

TRI-COUNTIES REGIONAL CENTER

Tri-Counties Regional Center is one of twenty-one non-profit regional centers in California **providing lifelong services and supports** for people with developmental disabilities residing in **San Luis Obispo, Santa Barbara and Ventura Counties**. Regional centers provide diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability.

Behavioral services provided through the Regional Center do not supplant those provided by a day program, a residential facility, or a generic agency such as a school district. Families should pursue private health insurance coverage and follow their insurance company's process for accessing services. A letter of denial and or proof of appeal from an insurance provider is required before TCRC funding can be approved. Medi-Cal also may provide behavioral services for individuals under age.

The Department of Developmental Services (DDS) is the agency through which the State of California provides services and supports to children and adults with a diagnosed developmental disability. Services were originally provided through state-operated developmental centers, but today DDS contracts with twenty-one nonprofit agencies called regional centers, through which most treatment and services are provided in the community.

Once eligibility is determined, a case manager or service coordinator is assigned to help develop a plan for services, communicate available services and assist with access. Many services are provided at no cost to the family or person served. Families are required to share costs for select services, one example being 24-hour out-of-home placements for children under age 18. Services are funded through a combination of state revenues and federal reimbursement.



An Individual Program Plan (IPP) is tailored to meet the individual needs of each person eligible for TCRC services. A plan for a child or adult with autism may include some or all the following: **Behavioral Supports, Therapy and Family Support.**

HOW TO GET STARTED WITH TRI-COUNTIES REGIONAL CENTER

The following are general criteria for regional center services for any person:

- Any person believed to have a developmental disability, and any person believed to have a high risk of becoming the parent of a developmentally disabled infant, is eligible for **initial intake and assessment services.**
- In addition, any infant having a high risk of becoming developmentally disabled is eligible for initial intake and assessment services.

To begin services, contact your local office and request an initial intake and assessment appointment. Make sure to collect any information from school teachers/administrators, counselors or medical care providers.

VENTURA COUNTY OFFICES

Oxnard [View Location on Map](#)

2401 East Gonzales Road, Suite 100
Oxnard, CA 93036
(805) 485-3177 (800) 664-3177

Simi Valley [View Location on Map](#)

2635 Park Center Drive, Suite A
Simi Valley, CA 93065
(805) 522-8030 (800) 517-2524

SERVICES PROVIDED BY TRI-COUNTIES REGIONAL CENTER

Family Support Services

Family Support Services are provided either in or out of the family home. They help the child or adult with a disability continue to live and be supported in their family home. These services are intended to support both the person served and the rest of the family to prevent or delay unwanted out-of-home placement.

Specific supports consist of:

- 1) **In-Home Respite** is designed to give the family a break from the care of the person served and is provided in the family home.
- 2) **Out of Home Respite** is designed to give the family a break from the care of the person served and is provided outside of the family home, in a licensed facility.
- 3) **Parent Coordinated Personal Assistant/Personal Assistant** supports the person served to be successful in both the home environment and out in the community.
- 4) **Day Care Supplement** may partially offset the fee a family is paying for day care that is needed while a parent is at work. It may be provided when a child's care needs exceed those of a typical child of their age and the cost of day care is higher based on that additional need

Social Skills

Social skills training may be provided to children entering Junior High and young adults to develop appropriate social interaction skills, so they may participate in their home and community. Social skills training is provided individually or in a group format. It addresses significant challenges in engagement and awareness, social interaction, social communication and play skills.

Behavioral Intervention Services

Behavioral intervention services may be provided to address maladaptive, harmful, socially unacceptable, dangerous, or developmentally inappropriate behaviors. They are provided directly by, or under the supervision of, a qualified licensed or certified professional or a person trained in behavior management. Behavior intervention services use specialized methods of teaching important skills and provide training for family members, or primary care givers, in the effective use of positive behavior management skills. TCRC endorses only the use of non-aversive behavior intervention techniques which are evidence-based. The participation of parent(s) of minor children is required.

Independent Living Supports (ILS)

ILS is available for adults that are no longer receiving services from their local education agency and would like help living a more independent life in their community. ILS can provide individual assessment and training in skills needed for independence such as: money management, accessing public resources such as transportation, grooming and hygiene, and soft skills needed for employment. ILS can be provided to someone living in the family home or independently, if they can benefit from the supports.

Supported Living Services (SLS)

For adults who wish to live independently, Supported Living Services may be an option. They are provided to a person served in his/her own home and community. Services are provided in environments that support participant comfort, independence, preferences and the use of technology.

The person's choices are incorporated into the services and supports received. The specific services provided to each person served will vary based on the individual, their preferences, abilities, and the community setting chosen. The specific types and mix of supports that an individual receives as well as any special provider qualifications shall be decided by the Planning Team.

Types of help that SLS can provide:

- Personal skill development
- Access to education
- Being part of:
 - Social activities
 - Leisure activities
 - Community activities
 - Religious/Spiritual activities
- Budgeting
- Decision making
- Managing other services such as IHSS)
- Access to routine medical and healthcare services
- Assistance following doctor's orders
- Self-advocacy

It is important to note that payments for Supported Living services do not include the cost of general living expenses such as rent, utilities and food as this is the responsibility of the person served.

Community Care Facilities

A CCF is a licensed residential home that provides 24/7, non-medical care and supervision. CCFs offer care that is individually tailored and in the comforts of a typical home in the community. Community Care Facilities (CCF) are for children and adults served who are not able to, or choose not to, live with their family or independently.

Housing Access/Modification Supports

Housing Access Supports is a service that helps a person served and their family to find housing. These services help people identify and secure affordable, accessible housing.

Services include help with:

- Finding affordable and safe housing options
- Making choices with respect to the person's preferences of locations and types of housing
- Identifying the person's accessibility needs
- Home modification for accessibility – support to access funding sources.
- Identifying and applying for financial assistance as well as housing subsidies and other benefits.

The service does not include payment of deposits or other expenses associated with setting up a household.

Family Home Agency (FHA)

Licensed by the State Department of Social Services, Family Home Agencies train and certify families to support a person served in their home. The family does not replace the person's served own family, but ideally becomes an extension of the family system.

Day Services for Adults

Day services for adults are structured, comprehensive and provide access to the community for those no longer eligible for public school programs. Program activities help people to define and reach their goals.

Community-based programs for adults are expected to meet a variety of individual needs. These supports, services and/or programs should include opportunities for persons served to participate in self-advocacy, pre-employment and employment training, community integration and the development of social and self-care skills. The Planning Team will first consider skill development supports and services in natural environments and under realistic conditions. Based on individual needs and preference, some programs are center-based.

Employment

California's Employment First Policy means that competitive employment in the community can become a real choice for individuals with developmental disabilities. Competitive employment means finding a job within the community where an individual is paid the same as other people doing the same job and at least minimum wage. Some of the employment options that are available are: full or part time employment, self-employment, micro-enterprise, or contract jobs and skilled work. TCRC can provide support for any of these employment options.

Safety Supports

Services may include:

- Med-alert bracelets – provide needed information to first responders
- Life-line services – used to call for help from home, if a phone cannot be reached
- Tracking devices – help find a person who is at risk of getting lost
- Crisis Support Services – help resolve a crisis by phone or in person
- Repairs and maintenance to devices and equipment are the responsibility of the person served or their family.

Transportation/Travel Training

Travel training teaches individuals how to safely use specialized or public transportation.

Sometimes private, specialized transportation will be provided to those individuals who cannot safely access and utilize public transportation services to and from day services.

RAINBOW CONNECTION FAMILY RESOURCE CENTER

Family Resource Centers offer information, training and support to families striving to raise their children with special needs to reach their fullest potential.

Rainbow Support

- Talking to a trained staff member who is a parent.
- Parent to Parent Matches – Connecting parents with similar concerns and interests.
- Rainbow has support groups for specific disabilities, military families, and general ones for all special needs. We also list the groups available in the community. We encourage parents to attend a support group at least once. They might be surprised at how much it will help them and how much they can help others.

Socializing

- Social time for teens and adults receiving services from TCRC
- Sibling Club

Information on various disabilities

- on local, state, & national resources
- on parent's Rights & Responsibilities when raising a child with special needs

Education and training

- Presentations on topics of interest for parents
- Basic training on Individualized Family Service Plans (IFSPs) and Individualized Education Plans (IEPs).
- Workshops to help parents organize all the paperwork that comes with a child with special needs

Spanish Outreach Assistance

- Support for Spanish speaking families, some resource materials are available in Spanish.

Library

A large multi-media library is available at the Tri-Counties Regional Center office in Oxnard. A satellite library is available in the Simi Valley Tri-Counties Regional Center office and at Channel Islands Social Services. Internet access is available at both Regional Center sites. A mobile library is available for group meetings. The library is open to the public.

CONTACT

E-Mail: rainbow@tri-counties.org Website: <http://rainbowconnectionfrc.weebly.com>

Facebook: <http://www.facebook.com/RainbowConnectionFRC>



Oxnard Office

2401 East Gonzales Road, Suite 100,
Oxnard CA 93036
Main Phone: (805) 485-9643
Toll Free: (800) 332-3679
Spanish Line: (805) 485-9892
Monday through Friday 9 am to 5 pm

Simi Valley Office

2635 Park Center Drive, Suite A, Simi
Valley, CA 93065
Main Phone: 805-823-2325
Spanish Line 805-485-9892
Monday through Thursday 9 am to 1 pm
and by appointment

On-Going SUPPORT GROUPS TRAININGS & ACTIVITIES



We encourage you to attend a support groups at least once. You will be surprised at how much it will help you and how much you can help others. As there might not always be a support group available for a specific diagnosis, we try to provide a parent match upon request. To register to attend or for a copy of the current "What's Happening at Rainbow?" schedule of activities, please call 805 485-9643; 800 332-3679; E-mail: rainbow@tri-counties.org or go to our Website: www.rainbowconnectionfrc.weebly.com

ACTIVITIES

Social Time for Adults Receiving Services from TCRC (Bilingual) Santa Paula

Meets 1st Saturday of the month.
Come, bring a friend or just come meet new people, for conversation, playing games or for refreshments and some fresh air.

Teddy Bear Brigade *No meetings during the summer. Thousand Oaks 1-3pm
Meets 3rd Saturday of the month, except for summer months. For children 3 -13 years old with special needs and their siblings.
It includes stories, sensory themes, crafts and music planned each month.
Visit www.bearsandcompany.com to register or call Rainbow. Parents meet separately for social and networking time.

AUTISM



Autism Spectrum Disorder (ASD) Parent Support Group (English)

Oxnard 7 – 8:30pm * No meetings during the summer. Meets 2nd Wednesday of the month. Families meet to share the experiences they've had with their children with special needs and learn about resources. You can connect with the group at asdparentsupportgroup@gmail.com

Autismo Support Group (Spanish)

Oxnard 7 - 8:30pm
Meets 3rd Thursday of the month. Families meet to share the experiences and resources.

CEREBRAL PALSY

Cerebral Palsy Support Group - Simi (meets separately in English & Spanish) 9:30 – 11:00 am

Meets 3rd Monday of the month.
Join other parents to talk about issues related to raising children with cerebral palsy and share resources and information.

G-tube/J-tube/NG-tube Networking (meets separately in English & Spanish) 6:30 – 8:00 Oxnard

Meets 3rd Thursday of the month. Does your child have a G-tube, J-tube, or NG-tube? Or has it been suggested? Families share stories of frustrations, fears, and successes (large & small).

DOWN SYNDROME

Down Syndrome Support Group (meets separately in English & Spanish)

Oxnard 7pm – 8:30pm Meets last Thursday of the month. Families have open discussions on issues related to raising children with Down syndrome.



Please RSVP as soon as you can!
(805) 485-9643 or rainbow@tri-counties.org
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