

# PIRS Hot Sheet

Advocacy & Services for People with Disabilities

## Mental Health Services Act (MHSA)/Prop. 63: Placer County 2013-14 Annual Update

The Mental Health Services Act (MHSA) is one of several initiatives currently underway in Placer County working to transform mental health services. Together, these various funding streams and initiatives are part of a coordination effort called the Campaign for Community Wellness. The overall goal of the Campaign for Community Wellness is to transform and support traditional and non-traditional mental health services in Placer County that use innovative, collaborative, culturally competent and consumer-guided approaches.

Placer County’s 2013-2014 Annual Update includes information on Placer’s community planning and local review process. This report includes details from 2011-2012 Community Services and Supports (CSS); Workforce, Education and Training (WET); Prevention and Early Intervention (PEI) programs; and Innovations.

In a continual effort to improve the Plan through community input, they welcome your comments for a 30-day review from the date of posting. Submit comments by mail, email or in person at the public hearing. All written comments (including e-mail) must be submitted by Sept. 6, 2013, at 5:00 P.M.

**By E-Mail:**  
[ccassidy@placer.ca.gov](mailto:ccassidy@placer.ca.gov)

(continued next column)

## PIRS 12<sup>th</sup> Annual Assistive Technology Expo – Tools for Independent Living

September 18, 2013, 9 am – 2 pm

Gold Country Fairground  
 Placer Building  
 1273 High St., Auburn

**FREE PARKING \* FREE ADMISSION**

(continued from col. 1):

**By Mail:**  
 Attention: Cindy Cassidy  
 Health and Human Services/Children’s  
 Systems of Care  
 11716 Enterprise Drive  
 Auburn, CA 95603-3732

**In Person:**  
 Placer County Mental Health, Alcohol and  
 Drug Advisory Board Public Hearing  
 Monday, September 23, 2013  
 Placer County Government Center  
 11533 “C” Ave., DeWitt Center  
 Auburn, CA 95603

Thank you for your continued interest and assistance toward improving the quality of life for individuals in our community and their families who are living with mental illness. Together, we can transform mental health services in Placer County.

For more information about the Campaign or MHSA/Prop 63, please visit:  
[www.campaignforcommunitywellness.org](http://www.campaignforcommunitywellness.org)

## ***PIRS Calendar***

Reasonable accommodations are available upon advance request to facilitate access to PIRS facilities and services.

In order to maintain a comfortable environment for everyone, we respectfully request that **no perfumes or other scented products** are worn when attending activities at PIRS. Thank you.

⇒ **Deaf Awareness:** Learn basic sign language; informal instruction. For more information, call 530-885-6100 or TTY 530-885-0326.

### **Disability Peer Support Groups:**

⇒ **Women's Mental Health Disabilities Support Group** – Monday 5:00 –7:00 pm. Call Leslie Brewer, ext. 13.

⇒ **Men's Disability Support Group** – Tuesday 6:00 – 8:00 pm. Call Jeff Cowen, ext 30, before attending.

⇒ **Women's Disability Support Group** – Wednesday, 1:00 – 3:00 pm. Open drop-in group. Call Facilitator Barbara Finn, ext. 26, for more information.

⇒ **Disability Support Group** – Thursday, 1:00 – 3:00 pm. at PIRS. Open/drop-in for anyone. Call Jeff Cowen, ext 30, for more info.

⇒ **Depression Support Group** – Friday, 1:00 – 3:00 pm. at PIRS; facilitated by Senior Peer Counseling Program of PCHHS. Call Melinda Lacey at 530-886-3413 for more information.

⇒ **Auburn Post Polio Support Group: on hiatus for the summer; next meeting in Sept.** Meets 10 am, 2<sup>nd</sup> Saturday each month at Denny's, 2480 Grass Valley Hwy, Auburn. Questions? Call Ron Hill, 530-889-0291

### **Auburn People First: self-advocacy for people with developmental disabilities**

⇒ Call the Supported Life Institute, Self-Advocacy Coordination Project at 916-567-1974 for more information.

### **FREE Help with your healthcare services problems:**

**HICAP** – Health Insurance Counseling for seniors and people with disabilities. Call Seniors First/SeniorLink at 1-800-878-9222 to make an appointment.

### **Mental Health Association of CA**

Advocacy, education, information and other assistance necessary to ensure that all people are able to receive the mental health and other services that they need. 916-557-1166. [www.mhac.org](http://www.mhac.org)

**HMO Help Center:** State Dept. of Managed Health Care, free independent medical review (IMR) for denial of services. Assistance 24 hours a day, seven days a week. Call (888) 466-2219 or (877) 688-9891 (TTY). [www.healthhelp.ca.gov](http://www.healthhelp.ca.gov).

**DRA's Health Access Project:** free publications about the health care and insurance rights and concerns of people with disabilities and serious health conditions. <http://dralegal.org/>, and click on "Projects".

**Mental Health America**  
**In Crisis? 1-800-273-TALK**  
**Pensar en Suicida?**  
**1-800-SUICIDA (784-2432)**  
**(Ellos son Latinos y hablan Español)**

**California AgrAbility Project** serves agricultural workers with disabilities and their families. Call (530) 752-1613 voice; Toll free: 1-800-477-6129; fax (530) 752-2640.  
<http://calagrability.ucdavis.edu>

## How to Write and Report About People with Disabilities - 8th Edition Now Available

The NIDRR-funded Rehabilitation Research and Training Center on Community Living released the 8th edition of its Guidelines: How to Write and Report About People with Disabilities. The guidelines focus on "person-first" language, and have been adopted by the American Psychological Association and the Associated Press Stylebook, among others. The updated guide includes new terminology and new sections on Rosa's Law, community concepts, and exceptions. The brochure and companion poster may be downloaded free in PDF at the address below. Print copies may be ordered by emailing [rtcil@ku.edu](mailto:rtcil@ku.edu).

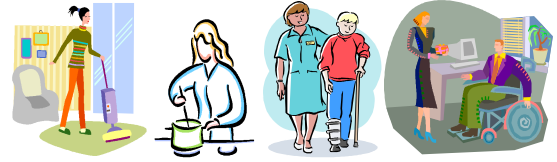
[www.rtcil.org/products/Portrayal&Media/sues.shtml](http://www rtcil.org/products/Portrayal&Media/sues.shtml)

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### New Teachers' Guide Supports Including Parents with Disabilities in the Classroom

*Parents with Disabilities and their Children: Promoting Inclusion and Awareness in the Classroom*, a new guide from the NIDRR-funded National Center for Parents with Disabilities and their Families, is helping teachers to include parents with disabilities in school and classroom activities. The free 26-page guide (PDF) answers questions about terminology, accommodations, and etiquette, and offers suggested activities and reading to promote awareness about parents with disabilities.

[www.lookingglass.org/pdf/Classroom-Awareness-Parents-with-Disabilities-2013-TLG-.pdf](http://www.lookingglass.org/pdf/Classroom-Awareness-Parents-with-Disabilities-2013-TLG-.pdf)



**Do you need to hire an in-home personal assistant or care provider?**

**Are you a professional care provider?**

**Apply to join PIRS Personal Assistants Registry/Referral Service. (No fee)**

**To hire a provider, or to join our Provider Registry, call Tim Cooper at PIRS - 530-885-6100, x31.**



**Do you need some minor modifications to make your home safer and more accessible?**

**Call Don Wixon, Coordinator of PIRS Minor Home Modification Program. 530-885-6100, ext 34**

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**ADA Checklist for Readily Achievable Barrier Removal**

[www.adachecklist.org/checklist.html](http://www.adachecklist.org/checklist.html)

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[www.proyectovision.net](http://www.proyectovision.net)

Información sobre nuevas becas, pasantías, puestos de trabajo, y recursos que le pueden ayudar en el cumplimiento de sus metas relacionados con la educación, el empleo, y la vida independiente.

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**"Navigating Government Benefits & Employment: A Guidebook for Veterans with Disabilities."** Free download at:

<http://vets.syr.edu/pdfs/benefits-guidebook.pdf>

## **Change in Terminology: From Mental Retardation To Intellectual Disability**

The United States Federal Register is replacing the term “mental retardation” with “intellectual disability” in the Listing of Impairments that are used to evaluate claims involving mental disorders in adults and children under titles II and XVI of the Social Security Act and in other appropriate sections of the rules. This change reflects the widespread adoption of the term “intellectual disability” by Congress, government agencies, and various public and private organizations.

[www.federalregister.gov/articles/2013/08/01/2013-18552/change-in-terminology-mental-retardation-to-intellectual-disability](http://www.federalregister.gov/articles/2013/08/01/2013-18552/change-in-terminology-mental-retardation-to-intellectual-disability)

## **New DVDs on Parenting Techniques and Adaptations**

Three DVDs on parenting techniques & adaptations for parents with disabilities are available from Through the Looking Glass (TLG). They also show equipment and strategies for parents with functional limitations, such as using one hand; having repetitive stress, pain and fatigue; or significant physical disabilities. Routine care of infants and young children like feeding, diapering, carrying, dressing and going out into the community is seen as parents work with TLG Occupational Therapists. DVD Titles are: 1) *Parents with Repetitive Stress, Pain and Fatigue*; 2) *Parents Using One-Hand*; and 3) *Parents with Significant Physical Disabilities*. Production funding was provided by a grant from National Institute on Disability and Rehabilitation Research (NIDRR), U.S. Department of Education. Price: \$15 ea; \$40 for a set. Order online at <https://lookingglass.org/store>

## **E-newsletter on Low Vision**

*Low Vision In The News* is a collection of the latest hand-picked news articles from the staff of Clarix about low vision. Topics range from technology advances to human interest stories. Subscribe at [www.clarixusa.com](http://www.clarixusa.com).

## **Blueprint Report Promotes Employment for People with Disabilities**

On August 2, 2013, the National Governors Association (NGA) released the final publication, "*A Blueprint for Governors, A Better Bottom Line: Employing People with Disabilities.*"

The US Dept. of Education's Rehabilitation Services Administration participated in a number of the activities related to this initiative and several of their grantees are involved with this publication. They are encouraging states, employers, and others to use the ideas in this Blueprint to continue advancing employment opportunities for people with disabilities.

The "NGA Blueprint for Governors" can be accessed on the RSA website at: <http://rsa.ed.gov/whats-new.cfm>

## **www.MentalHealth.gov**

This US Health & Human Services website provides information and resources on mental health. It includes the basics of mental health, signs of common disorders, how to talk about mental health, and how to get help. A treatment locator helps find mental health services by state or zip code.



## **ADA CORNER**

At two congressional briefings celebrating the 23rd anniversary of the Americans with Disabilities Act (ADA) on July 29, the Judge David L. Bazelon Center for Mental Health Law unveiled a set of consensus principles reflecting the disability community's shared vision of community integration. [Community Integration for People with Disabilities: Key Principles](#) (PDF), lays out a vision in which people with disabilities are afforded opportunities to live in their own homes, work in regular, non-segregated employment, and make their own choices. Embracing the key principles are 26 major national organizations including people with disabilities, family members, service providers, and state administrators. Other speakers included officials from the U.S. Department of Justice and the U.S. Equal Employment Opportunity Commission, a member of the National Council on Disability, a former resident of a nursing home, and other experts. Read the declaration of principles at:  
<http://bazelon.org/portals/0/ADA/7.30.13%20Key%20Principles%20-%20Community%20Integration%20for%20People%20with%20Disabilities.pdf>

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### **Free Technical Assistance:**

• Pacific Disability and Business Technical Advisory Center (DBTAC) – Hotline provides free detailed explanations on ADA questions and Guidelines. 1-800-949-4232.

[www.adapacific.org](http://www.adapacific.org).

• Dept of Justice ADA webpage:  
[www.ada.gov](http://www.ada.gov)

• Job Accommodation Network (JAN): lists examples of accommodations that may be appropriate for various types of disabling conditions. [www.jan.wvu.edu](http://www.jan.wvu.edu)

• Equal Opportunity Employment Commission – non-discrimination in employment: [www.eeoc.gov](http://www.eeoc.gov)

• [www.access-board.gov](http://www.access-board.gov) – US Access Board publishes access guidelines based on research about best practices.

• [www.DisabilityInfo.gov](http://www.DisabilityInfo.gov) is a cross-government portal on disability, and is easily accessible.

• [www.ncaonline.org](http://www.ncaonline.org)- National Center on Accessibility promotes access to recreational facilities, focusing on universal access and practical solutions by linking designers with users.

• [www.firstgov.gov](http://www.firstgov.gov) – a one-stop source to find any federal agency and other information.

• Federal Transit Administration – ADA Assistance line: 1-888-446-4511 or [www.fta.dot.gov/transit\\_data\\_info/ada/](http://www.fta.dot.gov/transit_data_info/ada/)

• Information on the U.S. Dept of Education enforcement of education rights (Individuals with Disabilities Education Act or IDEA). [www.ed.gov/offices/OCR/index.html](http://www.ed.gov/offices/OCR/index.html)

• Discrimination in air transportation and related services. Hotline at 1-800-778-4838 (voice) or 1-800-455-9880 (TTY) to obtain assistance. Complaints must be submitted in writing. <http://airconsumer.ost.dot.gov/>

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### **Advocate for Your Rights!**

Never take your independence for granted. Never ignore discrimination. Speak out and defend your rights to access housing, education, employment, transportation, health care, telecommunications, recreation, and all the other benefits our society enjoys. Get involved! Stay informed! Contact **Rebecca Huntley: <rhuntle@pirs.org>**; **530-885-6100, ext.15**; or **write:** PIRS, 11768 Atwood Rd., Ste.29, Auburn CA 95603.

#### **Advocacy Team Workshops:**

**Speakers and discussion on topics that impact your life. Sign up for information from Rebecca and come join us!**

## To Contact Your Legislators online:

President: [www.whitehouse.gov](http://www.whitehouse.gov)

Governor: [www.governor.ca.gov](http://www.governor.ca.gov)

US Senators: [thomas.loc.gov](http://thomas.loc.gov), then choose "Senate Directory" at top.

US Representatives: [thomas.loc.gov](http://thomas.loc.gov), then choose "House Directory" at top.

State Senate: [www.senate.ca.gov](http://www.senate.ca.gov)

State Assembly: [www.assembly.ca.gov](http://www.assembly.ca.gov)

Placer County: [www.placer.ca.gov](http://www.placer.ca.gov)

El Dorado County: [co.el-dorado.ca.us](http://co.el-dorado.ca.us)

Alpine County: [www.alpinecountyca.gov](http://www.alpinecountyca.gov)



**PIRS Board of Directors is seeking new members. In particular, if you are of Latino, Asian, African-American or Native American descent and have a disability, or have legal or accounting expertise, please consider joining our Board.**

Please call for an application:  
530-885-6100, in Auburn  
1-800-833-3453 outside of Auburn area  
530-885-0326 TDD  
530-885-3032 Fax

### **PIRS Board of Directors**

Dawn Davidson, President  
Robert Hancock, Vice President  
Eldon Luce, Treasurer  
Dan Roye, Secretary  
Michael Cummings, Director  
Scot DeFevere, Director  
Terry Scott, Director

### **PIRS Board Meeting:**

Third Wednesday, 5:00-6:30 p.m. at PIRS.

## **Disability Rights Organizations:**

[www.ADAWatch.org](http://www.ADAWatch.org): Advancing the Civil Rights of People with Disabilities

**National Council on Independent Living:**  
[www.NCIL.org](http://www.NCIL.org)

**Association of Programs for Rural Independent Living:** [www.april-rural.org](http://www.april-rural.org)

**CA Foundation for Independent Living Centers:** [www.cfilc.org](http://www.cfilc.org)

**Mental Health:** [www.Bazelon.org](http://www.Bazelon.org)

**Advocacy for persons with developmental disabilities:** [The ARC.org](http://TheARC.org)

**Disability Rights California:** [www.drc.org](http://www.drc.org)

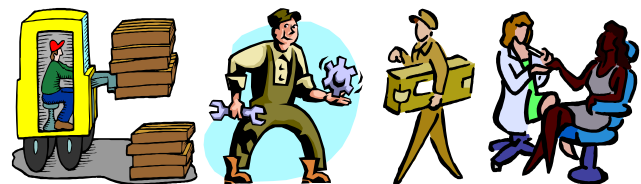
**Disability Rights Education Defense Fund:**  
[www.dredf.org](http://www.dredf.org)

**Not Dead Yet:** opposing physician-assisted suicide. [www.ndy.org](http://www.ndy.org)

**Disability Rights Advocates:** [dralegal.org](http://dralegal.org)

**American Association of Persons with Disabilities:** [www.aapd.org](http://www.aapd.org)

**California Disability Community Action Network (CDCAN):** Advocacy Without Borders: [www.cdcan.us](http://www.cdcan.us)



**[www.disabilitybenefits101.org](http://www.disabilitybenefits101.org)**

Information on employment, health coverage and other benefits, and how it all relates to working. There's a unique "calculator" that will help you figure it out. You can work!

**Placer Independent Resource Services**  
11768 Atwood Rd., Ste. 29  
Auburn, CA 95603

**Non Profit Organization**  
**US Postage PAID**  
**Auburn, CA**  
**Permit #130**

RETURN SERVICE REQUESTED

**PIRS Hotsheet is available online at**  
[www.pirs.org](http://www.pirs.org)  
**For alternative formats, call us at:**  
**530-885-6100 (v); 530-885-0326 (tty)**



*Happy Labor Day!!!*

*Please Include PIRS  
in Your Will.*

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PIRS is funded by grants from the US Dept. of Education/Rehabilitative Services Administration; State Dept. of Rehabilitation; Area 4 Agency on Aging; United Auburn Indian Communities; City of Roseville; Community Technology Foundation of CA; James & Virginia Benson Fund for the Elderly of Placer County of the Sacramento Region Community Foundation; by contract with the Pacific Disability & Business Technical Assistance Center; and by private donations.

**We need your support. Please make a donation to PIRS today. Thank you!**

PIRS is a Certified Agency of United Way California Capital Region: **Agency # 5751**

