



**Wayne County Parent Advisory Committee**

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Eileen Brandt, Chairperson Iesha Brassell & Kara Clarke, Vice-Chairperson  
 Jennifer Padgett & Samara Wolf, Secretary Lori Huntington & Jamie LaForest, Treasurer

**MEETING MINUTES**  
 December 13, 2018

**I. Call to Order**

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

**Members Present:**

Maha Jaber Crestwood	Clare Brick Dearborn	Eilia Syed Dearborn	Joann Goree Detroit
Jennifer Seal Garden City	Maria Quint Grosse Pointe	Angela Edwards Huron	Eileen Brandt Livonia
Kara Clarke Livonia	Michelle DeJesus Melvindale-NAP	Maria Warmuth Northville	Linda MacClinton Redford Union
Carol Matthews Riverview	Theresa Beard Romulus	Michelle Muse-Worthy Southgate	Philip Czernik Trenton
April Turnbull Van Buren	Victoria Martinez Wyandotte	Sarah Groeneveld Achieve Charter	Jim Michalik Canton Charter Acad.
Samara Wolf Quest Charter Acad.	Karen Howey RESA	Larry Stemple RESA	

**Members on Phone:** Lori Huntington, Maria Warmuth

**Members Excused:** Iesha Brassell, Dana Bruton, Jamie LaForest, Jenn Padgett, Heather Stefan, Khalilah Montgomery, Barb Wilson, Jacqueline Dalzell

**Guests Present:**

Linda Junod, Jen O'Connor, Kathy McCartney, Sharon Dusney

**RESA Representatives:** Karen Howey Larry Stemple

<b><i>Dates to Remember</i></b>	
<b><i>Dates to Remember</i></b>	
<i>January 2<sup>nd</sup> end of business day for MTSA or CEC</i>	<i>January 10<sup>th</sup> Next PAC meeting</i>

**II. Approval of Agenda**

A copy of the meeting agenda was emailed and posted to the website to members in advance and made available at the meeting. A motion was made by Theresa Beard and seconded by Philip Czernik to accept the agenda. Motion was supported by majority of members present. No objections were made.

Objections: \_\_\_\_\_None\_\_\_\_\_

**III. Approval of Minutes**

A copy of the November 8, 2018 minutes was emailed and posted to the website to members in advance and made available at the meeting. A motion was made by Maha Jaber and seconded by Jim Michalik to accept the minutes as noted. Motion supported by majority present. No objections were made.

Objections: \_\_\_\_\_None\_\_\_\_\_

**IV. Presentation: Nikki O'Donnell, M.A. – From Viewpoint Psychology & Wellness**

How to cope through the holidays. Viewpoint works with kids and their families.

The holidays can be hectic and crazy but especially for kids and families with disabilities.

Many things to consider: Change in schedule (being out of school), visiting with many people. There are many stimulating such as all the lights, noises, different music, different environments, different people, different foods, etc.

There are things we can't change- can't ask people to turn off their Christmas lighting or reduce the number of people attending a party.

Things we can change; how we react to the changes- model languages and behaviors for them to draw from. Schedule "break area/time" that you arrange in advance at other people's houses or use your own car as a place to "take a break".

Caregiver burn out – take care of yourself first (even 5 minutes is quality over quantity- even though it's hard to do, it's very important),

Kids feed off our energy and their behaviors can increase dramatically. It is important for parents to stay calm and clear to help their child calm themselves; when you escalate, most likely, the child will escalate. Additionally, it's hard for some children to communicate what they are thinking or feeling (making it even more difficult for parents to understand or help them through it),

Things you can do with your child for fun: have them count the houses decorated for Christmas, have them involved by preparing food, presents or choosing activities. How many circles can you draw? The more input/control you can allow your child to have, the more at ease they will probably be. Additionally, schedule activities in a meaningful way; it is completely okay to say "no" to an event that is going to be difficult for your child, or just limit the amount of time your child is there.

Consider making a “sensory toolbox” to help your child when they escalate. Include fidget toys, puzzles, include things that will address all five of the senses. Many items can be found at the dollar stores. Put in toolbox or bag that you can carry with you; you never know when a meltdown can occur.

Practicing with no stress; the more upset we get the more “sticky” the brain gets and it is harder to distract. Distract brain and/or body to get back on course—can do something dramatic such as loud hand clap. Distraction then window of opportunity to move out of the moment that is overwhelming.

Saying “Hey, you’re right, this is tough, can you help me with this?” and build in some movement.

Shallow breathing (just chest rising and falling) is MORE stressful. Circular diaphragm breathing: imagine your belly blowing up like a bubble: in through the nose, out through mouth, bend over like bubble deflating.

Keep in mind that stress in low doses can help the brain grow.

## **V. Chairperson Report –**

Rethink...Results Driven Accountability

- Share your thoughts about what is working well and what should change in the:
  - State Performance Plan/Annual Performance Report (SPP/APR)
  - State Systemic Improvement Plan (SSIP)
  - Annual determinations under the Individuals with Disabilities Education Act (IDEA)
  - OSEP’s system of differentiated monitoring and support (DMS)

Comments may be submitted until Friday, December 21, 2018 Submit comments to [RethinkRDA@ed.gov](mailto:RethinkRDA@ed.gov) Please provide your input on these different things and make sure to pass the information on to as many interested people as possible. As always if you have any questions or concerns, feel free to contact Eileen

Essential Oils have necklaces and bracelets – find a scent that fits your child

Discussed Jessica Starr from Fox 2 news took her own life – National Suicide Prevention hotline 1-800-273-TALK (8255) or Text 741741 and someone will text you back.

“ACE”- Adverse Childhood Experiences – We have master trainers here at RESA – Based on a score for traumas which could be helped with (for example: Abuse (Emotional/physical/sexual), Household Challenges (Mother treated violently, household substance abuse, mental illness in household, parental separation or divorce, criminal household member), Neglect (emotional or physical). So helping a child cope with these ACEs or helping to prevent these ACEs is possible.

They are now giving this information for teachers. Scores 4 and above could reduce your life span by 20 years. (10 different items) They are doing new studies and it includes by state, county, etc.

Unified sports – Money is attached to it. Talk to your schools about participating.

Sub-committees - She is dedicating a whole day to go through the survey’s. If you haven’t yet signed up please do so.

## **VI. Vice Chairperson Report-**

Thank you all for coming, especially, for a December (busy month) meeting (not a party).

New Roster's were handed out at the meeting. Please make sure to check your information for accuracy and should a change need to be done please contact Kara Clarke or any other board member.

She has new member packets for those that are pending, if you don't get one tonight you will get one at the January meeting.

Please remember rosters are only for members and not distribution. This is a way for WCPAC Members to contact members between meetings. **Never** provide a WCPAC Member's information to someone outside of the WCPAC without permission from the WCPAC Member.

## **VII. Secretary Report**

Please make sure to sign in at every meeting for the attendance in the minutes from the meeting and also for reimbursement of mileage at the end of the year.

No charge for business cards.

## **VIII. Treasurer Report**

Jamie LaForest was excused from today's meeting and Lori Huntington is on the phone. The balance remains at \$2,751.06

## **IX. RESA Reports – Larry Stemple and Karen Howey**

Karen wanted to say Happy Holidays and Happy New Year

Larry- RESA and the PAC will support you attending conferences (you have in your new member packet – explaining the conferences policy)

There are 2 coming up in March: MTSA (Michigan Transition Services Association) in Traverse City and MiCEC (Michigan Center for Exceptional Children) in Grand Rapids. If you are interested in either of those conferences, please contact Larry to let him know that you are interested. There is a deadline to express interest and be considered for the MTSA and CEC conferences of January 2<sup>nd</sup> by the end of the business day.

## **X. Member Reports**

### **XI. Public Comment:**

- Concern raised about possible conflict of interest with the investigation of complaints.
- Concern raised about the fact that the Wayne RESA BOE (Board of Education) meetings and the actual timing (Wednesdays at 8:30am) are difficult to attend. Better if at least podcasted.
- Due to time constraints, these concerns will be discussed at the January meeting.

## **XII. Adjournment**

A motion was made by and seconded by to adjourn the meeting at 8p.m. Motion passed by majority present. No objections were made.

**The next WCPAC meeting is scheduled for Thursday, January 10, 2018 at 6:30pm at Wayne RESA in Arthur Boyd's Auditorium.**