

# HOPE House Report

Making It Happen since 1963 • Summer 2018

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## Everyday Little Things

It's the everyday little things—learning how to take turns at tossing a ball, brush teeth, buy a snack, cook, wash hands, look both ways street or mix chocolate milk—that are some of the BIG things that children and adults at Hope House for the Multiple-Handicapped are practicing every day. To achieve these goals, Ookie, Administrator at Hope House's Cedar Home explains, "It's a process and our well-trained staff practice with clients every day. And yes, there are some good days, some bad, and in the end, we know that learning is what matters and consistency is the key."

She recalls a recently example. "We frequent a corner market every Saturday so that we can teach our clients how to pay for items. Last month, Nathan tried to leave the store without paying. Each staff member is taught to use positive techniques to correct this type of behavior. In this case body positioning was used to ensure that Nathan got to the cashier to pay". Additionally, Ookie remarked that store employees, who know Nathan, "have become a part of his visits and always offer friendly waves and smiles—especially helpful on bad days!"

Training sessions, such as these, with our well-trained staff, are meant to promote independence. They are practiced over and over again and the resident is verbally praised for their success. "The act of Nathan going to the store now has become more than teaching life skills but he is making meaningful connections along the way. We know that with more practice and opportunities, Nathan and other clients like him, learn to become fully able to participate in the community where they live."

Nathan's mom, Priscilla, agrees and remarked, "The kind, patient and well trained staff at Cedar House works every day to help Nathan develop the skills to participate in his community."



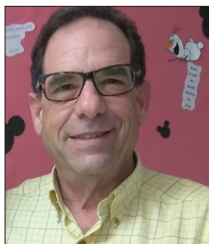
## We've Changed Our Look and Logo!



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**Hope House** exists to improve the lives of children and adults with co-occurring autism, intellectual disabilities and mental health needs by building opportunities for discovery, choice and self-determination.

## Executive Director's Message



David A. Bernstein, MSW

Welcome to the inaugural edition of the Hope Report, a quarterly newsletter for our families, friends and supporters. Our aim is to inform and share, our triumphs and struggles, and to advocate for the best outcomes for all the people and families we serve.

We are pleased to present our new logo along with our re-envisioned mission and vision statements. These expressions reflect on our continuous commitment to the individuals and families we serve, and our drive to always "Making It Happen."

From our initial days in the 1960's, serving children no one else would serve; we have grown and evolved into a well-respected and extremely effective residential care organization for children and adults. Our strong emphasis on professional health services and positive behavioral supports our success has always been built on strong teamwork and a shared set of beliefs and values designed to encourage the best care and services. We believe in turning the impossible challenge into a probable solution. We persevere and help people grow and develop beyond what was thought possible. We are driven by the desire to do the absolute best we can do for people.

Today Hope House for the Multiple-Handicapped, Inc., employs over 200 people throughout 11 residential settings and our in-home respite program. We've achieved this growth despite the challenges of stagnant rate changes from the State of California and the increasing costs of providing quality service. That is why we need your help today and into the future. We thank you for the important role you play in our success!

## Legislation Update

Hope House for the Multiple-Handicapped, Inc., as a Home and Community-Based Services (HCBS) provider will be affected by the new Centers for Medicare & Medicaid Services (CMS) rules/regulations to be implemented by March 17, 2022.

It is a daunting task to train all our staff and families and to assess residents with this new approach, however we are very excited for this opportunity! This organizational shift towards Person Centered individualized care will be a great enhancement for our residents and their families. We look forward to starting this exciting project. We are up for the challenge!

These regulations require that all home and community-based settings meet certain qualifications (person-centered individualized care) which include:

- The setting is integrated in and supports full access to the greater community;
- Is selected by the individual from among setting options;
- Ensures individual rights of privacy, dignity and respect, and freedom from coercion and restraint;
- Optimizes autonomy and independence in making life choices; and
- Facilitates choice regarding services and who provides them;
- The individual has a lease or other legally enforceable agreement providing similar protections;
- The individual has privacy in their unit including lockable doors, choice of roommates and freedom to furnish or decorate the unit;
- The individual controls his/her own schedule including access to food at any time;
- The individual can have visitors at any time; and
- The setting is physically accessible.

### What does this mean for residents in the homes operated by Hope House?

Since 1963, when we opened our doors, it has been our goal to provide comprehensive individualized care. Now we are embarking on developing what is called Person Centered Training and Planning, which is at the heart of these Federal changes. Meeting these new guidelines will help insure that we continue to provide state of the art services and excellent care for the residents we serve. We strive to provide all residents with sufficient options to assist in making their own choices as we learn to understand their individual wants and desires better.

### What is Hope House doing to comply by March 17, 2022?

Hope House has been awarded a start-up grant from Regional Center to train our staff training in person centered services. We will be developing our own trainer who is certified to teach the Person Centered curriculum. Our program designs will be modified to include the Person Centered orientation and philosophy. The implementation of the new rules includes training our staff and families. In addition we will be creating a new Community Network Coordinator position.

## New Program

**H**ope House for the Multiple-Handicapped, Inc. will become one of a few select organizations in California and the first in Southern California that will be serving children who need enhanced behavioral support to live in the community.

Our newest home is to serve four children, primarily adolescents, with intellectual disabilities and challenging behaviors who need intensive support and services. The children are currently living in locked institutions or in out-of-state placements because of their complex mental, behavior, and physical disabilities. The goal of the enhanced behavior support home is to optimize the adolescent's growth, emotional well being and quality of life by providing additional staffing, supervision and expert therapeutic services. Staff are experienced in working individuals with developmental disabilities, autism, and other mental health challenges and have specialized certifications. A team of professionals and staff collaborate with the child and their family to design a person-centered program tailored to their unique needs. A primary objective is to maximize the opportunities that the child has to develop social and life skills, strengthen relationships with family and friends, and enjoy a full life in the community.

The payment structure is different than that of other programs due to the manner in which the fee-for-service is assigned. A base budget is determined for the facility and then each child has an individualized budget to provide for their needs in

staff support and professional services. This allows for greater flexibility when planning daily activities, staffing patterns and service provision.

The program is designed to comply with the new federal

requirement to provide persons with disabilities full access to the benefits of community living and long-term services and supports in integrated setting of their choice by March 2022.

### — Why a Planned Gift? —

Planned gifts provide creative and flexible strategies for you to pursue your charitable and financial goals. Among the financial benefits you may receive are life income for yourself or your family, and substantial tax savings. However, the greatest benefit of a planned gift to Hope House for the Multiple-Handicapped, Inc. lies in knowing that you are supporting the work that is important to you, and our communities.

#### **Gifts that pay you income**

Charitable Gift Annuity & Deferred Gift Annuity  
Charitable Remainder Trust

#### **Gifts Hope House Can Use Today**

Gifts of Cash, Stocks, or Mutual Funds  
Gifts of Real Estate  
Charitable Lead Trust

#### **Gifts that take effect at your passing**

Bequest\* • Retirement Plans and Insurance • Real Estate-Retained Life Estate

*\*Please contact us for appropriate bequest language and tax I.D. number.*

**Contact: [vmastro@hopehouse.org](mailto:vmastro@hopehouse.org), 626-747-9320**

**[dbernstein@hopehouse.org](mailto:dbernstein@hopehouse.org), 626-755-1659.**

*When you make a planned gift to Hope House, you gain the personal satisfaction of helping others while advancing your financial goals.*

## \*MARK YOUR CALENDARS\*

November 3, 2018

### 2nd Annual Hope House Dinner

*Presented by Real Property Hunters*

Almanson Court, 700 S. Almanson Ct., Alhambra, CA

**6 - 9 pm**

**You will enjoy a gourmet banquet with your choice of  
3 salads, 2 accompaniments, 4 entrees and assorted desserts**

**Per person \$100.00**



**Purchase your tickets:  
online at [www.hopehouse.org](http://www.hopehouse.org)  
or contact Vicki Mastro  
626-747-9320  
[vmastro@hopehouse.org](mailto:vmastro@hopehouse.org)**



**All proceeds benefit Hope House for the Multiple-Handicapped, Inc.**

# Wish List

**The following items are always needed:**

- Portable chairs (sturdy)
- Stationary bicycle
- Butcher paper in all colors for art projects
- Computers, printers and wireless headphones
- Tall-boy dresser
- Digital cameras
- Patio furniture (sturdy)
- Dining room chairs (sturdy)
- Amusement Park passes
- Television
- Karaoke machine
- Bikes with helmet and lock (4)
- 3-wheeled bike
- Gift cards, i.e. Starbucks, movie theatre, video game store, Target, etc.

**What other ideas might you have?  
Contact Vicki at [vmastro@hopehouse.org](mailto:vmastro@hopehouse.org) or 626-747-9320**

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