



# Charles County Parent Center

## Newsletter

September 2022

### Welcome to a New School Year!

Hello and welcome to the 2022-2023 school year! We are glad to have back those who are returning and thrilled to have new people joining us.

We at the Charles County Parent Center are here to support families of children with disabilities enrolled in Charles County Public Schools. We are available to provide information to assist you in making informed decisions about your child’s education. We offer trainings throughout the year on various topics, including our annual transition conference, which will be held in the Spring of 2023. We also have several free resources for you to access through our website and our lending library.

### Upcoming Workshops at the Parent Center

The Parents’ Place of Maryland will offer the workshop “ADHD: In School and Beyond” on September 22, 2022 from 6:30 pm—8:30 pm.

## ADHD: In School and Beyond



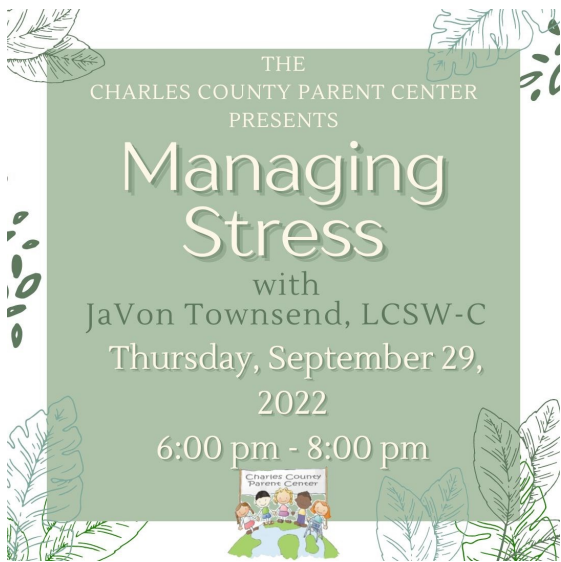
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This will be an in-person training held at the Parent Center. Topics covered will include: managing ADHS symptoms, strategies for parents to help their children, and tips for helping your child be successful in school and community. The training is free and open to the public.

You can register by emailing Debbie at [pfs@ccboe.com](mailto:pfs@ccboe.com) or calling (240)776-5217

## Upcoming Workshops at the Parent Center



JaVon Townsend, LCSW-C of Jubilee Counseling and Wellness will offer **“Managing Stress” on September 29 from 6:00 pm to 8:00 pm**. This will be an online workshop held via Zoom. While this is an introductory workshop, we hope that it will provide you with some new information and/or offer helpful reminders for knowledge and skills you already have.

In this workshop, we will discuss:

- What is stress and what is its impact
- How to identify signs of stress
- Simple strategies for managing stress

You can register for this workshop at: <https://forms.gle/CFqCV2SajNtT3jjJA>

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## Other Upcoming Events

**The Parents’ Place of Maryland is hosting 3 listening sessions to discuss families’ experience with Division of Rehabilitation Services (DORS).**

- Are you the parent/caregiver of a youth ages 14-22 who has experience with DORS?
- Are you a student/youth between the ages 14-22 and have experience with DORS?

This listening session is for you! We have questions, you have answers!

**Register for the ONE session that works for you. Each session is from 6:00 - 7:30 pm**



- September 20, 2022
- October 13, 2022
- October 18, 2022

**SPOTS ARE LIMITED!**

**\$50 gift card for participating families!**

You can register for a listening session here: <https://www.tfaforms.com/4996682>

## Other Upcoming Events

Elevatus Training will host a workshop on healthy boundaries for people with intellectual disabilities **“What, Wait! You Want Me to Talk About Sexuality?” on September 19 from 2:00 pm to 3:00 pm.** This will be an online workshop held via Zoom.



This webinar will explore tips and tools for addressing sexuality one-on-one with the individuals with intellectual disabilities.

Topics will include:

- Discuss the benefits of providing sexuality education
- Examine activities to teach healthy boundaries
- Different types of relationships
- Public v. Private
- Moving from Friend to Partner
- Body language
- Communication
- Speaking Up

**You can register for this workshop at:**

<https://www.eventbrite.com/e/what-wait-you-want-me-to-talk-about-sexuality-tickets-367055211017>

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The Association for Successful Parenting will host the last of its current free webinar series through The Maryland Developmental Disabilities Council, **“Bridging the Gap: Cultural Differences between Child Welfare Agencies and Disability Agencies and the Impact on Parents with IDD” on September 14, 2022 from 12:00 pm—1:30 pm.** This will be an online workshop held via Zoom. The perceptions and expectations each may have about the other’s services can often interfere with communication and collaboration necessary for best outcomes for families. This webinar will attempt to sort out perceptions and expectations, rooted in the underlying purpose of each, and build greater appreciation of what each system can contribute to good lives for families where parents have developmental disabilities.

TASP 2022 WEBINAR SERIES PRESENTS:  
**BRIDGING THE GAP:  
CULTURAL DIFFERENCES  
BETWEEN CHILD  
WELFARE AGENCIES AND  
DISABILITY AGENCIES  
AND THE IMPACT ON  
PARENTS WITH IDD**  
Presented by Dr. Susan Yuan  
All webinars are FREE thanks to the generous  
support of the Maryland DD Council

**September 14, 2022, 12:00pm-1:30pm EDT**



Maryland Developmental  
Disabilities Council



a chance for parent  
[www.achancetoparent.net](http://www.achancetoparent.net)

This project was supported, in part, by grant number 1704 (15-002) from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20549. Content does not represent the views or opinions of the grantee. All rights reserved. © 2022. All rights reserved.

**You can register for this workshop at:**

<https://us02web.zoom.us/meeting/register/tZcrdu-srjssGdzJP3XrhV13UL7FOjoCMkx2>

## Upcoming Workshops (Cont'd)

The workshop will be provided by our Charles County Parent Center Parent Liaison JaVon Townsend, LCSW-C. While this is an introductory workshop, we hope that it will provide you with some new information and/or offer helpful reminders for knowledge and skills you already have.

In this workshop, we will discuss:

- What is stress and what is its impact

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### LISS Program Application

The Maryland Developmental Disabilities Association (DDA) offers support to people with developmental disabilities. They also help fund most state programs that provide developmental disability services. One of the supports the DDA offers is the Low Intensity Support Service Program (LISS). The LISS helps cover the cost of certain disability services or items. More information can be found at: <https://dda.health.maryland.gov/Pages/liss.aspx>

The DDA uses a random selection process to LISS. This means you can submit an application, and a certain number of people will be chosen like a lottery.

If you would like to apply for the LISS, you can now do so online! The application for FY 2023 is available until November 30, 2022.

You can find the online application at: <https://pcis.health.maryland.gov/liss-service/apply>

You can also request a paper copy from Maryland Community Connection at **(301) 583-0358** if you don't want to apply online.



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The Charles County Parent Center is a resource center for families with children with disabilities and is supported by the Maryland State Department of Education. The main purpose of the center is to provide the skills, resources, and knowledge that will enable families and professionals to partner in the educational decision-making process.

Our staff includes parents who have a child/children with disabilities and people who have worked closely to support those families. We are trained in the IEP process and understand the difficulties you may face. We are available to assist you with finding information and resources to help support you and your family's needs. We can set up one-to-one meetings and attend IEP meetings at your request.

The Parent Center is located in the F.B. Gwynn Center and provides newsletters, information, materials, lending library, computer stations, and a variety of free parent training workshops.

#### Contact us!

F.B. Gwynn Center  
5998 Radio Station Road  
La Plata, MD 20646  
(301) 934-7456  
[pbs@ccboe.com](mailto:pbs@ccboe.com)

## Helpful Resources



The Charles County Special Education Citizens Advisory Committee (SECAC) needs parent and community participation. This group enables the Director of Special Education to seek meaningful input from parents, community partners, service providers, and school administrators on local issues relative to the provision of a free and appropriate public education and the achievement of students with disabilities.

(301) 539-9102

[charlescountysecac@gmail.com](mailto:charlescountysecac@gmail.com)

[www.charlescountysecac.com](http://www.charlescountysecac.com)

SECAC typically meets on the third Wednesday of each month at 6:30 pm. The meetings are currently being held virtually. Please visit the SECAC website to learn more.



The Parents' Place of Maryland began in 1990 as a grass-roots effort of families, professionals, and community leaders determined to provide resources, support, and information to parents of children with disabilities and special health care needs. Our philosophy of "families helping families" reflects our commitment to supporting families of diverse backgrounds. Today, the Parents' Place offers a variety of programs and services that continue to support families of children with disabilities and special health care needs. Serving as Maryland's Parent Training and Information Center and Family-to-Family Health Information Center, Parents' Place supports thousands of Maryland families each year. Parents' Place, staffed primarily by parents who have faced these challenges, believes that experienced parents are a key source of knowledge and support to help other families become effective voices for their own children. Please explore the website to

802 Cromwell Park Dr. Ste. Q

Glen Burnie, MD 21061

1-800-394-5694



Maryland Learning Links is the Maryland State Department of Education, Division of Early Intervention and Special Education Services' (DEI/SES) online portal providing educators and leaders with the special education resources, guidance, and professional learning resources they need to improve outcomes and narrow the gap for students with disabilities.

Our mission is to close existing gaps between children with disabilities and their non-disabled peers by fine-tuning our key measures of success and key strategies for implementation and expanding our innovative tools, resources, and evidence-based practices.

200 W. Baltimore St.

Baltimore, MD 21201

Phone: 410-767-0238

Fax: 410-767-2488

<https://marylandlearninglinks.org/>







**The Charles County Autism & Developmental Disabilities Parent Support Group** is a local community support group with the intention of providing a safe, supportive space for parents of autistic & developmentally disabled kids. Meetings are on the first of Thursday of each month at 6:30 pm via Zoom. Come together monthly for mutual support, connection, & resource-sharing. You can also join their [private Facebook group](#) for ongoing community and support. If you have additional questions, feel free to connect with them via email

at [ccparentgroup@gmail.com](mailto:ccparentgroup@gmail.com).

Facebook Group URL: <https://www.facebook.com/groups/373251254508748>



Wrightslaw offers a variety of special education law and advocacy programs taught by nationally-recognized experts in the field of special education law and advocacy. Wrightslaw special education law and advocacy programs are designed to meet the needs of parents, advocates, educators, attorneys, and health care providers who represent children with disabilities.

Pete Wright is an attorney who represents children with special educational needs. His advocacy grew out of his personal educational experiences.

Learn More about Pete Wright, Esquire and Wrightslaw:

<https://www.wrightslaw.com/>



Since 2014, Understood has served millions of families of kids who learn and think differently.

145 Hudson Street, Suite 5B  
New York, NY 10013-2150

<https://www.understood.org/en>

Our programs for Families, Educators, and Young Adults focus on empowering people who learn and think differently and those who support them, offering customized, accessible resources and a compassionate community. We work with educators, health care professionals, researchers, and human resource professionals to provide proven, vetted information.

### **Learn How to Tell If Your Child's Difficulties "are serious enough" For an Evaluation**

It can be hard to know when to have your child evaluated. You may wonder if your child will outgrow difficulties, or if they're serious enough for you to take action. But just being concerned may be reason enough to look into it. Our friends at Understood.org have helpful tools to know when to ask for an evaluation, what happens in an evaluation and what the benefits of evaluations are. <https://www.understood.org/en/school-learning/evaluations/evaluation-basics/deciding-on-an-evaluation>

### **5 Common Misconceptions About IEPs**

We might know what an Individualized Education Program (IEP) is, but the details can sometimes be tricky. Myths and false assumptions about IEPs abound. Here are five common misconceptions—and the facts about each.

<https://www.understood.org/en/school-learning/special-services/ieps/5-common-misconceptions-about-ieps#slide-1>

### **How to Organize Your Child's IEP Binder**

<https://www.understood.org/en/school-learning/special-services/ieps/how-to-organize-your-childs-iep-binder>

