



Public Health
California Children's Services

CCS FAMILY NEWSLETTER



Summer
2016

Inside This Issue:

- Transition TAY Article.....2
- Dr. Nicole Antonio Interview..3
- Sensory Issues.....5
- Eric Melendrez Interview.....6
- Disabilities Expo Flyer.....8

Editor

Laura McLaughlin, MSW

Many Thanks To:

Dr. Nicole Antonio, Eric Melendrez,
Ashley Martinez & Elizabeth Barraza

Please note:

If you would like an electronic copy
of this publication please email
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California Children's Services Medical Therapy Units

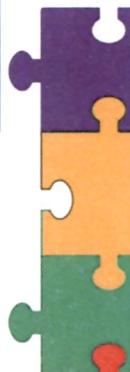
Manal Kassab, MA, OTR, Supervising Therapist

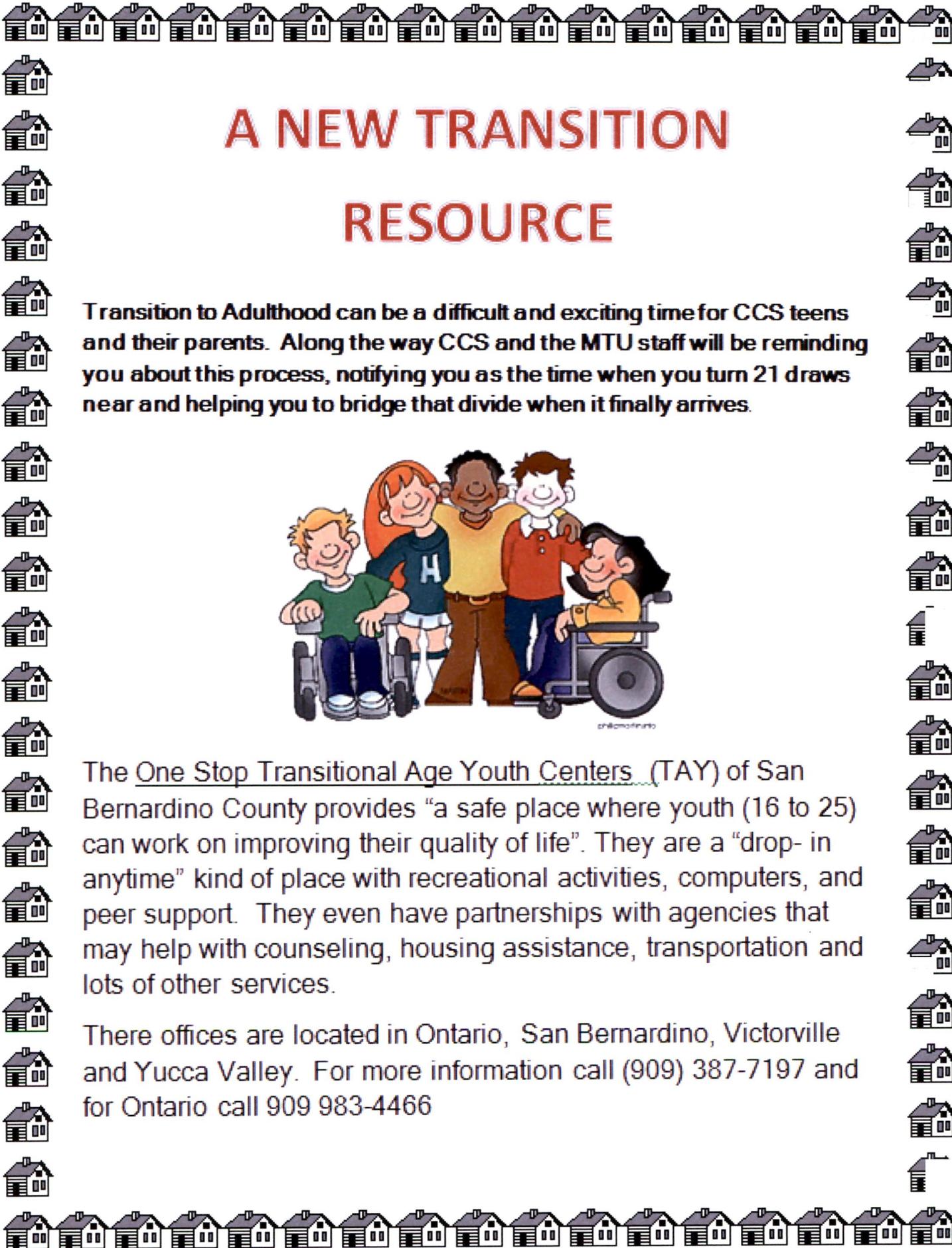
- Carmack MTU, (909) 880-6611, Sherylle Martin, OTR, Unit Supervisor
- Colton MTU, (909) 433-4752, Scott Medlin, PT, Unit Supervisor
- Etiwada MTU, (909) 463-3010, Steve Danlag, PT, Unit Supervisor
- Fontana MTU, (909) 357-5900, Nivin Ghattas, OTR, Unit Supervisor
- Montclair MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor
- Redlands MTU, (909) 307-2441, Elaine Bauman, OTR, Unit Supervisor
- Siegrist/Barstow MTU, (760) 244-7999, Marleah Moore, PT, Unit Supervisor
- Yucca Mesa MTU, (760) 369-6315, Gus Atwell, PT, Unit Supervisor

Medical Therapy Units are Closed:



- July 4, 2016 - Independence Day**
- September 5, 2016 - Labor Day**





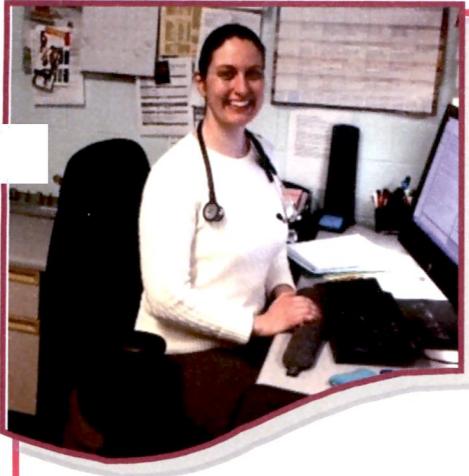
A NEW TRANSITION RESOURCE

Transition to Adulthood can be a difficult and exciting time for CCS teens and their parents. Along the way CCS and the MTU staff will be reminding you about this process, notifying you as the time when you turn 21 draws near and helping you to bridge that divide when it finally arrives.



The One Stop Transitional Age Youth Centers (TAY) of San Bernardino County provides “a safe place where youth (16 to 25) can work on improving their quality of life”. They are a “drop- in anytime” kind of place with recreational activities, computers, and peer support. They even have partnerships with agencies that may help with counseling, housing assistance, transportation and lots of other services.

There offices are located in Ontario, San Bernardino, Victorville and Yucca Valley. For more information call (909) 387-7197 and for Ontario call 909 983-4466



Dr. Nicole Antonio Interview

with Laura McLaughlin, MSW

Recently, during a very busy Siegrist MTU Pediatric Clinic day, I was able to sit down with Dr. Nicole Antonio to find out a little bit about her. She has been a medical therapy pediatric clinic physician since October 2015. Dr. Antonio started her Residency 10 years ago and has been a pediatrician for seven years. She attended the University of Nevada, Reno, School of Medicine but she says she originally hails from the East Coast. She was born and raised in New Jersey but says, “Now I’m a West Coast girl”, and that she misses the seasons but not the snow.

When asked about what made her want to become a doctor she says, “I always wanted to help people” and “I always thrived in ‘school world’”. Additionally, she says that she especially enjoyed working with kids and taught gymnastics and dance in her younger days. She also shared that prevention in medicine was her goal and that works very well with pediatrics.

Dr. Antonio’s main interest outside of medicine is dancing - Ballroom dancing! She says she always loved dancing as a kid and at age 30 she took it up again at a dance studio in Redlands and began competing while continuing to take classes. This Pediatrician says that dancing is a great stress reliever. Another interesting factoid about Dr. Antonio’s life is that she has three rescue dogs. They are big dogs — a brother and sister that she got as puppies who weigh 90 and 50 pounds and another rescue dog that weighs 50 pounds. Their names are Hershey, Cha Cha and Mambo (get the dance references?). She says it is very interesting walking down the street with them in her neighborhood. People sometimes cross the street when they see her coming! But, she says they are very loving and big lap dogs at heart.

I asked her what surprised her most about working with our families at CCS and she says she is amazed at how positive everyone is. An added bonus she says is that she loves working with the families at the MTU and that they take advantage of all the services offered, so much so, that she sees those kids flourish. That makes her especially happy.

When asked what she has learned in her work with our families she says she has learned more about patience. She says MTU families have shown her that progress does not always happen quickly and that this demonstrates to her that we should “celebrate the small things”.

In parting, Dr. Antonio’s “Big Message” to all the families and children she has had the pleasure to work with is that at the Siegrist MTU there is always someone there to help you — in fact, she says, “at least five people or more!”

Thank you, Dr. Antonio, for your time and commitment to our families and welcome to CCS.





What are “Sensory Issues”?

“Sensory issues” is a term that's often used with a child who has some behaviors associated with sensory processing disorder as a subset of another diagnosis. Their severe overreactions or under-reactions to touch, taste, smell, sight, sound, balance, and body position may or may not rise to a level that would get them a diagnosis of sensory processing disorder, but in the context of their other disability it is noticeable, disruptive, and generally addressed with similar therapeutic solutions. Children with autism in particular maybe said to have sensory issues, but it can also be a factor in many neurological, developmental, and behavioral disorders.

To a wider degree, it might be said that all of us have some sort of sensory issues. Getting in touch with your own can help you understand why kids with sensory processing disorder react to things the way they do. Think of things that make you uncomfortable — the feel of wool, maybe, or the texture of certain foods, discomfort with heights or close spaces, inability to work around certain perfumes or flickering lights or squeaky noises that other folks seem perfectly able to overlook. Noticing how you work around your sensory issues can help you teach your child how to identify and strategize solutions as he or she gets older and more capable of self-advocacy.

m: <http://specialchildren.about.com/od/sensoryintegration/fl/What-Are-Sensory-Issues>

The Transition period can be an intimidating time for many, if not all, of our CCS members. Questions pertaining to medical care, equipment and supplies, and insurance; as well as continued education and career paths are common themes among all transitioning out of the CCS program. While we as CCS team members do our best to prepare each individual member for the Transition process, it is members such as Eric Melendrez that prove the Transition period, while still intimidating, can be a positive experience when utilizing appropriate resources.



Eric Melendrez Transition Interview with Ashley Martinez, MSW

What is your biggest fear when thinking about transitioning out of CCS?

- I was worried the most about what doctors I would still be able to see and not knowing how to find new ones if I could no longer see the doctors I am used to.

Do you still have that same fear or were you able to find a solution?

- I did figure it out. I scheduled a CCS Social Work visit here at the MTU and we discussed the entire process which made me feel better.

And what did you learn from that Social Work visit?

-The social worker told me to contact all my Loma Linda Specialists to let them know I would be losing CCS services at 21 years old. The social worker also suggested I ask for specialist referrals from my current specialists if they won't keep me on as their patient. I was also told to make sure my primary doctor keeps adults as patients too.

Once you were able to discuss the transition process with a CCS staff member would you say your fears of transitioning out of the program went away?

- I do feel better about the process because I know what to do, but it is still scary to think that I won't have CCS because I have had it practically my whole life. But yes, I did learn that my medical needs will still be taken care of which made me feel a lot better.

Part of our role as social workers at CCS is to not only prepare you for transitioning out of our program in regards to your medical services, but to help prepare you for adulthood in general. What steps have you taken to transition into becoming an independent adult?

-I am going to Victor Valley College and I also got my driver's license a few months ago so I can drive myself to school or hopefully work once I get a job.

What are some difficulties you have faced in attending college and how did you overcome them?

-At first I was taking too many classes. I went and talked to my guidance counselor and she suggested I take as many as I can handle because it is better to do great in one or two classes than struggle or fail trying to take too many. So for me, I decided to take one class this semester and I am doing really well. I can concentrate more and I am getting good grades.

What services at your local college have you utilized to better your educational experience?

-I always talk to my guidance counselor if I am struggling with my grades or even paying for things like student parking. The school's DSPS (Disabled Student Programs and Services) department also provides me with special rooms to take tests so that I can have longer testing times and a quieter space so I can concentrate.

Receiving your driver's license is a huge milestone. What were you most excited and fearful about when applying for your license?

-I was worried I wouldn't pass because it took me 5 attempts to pass the written test. But I kept studying and tried to concentrate on the questions they ask because they tend to ask the same question over and over again, just in a different way to trick you. I am most excited to have my freedom to drive wherever I need to go and not rely on finding a ride.

What overall advice would you give a fellow CCS member transitioning out of CCS?

-I would say to always ask questions because there are a lot of people who can help. I would also say don't give up on getting what you want out of life because you can do whatever you want. You just have to keep trying and ask for help.

2016 INLAND EMPIRE DISABILITIES EXPO



10-YEAR ANNIVERSARY

Saturday, October 22, 2016
10am - 4pm



Admission and Parking
are **FREE**

National Orange Show

689 South E Street
San Bernardino, CA 92408
Entrance on S. Arrowhead Ave.
Gate 7 & 8



Register Online Today at

www.IEDisabilitiesEXPO.org

Call (909) 890-5136

TTY users 1-800-718-4347

In-person Registration at the door

Please request disability-related accommodations at least 2 weeks prior

Exhibits On:

- Assistive Technology
- Youth Services
- Health
- Senior Services
- Transportation
- Housing
- Recreation
- Advocacy
- Employment



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