

IFSP State Council Meeting

September 26, 2025 from 12:00 to 2:15 p.m.

Registration link: <https://events.gcc.teams.microsoft.com/event/c79614a2-4762-437e-a15d-39b4e6987493@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Attendees: Heather Hines (DBHDS); Rhonda Gaines (DBHDS); Lynne Fetter (DBHDS); Rachel Vamenta (DBHDS); Deanna Parker (DBHDS); Ellen Kerr (Hamilton Relay); Cesar Dulanto, III (Western Regional Council, I'm Determined Project Presenter); Jennifer Reese (CFI Northern RNC); Lisa Richard (CFI Southwestern RNC); Nickie Brandenburger (CFI Central RNC); Rebecca Stickler (CFI Western RNC); Donna Robel (CFI Eastern RNC); Monica Mann (Central); Sarah Horne (Central); Brandon Cassady (Northern); Anthony Almodovar (Northern); Daniel Soya (Northern); Carrie Redden (Northern); LaSherron Diaz (Southwestern); Anita Frazier (Eastern); Tammara Herbert (Eastern); Tia Webb (Western)

Hamilton Relay link: <https://www.streamtext.net/player?event=HamiltonRelayRCC-0602-VA4386>

I. Introductions and Agenda

- a. Staff introductions and welcome
 - i. Icebreaker: What is the oldest piece of technology you own that still works? Why do you still have it?
- b. Educational presentation: Cesar R. Dulanto, III (IFSP Western Regional Council), I'm Determined Project graduate
- c. Regional workplan updates
- d. Communications updates
- e. IFSP Council updates
- f. IFSP program updates
 - i. IFSP-Funding update
 - ii. Fiscal Year (FY) 2025 Progress Updates
 - iii. IFSP-Funding FY 2025 card update
- g. Wrap-up and adjourn

II. Educational Presentation

- a. Cesar R. Dulanto III is an I'm Determined Project graduate and a Regional Council in the Western region. Cesar discussed the I'm Determined Project and the importance of self-determination.
- b. Please see the attached PDF of Cesar's presentation following these minutes.
- c. Cesar can be reached at dulantocesarito@gmail.com.

- d. Questions and comments:
 - i. Brandon: What is the definition of self-determination being used?
 - Brandon and Cesar should connect after the meeting.

III. Regional Workplan Reports and Updates

- a. Each Regional Council shared progress on their Regional Council workplans.

IV. Communications Update: Led by the IFSP Communications & Program Coordinator

- a. The IFSP Communications & Program Coordinator thanked all the Council members who participated in the IFSP Council recruitment video. While the video was not ready for this year's recruitment cycle, it will be used in 2026. It can also be used to educate people about Council work.
- b. The October 16th Regional Council meeting will focus on what to do after a developmental disability diagnosis. It will be led by the Western Regional Council. The IFSP's target audience for this meeting is people who may not be connected to the DD system. Creating a short reel could be helpful to market the meeting, so please reach out if interested.
- c. The Annual Notification message to everyone on the DD Waivers waiting list went out to everyone either by email or postal mail on August 18, 2025. The following changes were made to the mailer this year:
 - i. New one-pager about peer and family mentoring programs
 - ii. [First Steps](#) update:
 - Updated information about DD Waivers and getting help
 - Reorganization of the Resource page (page 5)
 - iii. Any postal mail returned to sender will be rerouted. Efforts will be made to send postal mail to people whose emails bounced back.
 - iv. Thank you to everyone who also shared the Annual Satisfaction Survey assessing the FY 2025 fiscal year (July 2024 through June 2025). The IFSP received more responses this year than last year.
 - Last year, satisfaction with the IFSP-Funding Program was 79%. This year, it is 85%.
 - Knowledge of the Family to Family program increased from 19% to 28%.
 - Knowledge of the Peer Mentoring program increased from 30% to 37%.
- d. Council members should continue to review the social media guidance and consult with their RNC if they are unsure what content is appropriate for their Council's Facebook page. Questions and ideas for improving social media guidance for 2026 can be emailed to the IFSP directly at IFSPCommunity@dbhds.virginia.gov.
- e. Please send Digest or Facebook suggestions to IFSPCom@dbhds.virginia.gov.

V. IFSP Council Updates: Led by the IFSP Community Coordination Supervisor

- a. State Council members are responsible for updating Regional Council members about what happened during State Council meetings.

- b. November and December business meetings are optional; monthly reports can be completed by email.
- c. RNCs and council members completed the first round of 2026 Council recruitment interviews. The IFSP staff are interviewing 22 of the 24 recommended candidates. The IFSP is focused on adding self-advocates and persons with connections to DD Waivers and the Waitlist. If all goes well, a special recruitment period may not be necessary this year. Orientation is scheduled for October 22 and 24.
- d. Some Council members have expressed interest in having in-person meetings in 2026. RNCs will continue discussions in upcoming business meetings; each region can decide how they would like to meet in person. Ideas include an in-person meetup, a luncheon or picnic, or a public meeting with an information session.
- e. The IFSP Community Coordination Supervisor reviewed numerous Council achievements for 2025.
- f. If Council members have any recommendations for the January All-Council meeting, they should discuss them in business meetings and share that feedback with the IFSP staff.

VI. IFSP-Funding Program Updates: Led by the IFSP Program Manager

- a. The Council learned about FY 2026 (Fall 2025) Funding application period, training opportunities, resource materials, and the My Life, My Community call center.
- b. A companion guide to the IFSP-Funding Program Guidelines was created as a new resource this year.
- c. A funding program one-pager is another new resource. The Communications and Program Coordinator asked for feedback.
 - i. Rebecca: Suggested removing the zeroes after the decimal points when writing the maximum funding amount.
 - ii. Lisa: Is the one-pager accessible for screen readers?
 - Rachel: It should be, but the IFSP can run an accessibility check in Adobe Acrobat.
 - iii. Anthony: Asked for clarity on how funding can be used after hearing some parents say the use of funding was “very restrictive.”
 - Heather: The one-pager lists the 3 categories of items, but the Program Guidelines has a longer list of the items and services that fall under each category. An edit to the one-pager could be to write a line directing readers to the Program Guidelines.
 - iv. Jen: The IFSP should ask people to send them pictures of items they’ve purchased with IFSP funds. These photos could be shared on Facebook as examples.
 - v. Council members were encouraged to share information about the Funding Program and educate others.

VII. IFSP Fiscal Year 2025 Progress Updates: Led by the Program Manager

- a. Some data was shared about Fiscal Year (FY) 2025 to demonstrate progress towards State Plan goals. In FY 2025, the IFSP:

- i. Provided funding to 3,807 individuals on the DD Waivers Waitlist;
 - ii. Reached 96% of waitlist individuals and families with the annual mailer;
 - iii. Revised the Council charter, State Plan, and program materials;
 - iv. Expanded outreach through targeted mailers;
 - v. Shared IFSP information at events statewide; and
 - vi. Published 573 regional Facebook posts to keep constituents informed.
- b. The Program Manager shared insights from attending the national Home and Community-Based Services (HCBS) conference and The Arc of Virginia Statewide Convention.

VIII. IFSP-Funding Card Update

- a. The IFSP Support Specialist reviewed efforts that are being made by email and phone to remind cardholders to activate their FY 2025 funding cards.

IX. Wrap-up and Adjourn

- a. Next Coordinated Regional Council meeting: Thursday, October 16th from 6 to 8:15 p.m. The topic is “The Next Steps after a Developmental Disability (DD) Diagnosis: What You Need to Know.”
- b. Next meeting: All-Council Annual Meeting in January 2026
- c. Meeting minutes will be distributed by email and posted to the My Life, My Community website at <https://mylifemycommunityvirginia.org/ifsp-state-council-minutes>. If Councilmembers have any questions, they may email the IFSP at IFSPCommunity@dbhds.virginia.gov.

I'm Determined Project

Virginia DBHDS IFSP State Council Meeting
Presenter: Cesar Dulanto III



What is I'm Determined?

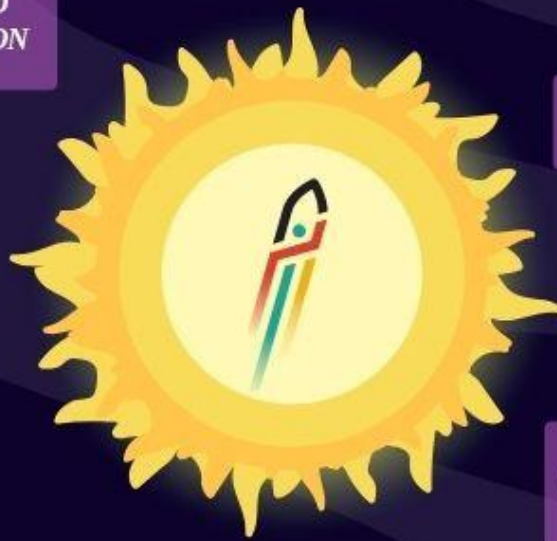
Virginia Department of Education project that helps youth with disabilities build self-determination skills



I'm Determined
SUMMIT
Youth & Family Event

I'm Determined
MOVE
Youth & Family Event

I'm Determined
ASPIRE
Symposium



YOUTH
EMPOWERMENT

SPECIALLY
DESIGNED
INSTRUCTION

ECHO EVENTS

YOUTH
LEADERSHIP

STUDENT-LED
IEPS

PROFESSIONAL
DEVELOPMENT

VISUAL MEDIA

HIGH-LEVERAGE
PRACTICES

UDL: UNIVERSAL
DESIGN FOR
LEARNING

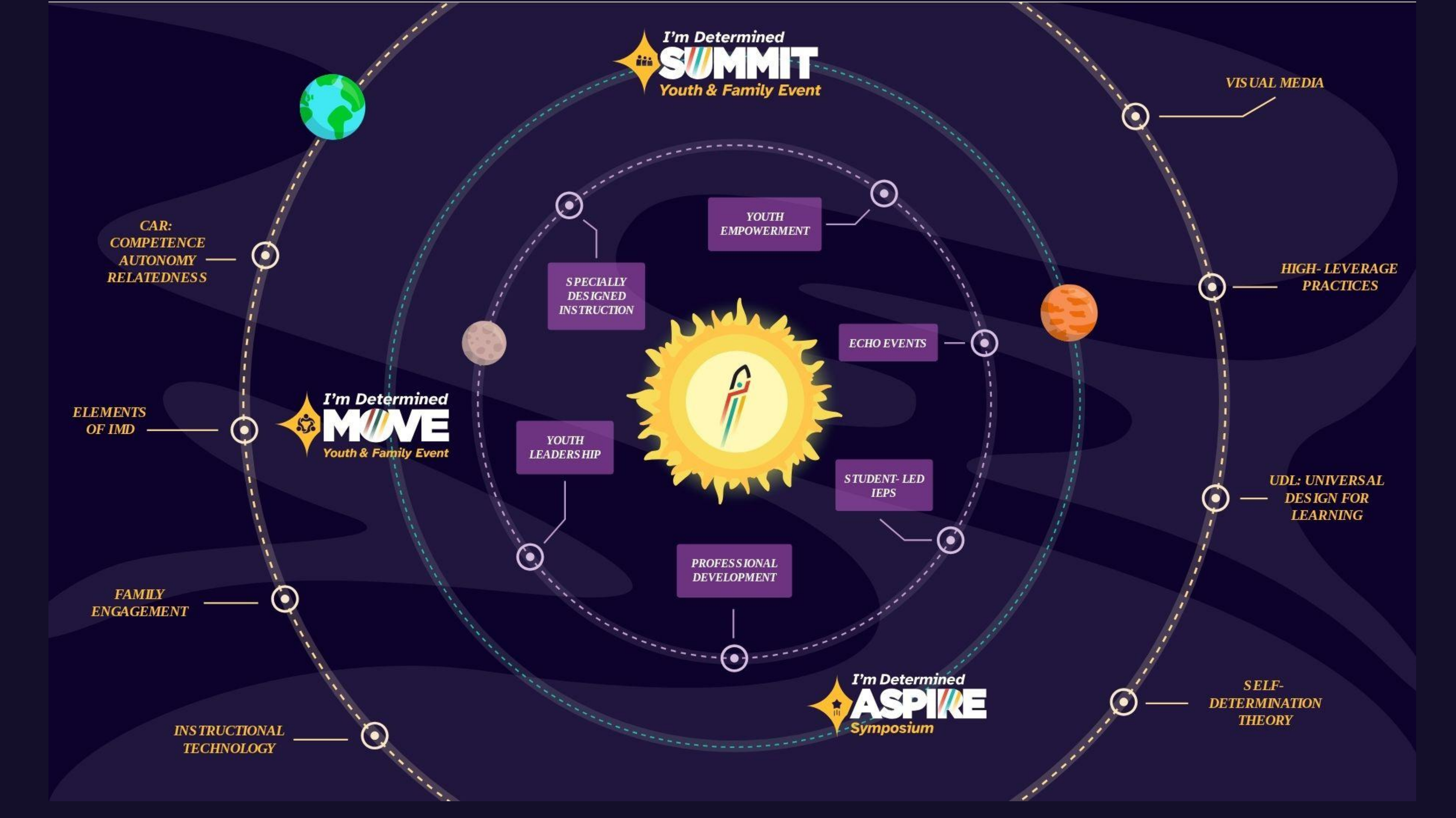
SELF-
DETERMINATION
THEORY

CAR:
COMPETENCE
AUTONOMY
RELATEDNESS

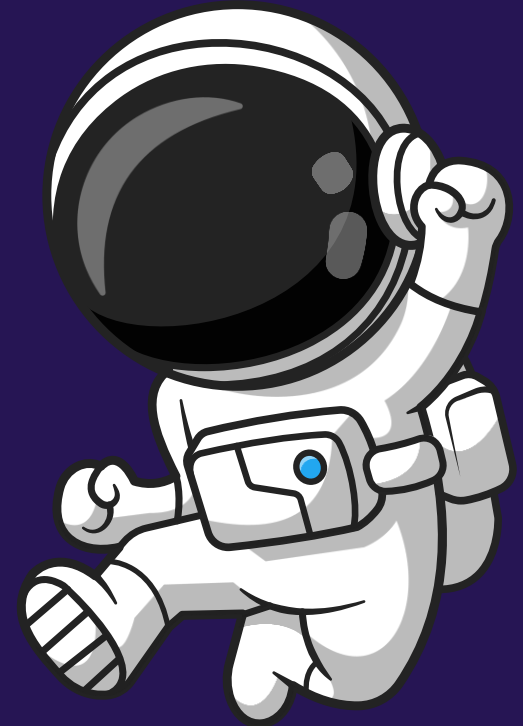
ELEMENTS
OF IMD

FAMILY
ENGAGEMENT

INSTRUCTIONAL
TECHNOLOGY



I'm Determined Tools



Name: _____ Date: _____

Good Day Plan

Answer each of the four parts in this Good Day Plan. Think about what happens on the best days and write or type out what happens, if it's happening now, what you can do to have a good day, and what help you can use along the way.

Good Day What happens on a good day?	Now Does it happen now?	Action What needs to happen to make it a good day?	Support Who can help me?

I'M DETERMINED
Resource provided by I'm Determined, a state-directed project funded by the Virginia Department of Education.
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Scan code for more guidance, videos, and examples.
For additional resources visit www.imdetermined.org/resources

Name: _____ Date: _____

One-Pager

Answer each of the four parts in this One-Pager. Your answers will help you create your **SPIN**, or your Strengths, Preferences, Interests, and Needs. Give it to your teachers and employers so you can help them understand you and your needs and you can be successful!

My Strengths	My Preferences	My Interests	My Needs

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Name: _____ Date: _____

Goal Plan

Answer each of the four parts in this Goal Plan. Your answers will help you think of a goal, what will happen after you reach your goal, the steps needed to complete that goal, and people who can help you along the way.

My Goal	Outcomes	Next Steps	People Who Can Support

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Why Self-Determination Is Important?



Competence

Autonomy

Relatedness



Why People with Disabilities Need to Be Leaders

- First hand experience
- Real change begins
- Support from others is part of self-determination
- Freedom to speak up and make decisions



Name: Cesar Dulanto III

Date: 7/16/2025



Goal Plan

Answer each of the four parts in this Goal Plan. Your answers will help you think of a goal, what will happen after you reach your goal, the steps needed to complete that goal, and people who can help you along the way.

My Goal	Outcomes	Next Steps	People Who Can Support
Find a Job	More stable income increase self-esteem in Independence	Find Jobs of Interest find a job that can best utilize my skills obtain certifications to meet job requirements find a job that's willing to accommodate my needs	DARS/ job coach Friends/ Family onnections with disability organizations and stakeholders



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One-Pager

Answer each of the four parts in this One-Pager. Your answers will help you create your **SPIN**, or your **Strengths, Preferences, Interests, and Needs**. Give it to your teachers and employers so you can help them understand you and your needs and you can be successful!

My Strengths	My Preferences	My Interests	My Needs
<p>Passion Goal-oriented Team player</p>	<p>have a human scribe over using assistive technology</p> <p>horses over dogs</p> <p>choir over gym class</p>	<p>disability advocacy</p> <p>listening to Christian or educational podcasts</p> <p>learning more about new assistive technology</p>	<p>a monthly check-in with IFSP staff</p> <p>submit an audio recording for school class discussions instead of typing it out</p> <p>a work environment that is willing to listen to my input and gives me meaningful opportunities to use my voice and talents</p>



Name: **Cesar Dulanto III**

Date: **8/27/2025**



Good Day Plan

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Good Day What happens on a good day?	Now Does it happen now?	Action What needs to happen to make it a good day?	Support Who can help me?
Have breakfast Have an organized schedule with tasks for the day Team members responsive to emails Have independent means of transportation	No	Network and advocate with stakeholders at the state level to increase or improve transportation options	Connections with DD Councils



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- Self Determination is for everyone
- We all have goals, struggles and dreams
- Tools can help



Resources and Contact

I'm Determined Tools

Home Page: <https://www.imdetermined.org/>

Goal Plan: <https://imdetermined.org/tool/goal-plan/>

Good Day Plan: <https://imdetermined.org/tool/good-day-plan/>

One-Pager: <https://imdetermined.org/tool/one-pager/>

Contact

Cesar R. Dulanto III

dulantocesarito@gmail.com



Scan the QR code for the I'm Determined Home Page!