



Harbor Happenings

Cover: Karla Chacon, College to Career (C2C) Participant
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SPRING 2023

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College Support Services: Preparing Students to Succeed



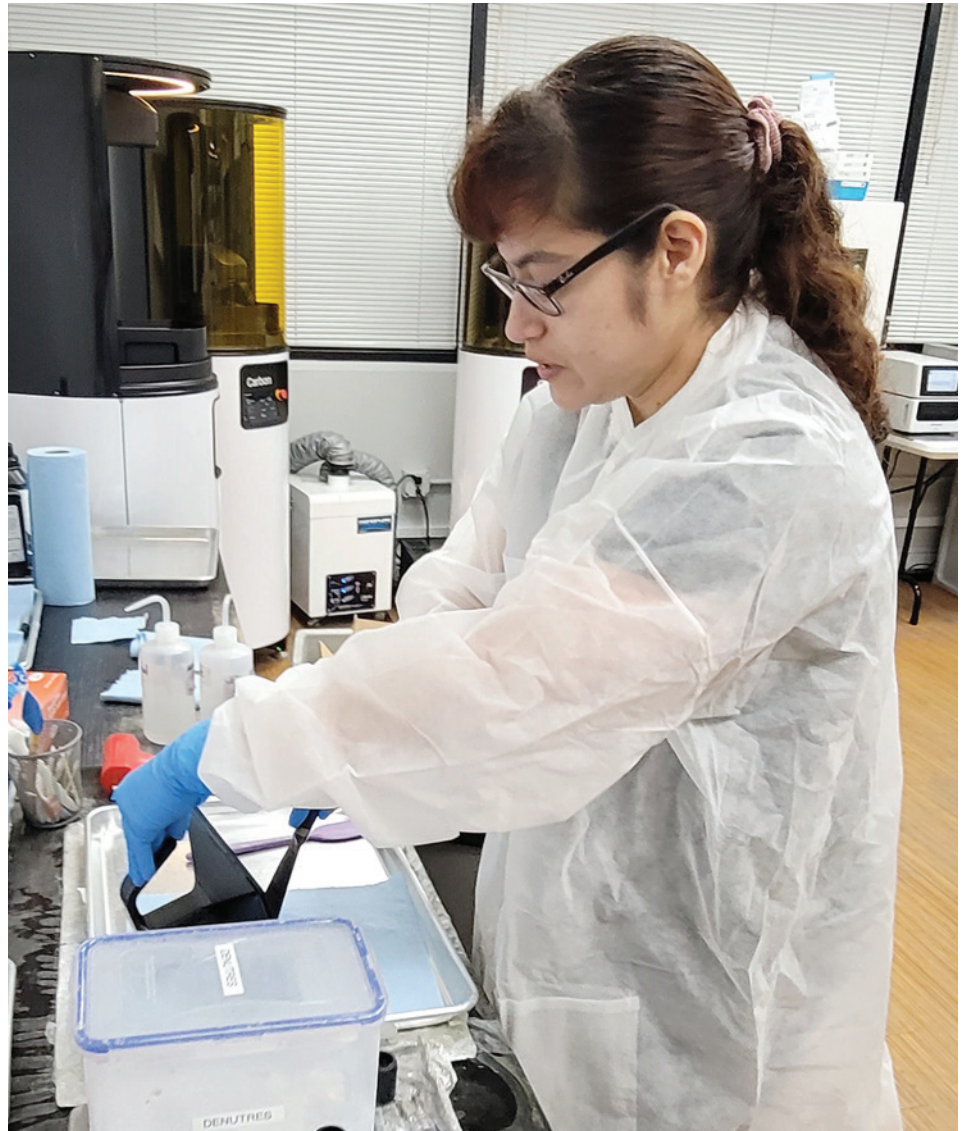
Harbor Regional Center collaborates with a variety of programs in the local community to assist adults with developmental disabilities to explore and succeed in higher education settings. Often times, successful higher education experiences can lead to meaningful employment. Our Client Services Managers share their knowledge about a few programs.

College 2 Career (C2C) Program

Jessica Eich, Client Services Manager, Children's Department

The College 2 Career (C2C) Program is an innovative post-secondary program for adults with developmental disabilities served by the Regional Center. The C2C Program offers an exciting opportunity to experience community college, student housing and college life. What's especially great is that the C2C Program provides extra educational coaching support that may not otherwise be available through the college for individuals who are served by a regional

center. The program also has a residential component in which the individual receives support and training to develop skills that are needed to live independently in the community. Career supports are provided to the individual prior to graduation in order to assist them with obtaining gainful employment within their field of training. The College 2 Career Program is accepting applications throughout the year. All interested applicants and parents must attend a C2C orientation prior to applying. Harbor Regional Center offers these orientations every other month.



Karla Chacon, HRC Client, C2C Program Participant

I really enjoyed my time in the C2C program. I did not get much socialization, did not care much about that...did not have many friends either. But C2C changed that, and I gained companionship with the students...We became a family there and we love playing games and doing events together. The apartment living is one of the best parts. I want to live independently and that's what I got. But the program doesn't just throw you in the river and expect you to swim. Home support helped me keep track of [my] chores and rent and such.
 ~ Karla Chacon

College Support Services: Preparing Students to Succeed



College Support Program (CSP)

Lizbeth Moreno, Client Services Manager, Adult Department

The College Support Program (CSP) at Long Beach City College provides comprehensive services for students with intellectual and developmental disabilities in partnership with the Harbor Regional Center. The program aims to promote inclusive higher education by offering support and resources to enable students to become successful learners and transition into higher education. The program provides a range of services to support students in accessing campus resources, services, and developing essential skills, such as time management

techniques, strengthening their ability to navigate the campus and campus processes, and improve on executive functioning skills (planning, organizing, coordinating). Students also have access to specialized instruction, assistive technology, social and recreational opportunities, and support in locating and connecting with tutoring services. Overall, the program provides a supportive and inclusive environment where students can learn, grow, and achieve their academic and personal goals. The College Support Program at Long Beach City College is an excellent resource for students with intellectual and developmental disabilities who are looking to pursue higher education.

Interested in the programs? Contact your service coordinator for more information.

For more information about services available for adults served by Harbor Regional Center, visit www.harborrc.org/services-adults or Scan me!



Stay Safe in an Emergency!

By Vincente Miles, HRC Manager of Emergency Services



Spring is in the air! Spring is a season when weather can change from being rainy and cold to sunny and warm. Be on the lookout for severe changes in the weather, such as lightning, rainstorms, and flooding.

This is the perfect time to ensure you and your loved ones are ready for any emergency. Preparing in advance and having a plan of action before an emergency can be life-saving!

Here are a few suggestions to prepare during Spring:

Helpful tips...

- 1 Keep an emergency kit on hand, including change of clothing, medications, battery operated flash light, and an ample supply of batteries, gloves, masks, and personal hygiene items. An emergency kit should have items to meet your individual needs.
- 2 Develop an emergency evacuation plan and practice with your family.
- 3 Prepare your emergency contact lists including one contact that resides outside of the area and share the list with your loved ones.
- 4 Keep a supply of canned and nonperishable food and drinking water on-hand.
- 5 Prepare copies of important documents such as medical information, insurance information, and telephone numbers of utility companies.
- 6 If you drive, pack extra blankets or keep a sleeping bag in your vehicle.
- 7 Remember to replace the batteries in your fire and carbon monoxide alarms!

Exploring Pathways: Options Beyond the School System

By Brenda Bane, HRC Provider Relations Specialist



Individuals may often wonder what services are available after they exit the school system. We know that individuals want to understand the variety of services that are available, so that they can make well-informed decisions.

Harbor Regional Center (HRC) recognizes the importance of the Employment First Initiative, which states that employment should be the first priority and preferred option for adults with intellectual and other developmental disabilities. Employment Orientation and

Job Preparation classes are offered throughout the year for adults who have completed school and wish to seek employment. We encourage individuals of working age who are interested and capable of working to seek employment services. HRC Service Coordinators are here to support them through the process.

Supported employment services provide individualized supports for adults who are out of school and ready to begin their job search. Services may include an assess-

ment of individual skills and interests, individualized job development, placement (either individual or group settings), and on-the-job coaching to promote successful employment. These services are provided in collaboration with the state of California's Department of Rehabilitation (DOR), as well as other local agencies, that focus on Competitive Integrated Employment. Competitive Integrated Employment means employment where individuals are paid the same as other people doing the same job, at least minimum wage or higher, and



the job is integrated within the community.

For individuals who are not interested in employment, or may be unable to work due to a medical or physical limitation, they may consider participating or attending Adult Day Programs. Adult Day Programs are operated by service providers contracted with HRC. Adult Day Programs offer activities designed to provide the maximum inclusion possible in the community, as well as individualized options for adults. The various programs

can include training in independent living skills, volunteerism, personal expression, socialization, and therapeutic support. The types of day program options are Inclusion Programs, Partial Inclusion, Partial Work, Creative Arts, Therapeutic, and programs for individuals with co-occurring developmental disabilities and mental health disorders.

As our communities continue to grow, HRC is prioritizing the need to develop resources to meet the needs of individuals served by HRC.

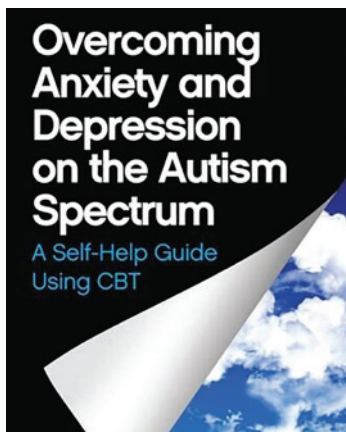
HRC's Community Services Department is working to develop more specialized programs in the near future. If you are interested in Adult Day Programs or Supported Employment Services, please feel free to contact your service coordinator.

For a full list of services available for adults, visit our website at www.harborrc.org



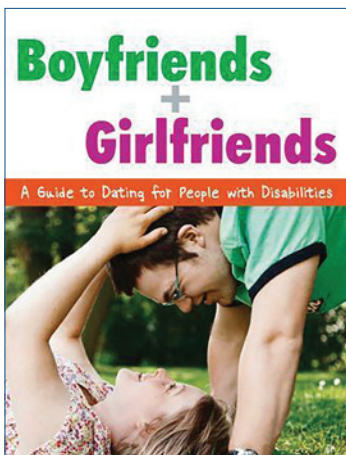
Good Reads at the Family Resource Center

The Harbor Family Resource Center is available to provide individuals served by regional centers and their circles of support with information and resources. Our resource library houses hundreds of new items that are available for early childhood, school age, teens, adults, and families! Visit the Torrance and Long Beach locations without an appointment. We are open Monday through Friday from 8:30AM to 5PM. Check out our new items!



Overcoming Anxiety & Depression on the Autism Spectrum: A Self-Help Guide Using CBT

When someone has a diagnosis of Autism Spectrum Disorder (ASD), the impact of having anxiety and depression symptoms can be especially hard to manage. Do you have someone in your life, who has ASD, and is expressing feelings of isolation, interpersonal difficulties and having problems coping with life? This book uses Cognitive Behavior Therapy (CBT) techniques to help adults explore and understand their challenges and provide practical ways to manage emotions. The overall aim of the work is to help manage feelings of anxiety and depression that might interfere with decision making in day-to-day life.



Boyfriends + Girlfriends: A Guide to Dating for People with Disabilities

Do you wish you had a boyfriend or girlfriend? Do you have a crush on someone and don't know what to do about it? Is there a person calling or texting you and you want it to stop? These questions and many more are addressed in this book, which helps to develop dating readiness skills. Is someone you love ready to start dating? Does she or he have questions about how to start? This book will help. It is in a simple format, with easy to understand questions and quizzes at the end.

The Family Resource Center is currently open to the public in Torrance, Long Beach, and Norwalk locations. Call or e-mail us with questions!

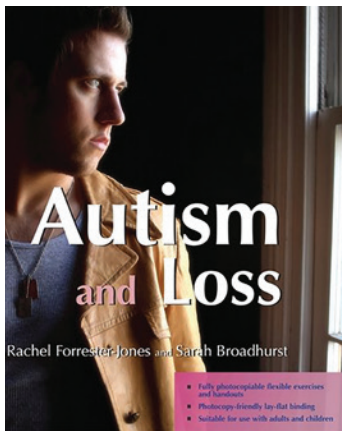
Phone: (310) 543-0691

Email: resource.center@harborrc.org or scan me! (QR Code)



**Circles curriculum –
The James Stanfield
Company**

The Circles Program teaches social distance and levels of intimacy through the use of six color-coded concentric circles. Starting from the center circle, which represents the self, each new colored circle represents behaviors, feelings, and actions appropriate to the distance from the center of self. Whether you are a family member working with an adult child or a professional supporting someone with a developmental disability, this curriculum gives you the tools to help teach and practice safe and appropriate relationships with others. When you check this curriculum out, you will receive the large wall graph, laminated pictures, personal worksheets and personal icons to use as a part of skill-building activities. The video portion of this curriculum is available through streaming and you will be able to watch it on your computer or device.



Autism & Loss

Experiencing losses may be difficult to navigate for someone with ASD. When someone experiences loss, such as losing a job, a friend, a living situation or a loved one, it can be challenging to express thoughts and feelings around the loss. In this book, you will find concrete steps and fact sheets that can help guide conversation and offer assistance when working with someone who may be impacted.

My Journey as Brandon

By Brandon Osborne



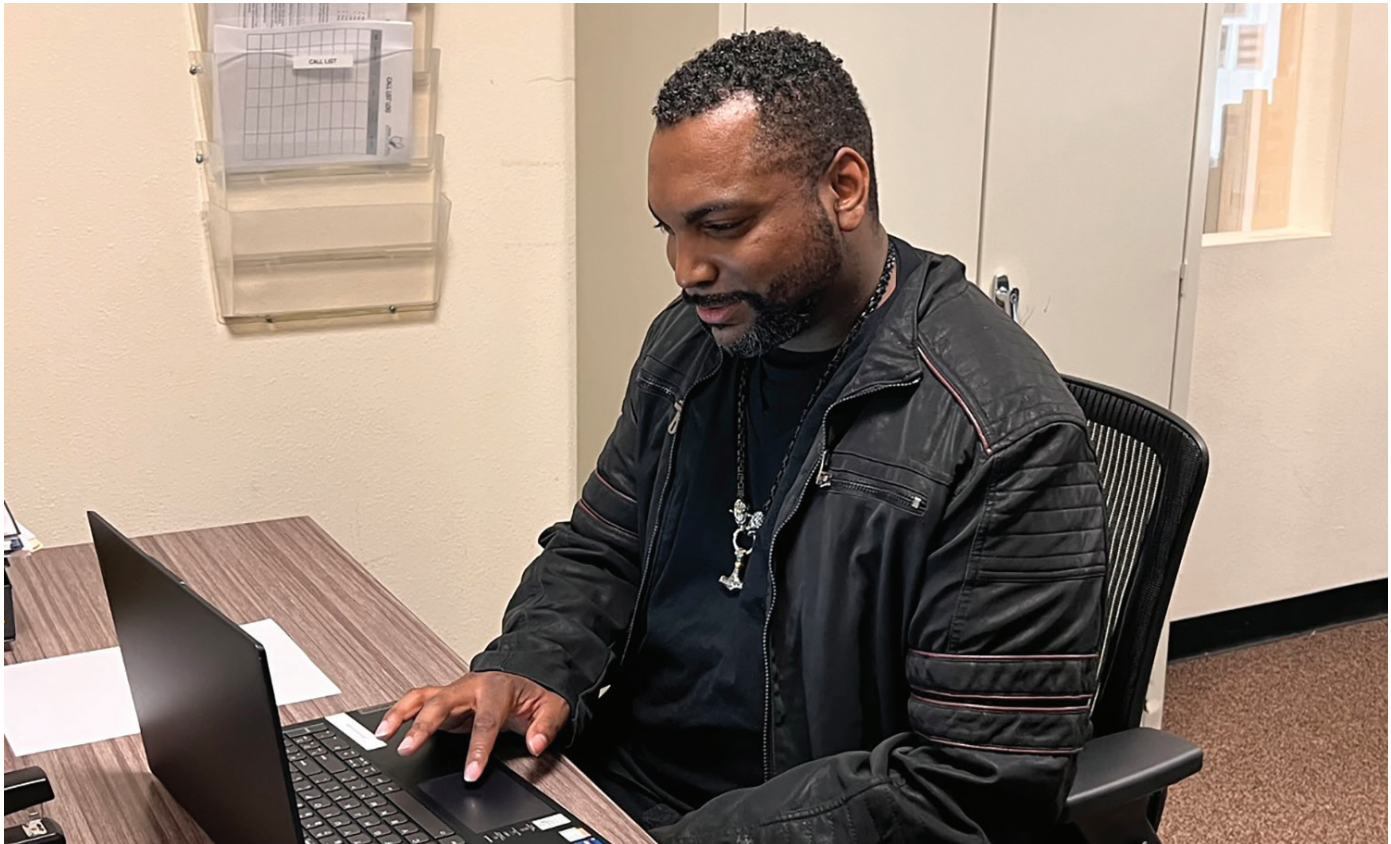
Brandon with Interim Program Director & VP of Operations of David's Place

Hello, my name is Brandon Osborne and I am 34 years old. I grew up in the city of Carson, California and I moved to Long Beach in 2005. I live in a shared HOPE apartment and one of my goals is to be able to have my own apartment. I have been a client at Harbor Regional Center (HRC) since 2003. My hobbies are playing basketball, going to the beach in my spare time and hanging out with my friends and family when I can. I have worked at Harbor Regional Center, Torrance

and Long Beach office, as part of the janitorial crew from December 2008 to July 2021. During this time, I took opportunities to grow; I became a team lead in 2017 and a supervisor in 2020. This job gave me the platform to continue growing and not to settle. I enjoyed being a leader and supervisor to motivate and help others pursue their job goals. I had the pleasure to have great supervisors that pushed me to continue to learn and grow with them. One thing I take away from

this experience is that; never forget where you started, your first job will teach you to become a better leader.

I am currently employed with a day program close to home called David's Place, which is located in the city of Long Beach. I work for both David's Place I and II. At David's Place I, my job title is Independent Living Skills (ILS) Aide. At David's Place II, my job title is Employment Trainer. My bosses, Joahna Torres and Marisabel Silva, have always



Brandon checking in at work

been a great support system by helping me with my job and giving me the tools in order to be successful, with hands on training when I need it. Working closely with both of them has taught me how to write better notes, when presented with challenges, or working with an individual who needs more support, my supervisors help remind what I need to do to follow protocols, such as referring back to the plan that is in place to support the individual. In this job, I receive so much joy! I hope that each

individual I help regardless of any diagnosis and disability, that they are able to be successful in a job, and with that they continue to pay it forward and help the next person in need.

My Service Coordinator, Maryam Odabae has been a great support system for me as well. If I need information on anything, for example-driving schools, Maryam is always there to help me when I reach out to her. If I have any questions about my goals and how to reach them,

she will help me find answers so that I can work towards achieving them. My goals are simple; I hope I inspire people to do whatever it is that they want to do in life so that they can be the guiding light and hope to the next person.

Never stop believing in yourself. Always be willing to put your best foot forward, if you fall down 7 times, get up 8 more times. The world is your canvas; you just have to be willing to paint the picture.

Brandon's Work: Focus Leads to Success

By Maryam Odabae, Brandon's Service Coordinator



Brandon with his Service Coordinator, Maryam

I have been working with Brandon for almost 3 years. Brandon is hard working, intelligent, respectful, kind, and goal-oriented. Over the past year, Brandon has been working part-time at David's Place providing support to

individuals that may need assistance with daily living skills, as well as employment guidance.

Brandon holds his employment and his position at David's Place dear to his heart, as



he understands the struggles some individuals may have, and what they may endure daily, to achieve their personal and long-term employment goals. Brandon creates his own vision and goals every year. He places his energy and concentration on his goals and creates strategies to achieve and execute them.

This year, he is planning to take driving lessons, pass both the written and driving test, and purchase his first vehicle. Brandon will use his car to get to his work sites and to visit his mother, who resides out of town.

It is with great pleasure to work with and to be able to support someone like Brandon; I am lucky to be able to witness all of his successes and achievements.

Brandon & David's Place I

By Marisabel Silva, Interim Program Director, David's Place



It is truly an honor to have Brandon be a part of our David's Place I Family! Bran-

don is a hardworking, ambitious, and great team player! Watching Brandon grow from 2022 until now has been amazing. His willingness and flexibility to changing work demands has proven that once Brandon sets his mind to something, he goes all in. Brandon does a great job at tackling whatever we bring to him and runs with it regardless of unexpected changes. Bran-

don's passion to help others is undeniable. The individuals he has worked with speak very highly of him. I am thankful to have the opportunity to help and watch a fellow employee be happy and successful! For Brandon, his passion of helping others to succeed shines through every day in his current positions. I cannot wait to see what the future brings for Brandon!

Brandon & David's Place II

By Joahna Torres, VP of Operations, David's Place



Brandon's ambition and consistent pursuit for greatness is such an essential part of our team here at David's Place. In 2021, Brandon joined our David's Place II team as an Employment Trainer and by 2022; he was already expressing an interest in joining our David's Place I team as an

Independent Living Skills Aide! Brandon's flexibility and eagerness to help others rapidly transformed into a bridge between both locations. Fast forward to present day, he serves as a point person for those interested in a path to employment and provides special ILS classes



at David's Place I and II. It has been a true inspiration and a pleasure being part of Brandon's professional growth. We thank Brandon for gracefully executing his daily work as his "life's work" and consistently paying it forward to others.

Fun in the Water - Splash, SPLASH!

Spring is upon us and summer is around the corner. With sunny days ahead, we know there will be lots of opportunities for swimming and fun in the sun. Swimming is a healthy activity that has many physical and mental health benefits.

Aquatic Explorations

Provides lessons for the individual needs of each student from beginners to competitors and anyone of special needs. Located in Los Alamitos, California, where expert instructors teach out of a 92 degree heated, indoor pool, year round. Visit the website: www.aquaticexplorations.com or contact by email aquaticexplorations@gmail.com.

One With The Water

Swimming lessons for children and adults of any age and ability. Focus on individualized training to eliminate barriers for those with unique needs. Visit the website: www.onewiththewater.org.

Pools of Hope

Located in Long Beach, this premier provider of aquatic exercise and physical therapy programs for 50 years offers warm water rehabilitation and wellness for all ages and abilities. The pools provide welcoming options for people who have physical or cognitive challenges. The facility is equipped with accessible ramps and lifts for those who are wheelchair dependent or have limited mobility. Water wheelchairs are available to allow easy access to therapy and exercise. For additional information, call (310) 537-222, visit the website: <https://caaquatictherapy.com/> or email pools@caaquatictherapy.com.

Surfers Healing

Based in Southern California, this original surf camp for children with autism has been serving the community since 1996. The program gives individuals a chance to encounter



**Drowning
Prevention**
From DDS



Do you love the water or would you like to improve your swimming skills?

If you are interested in aquatic opportunities this summer, there are many local programs that support various abilities.



Preventing Dehydration
From DDS



the waves, to challenge themselves, and to try something new. Space is limited; RSVP as soon as registration opens! Visit the website for information and Camp Schedule: <https://www.surfershealing.org/about-us> or call 877-966-SURF (7873).

SwimScaape

Offering swim lessons and swim therapy for all ages and abilities. Staff have two adaptive certifications, including expertise in sensory processing, movement, and behavioral techniques. Kids and Adults increase self-awareness, and learn skills ranging from basic water safety to advanced stroke technique. Visit the website: www.swimscaape.com.

SafeSplash Swimming

SafeSplash is a premium learn-to-swim and performance-based swim school that teaches all skill levels ranging from the fundamentals of water safety to competitive instruction so that our swimmers love the water, are safe and swim for life. Visit the website: <https://www.safesplash.com>, email moreinfo@safesplash.com or call (844) 543-7946.

Lucky Duck Swim School

LDSS believes that everyone has the ability to swim when given the right opportunity and it is their job as educators to make sure everyone is given the right skills to achieve their maximum potential.

<https://luckyduckswimschool.com>

For more information email, info@luckyduckswimschool.com or call (310) 323-3383.

Watersafe Swim School

Watersafe Swim School has a solid reputation in the community for providing the highest quality lessons available. Teachers are carefully chosen and extensively trained and certified through the nationally recognized Smart Fish Academy. For more information call (562)596-8608 or visit <https://www.watersafe.com>.



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