

Creative Support Alternatives

APRIL
NEWSLETTER
2013



Welcome Chris!

We'd like to extend a warm welcome to the newest member of the CSA Family, Chris. Chris lives in a one-bedroom apartment in the Point Loma area. He has lived there independently for a few years now, receiving Independent Living supports from another agency, along with a lot of support from his wonderful parents. Now new to Creative Support Alternatives, Chris is learning what it is like to have a team of support assisting him to meet his needs. Chris has many interests, but especially loves computers and electronics. He enjoys learning about the components of electronic equipment and enjoys helping others with their technological interests. Chris often

offers to make mix-CD's for others and has volunteered his time assisting people to convert their music to digital files or CD's. Chris is a very kind and genuine person and he places great value in doing things right and ensuring that others are treated right. We are happy to have Chris join with Creative Support Alternatives and look forward to getting to know him. Welcome, Chris!

Mary Ellen Sousa-Hiner
Director

Kristoffel van de Burgt
Associate Director

Melissa Hough
Coordinator

Stefanie Kurtz-Harris
Coordinator



Creative Support Alternatives believes that all individuals share the basic right to live in a real home, which reflects personal choice and control as to lease/ownership, location, and potential occupants, as well as to work at a real job in the community which offers meaningful work, fair compensation, and dignity. Central to the agency's core values are the themes of inclusion and interdependence. We believe that the quality of life experienced by the individual, as well as others in the community, is enhanced when support services are focused on the individual's active participation in community activities, events, and routines, including the building of personal social networks.

Taheen's New Ride!



By Taheen Lopez

"I recently leased a new car on March 18, 2013 from Mossy Honda. It was the result of a long, complicated process where I had to weigh a lot of pros and cons. Through the assistance of CSA, I was able to accomplish my dream of leasing a brand new 2013 Honda Civic and I'm loving it!"

Employee Recognition

Roni Borrego provides amazing guidance and teaching with our Independent Living Services in Tuolumne County! She has a special gift for promoting healthy habits, whether through the teaching of delicious health-conscious meals or functioning as a positive role model for fitness. She showed terrific initiative encouraging Josh to follow his dreams toward a paid job and is a valued member of our Northern CA Team! Thanks for all you do, Roni!

Hinda Mukhtar is a Support Facilitator who goes above and beyond the call of duty! Hinda focuses on the details (often the small but important things) and is willing to do whatever is necessary to ensure the health and safety of the individuals she serves. Her calm demeanor, as well as her reliability, are assets to the teams she supports. We also want to congratulate Hinda on officially becoming a Registered Nurse! Thanks for all you do, Hinda!

Kevin Goes For It!



You won't miss Kevin in his little town of Sonora: he's the guy who's smiling, whistling, and walking ALL over town! Kevin recently got a big round of applause from his doctor. Assisted by the guidance of Support Facilitator Anna, Kevin's recent commitment to healthier eating and exercise earned him a big pay-off: he no longer has to take cholesterol medicine! Kevin is proud of his success....and so are we! Another awesome accomplishment for Kevin: he is serving as a Peer Consultant on our Transition2Life grant project. He recently completed work on his section of the T2L Resource Guide, again with able support from Anna, and he's now looking forward to co-presenting the teaching sessions associated with the T2L Project! Way to go, Kevin!

“Take Charge!” and “Transition2Life”

In San Diego, Creative Support Alternatives and Interwork Institute were awarded a Program Development Grant through the State Council on Developmental Disabilities/Area Board 13 to perform person-driven planning with transition-age young adults with disabilities. Running through September 30, the “Take Charge!” project is primarily led by Kristoffel, Melissa, and Caren Sax (Interwork’s Co-Director). Following training/mentoring by this leadership team, SDSU graduate students pursuing Master of Rehabilitation Counseling degrees learned to perform person-driven plans with the targeted transition students.

Take Charge activities prepare young adults for a big transition in their lives, positioning them to obtain gainful employment upon completion of their school transition program. Take Charge has given us new opportunities to educate these young self-advocates, families, professionals, and students in the field about the importance of person-driven planning. Six plans have already been performed with additional plans in the works. Our graduate students participating in the project have been instrumental to the project’s success and have been working tirelessly to schedule and develop plans despite their busy school schedules. A BIG thanks to everyone that is participating in Take Charge!

In our NoCA Foothills location, Creative Support Alternatives was awarded the Program Development Grant through SCDD/Area Board 6 for our Transition2Life project. This exciting project has been hard at work developing a much-anticipated T2L Resource Guide, featuring detailed information across a broad array of topics relevant to transition-age youth and young adults with disabilities, across all three rural counties that we serve. The T2L Guide includes an original person-driven planning tool, as well. The T2L Guide is being developed by Lily and Kevin (both T2L Peer Consultants), along with support by Anna, Linda, and Joy (Support Facilitators), under the direction of Mary Ellen. A fun Transition2Life Poster Contest is currently in progress, too, with the winning design to be featured in the Resource Guide.

T2L also includes its very own DVD Film Team comprised of Peer Consultants Jayme, Jerry, and Kevan, with additional editing support by David, who are completing an all-original Transition2Life DVD to be given to project participants. The DVD features self-advocates and others sharing their thoughts on what a Transition2Life truly means, along with original music created just for this DVD! T2L will soon provide trainings across all 3 counties designed to teach folks how to use the T2L Guide effectively and



Special Announcements

Welcome New Employees

Tiffany Bussard
Daisy Castillo
Martin Cortez
Tyler Davis

Upcoming Events

CSA South Annual Picnic:

Saturday, June 8, 2013
11am-3pm

At: Pepper Grove Park
In Balboa Park



Creative Support Alternatives functions as a small, grass-roots agency committed to empowering people to live full and included lives as members of their chosen communities.

We accomplish this by:

Developing unique patterns of support with people with developmental disabilities who live in homes of their own.

Promoting individual choice and control through person-centered planning.

Engaging resources available through SDSU's Center for Community Living/

Interwork Institute to research, demonstrate, and evaluate support services that promote best practices in the field.

Facilitating the discovery and pursuit of people's dreams and visions for their future.

Supporting people to build positive reputations and become valued members of their communities.

Assisting people to develop and maintain relationships.

Standing with people throughout the challenges and celebrations of life.

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CREATIVE SUPPORT ALTERNATIVES
3590 CAMINO DEL RIO NORTH SUITE 121
SAN DIEGO, CA 92108