



# Find Love Safely

## **Self-Determination Program (SDP) Service Overview for Regional Centers & Independent Facilitators**

### **Purpose**

This overview explains what Find Love Safely provides, how services are delivered, pricing (for reference), and how services may be included in a participant's **Self-Determination Program (SDP)** spending plan as non-clinical, person-centered supports.

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### **What Find Love Safely Is**

Find Love Safely provides **structured, safety-first social connection and relationship education** for adults with intellectual and developmental disabilities (IDD).

The service is designed to:

- Reduce social isolation
- Support community participation
- Build communication, boundary-setting, consent, and relationship skills
- Support healthy friendships and romantic relationships

All services are:

- Human-led
- Supervised
- Voluntary
- Educational (not clinical)

**Find Love Safely is not a dating app** and does not provide psychotherapy, counseling, or medical treatment.

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## How Services May Align With SDP

Under California's Self-Determination Program, participants may use their individual budgets for services that:

- Support person-centered goals
- Increase independence and community integration
- Improve social and communication skills
- Promote health and safety

Find Love Safely services are typically included under:

- Community Integration Supports
- Social & Recreational Skill Development
- Training & Education Services
- Supported Community Participation
- Individualized Non-Clinical Coaching

Authorization is determined by the participant's planning team and must align with their Individual Program Plan (IPP).

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## Core Service Components

### 1. Facilitated Social Connection & Matching Support

- Human-led, structured social introductions
- Aligned with individual preferences, safety needs, and readiness
- No open or unsupervised member-to-member messaging
- Caregiver transparency when applicable

Purpose: Reduce isolation and support safe relationship-building.

### 2. Group Relationship Education (Virtual Workshops)

- Small-group virtual sessions
- 45 minutes per session
- Up to two sessions per month
- Topics include friendship, communication, boundaries, consent, online safety, dating readiness, and emotional skills

Purpose: Build practical relationship and social skills in a structured environment.

### **3. Structured Social Events & Supported Participation**

- In-person or virtual social events (location-based)
- Staff-supported participation
- Designed to promote safe community engagement

Purpose: Provide real-world practice in a supported setting.

### **4. Individualized Support & Relationship Coaching (Optional)**

- 1:1 virtual sessions
- 60 minutes per session
- Tailored to the participant's goals

May include:

- Reinforcing communication and boundary skills
- Preparing for social interactions
- Processing dating experiences
- Clarifying consent and safety expectations

This service is educational and skill-based, not psychotherapy.

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## **Program Options (Private-Pay Reference Pricing)**

SDP authorizations are service-based, not membership-based. Pricing below reflects standard private-pay structure.

- **Core Program** – \$349/year  
Includes facilitated social introductions and event access (when available)
- **Essentials Program** – \$1,299/year or \$129/month (3-month minimum)  
Includes Core + virtual workshops
- **Concierge Program** – \$2,799/year or \$259/month (3-month minimum)  
Includes Essentials + monthly 1:1 coaching session
- **Additional 1:1 Coaching Session** – \$150 per 60-minute session  
(Optional add-on for Core or Essentials)

Final service scope and payment structure are determined within the participant's SDP spending plan.

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## How This Differs From Therapy

- Does not diagnose or treat mental health conditions
- Does not replace counseling or medical services
- Focuses on real-world social participation and safety
- Complements clinical services by reinforcing everyday skills

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## Safety Infrastructure

Find Love Safely was designed with risk reduction in mind:

- No open member-to-member messaging platform
- Human oversight of introductions
- Built-in consent and boundary education
- Structured event environments
- Clear response protocols

Safety is foundational to the program model.

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## Example IPP Goal Alignment

Find Love Safely may support goals such as:

- Increase safe social participation in the community
- Develop communication and relationship skills
- Improve understanding of boundaries and consent
- Reduce isolation and increase meaningful peer connections

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## Next Steps for SDP Participants

1. Review this overview with your Independent Facilitator (IF) and Regional Center team.
2. Determine alignment with IPP goals.
3. Include services in the SDP spending plan.
4. If approved, Independent Facilitator triggers FMS payment, and Find Love Safely completes vendor onboarding and payment coordination.

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## Contact

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# Find Love Safely – SDP Independent Facilitator FAQ

*Non-clinical, person-centered relationship and social connection supports*

## What exactly is Find Love Safely?

Find Love Safely provides structured, safety-first social connection and relationship education for adults with intellectual and developmental disabilities (IDD).

Services include:

- Facilitated social introductions
- Virtual relationship education workshops
- Structured social events
- Optional individualized coaching

All services are human-led and educational. This is not a dating app and not therapy.

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## Is this clinical treatment or psychotherapy?

No.

Find Love Safely:

- Does not diagnose or treat mental health conditions
- Does not provide therapy or counseling
- Does not replace clinical or behavioral health services

Services are skill-based and focused on real-world social participation and safety.

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## How does this fit within SDP?

Under SDP, participants may use their individual budgets for services that:

- Promote community integration
- Support person-centered goals
- Increase independence
- Build communication and social skills
- Reduce isolation

Find Love Safely typically aligns with:

- Community Integration Supports

- Social & Recreational Skill Development
- Training & Education Services
- Supported Community Participation
- Non-clinical individualized coaching

Authorization must align with the participant's IPP and be approved by the planning team.

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## **How are safety risks managed?**

Safety is foundational to the model:

- No open or unsupervised member-to-member messaging
- Human-led introductions
- Built-in consent and boundary education
- Staff-supported social events
- Clear response protocols
- Caregiver transparency when appropriate

The model is intentionally designed to reduce risk while increasing safe social participation.

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## **Can this be provided virtually?**

Yes.

Most services (workshops, coaching, introductions) are delivered virtually.

In-person social events are offered in select locations when available.

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## **What populations does Find Love Safely serve?**

Adults (18+) with intellectual and developmental disabilities, including individuals with:

- Autism spectrum disorder
- Down syndrome
- Traumatic brain injuries
- Fragile X syndrome
- Prader-Willi syndrome
- Other cognitive or developmental disabilities

Participants must be voluntarily interested in building friendships or romantic relationships.

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## **Does this replace regional center services?**

No.

Find Love Safely complements existing services by addressing social participation and relationship development — areas that are often under-supported but central to quality of life.

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## **What are next steps if a participant is interested?**

1. Review service alignment with IPP goals.
2. Discuss inclusion in the SDP spending plan.
3. Confirm authorization with the Regional Center.

### **Contact**

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