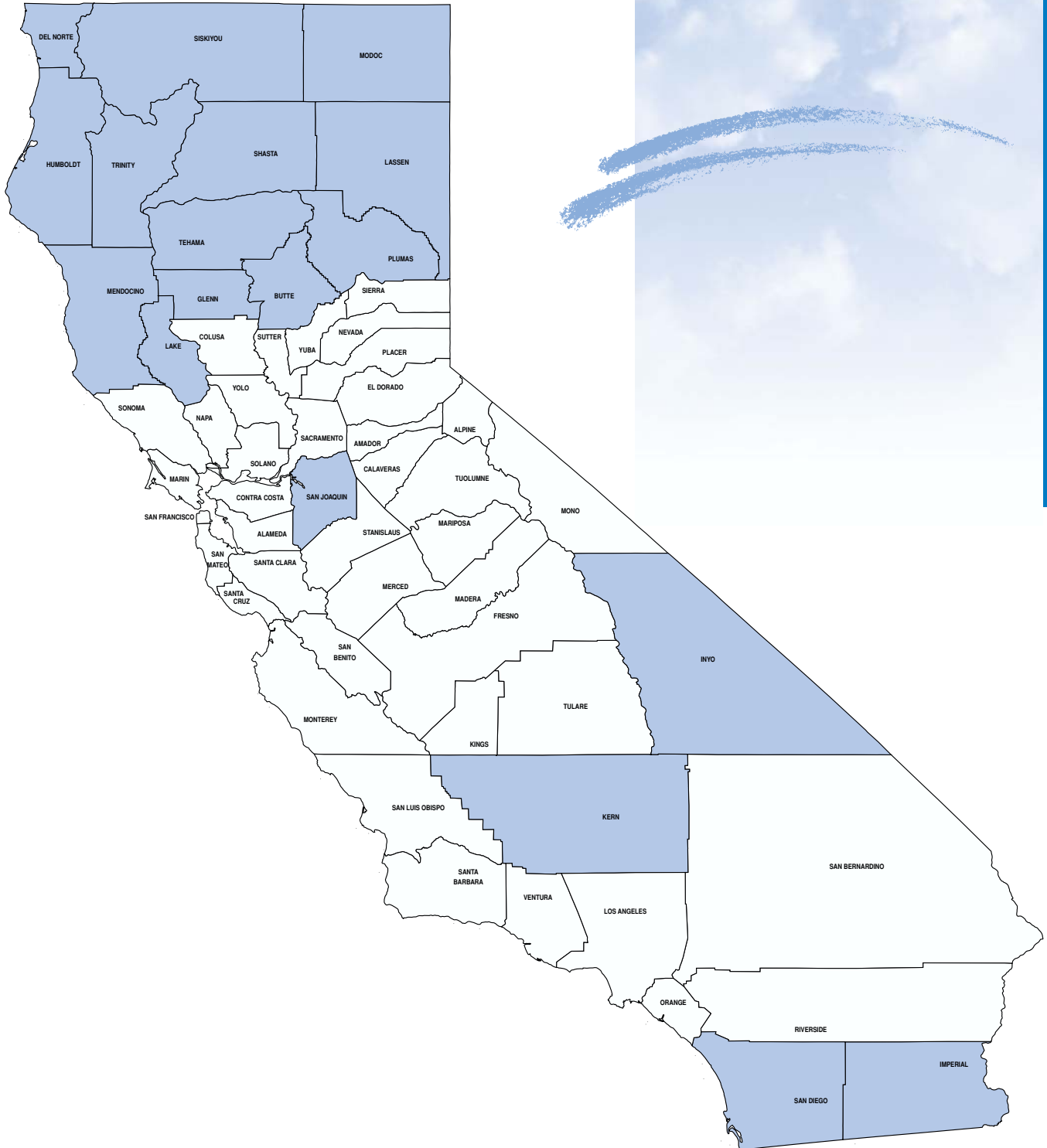
Telemedicine Project

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, this project brought together partners from the following businesses/agencies in order to establish a multi-site, comprehensive telemedicine network in northern California:

- Northern Sierra Rural Health Network



Telemedicine Projects by Counties Served



Telemedicine

Blue represents counties served

Telemedicine

- Blue Cross of California
- Office of Rural Health Policy
- California Telehealth/Telemedicine Center
- UC Davis
- Air Quality Management District
- Citizens Telecommunications
- A Minimum of Nine Hospitals, Clinics, and Medical Centers

Counties in Project Area: Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, Trinity

Redwood Coast Regional Center

Video Teleconference System

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, this project purchased and installed teleconferencing equipment for four different community sites. The sites were operational by January 1999. The telemedicine services include dental and psychiatry.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino

Valley Mountain Regional Center

Clinical Video Consulting

Funded in fiscal year 1996/97 and ongoing to date with continuation funding by the regional center, this project established telemedicine services for autism screening and neurological consultations. This system was operational by March 1998.

County in Project Area: San Joaquin

OUTCOMES

Telemedicine screenings in the following areas:

- Psychiatry
- Dental
- Whole Person Assessment
- Nutrition
- Neurology
- Autism
- Pediatric Psychiatry
- There is an increased awareness of developmental disabilities in the community.
- There is an increased number of consumers who would not otherwise have access to specialty services.
- Kern Regional Center developed its own feeding clinic team which is capable of conducting local feeding clinics independently.
- New relationships were defined and fostered with pertinent professionals in the local community, e.g. oral motor specialists, behaviorists, etc.
- San Diego Regional Center now has teleconferencing capabilities to improve specialist access across a wide service system.

SUCCESS FACTORS

- Obtained resources for professionals & families for visually impaired.
- Obtained resources for professional & families for nutritional strategies for feeding challenges.
- Relationship was initiated with one school system's Occupational Therapy staff and another school's nursing staff.
- Important pediatric gastro-intestinal specialist community contacts.



BARRIERS

- Kern County network of services differs from Los Angeles County; Kern's California Children's Services, schools, regional centers, physicians did not have a good network set up prior to beginning this grant. This is one of the greatest areas of need.
- Logistically, the scheduling of clinics was very difficult.
- The original video company changed ownership during the project period, which temporarily caused some communication issues.
- Finding sites and specialists with whom to contract.
- Restricted Medi-Cal reimbursement.
- Rapid outdating of equipment.

Mitch's Story

See the *Testimonials* section to see how Mitch's life was saved by the application of telemedicine technology.



Nutrition

B A C K G R O U N D

Adequate nutrition remains a significant health concern for children and adults with developmental disabilities. Often they are at an increased risk of developing problems which can significantly affect the course of illness or disability. Problems can result from a decreased intake of adequate nutrition, loss of nutrients, increased utilization, or inability to utilize nutrients fully. According to a 1993 study, the majority of children with significant developmental delays have some level of compromise with regard to growth, nutrition and/or feeding (Kelsey, K., Failure to Thrive. In S.W. Ekvall [Ed.] Pediatric Nutrition in Chronic Diseases and Developmental Disorders: Prevention, Assessment, and Treatment [pp. 183-188, 203-217] New York: Oxford University Press).

Completed Projects

North Bay Regional Center

Interdisciplinary Feeding Clinic Training

Funded in fiscal year 1997/98 and completed in June 2000, this project collaborated with three regional centers to provide two two-day workshops for regional center clinical staff and community clinicians on identification, evaluation and treatment of children who are at risk for, or who have, feeding and nutritional deficiencies.

Counties in Project Area: Alameda, Contra Costa, Marin, Monterey, Napa, San Benito, San Francisco, San Mateo, Santa Clara, Santa Cruz, Solano, Sonoma

South Central Los Angeles Regional Center

Nutrition Wellness in Residential Placement

Funded in fiscal year 1997/98 and completed in June 2000, this project developed a videotape and companion guide for regional center staff and residential care providers which focus on common nutritional and feeding problems.

County in Project Area: Los Angeles

OUTCOMES

- Video and curriculum produced.
- Regional centers have adopted the interdisciplinary team approach.

SUCCESS FACTORS

- Partnering with DDS TV Center for video technology.
- University of Southern California University Affiliated Program has significant experience in this area which contributed to the success of the project.

BARRIERS

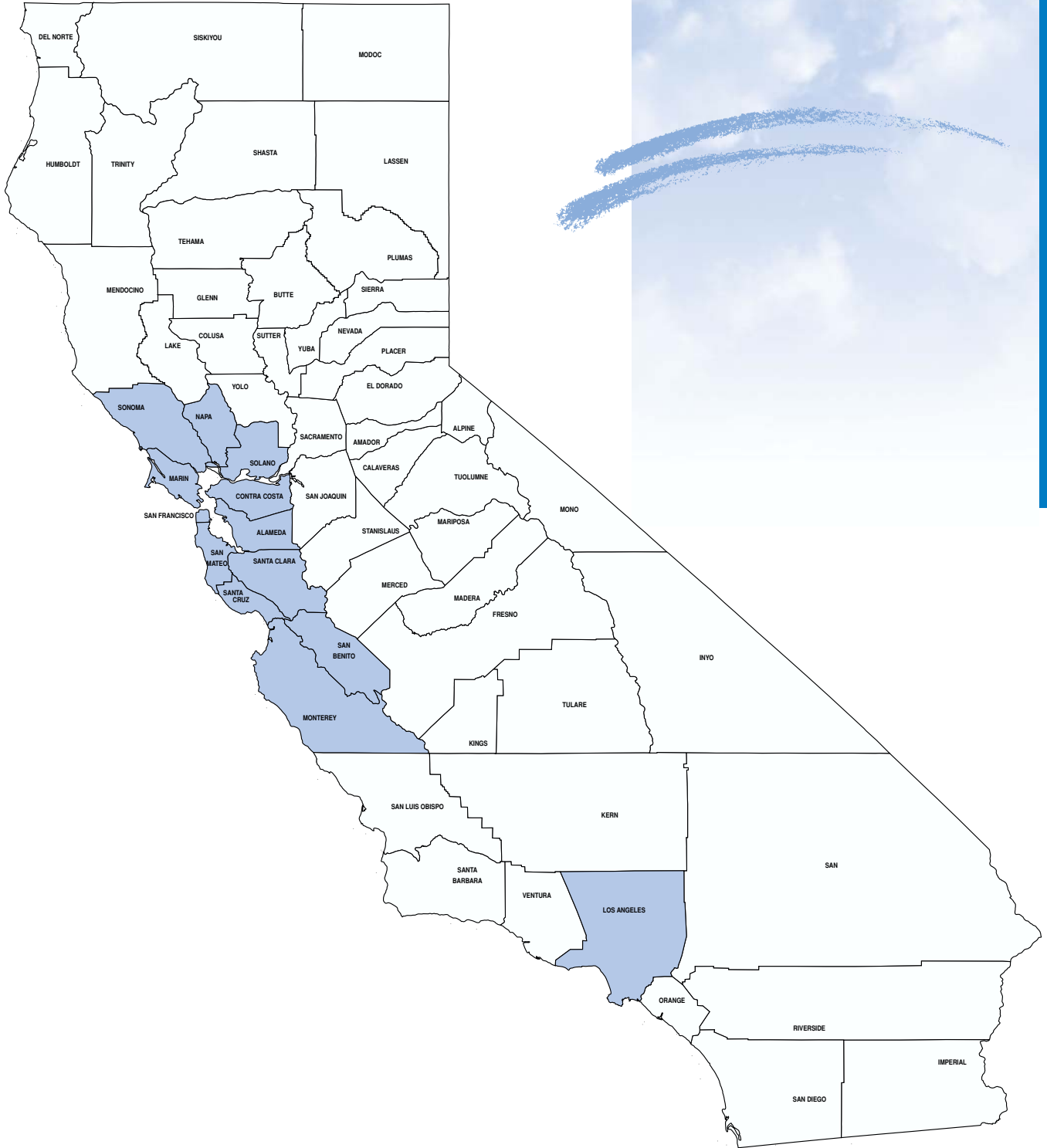
- Difficulty in securing the services of a Registered Dietician due to limited financial resources.

Belinda's Story

Belinda received life-saving intervention, thanks to project funding from the Wellness Initiative. Please see the *Testimonials* section to read her story.



Nutrition Projects by Counties Served



Nutrition

Blue represents counties served

Training & Resources for Medical Professionals

B A C K G R O U N D

Persons with developmental disabilities may present different characteristics and treatment needs than the general population. In many cases, these complex health conditions require professionals with special training and expertise.

Throughout California, stakeholders, health care organizations, and health practitioners themselves have requested that medical professionals receive training that will enhance their knowledge of developmental disabilities and the special needs of consumers. These training opportunities augment the medical professionals' knowledge and understanding of this population, and ultimately improve the health of persons with developmental disabilities in California.

Current Projects

East Los Angeles Regional Center

Advances and Trends in Managing Epilepsy and Other Neurological Disorders (changed from Training Curriculum for Physicians)

Funded in fiscal year 1998/99 and completed in Winter 2000, this project trained medical professionals, service coordinators, and families on the following aspects of epilepsy: history, diagnosis, treatment, medications, and new treatment modalities.

County in Project Area: Los Angeles

Golden Gate Regional Center

Educational Materials for Primary Care Physicians for the Care of the Developmentally Disabled ("DD Digest")

Funded in fiscal year 1997/98 and completed in June 2000, this project developed evidence-based practice considerations for physicians caring for individuals with developmental disabilities.

Counties in Project Area: All

Frank D. Lanterman Regional Center

Nursing Care Guidelines

Funded in fiscal year 1997/98 and completed in June 2000, this project developed guidelines for community-based nurses who practice in the field of developmental disabilities.

Counties in Project Area: All

Completed Projects

Eastern Los Angeles Regional Center

Enhanced Medical Expertise and Services

Funded in fiscal year 1996/97 and completed in June 1998, this project developed curriculum and training materials to enhance physicians' knowledge of the needs of individuals with developmental disabilities.

County in Project Area: Los Angeles

Frank D. Lanterman Regional Center

Physician Education Demonstration Project

Funded in fiscal year 1996/97 and completed in June 1999, this project produced a training videotape focusing on interactions between physicians and patients with developmental disabilities. This tape illustrates the issues and problems that physicians typically describe in serving this population.

County in Project Area: Los Angeles



Training & Resource Projects for Medical Professionals by Counties Served



Training & Resources for
Medical Professionals

Blue represents counties served

Training & Resources for Medical Professionals

Harbor Regional Center

Physician Symposium Materials

Funded in fiscal year 1997/98 and completed in December 1998, this project developed educational materials used at a symposium to educate health care professionals on current issues of perinatal substance abuse.

County in Project Area: Los Angeles

Redwood Coast Regional Center

Enhanced Medical and Dental Services

Funded in fiscal year 1996/97 and completed in September 1997, this project provides for the education and training of physicians, mental health providers, other health care professionals, day program and residential providers on health issues affecting persons with developmental disabilities.

Counties in Project Area: Del Norte, Mendocino

San Gabriel/Pomona Regional Center

Training for Health Care Professionals

Funded in fiscal year 1996/97 and completed in May 1999, this project provided a series of trainings for health care professionals to enhance their knowledge and expertise in the area of developmental disabilities.

County in Project Area: Los Angeles

OUTCOMES

- Physician and other medical professional training.
- Web site entitled "Developmental Disabilities: Resources for Healthcare Providers". Address is www.ddhealthinfo.org.
- Production of a videotape on perinatal substance abuse entitled "What You Do, I Do" with companion booklet and educational poster.

- Best Practices Nursing Care Guidelines were developed.
- A Head to Toe Assessment was developed for non-licensed care professionals.

SUCCESS FACTORS

- Commitment and expertise of the Golden Gate Regional Center Web Site Advisory Committee.
- Partnership with California Center for Health Improvement.
- Good collaboration between the Department of Developmental Services, UCLA School of Nursing and the Frank D. Lanterman Regional Center.
- Invaluable support and information was exchanged between health care providers in a seminar setting.

BARRIERS

- Determining the appropriate modality in which to train physicians has been difficult and, consequently has resulted in decreased participation in training events.
- Consensus among regional centers has been difficult to obtain in regards to nursing guidelines and assessments.
- Conference speakers were not announced in advance. It was felt that there would have been better participation from clinicians in the community if they had advance notice of the speakers.



Training & Resources for Consumers, Families & Service Providers

B A C K G R O U N D

Many people with developmental disabilities have unique and complex medical needs. This problem is compounded when consumers and families lack training and experience in accessing health care services. This includes asserting their need to be listened to and provided with understandable answers and information.

Additionally, because rates of victimization of persons with developmental disabilities are much higher than for their non-disabled peers, there exists a previously unaddressed need regarding:

- Safety
- Self-Advocacy
- Social / Sexual Education
- Victimization Prevention

Through the Wellness Initiative, the Department of Developmental Services and Regional Centers have made efforts to provide training and resources for consumers, families and service providers.

Current Projects

Central Valley Regional Center

Wellness Education for Consumers

Funded in fiscal year 1997/98 and completed in June 2000, this project produced a series of educational videos on health topics to be made available to consumer self-advocacy and empowerment groups.

Counties in Project Area: All

Frank D. Lanterman Regional Center

Abilities: Sexual Exploitation and Abuse Prevention

Funded in fiscal year 1999/00, this project will provide individuals with developmental disabilities with the knowledge and skills necessary to prevent and/or protect themselves against assault or exploitation. The project will also prepare these individuals to access medical, legal, and support services in the event of sexual assault or exploitation.

County in Project Area: Los Angeles

Far Northern Regional Center

Regional Self - Advocacy Health and Wellness Program

Funded in fiscal year 1997/98 and continuing to date, this project established a Health and Wellness Team of eight trained self-advocates to present information about health options, personal responsibilities and empowerment as health services recipients and as presenters to peers, support staff, and medical professionals.

Counties in Project Area: Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, Trinity

Redwood Coast Regional Center

Implementing a Model for Sexual Victimization Prevention

Funded in fiscal year 1999/00, this project will create Local Outreach Teams of volunteers who will be able to provide direct training to consumers and families regarding prevention of sexual victimization and personal safety. It will also provide policy and community outreach on these topics.

Counties in Project Area: Del Norte, Humboldt, Lake, Mendocino, Napa, Solano, Sonoma



Training & Resource Projects for Consumers, Families & Service Providers

Training & Resources for Consumers, Families & Service Providers



Blue represents counties served

Training & Resources for Consumers, Families & Service Providers

San Diego Regional Center

Awareness and Safety Training for Parents who Have a Developmental Disability

Funded in fiscal year 1997/98 and completed in June 1999, this project trained consumers with children on parenting and health issues.

Counties in Project Area: Imperial, San Diego

Tri-Counties Regional Center

Safe and Strong: Strategies for Personal Safety

Funded in fiscal year 1999/00, this project will reduce the risk of sexual assault and victimization for persons with developmental disabilities.

Counties in Project Area: San Luis Obispo, Santa Barbara, Ventura

Completed Projects

Frank D. Lanterman Regional Center

Managed Care Guide for Persons with Developmental Disabilities

Funded in fiscal year 1996/97 and completed in March 1999, this project developed a Managed Care Guide to assist consumers and their families in selecting a health plan. It also taught them self-advocacy strategies in accessing health care.

County in Project Area: Los Angeles

Redwood Coast Regional Center Far Northern Regional Center Valley Mountain Regional Center Regional Center of the East Bay

Creating a Model of Sexual Victimization Prevention and Treatment of Sex Offender Behavior in Individuals with Developmental Disabilities Funded in fiscal year 1997/98 and completed in January 1999, this project formed a collab-

oration among four regional centers to develop and implement a treatment paradigm and training program for the prevention of sexual victimization.

Counties in Project Area: Alameda, Amador, Calaveras, Contra Costa, Del Norte, Humboldt, Lake, Mendocino, Napa, San Joaquin, Solano, Sonoma, Stanislaus, Tuolumne

San Diego Regional Center

Education Program on Managed Care

Funded in fiscal year 1996/97 and completed in June 1998, this project trained consumers, families and care providers on managed care and health plan options to assist them in selecting the health care plan best matched to individual consumer needs.

Counties in Project Area: Imperial, San Diego

Safety Training and Awareness for Parents with Developmental Disabilities

Funded in fiscal year 1997/98 and completed in June 1999, this project trained consumers with children on parenting and health issues.

Counties in Project Area: Imperial, San Diego

San Gabriel/Pomona Regional Center

Health Issues Seminars

Funded in fiscal year 1996/97 and completed in August 1997, this project sponsored a series of seminars on health related issues for consumers, family members, service providers and volunteers.

County in Project Area: Los Angeles



Training & Resources for Consumers, Families & Service Providers

South Central Los Angeles Regional CenterHealth Training for Consumers and Providers

Funded in fiscal year 1996/97 and completed in June 1999, this project developed and implemented training modules on basic health care to increase the knowledge of consumers and providers.

County in Project Area: Los Angeles

OUTCOMES

- Fifteen videos focusing on important health issues have been produced and disseminated.
- A team of eight consumers were trained for the self-advocacy team.
- The self-advocacy team traveled throughout the nine counties of Region II and to Sacramento, Oakland, and San Diego. They gave a total of 33 presentations and reached over 1,300 of their peers and professionals.
- 8 week support group on domestic violence was conducted.
- 8 week parent training (birth-teens) was presented to parents with developmental disabilities on how to discipline children. This included a video and resource manuals.

SUCCESS FACTORS

- Each training and presentation emphasized the importance of advocating for one's own health care needs.
- The self-advocacy team shared their personal experiences of problems they had encountered with the medical field and how they were able to advocate for themselves and overcome these problems. This emphasis created excitement and personal sharing from the audiences.
- The San Diego Regional Center invited

Independent Living and parent vendors. They set up, participated, gave support, got information out, provided transportation, and made child care available (courtesy of volunteers from Arc).

- Participation was increased by holding the Domestic Violence training at a recreation center, which had activities for children.
- A list, targeting consumers who are parents, was used to invite them to events.
- At the parent training, they had a speaker whose parent has a developmental disability. This was very effective.
- Training sites were selected which were on bus routes. Also, a carpool system assisted many consumers in attending the training.
- Consumers were included in making the videos.
- Pairing consumers with complementary strengths and abilities proved to be an extremely effective method of peer training.

BARRIERS

- Transportation to sites was difficult.
- Due to the diverse nature of California's counties, it was difficult to develop a generic guide on managed care.
- There is a lack of public awareness regarding the vulnerability of persons with developmental disabilities.

The Health and Wellness Team

Eight consumers of the **Far Northern Regional Center** have come together to form a team of health and wellness advocates. Read the *Testimonials* section and be inspired by this group of self-advocates who have not only taken responsibility for their own health and wellness, but have also reached out to their community to improve the lives of their peers.



Health Status Assessments

B A C K G R O U N D

Many communities express concern about adequate healthcare for people in community placements. Projects in this area reflect specific attempts to:

- Insure that the health and well-being of consumers placed in the community from developmental centers is not in jeopardy.
- Develop resources and strategies to insure quality healthcare for all consumers living in the community.
- Assess the health and well-being of consumers with complex medical problems.

Projects Continuing with Regional Center Funding

Central Valley Regional Center (CVRC funded)

Clinic for Rehabilitation/Physical Medicine

First developed by the regional center in fiscal year 1994/95 and ongoing to date, this project established a clinic to provide assessments for adaptive equipment, evaluations of existing equipment and recommendations for therapy.

Counties in Project Area: Fresno, Kings, Madera, Mariposa, Merced, Tulare

Kern Regional Center (KRC funded)

Nursing: Health and Wellness Assessments

Initiated in 1997 and continuing to date with continuation funding by the regional center, this project has contracted with a home health agency to conduct health assessments for consumers with complex health conditions living in various community living arrangements.

Counties in Project Area: Inyo, Kern, Mono

Completed Projects

Alta California Regional Center (ACRC funded)

Whole Person Assessments: Dr. Ruth Ryan and Associates

Funded in fiscal year 1996/97 and completed in June 1998, this project established Whole Person Assessments for consumers, as part of a "hands-on" training for regional center clinical team members.

Counties in Project Area: Placer, Sacramento, Sutter, Yolo, Yuba

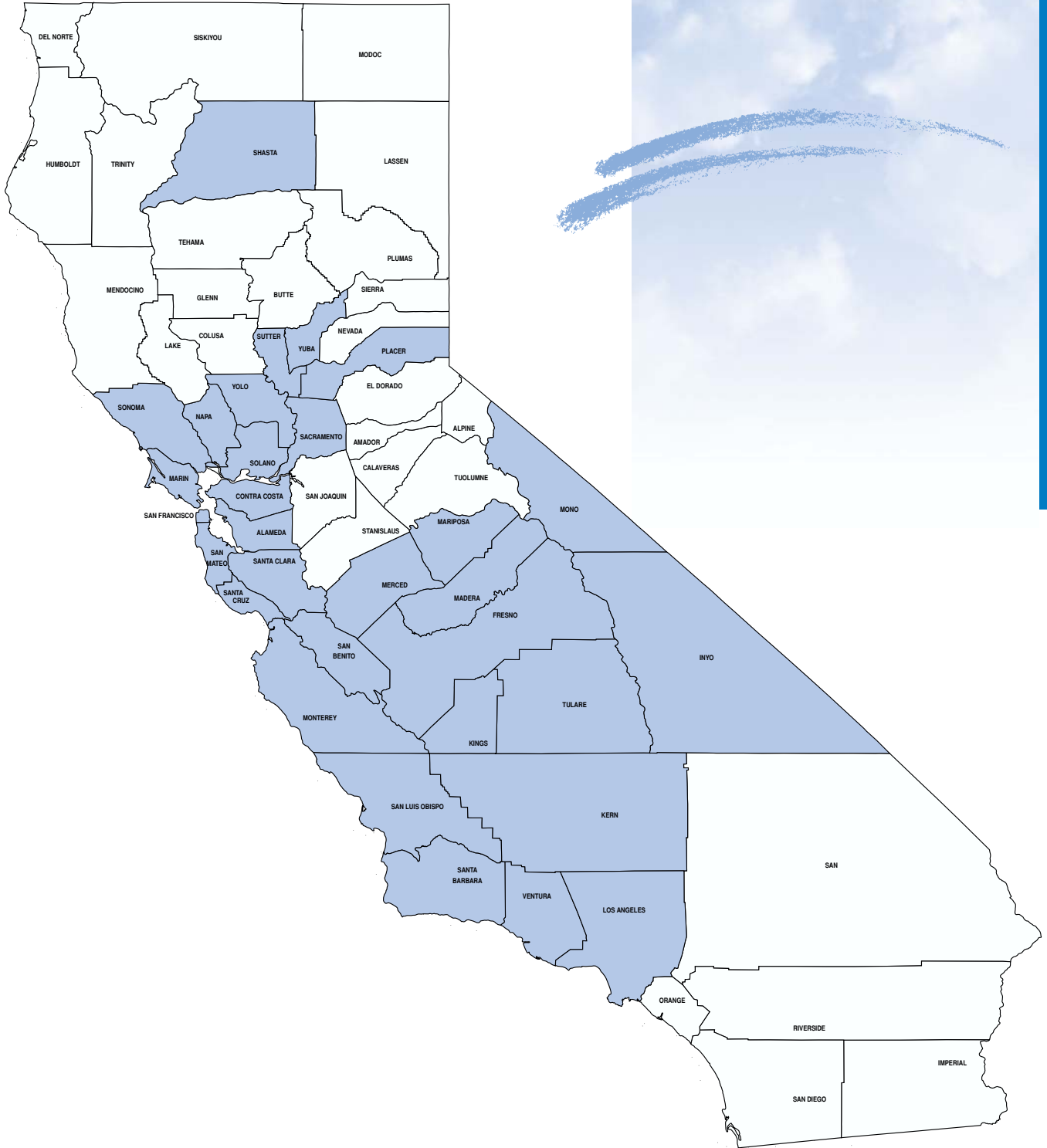
Far Northern Regional Center Specialized Community Health Services

Funded in fiscal year 1996/97 and completed in June 1999, this project developed Health Status Assessments for consumers placed into community living arrangements from developmental centers.

County in Project Area: Shasta



Health Status Assessment Projects by Counties Served



Health Status Assessments

Blue represents counties served

Health Status Assessments

North Bay Regional Center Regional Center of the East Bay

Golden Gate Regional Center San Andreas Regional Center *Vulnerable Client Medical Exams*

Funded in fiscal year 1996/97 and completed in June 1999, this project provided for physical examinations and record reviews for individuals placed into community living arrangements from developmental centers.

Counties in Project Area: Alameda, Contra Costa, Marin, Monterey, Napa, San Benito, San Francisco, San Mateo, Santa Clara, Santa Cruz, Solano, and Sonoma

San Gabriel/Pomona Regional Center *Health Status Reviews*

Funded in fiscal year 1996/97 and completed in December 1997, this project provided for nursing assessments for individuals placed into community living arrangements from developmental centers.

County in Project Area: Los Angeles

Tri-Counties Regional Center *Whole Person Assessment and Treatment*

Funded in fiscal year 1997/98 and completed in November 1998, this project trained medical providers, mental health professionals, regional center staff and service providers on the process of conducting Whole Person Assessments.

Counties in Project Area: San Luis Obispo, Santa Barbara, Ventura

Westside Regional Center *Nursing Support to Community Care Providers and Families*

Funded in fiscal year 1996/97 and completed in June 1999, this project provided additional nursing support to community care providers and families to coordinate health assessments of consumers.

County in Project Area: Los Angeles

OUTCOMES

- Over 1,400 individuals had special health assessments completed.
- One regional center documented chronic conditions requiring on-going medical services in 153 cases.
- Approximately 600 professionals, including healthcare providers, service providers, residential care providers and regional center staff received training on conducting Whole Person Assessments.
- 6,000 copies of the Berkeley Wellness Guide, with health resources in English and Spanish, were distributed to all consumers living at home and their families, by one regional center.
- Development of a protocol for Nursing Wellness Assessments.
- More than 1,000 consumers have received health assessments, many of whom have never received such an assessment.



SUCCESS FACTORS

- Ability to contract with nurses from developmental centers, who have experience with this population, to do the health assessments.
- Contracting with home health agencies to do assessments at a reduced reimbursement rate. This allowed for additional consumers to receive health assessments.
- One regional center used computer software for analysis of health trends.
- Local support for the Whole Person Assessments concept, as promoted by Dr. Ruth Ryan.
- The assessment team traveled to the consumer.
- A data base has been developed to identify common health issues.

BARRIERS

- English is the second language of many consumers and their families. Not enough of the nurses were fluent in other languages, especially Spanish.
- High staff turnover rates in Home Health Agencies.



Health Documentation

B A C K G R O U N D

Individuals living in the community often have fragmented documentation of their health histories due to frequent movement between residences and changes in healthcare providers. In some cases, individuals have complicated health conditions that require the involvement of numerous healthcare professionals. Fragmented health documentation can have dire consequences in these situations. These issues necessitate the development of resources and systems to assure:

- Consistent and complete documentation of consumers' health histories and medical needs.
- Accessibility of health documentation for individual consumers and their care providers.
- Protection of confidentiality.
- Continuity of health care delivered by numerous medical specialists.

Completed Projects

Alta California Regional Center (ACRC funded)

*Health Education Awareness Resource Tool
(HEART)*

Developed by the regional center and completed in June 1998, this project created a health history documentation tool to be used by consumers to share information about mental, dental and physical health.

County in Project Area: Placer

SUCCESS FACTORS

- Involving all stakeholders in the development of the documentation tool, including consumers, parents and day program staff.

BARRIERS

- Concerns about protecting confidentiality, while sharing critical information among multiple health practitioners.

OUTCOMES

- Over 500 individuals received the HEART health history documentation tool.
- 350 healthcare providers from Mercy, Sutter, Kaiser and the Sacramento County Health Department received training on health history documentation for people with developmental disabilities.



Health Documentation Project by County Served



Health Documentation

Blue represents counties served

2000-01 Wellness Projects

The following are projects recently approved for funding. Descriptions of progress for each of these projects will be included in a future Wellness Initiative report.

Central Valley Regional Center

Development of a Healthy Lifestyle will determine the health benefits of a comprehensive, monitored fitness program for people with developmental disabilities living in the Central Valley. Central Valley Regional Center will collaborate with Kaweah Delta Hospital's Lifestyle Center to employ exercise physiologists trained to address the unique needs of people with developmental disabilities.

Far Northern Regional Center

Telemedicine Access Project will broaden access to specialty care and mental health services to persons with developmental disabilities living in Northern California through the expanded use of telemedicine.

Frank D. Lanterman Regional Center

RN Train the Trainer (Head to Toe Assessment) will provide a training course for Registered Nurses from the 21 regional centers to teach caregivers how to utilize health assessment tools, including the Head-to Toe Assessment, the Health Passport Form and Health Care Protocols.

Inland Regional Center

Training Psychiatrists in Mental Health Care for Persons with Developmental Disabilities will provide education and training to psychiatrists affiliated with County Mental Health agencies of Riverside and San Bernardino Counties. The training will focus on the comprehensive treatment of persons with developmental disabilities and mental health needs and will be conducted by Dr. Ruth Ryan.

Kern Regional Center

Telemedicine with Native Americans and Others in Inyo and Mono Counties will establish a telemedicine clinic and provide ongoing delivery of clinical services to persons with developmental disabilities in Inyo and Mono Counties through a site on the Bishop Paiute Reservation.

North Bay Regional Center

Family Support will serve parents with developmental disabilities and their children who are at risk of being referred to Child Protective Services. This project includes a collaborative working arrangement with two service agencies: Becoming Independent, Inc., and The Early Learning Institute.

Redwood Coast Regional Center

Family Maintenance, Support, Intervention, and Reunification will develop best practice guidelines for resources and supports for parents with developmental disabilities. This project will result in an interagency collaboration to increase the incidence of appropriate Child Protective Services' interventions for parents with developmental disabilities.

Regional Center of the East Bay

Health Education and Support for Adults Living Independently will pilot a health education and support group model for adults with developmental disabilities in the East Bay who live independently and have chronic health conditions. The model includes health education support groups and support for inclusion in community-based health groups. A health curriculum will be modified for these groups. A "Train the Trainer" course will expand capacity to utilize the curriculum in other areas throughout the State.



2000-01 Wellness Projects

Regional Center of Orange County

Early Diagnosis and Treatment of Alzheimer's Disease in Down Syndrome: A Telemedicine Feasibility Model will establish feasibility and efficacy of early diagnosis and treatment of Alzheimer's Disease in Down syndrome by comparing two telemedicine clinics with a traditional, "hands on" university clinic.

Medication / Pharmacy Review will promote specialized excellence in the area of medication and pharmacy review. It will provide specialized training for health care professionals that will promote state of the art technology. The use of an "ePhysician" application with Palm Pilot communications and data management capability will be a central part of this project.

San Diego Regional Center

A Step In will enhance and increase the delivery of appropriate treatment and recovery options to persons with developmental disabilities involved with substance abuse. This project will also provide appropriate services for those at risk for this behavior.

San Gabriel/Pomona Regional Center

Photographic Screening Tool for Developmental Delay will develop and implement a digital photographic screening protocol to aid in the early diagnosis and management of genetic syndromes related to developmental delay.

Tri-Counties Regional Center

Train the Trainer Courses on Aging with a Developmental Disability will provide clinical assessment training to representatives from Tri-Counties Regional Center and other local aging and developmental disability agencies to develop local expertise. The training will be conducted in association with the University of Rochester, Strong Center for Developmental Disabilities in New York.

Valley Mountain Regional Center

The Northern California Autism Collaborative will promote clinical excellence in the delivery of interdisciplinary clinical services for children with Autism Spectrum Disorders. Valley Mountain Regional Center will collaborate with Children's Hospital of Oakland to provide specialized training and establish a network of centers of excellence in Northern California. The centers will provide regional centers, community programs and providers with case-based technical assistance and promote research-based approaches to effective assessment and treatment for children with Autism Spectrum Disorders.



Future Trends

Population Diversity

California has one of the most diverse populations in the country. This multi-cultural diversity is reflected in the population of persons with developmental disabilities. It is the intent of the Department of Developmental Services and the Wellness Initiative that all people are supported in a culturally competent manner. This includes individuals' current and future needs in relation to accessing medical, dental and mental health services. One effort to address this issue, by DDS and regional centers, is the translation of informational materials into a variety of languages.

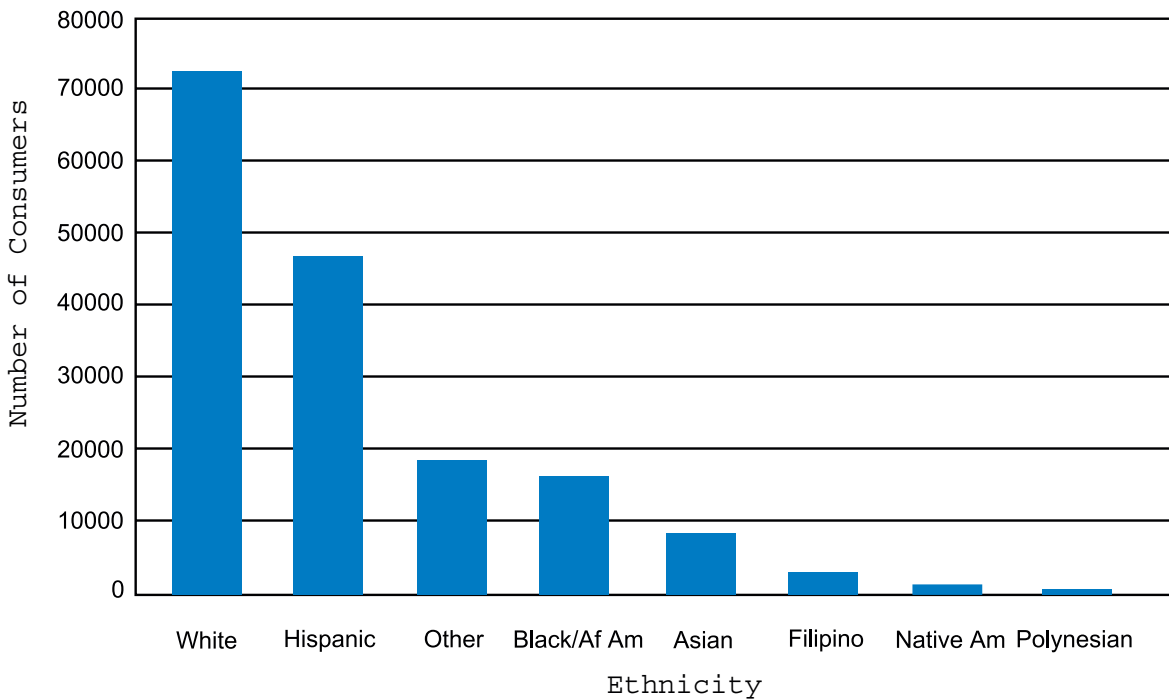
Information concerning access to healthcare is needed to insure services are available and provided. In some cases, persons with developmental disabilities may have a more difficult time accessing healthcare services than persons without disabilities. DDS is interested in any data that reflects the disparities in access to healthcare services as well as how they apply to the diverse groups within this population.

Kern Regional Center is addressing the needs of an under-served population in the Wellness project, Telemedicine with Native Americans and Others in Inyo and Mono Counties. This project will establish a telemedicine clinic and provide ongoing delivery of clinical services to persons with developmental disabilities through a site on the Bishop Paiute Reservation.

Resource Library

The "Products" section of this report showcases the many wonderful videos, manuals, training guides, curriculum, and protocols which have been created as a result of Wellness projects. The Department of Developmental Services Health and Wellness Section maintains a resource library of all of these materials for regional centers and other interested parties to reference or borrow.

Consumers by Ethnicity



Source: CDER File as of January 2001, DDS Information Systems and Services



Partners

The following people and organizations partnered with regional centers to make the Wellness Projects successful:

Mental Health

Charter Psychiatric Hospital
 College's Psychiatric Hospital
 Community Care Convalescence Home
 Critical Focus
 Families for Effective Autism Treatment (FEAT)
 August F. Hawkins Health Center
 Hearts of Gold Care Homes
 Huntington Hospital
 Chad LeJune, PhD.
 Lodi Unified School District SELPA
 Los Angeles County Department of Mental Health
 Della Martin Psychiatric Center
 Modesto City SELPA
 Natividad Medical Center
 Regional Training Center
 Dr. Ruth Ryan, Community Circle
 San Francisco County Department of Mental Health
 San Joaquin County SELPA
 Santa Clara County Department of Mental Health
 Santa Cruz County Department of Mental Health
 Sonoma County Mental Health
 Stanislaus County SELPA
 Stockton Unified School District SELPA
 Tri-Counties Consortium SELPA
 Whittier Presbyterian Hospital

Oral Health

Aiding the Medically Compromised
 Barton Memorial Hospital
 Big Valley Medical Center
 Colusa Community Hospital
 Dientes Community Dental Clinic
 Enloe Hospital
 Martin Luther King / Drew Medical Center
 Mercy Medical Center
 Preventive Dental Systems

Resources for Rural Community Development
 St. Joseph's Hospital in Eureka
 Shasta Community Health Center
 Joan Thornton, Hypnotherapist
 Ukiah Valley Medical Center
 University of California at Los Angeles - University
 Affiliated Program
 University of the Pacific School of Dentistry
 University of Southern California Dental School

Medications

Ed Anamizu
 Tasleem Ansari, M.B.S.
 Jerry Bowden, Pharm. D., F.A.S.C.P. Pharmacist Consultant,
 Robert F. Kennedy Hospital
 Mickey Fukunaga, Pharm. D. Pharmacist Consultant, Med
 Stop Pharmacy
 Ron Jacobs, Ph.D., Principal Investigator, Professor,
 Rehabilitation Counseling, San Diego State University,
 Mary Jann
 Ashok Kumar, M.D. Internal Medicine Consultant,
 Robert F. Kennedy Hospital
 Clair Lear
 Cal Optima
 Peter Perrin, R.Ph., F.A.S.C.P. Pharmacist Consultant
 University of California at Irvine
 University of the Pacific School of Pharmacy and
 Health Services
 Donald Verin, M.S. Psychiatric Consultant
 Women's Health
 Tasleem Ansari, M.B.S.
 General Hospital Nurse Mid-Wifery Program
 Humboldt County Planned Parenthood
 Humboldt Open Door Clinic
 Kathleen Lankasky, United Cerebral Palsy
 Vickie Ruch, R.N., R.N.P. Nurse Practitioner,
 Robert F. Kennedy Hospital
 Joan Thornton, Hypnotherapist
 University of California at Los Angeles



Partners

Aging

ARC San Francisco

Telemedicine

California Telehealth & Telemedicine Center
University of California at Davis
University of Southern California - University
Affiliated Program
Wire One

Nutrition

DDS TV Center
University of Southern California - University Affiliated
Program

Training - Medical Professionals

California Center for Health Improvement
Center for Health Promotion and Disease Prevention University
of California at Los Angeles, Dr. Charles Lewis, Director
Claire Cole, PhD
College of the Redwoods
Columbus Medical Services
Emory University, Atlanta, GA
Dr. Ferrero, University of California at San Francisco
Representatives of the Hale House
LA Care, a Managed Care Group
LAW Center of San Francisco
Local Managed Care Medical Groups of Los Angeles County
Los Angeles Medical Association
Partners (continued)
National Health Law Project
Sonoma Developmental Center
University of California, University Affiliated Program
University of California at Los Angeles School of Nursing

Training - Consumers

Independence, Inc.
Lucaswrites Educational Video Productions
PRIDE
Regional Self-Advocacy Project, c/o Shascade
Community Services

Health Status Assessments

Addus Home Health Agency
Area Board IX
Atscadero State Hospital
Joseph Capell, MD
Anna Copeland, B.A., R.N. Health Case Management
Consultant (Pediatrics)
Janice Critchlow, Project Coordinator for Dr. Ruth Ryan
George Crowl, MD
Patricia Duncan, R.N., M.A., M.S.N. Nurse Practitioner
Harbor/UCLA
Dorothy Garrison, B.S., R.N. Health Case Management
Consultant (Adults/Pediatrics)
In-Home Nursing Services
Elsa Kaiser, Manager for Dr. Ruth Ryan
Ray Kent Equipment
Regional Project at Camarillo
San Luis Obispo County Mental Health
Santa Barbara County Mental Health
Santa Barbara Health Initiative
Joy Smith, B.S., R.N. Health Case Management
Consultant (Adults)
Patricia Strouse, B.A., R.N. Health Case
Management (Pediatrics)
Tri-Counties Regional Center Vendor Advisory Committee
Ventura County Mental Health



Regional Center Contacts

Regional center contacts are individuals who may be contacted to learn more about a particular project or product.

Alta California Regional Center (916) 614-0400

Whole Person Assessments - Sandra Navarro
Preventative Dental Systems - Sandra Navarro
Dental Equipment - Sandra Navarro
Dental Screening - Sandra Navarro
Positive Behavior Support Training - Sandra Navarro
Health Education Awareness Tool - Sonya Bingaman

Central Valley Regional Center (209) 276-4300

Conference on Aging - Sue Coggins
Clinic for Rehabilitation / Physical Medicine - Rachael Moore
Wellness Education for Consumers - Sue Coggins
Medication Management: The Shared Responsibility Model - Ira Lott, MD, UCI Medical Center
Improving Oral Health Through a Community-Based Program - Shannon Toler, Sue Coggins
Statewide Mental Health Training - David Reister
Women's Health - Sue Coggins

Eastern Los Angeles Regional Center (626) 299-4715

Training and Curriculum for Physicians - Patty Soltero
Enhanced Medical Expertise and Services - Elin Nozaki

Far Northern Regional Center (530) 222-8795

Dental Project - Valerie Jones
Specialized Community Health Services - Valerie Jones
Telemedicine Project - Valerie Jones
"Adopt-a-Home" - A Preventive Dentistry Program for the Developmentally Disabled - Valerie Jones
Expanded Health Services for Women - Linda Kilzer
Regional Self-Advocacy Health and Wellness Program - Marjeane Stone

Frank D. Lanterman Regional Center (213) 383-1300

Physician Education Demonstration Project, and Nursing Care Guidelines - Gwen Jordan
Managed Care for Persons with Developmental Disabilities - Diane Anand
Nursing Care Guidelines - Gwen Jordan
Abilities: Sexual Exploitation and Abuse Prevention - Maureen Wilson
Lanterman - UCLA Peer Advocacy for the Reproductive Health of Women with Developmental Disabilities - Maureen Wilson

Golden Gate Regional Center (415) 546-9222

Vulnerable Client Medical Exams - Felice Parisi
Medication Monitoring - Felice Parisi
Protocol for Older Persons with Down Syndrome at Risk for Alzheimer Disease - Felice Parisi, MD
Educational Materials for Primary Care Physicians - Felice Parisi, MD
Anchor Project - Felice Parisi, MD

Harbor Regional Center (310) 543-0644

Physician Symposium Materials - Nancy Spiegel

Inland Regional Center (909) 890-3416

Promoting Positive Mental Health - Mary Pounders
Oral Health - Nancy Bradley

Kern Regional Center (805) 327-8531

Telemedicine Project - Roger Cook
Nursing Assessments - Mike Clark, PhD
Survey and Treatment of Osteoporosis - Arnold Chun, MD
Telemedicine Feeding Clinics - Roger Cook, Mike Clark, PhD



Regional Center Contacts

North Bay Regional Center (707) 256-1100

Interdisciplinary Feeding Clinic Training - Jean Smart
*Development of Community Psychiatric
 Treatment Resources* - Jean Smart
*Improving Oral Health Through a Community-Based Dental
 Program* - Michael Cohen, PhD
Cooperative Mental Health Assessments - Jean Smart
Vulnerable Client Medical Exams - David Katayoma

North Los Angeles County Regional Center (818) 756-6108

*Aging and Persons with Developmental
 Disabilities* - Celia Lopez
Dental Care Awareness - Celia Lopez

Redwood Coast Regional Center (707) 462-3832

*Enhanced Access to Women's Health Services for Individuals
 Unable to Cooperate for Exams* - John Sullivan
Enhanced Medical and Dental Services - Janet Foos
*A Model for Prevention of Sexual Abuse & Treatment of Sex
 Offender Behavior* - Clay Jones
Community-Based Hospital Dentistry - Sandra Tyrrell
*Pyramid Training and Adopt-a-Home Program for Dental
 Hygiene Programs* - Sandra Tyrrell
Video Teleconferencing System - Sandra Tyrrell
*Two Strategies for Enhancing Dental Health for People with
 developmental Disabilities: The Adopt-A-Home Program
 and Telemedicine Tools for Dentistry* - Sandra Tyrrell
Project Incorporation - Clay Jones
*Implementing a Model of Sexual Victimization Prevention for
 Individuals with Developmental Disabilities* - Clay Jones

Regional Center of the East Bay (510) 383-1200

*Medication Management Training for Care
 Providers* - Lisa Kleinbub
*Community Based Oral Health System to Increase
 Access to Local Dentists and Improve Prevention
 Activities* - Lisa Kleinbub, Teri Novak
*Increasing Access to Women's Health Services for Women
 with Developmental Disabilities* - Lisa Kleinbub

Vulnerable Client Medical Exams - Lisa Kleinbub
Medication Management Training - Lisa Kleinbub
*Development and Outcomes Assessment Multi-Disciplinary
 Team* - Lisa Kleinbub

Regional Center of Orange County (714) 796-5257

*Best Practice Guideline for Behavioral
 Psychology* - John Cone, PhD
Medication Reviews - Arlene Downing

San Andreas Regional Center (408) 374-9960

Partnership with Natividad Medical Center - Julie Blanton
*Oral Health - A Community-Based Dental
 Program* - Hazel Jordan
Vulnerable Client Medical Exams - Leslie Ogawa Boone
Enhanced Psychiatric Services - Julie Blanton

San Diego Regional Center (619) 576-2996

*Safety Training and Awareness for Parents with
 Developmental Disabilities* - Gwen Harris
Use of Teleconferencing Equipment - Dan Clark
*Improving Dental Health of Persons with Developmental
 Disabilities* - Dan Clark
Comprehensive Mental Health Services - Dan Clark, Tom Yost
*Education Program on Managed Care, and Safety Training
 and Awareness for Parents with Developmental
 Disabilities* - Bettye Hodge
*Improve Mental Health Services for Children
 and Adolescents* - Bill Stein
Oral Hygiene Training - Dan Clark
Improved Psychotropic Medication Monitoring - Dan Clark

San Gabriel / Pomona Regional Center (909) 620-7722

Health Status Reviews - Leetha Sellars
Training for Health Care Professionals - Raquel Sandoval
Health Issues Seminars - Leetha Sellars
*Multi-Disciplinary Evaluation and Support
 Team* - Keith Penman
Medication Reviews - Leetha Sellars



Regional Center Contacts

South Central Los Angeles Regional Center (213) 734-1884

Nutrition Wellness in Residential Placement - Carolyn Jackson
Promoting Positive Mental Health and Well-Being Through
Teaching Personal Safety - Carolyn Jackson
Dental Wellness - Carolyn Jackson, Dwight Lee, MD
Health Training for Consumers and
Providers - Carolyn Jackson

Tri-Counties Regional Center (805) 962-7881

Whole Person Assessment and Treatment - Bernie Schaeffer
Safe and Strong: Strategies for Personal
Safety - Bernie Schaeffer
Whole Person Assessment and Treatment - Bernie Schaeffer
Dental Wellness - Jackson Wheeler

Valley Mountain Regional Center (209) 955-3228

Medication Problems and Emergency
Department Visits - Jim Popplewell, MD
Parents, Educators and Administrators Collaborating
Effectively (PEACE) - Howard Cohen, PhD
Clinical Video Consulting - Howard Cohen

Westside Regional Center (310) 337-1155

Managing Long-Term Dental Outcomes in the
Developmentally Disabled - Ellen Arcadi, Kathryn Roberts
Gynecological Services - Ellen Arcadi
Nursing Support to Community Care Providers
and Families - Ellen Arcadi
Dental Care - Ellen Arcadi
Medication Reviews - Ellen Arcadi



Products

Many Wellness projects have produced videos, manuals, training guides, curriculum, and protocols. For more information about these products, please contact the specific regional center contact person. The regional center is noted in parentheses after each product listing.

Mental Health

Best Practices Guidelines for Behavioral Psychology

This report will include definitions, descriptions, and recommendations concerning effective behavioral services. (RCOC)

Specific Behavioral Issues Related to Developmental Disabilities

This protocol is used by case managers and service providers to assess behaviors of consumers with mental health needs. The protocol uses a Likert scale to rank behaviors on a scale from 0 (None) to 3 (Extreme) for intensity and frequency. (SARC)

Creating Behavioral Change Through the Use of Functional Analysis Mental Health

This video assists mental health professionals in understanding and assisting children and adolescent consumers who are dually diagnosed. (SDRC)

Promoting Positive Mental Health and Wellbeing Through Teaching Personal Safety

This includes a video and booklet with the same title. The training video and booklet were created for follow-up training sessions. The training booklet is used as a "train the trainer" series for staff at abuse centers that serve persons with developmental disabilities. (SCLARC)

Parents, Educators, Administrators Communicating Effectively (PEACE)

This curriculum is designed to assist parents in dealing with the emotional and communication aspects of participation in Early Intensive Behavioral Treatment (EIBT) programs. (VMRC)

Oral Health

Adopt-a-Home Brochure

A brochure which describes the overview of the Adopt-a-Home preventative dentistry program. (FNRC)

Never Give Up

This video shows caregivers how to provide oral care for individuals with developmental disabilities. The film shows how neglect can lead to gum disease and tooth decay. (Preventative Dental Systems & Dr. David Noel)

Healthy Smiles for Children with Special Needs

This is a training video for families. (SDRC)

Overcoming Obstacles to Dental Health

This oral hygiene training program for caregivers has been translated into Spanish. This program includes a video, workbook, trainer's manual, guide, pre-test, post-test, and order form. (NLACRC)

Overcoming Obstacles to Dental Health

The oral hygiene video training guide for caregivers has been translated into Korean, Tagalog, and Vietnamese (NLACRC)

Medications

Medication Safety Protocol

This is a medication guideline for primary care physicians, pharmacists, regional center service coordinators, and residential care professionals to help ensure the health and safety of consumers who have prescribed medication(s), or who take over-the-counter medication(s). This safety guideline reviews Title 22 medication regulations for residential care providers and recommends specific safety precautions for clinical and non-clinical professionals who oversee the care of individuals with developmental disabilities who take medications. (FDLRC and University of California, Irvine)



Products

Investigation of the Prescription of Psychotropic Medications to Individuals with Developmental Disabilities

A sampling of the extent and nature of psychotropic medications prescribed to a group of individuals with developmental disabilities. (SDRC)

Medications and Medication Administration

This manual informs residential care professionals about medications and their proper administration. The manual provides information on how to properly document when assisting in self-administration of medication and how to document medication destruction. In addition, the manual provides basic information about anti-psychotic, seizure, and antibiotic medications and their respective side-effects. (RCEB)

Medication Curriculum for Care Providers

Currently in development. (VMRC)

Women's Health

Women's Health Guide: Why do You Need an Exam?

This is a brochure for women with developmental disabilities to help in understanding different bodily functions and why an annual exam is needed. It includes explanations of a breast exam, mammogram, speculum exam and pap smear as well as birth control options. Pictures accompany the explanations. The curriculum is in People First language. (FNRC)

Aging

Protocol for Older Persons with Down Syndrome At-Risk for Alzheimer's Disease

This diagnostic protocol, specific to individuals with Down Syndrome, addresses function areas which are most likely to be affected by the early effects of Alzheimer's Disease (GGRC) Protocol includes tests of: Mental Status (test for severe impairment/Mattis Dementia Rating Scale) Receptive Vocabulary (PPVT) Verbal Memory (FULD Object Memory Test/Shoebox Memory Test) Non-verbal Memory (Stanford-Binet Memory for Objects or Stanford-Binet Beard Memory)

Expressive Language (McCarthy Verbal Fluency Skills)
Receptive Language (BDAE Simple Commands)
Fine Motor Speed/Dexterity (Grooved Pegboard)
Perceptual Motor Skills (Beery)

Aging and Persons with Developmental Disability: A Training Curriculum

This manual contains current knowledge regarding aging with a disability, and what the consumers and professionals need to know. (NLACRC)

Nutrition

Feeding and Nutrition for Children with Special Needs: An Interdisciplinary Approach

This training manual was developed by the University Affiliated Project at USC to teach regional center clinical staff about their interdisciplinary feeding approach. (NBRC)

To Your Health

This video is designed for regional center staff and residential care providers. It identifies common nutritional and feeding problems. A companion guide accompanies the video. (SCLARC)

Training and Resources for Medical Professionals

Best Practice Protocols and Curriculum

A curriculum developed to implement group educational sessions to increase the knowledge of physicians and/or dentists. (ELARC)

Putting Together the Pieces

This is a training booklet for medical and dental professionals. (RCRC)



Products

Medical Professional Curriculum: Advances and Trends in Managing Epilepsy and Other Neurological Disorders

This is a binder containing the slides and transcripts of the speakers at the conference on February 10, 2000 at the Pasadena Hilton. Speakers listed include Richard Koch, Christina Bergqvist, and BJ Wilder. A video tape of the conference is also available. (ELARC)

Health Care Protocol for Persons with Developmental Disabilities

A manual, developed primarily for registered and licensed vocational nurses, who direct the care of persons with developmental disabilities. Each protocol indicates the point at which a primary care provider, nurse practitioner or physician should be contacted. General information is also provided about each specific condition. A Head-to-Toe Assessment form is included in the Protocol. (FDLRC)

Developmental Disabilities: Resources for Healthcare Providers, www.ddhealthinfo.org

This is a "best practices" guideline on the Internet. The website includes Continuing Medical Education opportunities and the PACT Net consultation information. (GGRC)

What You Do, I Do

This video and companion booklet are education tools for the prevention of developmental disabilities due to pre-natal substance exposure. (HRC)

Training and Resources for Consumers, Families and Service Providers

Wellness is Catching

A video series designed for consumers. (CVRC /KRC)

Going to the Doctor (male)
Going to the Doctor (female)
Medical Maintenance
My Medical Rights
Taking Care of My Teeth

Taking Care of Myself (hygiene/grooming)

How to Safely Handle an Emergency

Friends are Fantastic

Healthy Mind = Healthy Body

You Are What You Eat

Living with Age

Being Fit is Fun

Safe on the Street

Helping Others While Helping Myself

Living with a Medical Problem

Written Guide for Sexual Victimization Prevention (RCRC)

Safety Training and Awareness for Parents with Developmental Disabilities

Video, curriculum and training on parenting and health issues for consumers who have children. (SDRC)

Safe and Strong

Instructional video series with companion printed curriculum.

Part 1: Street Smart in the Community

Part 2: Sexual Assault: Victim/Witness

Part 3: Safe at Home

Part 4: Appropriate Interactions: Law Enforcement

The series will teach strategies to recognize safe and unsafe situations, to react safely in a variety of dangerous situations and to deal more successfully with emergency room personnel, law enforcement officers and court officials. (TCRC)

Educational pamphlet which will assist consumers and families in choosing a health care plan best matched to individual consumer needs; in English and in Spanish (SDRC)

A Medi-Cal Managed Care Guide for People with Developmental Disabilities, Their Families, and Advocates

A comprehensive guide to access managed care. (FDLRC and the National Health Law Program)



Health Status Assessments and Documentation

The Health Check List (FNRC)

Nursing Wellness Check

Assessment tool which includes information on medications, diet, exercise, body mass index, etc. (KRC)

H.E.A.R.T. (Health Education Awareness Resource Tool)

Personal health and medication record used by consumers to assist them to communicate their health history and needs to their physician(s). (ACRC)



Testimonials

Wellness projects have significantly impacted the lives of persons with developmental disabilities and their families. Testimonials are first-hand accounts of how Wellness projects enabled persons to live happier and healthier lives.

MENTAL HEALTH

“Joe” and “Al” are friends as well as roommates living independently in the Inland Regional Center catchment area. After some time, they began having problems getting along and considered moving apart. Through the Wellness Project, Promoting Positive Mental Health Through Counseling Services, they each began individual counseling sessions. Within a few sessions, both “Joe” and “Al” reported that they are communicating better. They jointly decided to postpone moving and have indicated that the counseling has been very helpful.

Jesse is 43 years old and lives in the **San Andreas Regional Center** catchment area. After threatening suicide, he began working with the Wellness Project, Partnership of San Andreas Regional Center and Natividad Medical Center. He wanted to live with friends, but was concerned about leaving his mother because he was afraid she might die. Jesse was treated with an antidepressant, provided therapy, and was assisted in changing his home. His depression lifted, and he was happy and successful living on his own and working in the community. Unfortunately, Jesse’s mother did pass away, and he experienced other personal losses in his life, all within a short period of time. Although Jesse was understandably saddened by his losses, he said that he thought the medication and counseling he received helped him cope.

ORAL HEALTH

The “pilot” volunteer dental hygienist for **Far Northern Regional Center’s** Adopt-a-Home project wrote in a recruitment letter to her colleagues, “I have been fortunate to have been involved in this project from the onset...It has been a challenge for me and also very rewarding. My first visit to the home was mainly a ‘meet and greet’ gathering where I discussed each client’s needs and abilities with the care givers... One of the consumers was very curious about what was going on and sat in on the entire visit. Other individuals

were running off to their church group; one was busy doing laundry and another was very shy and preferred to stay in his room. He only came to meet me with great coaxing. I came away from that meeting with a better understanding of who they are as individuals and how I could help at this particular home... I think you will find, like I did, that you develop a real relationship with the consumers and the care givers and you look forward to being a part of their dental health.”

Redwood Coast Regional Center also implemented the “Adopt-a-Home” oral health model in its community. A dental hygienist adopted a home with five teenagers. Once oral hygiene training was initiated with the group, each adolescent received their own electric toothbrush, and began flossing their teeth for the first time. Two of the adolescents had gum disease. This was eliminated by the consistent oral hygiene training in the home. The hygienist reported seeing a great improvement of the teenagers acceptance of oral hygiene as a daily routine.

Another dental hygienist in the **Redwood Coast Regional Center** area adopted an individual consumer’s home. “Darla” had been living with family members who could not keep up with her oral hygiene care. She had continuing problems with gum inflammation, gum bleeding and a severe mouth odor. The hygienist trained the home health nurses and support staff in prevention of gum disease and tooth decay. With the training and follow-up in place, “Darla’s” oral health has improved greatly and she appears to feel better about herself. There is ongoing follow-up, and each time new staff are added to her home, the training is repeated.

The **Westside Regional Center** subcontracted with Aiding the Medically Compromised to train dental hygiene students to work with individuals with developmental disabilities. This group reported observing a marked difference in dental hygiene students before and after going out to a day program. Their demeanor changed towards individuals with special needs and they found themselves very willing participants in making a difference in the quality of life for persons with developmental disabilities.



Testimonials

Ron, a 39 year old man residing in the **North Bay Regional Center** catchment area, took part in the de-sensitization component of the Oral Health Program Development Fund (PDF) project. He participated in ten sessions in which various dental practices were simulated. Ron had not been to a dentist in years and practiced poor oral hygiene care at home. He adapted well to the simulations, but at the actual dental appointment there was some unexpected profuse bleeding due to the condition of his gums. Nevertheless, Ron sat through the whole procedure, including the teeth cleansing, until it was complete and even agreed to return in 6 months for a follow up appointment.

WOMEN'S HEALTH

"Mary", who resides in the **Central Valley Regional Center** catchment area, was seen at the San Juan Clinic recently. She was experiencing excessive post menopausal bleeding. After an initial assessment, it was found that Mary had an intrauterine device in place. After an investigation of Mary's medical background, it was discovered that a previous physician had attempted to remove the device several years back, but was unsuccessful. Mary was very reluctant to undergo the necessary procedure to have it removed. Additionally, it had been many years since Mary underwent a pelvic exam and pap smear, and she was quite fearful to undergo the procedure. A resolution was found, and Mary agreed to have general anesthesia in order to have the intrauterine device removed. The clinic performed the pelvic exam and the pap smear at the same time.

Mary's excessive bleeding abated almost immediately after the procedure was done. Mary says she is still reluctant to have the pelvic exam done in the future, but she is happy to cooperate with medical personnel, because it is for her health.

AGING

As a young man in his early 30s, Gary moved from Sonoma State Developmental Center to a community care home in the **Golden Gate Regional Center** catchment area. He continued to live in this same home for fifteen years, often going out by himself on weekends to explore the neighborhood and to eat at local restaurants. It was when he reached his mid-40s

that Gary's behavior began to change. He would become lost while out in the neighborhood and had difficulty remembering where the bathroom was in his care home. He also began to have seizures, something he had never experienced before. As his memory difficulties increased, he became more and more frustrated and would act out aggressively toward his peers and care providers.

Gary was eventually committed to a psychiatric ward where he was treated with many medications, including the psychotropic drug Haldol. At one point, he was diagnosed as possibly suffering the after effects of a stroke. He was moved to an ICF/DD-N facility in the Los Angeles area, the only placement that could be found for him. This all happened at a time when the increased risk of Alzheimer disease for people with Down syndrome was not widely recognized. The diagnosis of Alzheimer disease was never considered by the medical professionals involved in Gary's case, even though his mother had Alzheimer disease.

The staff who had worked with him at the Arc, San Francisco, did suspect that Gary was suffering from Alzheimer disease. His experience was one of the primary factors that motivated them to partner with Golden Gate Regional Center to develop a protocol for assessing Alzheimer disease in people with Down Syndrome. With early detection and treatment services, individuals with a dementia condition can expect a wider range of options and a better outcome than that experienced by Gary.

TELEMEDICINE

Mitch is a nine-year old boy who lives in the **Kern Regional Center** catchment area. He was referred to telemedicine for hyperactivity, sleeplessness, aggression, and violent, impulsive behavior. Before he could be seen, he developed involuntary movements which worsened to the point that he could not walk or sit in a chair without falling out. The family did not know where to turn. Upon bringing him to the telemedicine clinic, the psychiatrist felt he needed a more comprehensive work-up. Dr. Szeftel and the regional center worked together to get him admitted to Cedars Sinai Hospital for a complete neurological work-up. Cedars' physicians diagnosed Sydenham's Chorea, commonly known as St. Vitus' Dance,



Testimonials

an acute Rheumatic fever which had invaded his brain and nervous system. This infection was a major factor in Mitch's outbursts of violent behavior, and apparent changes in demeanor. After he was treated for the infection, Mitch's behaviors diminished markedly. Without this intervention, this condition would have gone undiagnosed and possible other damage might have resulted.

NUTRITION

Belinda is a two-year-old child born with Hypoplastic Left Heart Syndrome. She is awaiting her third surgery, but needs to gain 11 pounds before that surgery can be done. Due to her slow weight gain, she was referred to the Interdisciplinary Feeding Clinic at **North Bay Regional Center**. Belinda was observed eating a meal and the team noted that, due to her cardiac condition, she tired significantly within the first ten minutes of the meal. It was recommended that the family provide 6 to 8 smaller meals each day, instead of the 3 larger meals they had been providing. The team nutritionist also recommended that the amount of saturated fat in Belinda's diet be reduced and a pediatric supplement be added to increase both protein and calories. Her family has implemented these corrective actions to ensure that Belinda is able to gain the weight she needs to have this critical surgery.

TRAINING AND RESOURCES FOR CONSUMERS, FAMILIES AND SERVICE PROVIDERS

In June of 1998, the Health and Wellness Team was formed. The team consists of eight people who are all consumers of the **Far Northern Regional Center**. All have various disabilities and live a variety of lifestyles. They have in

common, though, a commitment to caring for themselves and their peers and a desire to share their own experiences with others.

The team began by going to training sessions focusing on first aid, personal hygiene, and nutrition. Each member then decided which one topic they would like to give a presentation. The team decided that with support, practice, and the use of skits and props, each member would be able to share their valuable experience and knowledge of health and wellness.

The group has now made presentations to over 1,349 people! The main theme of the presentations has been self-advocacy. Each training presentation has emphasized the importance of advocating for one's own health care needs. The team has shared their personal experiences of having problems with the medical field and how they have been able to advocate for themselves and overcome these problems.

Some of the audiences have included professionals who had never had the opportunity to hear about consumers' experiences before they attended a Health and Wellness Team presentation. Hearing their experiences was eye-opening. The group has been well-received and admired. The Health and Wellness Team has been so successful, they have inspired the development of a new one. The Abuse Prevention Team is now being created.



Health & Wellness Activities

The Department of Developmental Services' Health and Wellness Section is dedicated to implementing the objectives of the Wellness Initiative. The main focus of our efforts has been in promoting wellness activities among the regional centers through Wellness Projects. In addition to this, we also foster activities in the following areas:

Physician Training

UCLA

- Include developmental disabilities in medical school curriculum.
- Nurses' Training.
- Psychiatrists' Training.

UCSD

- Developed a speaker's bureau (database of speakers in California who have experience and expertise in the area of developmental disabilities)
- Developed a mini-residency program and a customized CME program tailored to physician needs.
- Implemented three-day training conferences for physicians in the community.

UC Davis

- Implemented one-day conferences on training physicians how to identify the needs early, so as to direct persons with developmental disabilities to required services in a timely fashion.

Medication Safety Protocol and Training

(to be implemented)

Oral Health

- Statewide Oral Health Task Force for Persons with Developmental Disabilities
- Training - Dental Practitioner
Registered Hygienist Training
Residential Care Provider Training
- Oral Health Resource Library
- Support for Donated Dental Services in California

Mental Health

- Facilitated development of MOU's between County Mental Health Departments and Regional Centers.
- Task Force - Workgroup consisting of Regional Center Directors, County Mental Health Directors, DDS, DMH, & RRDPs which addresses mental health services for persons with developmental disabilities who also have mental health diagnoses.

Health Resources and Publications for the Physician and Community

- **PACT Net** (Physician Assistance, Consultation and Training Network) - A program sponsored by DDS and the M.I.N.D. Institute of U.C. Davis Health System to provide consultations to community physicians who are treating persons with developmental disabilities and complex medical conditions.
- **Wellness Digest** - The Digest highlights specific topics of interest to persons with developmental disabilities, such as dental and behavioral health, and medication management. It is written from a clinical perspective to be used as a reference resource for the Developmental Services System.



Health & Wellness Activities

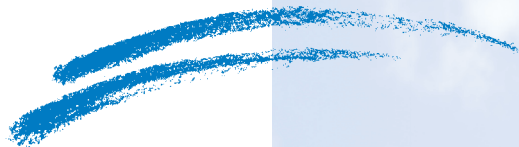
- ***The Road to Wellness: Accessing Medical Services and Navigating the Managed Care System*** - A guide for consumers and families was developed in collaboration with the California Medical Association Workgroup on Health Care for Persons with Developmental Disabilities.
- ***www.ddhealthinfo.org*** - A major health web site funded by DDS and coordinated by the California Center for Health Improvement to assist health care providers in caring for persons with developmental disabilities and to support consumers and their families in making informed health care decisions.
- ***DDS-HEAL(th)*** - A Health Access Information line (1-877-337-4325) for families and consumers.
- ***Health Notes: Care of Children & Adults with Developmental Disabilities*** - A special publication of the California State Board of Pharmacy which highlights subjects of importance to California pharmacists.



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