

Application Report



Applicant Organization: Frank D. Lanterman Regional Center
Project Name: Advanced Leadership Training for Self-Advocates
Application ID: App-22-550
Funding Announcement: FY 22-23 Service Access and Equity Grant
Awarded Amount: \$43,500

Project Summary: The goal of the Advanced Leadership Training for Self Advocates project is to promote equitable opportunity to access, services and supports by providing a framework for self advocates (individuals with intellectual/developmental disabilities) learn and developed increased advocacy skills to help other navigate the system and provide 1:1 peer to peer support.

Authorized Certifying Official: Melinda Sullivan msullivan@lanterman.org 213-252-4900

Project Director/Manager: Rose Chacana rchacana@lanterman.org 2132524980

Section Name: Applicant Eligibility

Sub Section Name: Applicant Information

1. Applicant Question: Project Title

What is the Project Title?

Applicant Response:

Advanced Leadership Training for Self Advocates

2. Applicant Question: Awarded Amount

What is the total amount awarded for the project?

Applicant Response:

\$43,500

3. Applicant Question: Organization Type

Choose the response that best describes your organization.

Applicant Response:

Regional Center (RC)

4. Applicant Question: Description of Organization/Group

Provide a brief description of the organization or 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:

Frank D. Lanterman Regional Center is 1 of 21 regional centers that serves individuals with or at risk for intellectual /developmental disabilities. Lanterman serves over 11,400 clients who reside in the areas of Central Los Angeles, Wilshire/Hollywood, Burbank, Glendale, Pasadena, La Canada/La Crescenta. Lanterman's Koch Young Resource Center (KYRC) provides education/information, resources and referrals for clients and their families. The KYRC promotes the development of self advocacy skills through training and education. Currently the KYRC maintains pool of 40+ active parent mentors. These mentors provide peer to peer support to other Lanterman parents in the form of Peer to Peer matches; welcome calls to new families and 14 support groups. In 2022, Lanterman was awarded an SAE grant to conduct an Advanced Leadership Training series for parents. A total of 23 participants completed all 4 sessions.

5. Applicant Question: 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) or proof of good standing.

Applicant Response:

Yes

6. Applicant Question: 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:

Yes

Section Name: Grant Reapplication Information

Sub Section Name: Grant Reapplications Only

1. Applicant Question: Previous Award(s)

Did your organization receive DDS grant funding in fiscal year 2020-21 or 2021-22? If yes, go to question 2 to complete each column. If no, skip this category and go to category 3.

Applicant Response:

Yes

2. Applicant Question: Previous Grant Award(s)

Since fiscal year 2020, complete a row for each DDS Service Access and Equity grant your organization was awarded funding.

Applicant Response:

| Year Awarded | Project Title | Grant Number | Award Amount |
|--------------|-------------------------------------|--------------|--------------|
| 2021-22 | Advanced Parent Leadership Training | 21-FDLRC | \$32,500 |

3. Applicant Question: Previous Grant Outcomes

Provide a brief grant summary of your project outcomes for fiscal year 2020-21 and/or 2021-22.

Applicant Response:

The Advanced Parent Leadership Training for 2021-22 is being implemented. The goal of the program is to develop parent leaders from underserved communities. The project focuses on communication, cultural responsiveness, ethics and professionalism. The

ici Parents will l ithin the communi it from services. Parent leaders will develop individual action plans to increase awareness, share personal stories and pave the way for other families to become more engaged.

Project activities includes the development of training and materials for a total of 4 sessions (2 hours each). The series includes 1 core session and 3 in-depth sessions on advanced leadership skills and advocacy. Participants may choose to participate in 1 or all 4 sessions. Participants complete individual assessments and pre and post surveys. Participants receive ongoing coaching sessions, feedback and peer support to take on key leadership roles within the regional center.

4. Applicant Question: Project Transition

If awarded, how will your current project(s) transition into the 2022-23 proposed project? Does your proposed project expand or 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.

Applicant Response:

In 2021-22, the Advanced Parent Leadership Training was developed, conducted and proven effective for parent leaders. The training provides the unique opportunity for advocates to increase skills. However, the next phase in the project will expand capacity to recruit regional center clients. Participants will apply person centered thinking and advocacy skills. The new phase in the training can provide a unique opportunity for self-advocates to increase their personal experiences. The training will be customized for individuals with developmental disabilities, with the purpose of providing the tools, information and support needed to develop strong, informed self-advocates. The new training will be tailored and will require modifications and accommodations for all abilities.

Section Name: General Application

Sub Section Name: Proposal Summary

1. Applicant Question: Project Type

Choose the project type that best describes your activities from the list below:

Applicant Response:

Education and Training

Applicant Comment:

The Advanced Leadership Training for Self Advocates project will be developed to promote equitable opportunity to access services and supports. The goal of the project is to develop a framework for self advocate (individuals with intellectual/developmental disabilities) leaders to learn advocacy skills to help support other individuals navigate the regional center system and provide 1:1 peer to peer support.

2. Applicant Question: Duration of project

Choose the duration of your project.

Applicant Response:

12 months

3. Applicant Question: Regional Centers

Choose the Regional Center(s) that your project will serve. Check all that apply. If you are proposing a statewide project, select the All Regional Centers/Statewide option.

Applicant Response:

- Frank D. Lanterman Regional Center
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4. Applicant Question: Counties Served

List the county or counties your project proposes to serve. Check all that apply. If you are proposing a statewide project, the select All Counties / Statewide option.

Applicant Response:

- Los Angeles County
-

5. Applicant Question: 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:

State Council on Developmental Disabilities

6. Applicant Question: 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:

Yes

7. Applicant Question: Strategies and Sustainability

How will your project continue its work after the grant funding has concluded?

Applicant Response:

KYRC staff including KYRC director and family support specialist have been personally involved in all aspects of development of the curriculum and presentation of the sessions. KYRC staff will continue to be involved in the next phase of the project and will continue to be trained by the subcontractor in order to be well versed and skilled in the facilitation of the sessions. The training will be conducted throughout the year via virtual platform- Zoom. Implementation will include feedback and participation will be reviewed for engagement and effectiveness. If pre and post survey results show increase in participant knowledge and understanding, the training will continue to be conducted by KYRC Family Support Specialist for both parents and adult clients in the future.

Sub Section Name: Target Population

1. Applicant Question: Ethnicity Groups Served

Select the ethnicity group(s) the project will serve. For "Indian", "Pacific Islander", "Slavic" or "Other" use comment section to list specific groups.

Applicant Response:

- African American
 - Chinese
 - Filipino
 - Hispanic
 - Indian (list)
 - Japanese
 - Korean
 - Native American
 - Vietnamese
 - Other (list)
-

2. Applicant Question: Ethnicity Group(s), Language(s) and Number of Individuals Served

For each ethnicity group, provide the number of individuals your project intends to serve and the related language(s).

Applicant Response:

| Ethnicity Group(s) | Individuals Served | Language(s) |
|---------------------------|---------------------------|--------------------|
| Hispanic | 10 | Spanish |
| Korean | 3 | Korean |
| Filipino | 2 | Tagalog |
| African American | 3 | English |
| Other Asian | 2 | other |
| Vietnamese | 1 | Vietnamese |
| Armenian | 3 | English/Armenian |
| Japanese | 1 | Japanese |
| Chinese | 1 | Chinese |
| Native American | 1 | English |

3. Applicant Question: Age Group(s) Served

Select all Age Groups the project will serve.

Applicant Response:

- 22 and older

Section Name: Project Application

Sub Section Name: Project Application

1. Applicant Question: Project Summary and Organizational Experience

Provide a clear and concise project summary that includes a defined target population, catchment area, and project design. Specifically describe what your 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 and how your organization will work with the local RC(s).

Applicant Response:

The target population for the project is Lanterman Regional Center adult clients who are non-white, non-English speaking. The project will serve the entire Lanterman catchment area: Central LA, Wilshire/Hollywood, Burbank, Glendale, Pasadena, LaCanada/LaCrescenta. The project will provide effective leadership training for self-advocates. The goal will be to develop a framework based on research of current person centered planning skills and advocacy skills for regional center clients. Self-advocates will learn advocacy skills, how to navigate the system, and how to identify their own supports and service needs. Adult clients will be given the opportunity to make a difference, share experiences and ideas. They will learn about the impact of public speaking about their life experiences.

Leadership occurs when individuals address the challenges they face in accessing appropriate supports and services they need in order to live a full and productive lives in their community. When individuals recognize their strengths and are encouraged to be leaders, leadership becomes the cornerstone of an effective program. A broader impact can be achieved when staff and community stakeholders work together with self-advocates to achieve positive change, increase access and equity to services and improve the community's understanding of regional center services.

It is important to engage self-advocates in meaningful leadership roles to ensure better outcomes for all individuals. Lanterman continually advocates to create meaningful roles for self-advocates where they can share in making decisions to improve services, programs and support for families. The advanced leadership training program will offer successful and innovative strategies for promoting and implementing meaningful leadership in the community.

Lanterman Regional Center has a history of engaging self-advocates in leadership roles to ensure better outcomes with support and advocacy groups co-facilitated by adult clients, Peer 2 Peer social group led by adult clients, grassroots activities and training opportunities such as the Leadership Institute. Lanterman Regional Center continually advocates creating new opportunities for self-advocates where they can share leadership in making decisions to improve services and policies such as participation in the Board of Directors and Board committees.

2. Applicant Question: Data and Community Input

Explain why you have selected your priority population(s) using RC POS data and other data as supporting evidence of the disparity or inequity. Include how your organization used input from the community, target population, and RC to design the proposal.

Applicant Response:

According to Lanterman Regional Center purchase of service data by age group for fiscal year 2020-2021, 31% of clients are over the age of 21 yrs. It is important for individuals to learn effective leadership skills and have opportunities to make a difference, share experiences and ideas with the community. As stakeholder's, self-advocates can achieve positive change, increase access and equity to services and improve the community's understanding of regional center services. By learning how to participate in meaningful roles in grassroots efforts, Boardman ship or public speaking, individuals can provide input on efforts to decrease inequities and better serve the community.

Over the past year, Lanterman Regional Center has conducted Coffee with Lanterman sessions for non-English speaking groups. parent leaders have expressed an interest in leadership development for their adult consumers. In 2022, Lanterman conducted a virtual Advanced Parent Leadership Training with a total of 22 parents and 1 adult client. These participants acknowledged and identified the need to provide the training to adults with intellectual/developmental disabilities in a similar training with a modified curriculum and customized training that will ensure successful participation and engagement.

3. Applicant Question: Uniqueness

How is the proposed project unique from a currently funded grant (e.g., strategies, activities, and goals) in the proposed RC catchment area? If the project is similar to a currently funded grant listed on the Department's website, how is the proposed project different?

Applicant Response:

The Advanced Leadership Training project for Self-Advocates will differ from the current training because the focus of the audience will be for adult clients. The project will promote equitable opportunities to access services and supports from a person centered planning perspective. The project will reach out to adult clients to engage them in leadership roles to ensure better outcomes for themselves. Self-advocates will provide valuable input about challenges, service inequities and new possibilities to improve access and utilization of services. Participants will learn skills to advocate with local elected officials, and possibly participate in stakeholder groups within the region center and/or DDS.

4. Applicant Question: Improve Equity and Service Access

How will your project measurably improve equity, access, and reduce barriers to services for individuals with intellectual and developmental disabilities and their families?

Applicant Response:

The Advanced Leadership Training for self-advocates will promote equitable opportunity to access services and supports. The project will reach out to adult clients to engage them in leadership roles to ensure better outcomes for families. A broader impact can be achieved when parent, staff and community stakeholders work together to achieve positive change to improve equity, access, and reduce barriers to services for themselves. Adult clients will provide valuable input about challenges, service inequities and new possibilities to improve access and utilization of services. The program will ask questions or participants will make suggestions about issues relating to the roles of leadership and share ideas. Participants will learn skills to advocate with local elected officials and possibly participate in stakeholder meetings within the regional center and DDS.

5. Applicant Question: Support of RC Plan

Does the project support the RC plan to promote equity and reduce disparities in their catchment? If you are a RC, how does this project support your recommendations and plan to promote equity and reduce your identified disparities? How will your project collaborate with other organizations to promote community inclusion?

Applicant Response:

The program will recruit and engage self advocates from underserved communities. The project will provide a voice and engage adult clients who are underserved. The training will focus on communication, cultural responsiveness ethics, and roles and responsibilities. The comprehensive training will utilize learning strategies, small group discussions and experiential exercises with individual participants. Self-advocates will develop individual action plans to network with other agencies within their communities to increase awareness, share personal stories and pave the way for other clients to become more engaged.

6. Applicant Question: Project Activities and Measures

Note: Before answering this question, applicants must complete the Activities Template located in the middle tab directly above.

The schedule of activities clearly and specifically demonstrates the steps that the project will take to achieve its stated objective and measures. Do the proposed measures appropriately track the project objective and activities, provide insight into the effectiveness of project, and demonstrate impact on the target population?

Applicant Response:

January to March 2023: The current curriculum will be reviewed and modified to customize content for self-advocates. Training will be customized for people with developmental disabilities with the purpose of providing tools, information and one-on-one support needed to develop strong, informed advocates. Training will focus on person centered planning skills and advocacy skills for regional center clients. Goals of the training will include: Building capacity of self-advocate leaders in their community; offer successful and innovative strategies for promoting and implementing leadership in the community; learn skills to provide testimony and share their story; provide opportunities to connect with each other and share their experiences, skills, ideas, questions; receive one-on-one coaching and technical assistance to ensure success, development and practice of new skills; learn skills to advocate for themselves and others.

April to June 2023: Training sessions will be conducted along with one to one coaching will be provided to ensure successful participation and understanding. Pre and Post surveys and other tools will be used for reporting. Forms will be modified to capture success of the series and the involvement of the participants. Current leadership skills and knowledge will be assessed before the training series and once the training is completed.

All training sessions will be offered in English and Spanish and interpretation will be provided as requested.

Each session not to exceed 15 participants.

July to September 2023: Each participant will develop their own self-advocate action plan to identify leadership goals for the future. One-on-one coaching will be provided to ensure success in completing the task.

October- December 2023: Data and survey results will be compiled and reviewed.

7. Applicant Question: Budget Template and Narrative

Note: Before answering this question, applicants must complete the Budget Template located in the tab directly above.

The project budget is consistent with the stated project objective and activities, and clearly and concisely explains how the proposed expenditures support the overall project design and outcomes. The project budget costs are clearly associated with the activities and does not include non-allowable costs or costs funded by other sources.

- Budget Template example is located at [Attachment C](#).
- Budget Details and Restrictions are available [here](#).

Applicant Response:

Subcontractor will modify and adapt curriculum to customize content for self-advocates. The curriculum will be reworked and will be conducted in shorter sessions: **1 hr. instead of 2 hrs. sessions.** Curriculum will be provided in a total of **6-8 sessions instead of 4 sessions.** Individuals will receive **one-on-one coaching/mentoring hours** outside of the classroom sessions to ensure understanding of the curriculum and successful participation.

Maximum of 15 participants per session. Participants may participate in one or all sessions.

Sessions will be conducted in English and Spanish.

Additional language needs for interpretation and translation will be provided upon request.

All training material, handouts and materials will be translated, printed and purchased as available.

Subcontractor will provide 1:1 coaching and technical assistance for participants to ensure successful participation.

Each participant will complete self assessment, pre and post surveys.

Data collection will be completed and analyzed.

Subcontractor total costs (\$35,000)

Training materials (\$3500)

Interpretation/Translation costs (\$5000)

Section Name: Proposal Certification

Sub Section Name: Certification

1. Applicant Question: Confirm Proposal Discussion with RC(s)

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?

Applicant Response:

Yes

2. Applicant Question: RC Contact

CBOs are required to submit their application concurrently to the Department and to each RC(s) catchment 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 emailed your proposal application. The RC contact list is available here at [Attachment F](#).

Applicant Response:

Not applicable- applicant is regional center

3. Applicant Question: Code of Conduct

Grantee Code of Conduct

The Department is committed to supporting services and programs with integrity that foster collaboration and professionalism. Grantees are expected to conduct project activities in a professional and respectful manner that include:

- **Valuing Diversity and Inclusion.** Grantees should embrace diversity that includes but is not limited to: ability, race, language, national origin, citizenship, age, gender identity or expression, sexual orientation, and religion.
- **Conducting Activities with Personal and Professional Integrity.** All activities with individuals, families, community organizations, regional centers, and state, local and federal agencies should be conducted with professionalism, dignity, respect, and fairness. Grantees should be open to listening to different points of view and fostering productive communication.
- **Providing a Positive Work Environment:** All projects should foster a positive and respectful work environment with their colleagues and other grantees.

Applicant Response:

- I acknowledge that I have reviewed the Code of Conduct.
-

4. Applicant Question: Applicant Certification

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.

Applicant Response:

Yes
