



Wayne County Parent Advisory Committee

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Eileen Brandt, Chairperson **Iesha Brassell & Kara Clarke**, Vice-Chairpersons
Jennifer Padgett & Samara Wolf, Secretaries, **Lori Huntington**, Treasurer

MEETING MINUTES

April 11, 2019

I. Call to Order

Eileen Brandt called the meeting to order at 6:30 p.m. A quorum of members was present.

Members Present:

Maha Jaber Crestwood	Clare Brick Dearborn	Eilia Syed Dearborn	Iesha Brassell Dearborn Hgts #7
Joann Goree Detroit	Sharon Woodson Ecorse	Jennifer Seal Garden City	Eileen Brandt Livonia
Kara Clarke Livonia	Michelle DeJesus Melvindale-NAP	Barb Wilson Plymouth/Canton	Linda MacClinton Redford Union
Carol Matthews Riverview	Theresa Beard Romulus	Jacqueline Dalzell Romulus	Dana Bruton South Redford
Philip Czernik Trenton	Jennifer Padgett Woodhaven/Brownstown	Sarah Groeneveld Achieve Charter	Jim Michalik Canton Charter Acad.
Sandra Williams Detroit Enterprise Acad.	Rebecca French Metro Charter Acad.		

Members on Phone:

Michelle Muse-Worthy, Southgate
Mary Benson, South Canton Charter
Samara Wolf, Quest Academy

Members Excused:

Maria Warmuth, Northville
Heather Stefan, Grosse Ile
Lori Huntington, Westwood

Guests Present:

Beth Harvey, Parent from Plymouth
Bill Winkler, Parent from Plymouth
Deanna Caver, Parent

RESA Representatives: Karen Howey & Larry Stemple

II. Approval of Agenda

A copy of the meeting agenda was emailed to members and posted to the website in advance and made available at the meeting. A motion was made by Clare Brick and seconded by Jim Michalik to accept the agenda. Motion was supported by majority of members present. No objections were made.

III. Approval of Minutes

A copy of the March 14, 2019 minutes was emailed to members in advance and posted to the website in advance and made available at the meeting. A motion was made by Joann Goree and seconded by Carol Matthews to accept the minutes as noted. Motion supported by majority present. No objections were made.

IV. Presentation: Rita Magdowski, OTRL Presented on the 8th Sense: Interoception

Interoceptive awareness (IA) is a person's ability to identify internal physiological processes related to affective feelings and how that integrates and manifests into bodily sensations.

Self-awareness, problem solving, perspective taking, flexible thinking, intuitive thinking and overall health and wellness are all impacted by a person's level of interoception.

Interoception awareness CAN BE IMPROVED. Learning to attend to the body signals in a specific way are key. Interventions can be used for all ages and across all settings. This is not a quick process and involves repeated practice but **helps build independence**.

Assessments can be done to determine a person's interception with support from an occupational therapist and input from caregiver. Assessments start with the introduction of the concept of interception, then prioritize those items of most concern (anything safety related, potty training, etc), build a collection of practices and allow extensive time to build any new skill. Critical mass occurs when enough practices and experiences are created for a person to truly know that skill.

Interoceptive builders are designed to promote attention to interceptive signals, teaches how to regulate attention in a very specific way, and is rooted in evidence-based interventions.

IA Builder #1: Visual or electronic supports to address poor interoceptive awareness (reminders to use the restroom or to eat for example).

IA Builder #2: IA on the fly is a great way for parents to support an increase in interception awareness:

- Pause during real situations to attend to internal signals in that moment
- Do this frequently
- Find different opportunities to practice awareness
- The more frequently done the faster awareness builds
- Encourage detailed descriptors (not I am hungry but rather my stomach feels empty or it's growling)
- Use guided questions to gain information about how the person feels
- Focus on one body part at a time
- In the beginning use visual supports nearby to guide the process

Feel sensation —> Body state or emotion —> Urge to act —> Outcome

IA Builder #3: Body Scan

Describe that a body scan is a helpful way to notice different feelings from the INSIDE of your body. Use a “wand” and assure the person knows the wand will never touch their body

Assume a comfortable position

Move from head to to to point to body parts and ask what body part this is or what do you feel here when you point to the body part

Continue to move to different body parts so long as it’s fun - as soon as it’s no longer fun stop

Recommended Books:

- Interoception: The Eighth Sensory System by Kelly Mahler, MS, OTR/L
- Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders by Kelly Mahler, MS, ORT/L
- When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety by Kari Dunn Buron
- Destination Friendship, by Mary Benton, MeD, BCBA, Carol Hollis, MeD, BCBA, Kelly Mahler, MS, OTR/L, and Alice Womer, MS, CCC-SLP

V. Chairperson Report –

- Eileen brought a few brochures from Michigan Transition Service Association (MTSA)
- Free workshop on 5/16 @ Garfield Community school from 6:30-8pm from United Cerebral Palsy on Social Security and employment
- Information on Camp Zip for kids 16+ is available
- *Employment for Life* event taking place July 29-Aug 2nd for people over 18: participants stay on site, practice social skills and there are stations and work opportunities that the people take part in. The student leaves with information on food support, community mental health and real job skills. Application must be completed for consideration.
- Public policy monthly meeting regarding current bills going through legislation. Watch listserv for information on how to attend to future meetings
- Family Matters are easy to use 1-page (double-sided) documents that are great resources for parents, teachers, and community members on a variety of topics. Watch listserv for link to these Family Matters pages
- MARSE was updated in February of 2019 to include reference to the state discipline law, which includes suspension and expulsion factors. This reference to the state discipline law were added to MARSE based on input from an advocacy group presenting to the State Board of Education about concerns that “the 7 factors” referred to in Michigan State Discipline Law not being utilized for students. MARSE can be found on the RESA page and watch the listserv for the 7 factors in your email. No other changes to MARSE to report.

VI. Vice Chairperson Report-

Any new members should see the vice chair for new member packets

VII. Secretary Report

Do not forget to sign in at every meeting so we’re able to reflect accurate minutes and for eligible PAC members to be reimbursed for mileage at year-end.

VIII. Treasurer Report

Jenn Padgett, on behalf of Lori Huntington reported the balance \$2,751.06

IX. Subcommittee Reports

Theresa Beard: Bylaws subcommittee: Committee will kick off. Theresa and subcommittee members will review the by-laws and communicate with the whole committee.

Jenn Padgett: Legislative subcommittee: Nothing to report currently. Watch listserv for call in information for monthly state level legislative calls

Clare Brick of the Nomination Subcommittee: Committee received the following nominations:

- Eileen Brandt: Nominated for chairperson
- Kara Clarke: Nominated for vice-chairperson
- Samara Wolfe: Nominated for co-secretary
- Jennifer Padgett: Nominated for co-secretary

All nominations were accepted. A motion was made by Theresa Beard to elect the executive board for the 2019-2020 school year, motion was seconded by Phillip Czernik. No objections were made. Motion carried.

Michelle DeJesus: Parent Handbook subcommittee: Last updated in 2013. Committee is kicking off and will be meeting in the coming weeks to design a plan and timeline

Joann Goree: Special Recognition subcommittee: Forms are due today. Eileen reported she has received nominations from 11 members. Awardees will be presented with their awards at the May 15th RESA Board meeting

X. RESA Reports – Larry Stemple and Karen Howey

Larry: nothing to report

Karen: as a follow-up from last month's meeting provided an update on the expansion of the delivery of series to students with Autism. The following classrooms will be opened in the following Wayne County Districts

- 3 in Taylor
- 2 in Wyandotte
- 2 in Huron
- 1 in Garden City, outside of the Burger Transition Center
- 2 in South Redford
- 1 - 2 in Wayne-Westland
- 1 in Livonia
- 2 in Redford Union

XI. Member Reports

Conference Updates: attendees said they would wait until next month's meeting to report out due to the duration of today's meeting.

No other Member Reports

XII. Adjournment

A motion was made by Theresa Beard and seconded by Clare Brick to adjourn the meeting at 8:30 p.m. Motion passed by majority present. No objections were made.

**The next WCPAC meeting is scheduled for
Thursday, May 9th, 2019 at 6:30pm in
Wayne RESA in Arthur's Auditorium.**