

APPLICATION REPORT

Project Name: Adult Transition Support and Outreach for Families
Applicant Organization: Care Parent Network
Awarded Amount: \$85,000.00
Funding Announcement Name: Promoting Service Access and Equity Grant



PROJECT SUMMARY

Facilitate support groups for parents of transition-age individuals, siblings and adult clients to increase connection with peers. Lecture series and day program for parents to increase understanding of services and programs for ages 22+. Support families 1:1 with experienced challenges related to the transition process. Cultural events for Latino & Black families. Focus on Latin, Black and Asian Indian families.

APPLICANT QUESTION	APPLICANT RESPONSE	ATTACHMENTS
Applicant Eligibility		
Applicant Information		
1. Project Title What is the project Title?	Applicant Response Adult Transition Support and Outreach for Families	
2. Awarded Amount	Applicant Response \$85,000.00	
3. Organization Type Choose the response that best describes your organization.	Applicant Response Community Based Organization (CBO) 501(c)(3)	
4. Description of Organization/Group Provide a brief description of the organization group. Explain what experience your organization has managing a project similar to the proposal and state the outcomes of that project. You may upload your brochure or add a website link.	Applicant Response Care Parent Network is a Family Resource Center serving Contra Costa County families of individuals with developmental disabilities since 1992, and is a member of the Family Resource Centers Network of California. Care joined Contra Costa ARC in 1994. Contra Costa ARC now VistAbility has served individuals with developmental disabilities since 1965 and annually serves over 1000 individuals in its programs. Care's mission is to provide parent-to-parent support and to help parents/caregivers access necessary developmental, educational and related services for their children with special needs. The core of our service model is family empowerment via peer-to-peer non judgmental support that is respectful of each family's individual choices and culture. Care Parent Network has successfully managed two individual DDS SAE grant projects. We have subcontracted with Family Resource Navigators on two additional successful SAE projects.	3
5. Applicant in Good Standing Is the applicant in good standing with the California Secretary of State, California Franchise Tax Board, and California Department of Tax and Fee Administration? Please upload confirmation letter(s) proof of good standing.	Applicant Response Yes	2
6. Subcontractors in Good Standing Are the applicant's subcontractors in good standing with the California Secretary of State, California Franchise Tax Board, and California Department of Tax and Fee Administration?	Applicant Response Not Applicable	
Grant Reapplication Information		
Grant Reapplications		
1. Previous Award(s) Did your organization receive DDS grant funding in fiscal year 2019-2020-21? If yes go to question 2 to complete each column. If no skip this category and go to category 3.	Applicant Response Yes	
2. Previous Grant Award(s)	Applicant Response	

APPLICANT INFORMATION	APPLICANT RESPONSE				ATTACHMENT
<p>Since fiscal year 2019, complete a workflow DDS Service Access and Equity grant organization was awarded funding.</p>	<p>Year Awarded</p>	<p>Project Title</p>	<p>Grant Number</p>	<p>Award Amount</p>	
	<p>2019-20</p>	<p>Adult Transition Support and Outreach for Families</p>	<p>19-C14</p>	<p>153,953.24</p>	
<p>3. Previous Grant Outcomes</p>	<p>Applicant Response</p>				<p>6</p>
<p>Provide a brief grant summary of your project outcomes for fiscal year 2019-20 and/ 2020-21.</p>	<p>In our two-year project that was awarded in 2019-20, we have held four full-part virtual lecture series for parents on topics related to adult transition. Two were offered in English and two were offered in Spanish. The same topics and information were presented in both languages. The virtual format enabled dozens of parents to participate each week. 30 Black parents attended the lecture series; 126 Hispanic/Latino families attended the lectures. Our original goal was to have 20 from each ethnic group attend. If this project continues, we would increase these targets to all for the benefit of virtual presentations. An average of 91% of the parents attending the lectures increased their understanding of services for adults age 22.</p> <p>We also held several virtual tours of day programs in Contra Costa County. Again, the virtual format enabled many more parents to participate than if the tours had been in person. We originally predicted that 40 parents would attend the tours and 186 attended the tours in year 1 alone. An average of 94% of the parents participating increased their understanding of options for day programs. We offered support groups for parents of transition age youth in Spanish as well as two support groups for adult self-advocates. In the last few months of the project, we plan to expand the offering of the parent support groups to include families who speak English.</p> <p>We have been able to engage two of the four SEL As in our County through this project. These are the two SEL As that serve the largest percentage of our target populations (Latin Black and Asian Indian).</p> <p>Our transition coordinator, with the assistance of other Career Agent Network staff members, have helped dozens of families 1:1 with questions and challenges they had related to adult transition. As of this writing, 23 Black families and 92 Hispanic/Latino families have received 1:1 assistance. The goal for each group had been 20 for the 2-year project. Over 10 new materials have been translated into Spanish, ensuring that slide decks, flyers and other resources are accessible to largest language group we serve.</p> <p>Attended are letters of support from 4 parents who attended the September lecture series; Contra Costa SEL A; and the Developmental Disabilities Council of Contra Costa County.</p>				
<p>4. Project Transition</p>	<p>Applicant Response</p>				
<p>If awarded, how will you currently project transition in the 2021-22 proposed project? Does your proposed project expand/continue your current project, if so how? What activities, measures, or target groups are being added? Provide a summary of the differences and reasons why you are proposing the change.</p>	<p>We want to continue this project because we see the need in Contra Costa County. We have seen a tremendous response to our virtual lecture series and day program tours. When we look at other CBO's in our county none else is providing information about the range of transition related issues that we do. When families attend one of our events, they will get information about post-high school options health care, benefits, financial, legal and Regional Center services. With our events, families would have to seek out information on each topic on their own which would be time consuming and perpetuate disparities. We want to continue to respond to the need for presentations and tours and make them accessible to all of the families in our county.</p> <p>We will continue the support group for self-advocates but only hold one virtual group. We have 1-2 new participants interested each month. Additionally we will focus on the parent support groups for parents of transition age youth. As we have interacted with parents in our existing support groups and in our parent events we know the transition to adulthood is very stressful for families and parents need to connect with other parents in the same situation. With realigning our support groups by the age of the child, and launching our Sib Shops groups in early 2022, continuing our project will allow us to devote the time and resources needed to adequately promote and establish these groups.</p> <p>During the pandemic we have held two virtual events for Latin and Black families, and we want to continue to offer these opportunities for families to connect and share virtual and experiences.</p> <p>Finally, continuing this project will allow several Career staff members to support families 1:1 with transition related challenges. We will continue to support Black families and Hispanic/Latino families, but the continuation will let us support more Asian Indian families in Contra Costa County.</p>				
<p>General Application Proposal Summary</p>					
<p>1. Project Type</p>	<p>Applicant Response</p>				
<p>Choose the project type that best describes your activities from the list below:</p>	<p>Educational and Training</p>				
<p>2. Duration of project</p>	<p>Applicant Response</p>				
<p>Choose the duration for your project.</p>	<p>24 months</p>				
<p>3. Regional Centers</p>	<p>Applicant Response</p>				

Choose the Regional Center(s) that you predict will serve. Check all that apply.	Regional Center of the East Bay													
4. Counties Served List the county or counties you predict will serve. Check all that apply.	Applicant Response Contra Costa County													
5. City of Los Angeles If you predict proposes to serve the City of Los Angeles list the zip codes you predict will serve.	Applicant Response Not Applicable													
6. Community Based Organizations Will you be working with one or more Community Based Organizations? If so, provide the name of the organization and how you will be working together.	Applicant Response Not Applicable													
7. Multiple Organizations Does your project include partnership with one or more organizations either as a co-applicant or subcontractor? If "yes" please upload a letter of support from each organization, that includes an explanation of their role in the partnership.	Applicant Response No													
8. Strategies and Sustainability How will you predict continue its work after the grant funding has concluded?	Applicant Response Carent Network has applied to become a vendor with RCEB to provide parent training. This would allow us to keep periodically addressing relevant transition topics with families. We will also explore the possibility of individually contracting with the four SELPAs in Contra Costa County to provide parent training in specific staff and parents the SELAs select. We will also apply with Family Resource Navigators, for CDE funding as a Family Empowerment Center. Over time, these efforts should enable us to continue transition training and support beyond the project timeline.													
1. Ethnic Groups Served Select the ethnicity group(s) the project will serve. For "Indian" "Pacific Islander" "Slavic" "Other" use comment section to list specific groups. Applicant Comment	Applicant Response African American Hispanic Indian (list) Indian: Indian & Nepalese													
2. Ethnic Group(s), Language(s) and Number of Individuals Served For each ethnicity group, provide the number of individuals you predict intends to serve and the related language(s).	Applicant Response													
	<table border="1"> <thead> <tr> <th>Ethnic Group(s)</th> <th>Individuals served</th> <th>Language(s)</th> </tr> </thead> <tbody> <tr> <td>Hispanic</td> <td>275</td> <td>Spanish</td> </tr> <tr> <td>Black</td> <td>225</td> <td>English</td> </tr> <tr> <td>Indian</td> <td>150</td> <td>as needed</td> </tr> </tbody> </table>	Ethnic Group(s)	Individuals served	Language(s)	Hispanic	275	Spanish	Black	225	English	Indian	150	as needed	
Ethnic Group(s)	Individuals served	Language(s)												
Hispanic	275	Spanish												
Black	225	English												
Indian	150	as needed												
3. Age Group(s) Served Select all Age Groups the project will serve.	Applicant Response 16 to 21 22 and older													

APPLICANT TITLE	APPLICANT RESPONSE	ATTACHMENT
Applicant Comment	Add parents of kids ages 14 & 15 as well.	
Project Application		
Project Application		
<p>1. Project Summary and Organizational Experience</p> <p>Provide a clear and concise project summary that includes a defined target population, categorical area and project design. Specifically describe what you project will accomplish and how it will benefit the community served. In your answer include what experience your organization has working with the target population?</p>	<p>Applicant Response</p> <p>Care Parent Network's Adult Transition Outreach & Support project will serve Central County families with kids ages 14-22+. Specifically, Asian, Black and Latin families will be the focus of this project.</p> <p>The project will consist of:</p> <ul style="list-style-type: none"> • Eight 4-part lectures series 4 in English and 4 in Spanish. One topic emphasis in this project will be the self-determination program. • Tuesday programs offered in both English and Spanish. Update and develop user guides for families programs and services for individuals over the age of 22. • Hold one cultural outreach event for Latin families and one for Black families. • Support groups for parents of transition age youth through a Sibship group for siblings of individuals with special needs and one support group for adults with developmental disabilities. <p>Care Parent Network has successfully run 4-part lecture series for many years, and virtually since the fall of 2020. We have found the virtual format to be the most accessible for parents, thus enabling a large number of families to hear the important information. Care has also hosted our Friday programs for many years again finding that the virtual format makes it possible for many families to learn about options for when their child turns 22.</p> <p>Since its founding in 1992, support groups for parents have been a service provided by Care Parent Network. In FY 2020-21, almost 2,000 people participated in one of our support groups. 84% of support group participants attend a Spanish-speaking group. 3.5% attend a group especially for Black parents. Care staff members regularly facilitate about 14 groups each month. In the early fall of 2021, our groups were realigned to better serve parents based on the age of their child. An increasing need was for groups for parents of transition age youth.</p> <p>Care Parent Network staff all support families of transition age youth each month. In FY 2020-21, 12% of our new referrals were for families of youth ages 16+. 9% of our follow-up calls were with the same group. Anecdotally, Care staff say they feel they are supporting more families of older children than they did only a few years ago.</p> <p>Care Parent Network has a staff of 9. Four are bilingual in Spanish; 1 is Black; and 1 is Asian-Indian. All of our Family Support Specialists are parents of children with special needs, and many Care staff are personally experiencing the transition process in their own families. Care Parent Network regularly provides support, training and events in Spanish, making sure all materials are translated, and whenever possible, the speaker is presenting in Spanish rather than having it interpreted live.</p>	
2. Data and Community Input	Applicant Response	

APPLICANT QUESTION	APPLICANT RESPONSE	ATTACHMENT															
<p>Explain how the target populations are understood using RCOS data and other data as supporting evidence of the disparity. In your answer include how your organization used input from the community and/or target population to design the project?</p>	<table border="1" data-bbox="488 222 1198 401"> <thead> <tr> <th>ethnicity Category</th> <th>Consumers</th> <th>expenditures</th> </tr> </thead> <tbody> <tr> <td>Asian</td> <td>15%</td> <td>12%</td> </tr> <tr> <td>Black/African American</td> <td>22%</td> <td>20%</td> </tr> <tr> <td>Hispanic</td> <td>16%</td> <td>10%</td> </tr> <tr> <td>Other Ethnicity Race</td> <td>9%</td> <td>8%</td> </tr> </tbody> </table> <p>This table highlights the percent of total annual purchase of service expenditures by individual's ethnicity and age (22+) for FY 2019-20 for RCEB. This is the most recent data available.</p> <p>In all of these categories, the expenditures are not commensurate with the RCEB consumer population. There are many cultural reasons for the difference in expenditures. Care Parent Network has worked over many years to build relationships of trust with the target populations of this project. Families know they can trust information from Care Parent Network.</p> <p>Care Parent Network staff members meet with dozens of families of older kids at support groups. Staff report back these challenges and win in regular staff meetings and informal conversations about our support groups.</p> <p>At each of the project activities in the 2019-20 DDS SAE grant project, we distributed evaluations. We always asked if parents have other topics they would like us to cover in future presentations. The evaluations from the year 1 events informed the topic of year 2.</p> <p>Care staff members regularly attend the Center for a Costa County Developmental Disabilities Council, where direct service providers, family members and self-advocates discuss issues of concern in the local disability community. Our relationship with Vistability Care's parent agency and fiscal sponsor helps us track waitlist trends in our area.</p>	ethnicity Category	Consumers	expenditures	Asian	15%	12%	Black/African American	22%	20%	Hispanic	16%	10%	Other Ethnicity Race	9%	8%	
ethnicity Category	Consumers	expenditures															
Asian	15%	12%															
Black/African American	22%	20%															
Hispanic	16%	10%															
Other Ethnicity Race	9%	8%															
<p>3. Uniqueness</p> <p>How is the proposed project unique different from a currently funded grant (e.g., strategies, activities, and objectives) in the proposed regional center at home area? If the project is similar to a currently funded grant listed on the Department's website, how is the proposed project different?</p>	<p>Applicant Response</p> <p>Care Parent Network is a subcontract with Family Resource Navigator staff to transition equity with Black families of children ages 12+. While that existing project has a lecture series component it is just for the first year of that two-year project.</p> <p>Our project will extend lecture series beyond the workshop of that project, and also make that information available to more families in their target groups especially Latino families. Our project also has the support group component. Unlike the agency in Contra Costa County offers a support group for self-advocates SibShops.</p> <p>Care Parent Network is the only family resource center in Contra Costa County serving all families of individuals with special needs regardless of their age, language ethnicity. Unlike other agency SELA CBO offers parents training on the wide variety of topics Care does. Few parents have the capacity and time to seek out the information on their own. Without Care widely providing this information, disparities would perpetuate.</p> <p>Care Parent Network is a trusted provider of peer-to-peer support groups. Families know that our groups are a safe place to share their experiences. Confidentiality is respected and everyone gets a chance to share. The Spanish-speaking families have built a great network of support and community in our support groups over the life of their child. Many moms keep meeting as their kids enter adulthood.</p>																
<p>4. Improve Equity and Service Access</p> <p>How will you promote improve equity access, and reduce barriers to services for individuals with intellectual and developmental disabilities and their families?</p>	<p>Applicant Response</p> <p>Care Parent Network staff, led by the Care Adult Transition Coordinator will be the bridge for families making connections conducting tours and educating through training and 1:1 support. With the relationships of trust Care has already established with the project target populations we are confident our staff can listen to and respond in a culturally sensitive way to families' questions and concerns. This support will enable and empower families to make the best informed choices for their family member. This project will improve equity and service access with Care providing lecture series session on a wide variety of topics. Families will not have to go searching on their own for the needed information to help their family and young adult. We will bring the topics to families, and because Care Parent Network staff members are also parents of kids with special needs they are uniquely situated to understand the issues that are important to families and appropriately support them.</p>																
<p>5. Support of RC Plan</p>	<p>Applicant Response</p>																

APPLICANT QUESTION	APPLICANT RESPONSE	ATTACHMENT
<p>How does this project support the RC plan to promote equity and reduce disparities in your proposed target area? If you are a RC how does this project support your recommendations and plan to promote equity and reduce disparities in your target area? How will you collaborate with their organizations that serve individuals with intellectual and developmental disabilities and their families?</p>	<p>RCEB performance measures for calendar year 2020 focused on increasing the number and percentage of adults living in independent living, supported living, adult family agencies, family homes and home settings. The information that parents will receive in the lecture series and in 1:1 support from Care Staff in part will help families understand the options that may be available to support their child in living outside the family home.</p> <p>RCEB has also identified these measures related to reducing disparities and improving equity in OS expenditures.</p> <ul style="list-style-type: none"> • <i>Individuals of all ethnicities at all ages will have access to RCEB funded services necessary to meet the needs as identified through the /FS process. Care ament Network lecture series, day program, tours and support groups will help families be aware of RCEB funded services their child may be eligible to receive.</i> • <i>RCEB funded services for individuals who speak languages other than English will increase. This project will ensure families who speak Spanish as their primary language will know about services and have the information they need to make important decisions about services.</i> • <i>Individuals of all races/ethnicities will be satisfied with the services and supports received by the family and family member. Care believes that when families have information about what to expect from services and supports what their child is eligible for and what their rights are, their satisfaction with services will improve.</i> 	
<p>6. Project Activities</p> <p>Note: Before answering this question, applicants must complete the Activities Template located in the middle tab directly above.</p> <p>Clearly and specifically state how the schedule of activities demonstrates the steps that the project will take to achieve its stated objective and measures.</p>	<p>Applicant Response</p> <p>Our proposed project contains the following activities</p> <ul style="list-style-type: none"> • Eight 4-part lectures series 2 in English and 2 in Spanish. One topic of emphasis in this project will be the self-determination program. • Tours of day programs offered in both English and Spanish. • Outreach to families and Contra Costa County SELA staff. • 1:1 support for families with transition-related questions. • Hold one cultural outreach event for Latin families and one for Black families. • Support groups in English & Spanish for parents of transition age youth, a SibShop group for siblings of individuals with special needs and one support group for adults with developmental disabilities. <p>The project activities will start at the very beginning of the project and unfold throughout the entire project. They include each 1:1 family support and the support groups for parents, siblings and adult clients.</p> <p>The lecture series will be there first activity in each year of the project happening in the fall. The input from the first year series will inform the topics for the second year series. Input from the ongoing parent groups will also inform project activities.</p> <p>The day program tours will happen in the second part of each year of the project and will also be informed by parent and support group input.</p> <p>The cultural event for Latin families is scheduled around the time of the Dia de los Muertos holiday in November. The cultural event for Black families is scheduled around Black History Month in February.</p>	
<p>7. Project Measures</p> <p>Before answering this question, applicants must enter performance measures into the Activities Template located in the middle tab directly above.</p> <p>Are your proposed measures appropriate to track the project's objective and activities? Explain how your proposed measures provide insight into the effectiveness of the overall design of the project and demonstrate how the impact on the community will be evaluated.</p>	<p>Applicant Response</p> <p>For this project, proposed measures will track the number of families who receive 1:1 assistance in either target groups, Latin, Black and Asian Indian. We will also track how many from each of these groups attend support groups and the lecture series. This will help us see the effectiveness of our efforts to reach these groups. We want to ensure they know about the lecture series, sessions and day program tours. We also want to ensure families in these groups get connected to support groups so they can meet with the parents.</p> <p>The evaluation proposed measures that, in narrative form, will summarize our efforts to specifically outreach with the 4 groups in Contra Costa County, comments from families receiving 1:1 services and our success and how we addressed challenges.</p> <p>Ultimately, the proposed project measures will track whether participants across age groups feel they are eased tensions with peers in our support groups; if they increased their understanding of services for adults after age 22; and their understanding of day program options. These measures will help us really see if the project activities are having the intended impact among the families we serve in our target populations. In the end, it doesn't matter how well-executed our activities are if they fall short of impacting for the better the lives of families and their children with developmental disabilities.</p>	
<p>8. Budget Template and Narrative</p>	<p>Applicant Response</p>	

APPLICANT QUESTION	APPLICANT RESPONSE	ATTACHMENT
<p>Note: Before answering this question, applicants must complete the Budget Template located in the tab directly above.</p> <p>In your Budget Template explain how the proposed budget is consistent with the stated purpose and activities and clearly and concisely explain how the proposed expenditures support the overall project design and proposed outcomes.</p> <ul style="list-style-type: none"> Budget Template example is located at Attachment C. Budget Details and Restrictions are available here. 	<p>The proposed project budget allows for the necessary staff time to support families in the targeted populations Latin Black and Asian Indian. The budget also allows for staff the needed time to plan and carry out the various grant activities including lecture series day program tours support groups and out each.</p> <p>The supplies cost includes general office supplies as well as some funds for occasional in-person support group gatherings as long as it's safe to do so. The printing copier lease and postage allocations allow us to provide materials to families who may not have the ability to print from home. This enables all families access to the needed information presentation slide decks, and resources. Many of the project staff members are still working remotely so the phone and Zoom allocations allow them to support families 1:1 facilitate support groups and host lecture series and day program tours. The training costs allow project staff to stay abreast of best practices and the latest resources available in the transition field.</p> <p>Our proposed budget and accompanying narrative detail each budget category and line item.</p>	
<p>9. Budget Costs</p> <p>Explain how the proposed budget costs are clearly associated with the project activities and objective and confirm that the budget does not include non-all-wable costs that are funded by other sources.</p>	<p>Applicant Response</p> <p>As stated in question 8, staff project staff and the various budget categories are directly tied to the proposed project activities and overall objective to facilitate support groups for parents siblings and adult consumers support families 1:1 on-duty out each and provide lecture series sessions and day program tours to increase understanding of services and programs for ages 22+</p> <p>The operating expenses categories support the following activities:</p> <ul style="list-style-type: none"> Supplies: support groups data taking for families served in the targeted populations cultural events for Black & Latin families and general office supplies to support project staff. Travel: out each 1:1 support for families project activity planning Outpatient: support project staff enabling them to carry out project activities. Printing Copier Lease, postage: equitable sharing of information resources with target populations materials for cultural events and SibShops. Phone: 1:1 support for families for staff working remotely out each support group reminders. Zoom account: all support groups out each lecture series and day program tours. <p>The budget costs were developed with careful consideration and review of the DDS budget detail and restrictions. We confirm that the budget does not include non-all-wable costs funded by other sources.</p> <p>Budget costs in this proposed budget for upancy Zoom supplies travel training only represent the portion of the total cost to Care Parent Network that is needed to carry out project activities.</p>	
<p>Proposal Certification</p>		
<p>Certification</p>		
<p>1. Confirm Proposal Discussion with RC(s)</p> <p>CBOs are required to discuss their proposal with each RC(s) the CBO is intending to serve. If you are a CBO have you discussed your proposal with each RC you are intending to serve?</p>	<p>Applicant Response</p> <p>Yes</p>	<p>1</p>
<p>2. RC Contact</p> <p>CBOs are required to submit their application on only to the Department and to each RC(s) that the CBO is intending to serve. If you are a CBO state the name(s) of the contact person(s) at each RC you have discussed your proposal with.</p>	<p>Applicant Response</p> <p>Jair Guiza RCEB Diversity & Equity Specialist</p> <p>Lisa Kleinbusch RCEB Executive Director</p>	
<p>3. Applicant Certification</p>	<p>Applicant Response</p>	

APPLICANT DEFINITION	APPLICANT RESPONSE	ATTACHMENT
<p>By submitting this application, the Applicant is certifying the truth and accuracy of the proposal. The applicant also certifies that if you have subcontracting organizations, each participating organization has reviewed your project and agrees to their assigned activities, measures and the budget.</p>	<p>Yes</p>	
<p>Applicant Comment</p>		