

SSD

fall 2016

parent CONNECTION

A publication of SSD's Parent Education and Diversity Awareness Program

Author Kathie Snow to Speak on Sept. 9

SSD will host Kathie Snow, a nationally recognized presenter and author, on Sept. 9 at the SSD Learning Center.

Snow has been providing a powerful message on inclusion since 2001, when she wrote the first edition of the book "Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities."

Snow has presented at hundreds of workshops across the country, including SSD's Parent Leadership Institute.

To allow more families, teachers, administrators and community members to attend, SSD will be offering two sessions this year in addition to the Parent Leadership Institute. Anyone is welcome to attend one of the two free sessions on Sept. 9.

Please register if you plan to attend.

Details are available in the workshop listings inside this newsletter.



Parent Connection is a publication of the Parent Education and Diversity Awareness Program of Special School District of St. Louis County.

WE PROVIDE:

- Advice and consultation about your child's IEP
- Free parent workshops
- Free lending library
- Help in finding community resources and supports
- Ability awareness resources



MICHELLE LEVI PEREZ, ADMINISTRATOR

314.989.8438 | mleviperez@ssdmo.org

West Region: Parkway, Pattonville, Ritenour, Rockwood, Litzinger and Neuwoehner schools, JDC, Lakeside

DEBRA FIASCO, ADMINISTRATOR

314.989.8108 | dmfiasco@ssdmo.org

South and Central Regions: Affton, Bayless, Brentwood, Clayton, Hancock Place, Kirkwood, Ladue, Lindbergh, Maplewood-Richmond Heights, Mehlville, Webster Groves, Valley Park, Southview School, South Technical High School, Vocational Skills Program

TO BE DETERMINED

Position is in the process of being filled. For questions regarding the schools and regions listed below, call 314.989.8460 or email ssdpeda@ssdmo.org.

North and Central Regions: Ferguson-Florissant, Hazelwood, Jennings, Normandy, Riverview Gardens, University City, Northview and Ackerman schools, North Technical High School

RACHEL MYERS – 314.989.8431 | rdmyers@ssdmo.org Family & Community Resource Center

SARAH GEER – Program Assistant



From left to right: Michelle Levi Perez, Sarah Geer, Debra Fiasco, Rachel Myers

Inclusive Schools Week is Dec. 5-9

Inclusive Schools Week is an annual event sponsored by the Inclusive Schools Network. It provides an opportunity for educators, students and parents to discuss what else needs to be done to ensure that their schools continue to improve their ability to successfully educate all children, including students who are marginalized due to disability, gender, socio-economic status, cultural heritage, language preference or other factors.

We encourage you to take the lead in coordinating Inclusive Schools Week in your school, school district or community.

For resources, go to <http://inclusiveschools.org/inclusive-schools-week> or call SSD's Family & Community Resource Center at 314.989.8460.

WHAT IS SSD'S PARENT ADVISORY COUNCIL?

SSD's Parent Advisory Council (PAC) is looking for new members to assist other parents in SSD or other local school districts to network, advocate and share information.

To learn more about the PAC, become a representative for your child's school and/or district, or to reach your district's elected representative, contact your SSD area coordinator or school principal, or contact Debra Fiasco at dmfiasco@ssdmo.org or 314.989.8108.

The PAC typically meets at 7 p.m. on the second Wednesday of each month at SSD Central Office, 12110 Clayton Road in Town & Country.

Meetings for the fall semester are scheduled for Aug. 10, Sept. 14, Oct. 12, Nov. 9 and Dec. 14.

New Workshop Locations & Daytime Options!




Be sure to notice that several SSD parent workshops will be held at locations other than SSD Central Office. Look for the symbol to the left throughout the newsletter.



Several of our workshops will now be offered as daytime options. Look for the symbol to the left that identifies these sessions.

Parent Workshop Information

Parent workshops are provided free of charge. Unless otherwise noted with this symbol  all workshops are held on the lower level at SSD Central Administrative Office, 12110 Clayton Road, Town & Country (just east of Ballas Road, next to Neuwoehner School).

Childcare is not provided unless noted.

Register by calling 314.989.7807 or 711 (Deaf/HOH), or register online at www.solutionwhere.com/ssd (call the registration number for assistance with setting up an account).

When you are on the SSD professional development site WisdomWhere, view the calendar of courses that includes workshops on technology, literacy and more.

Please be sure to register for workshops as they are sometimes canceled due to low enrollment or weather conditions – we need to be able to contact you!

If you need more information, or if you have special needs and require an alternative format as addressed by the Americans with Disabilities Act, call Debra Fiasco, Administrator, Parent Education, dmfiasco@ssdmo.org 314.989.8108 or 711 (Deaf/HOH).

**Register by phone or online at:
314.989.7807 (or 711, Deaf/HOH)
www.solutionwhere.com/ssd**

Note: Workshops presented by MPACT refers to Missouri's statewide Parent Training and Information Center that serves all disabilities and all ages.



FALL 2016 SSD PARENT WORKSHOPS

SEPTEMBER



Kathie Snow:

Disability is Natural

Two Sessions Available

Friday, Sept. 9

9 a.m.-noon

(seating begins at 8:30 a.m.)

or 1-4 p.m. (seating begins at 12:30 p.m.)

Presenter: Kathie Snow,

Author of "Disability is Natural"

SSD Learning Center

11969 Westline Industrial Drive

St. Louis, MO 63146

Kathie Snow is a nationally recognized presenter and author who has been providing a powerful message on inclusion since 2001, when she wrote the first edition of the book "Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities." All families, teachers, administrators and community members are welcome to attend one of these two free sessions.

Dyslexia in the Classroom: Characteristics and Accommodations

Monday, Sept. 19, 6-8:30 p.m.

Presenter: Kim Stuckey, Director-Dyslexia Specialist, Department of Elementary and Secondary Education (DESE)
SSD Central Office, Room 60

This workshop will provide a brief overview of the latest dyslexia science and symptoms and detail the most effective, low-cost accommodations to address student achievement in the classroom and at home.



Early Childhood

Parent Training:

Attachment &

Attunement – Quick & Easy

Activities for Families

Tuesday, Sept. 20, 11 a.m.-1:30 p.m.

Presenters: SSD Early Childhood

Social Workers

SSD Central Office, Room 61

Participants will learn about easy and fun activities that are designed to strengthen the relationship with their child, increase their problem solving abilities, and help their child feel even more valued and loved. This will be an informative and interactive training that can benefit all families.

NOTE: This workshop requires a minimum number of participants.

Please call 314.989.8108 one week in advance to ensure that this workshop has met registration requirements.

Supports for Your Family from the St. Louis Regional Office for Developmental Disabilities

Monday, Sept. 26, 6:30-8:30 p.m.

Presenter: Kadesh Burnett, St. Louis Regional Office

SSD Central Office, Room 60

If your child has a qualifying developmental disability (such as intellectual disability, autism, cerebral palsy, traumatic brain injury, multiple disabilities, epilepsy, certain learning disabilities), learn how your support coordinator can make sure you have access to resources such as respite care, summer programs and state, county and not-for-profit funding for essential services for your child. The support coordinator can help you plan for your child's future and provide support for your child's IEP meeting if needed.

Understanding Section 504

Tuesday, Sept. 27, 6:30-8:30 p.m.

Presenter: MPACT staff

SSD Central Office, Room 60

The term "Section 504" refers to a specific part of the Rehabilitation Act of 1973 that prohibits discrimination against people with disabilities by any program or activity that receives federal funding. This includes all public schools and any private schools that receive federal funds. Learn about the legal background of Section 504, the evaluation process, 504 plans and services and the procedural safeguards in place to protect individuals with disabilities.

College Preparation for Students with Disabilities

Wednesday, Sept. 28, 6:30-9 p.m.

Presenters: Amy Bird and Mary Wagner, St. Louis Community College Access Office

SSD Central Office, Room 61

This workshop will benefit parents, students, high school counselors and SSD teachers. It addresses college and other post-secondary options for students who are planning to continue their education. Information will be presented about the planning and research process, services available, ACT/SAT testing accommodations and more.



Helping Children Develop Friendships & Social Skills

Thursday, Sept. 29, 9-11:30 a.m.

Presenters: Michelle Levi Perez and Alicia Wilson
SSD Central Office, Room 60

This workshop will offer strategies for parents to help children develop friendships, school strategies for building friendships and strategies that help children with language and learning differences, including autism, develop social skills.

OCTOBER

Making Writing Easier for Kids Who Hate to Write

Tuesday, Oct. 4, 6:30-8:30 p.m.

Presenters: Carla Vasser, Cheryl Perry and Judy Hyatt
SSD Central Office, Room 61

This session will offer parents various resources and ideas for assisting their children who are reluctant writers. This engaging workshop will address supporting children with organizational difficulties, skill deficits and/or a lack of motivation when it comes to writing. Parents will leave with tools they can use at home to support their child with writing. **NOTE: This workshop will not be addressing handwriting.**

Signs for Families and Friends – 6 sessions

Wednesdays, Oct. 5, 12, 19, 26
Nov. 2 and Nov. 9, 6-7:30 p.m.

Presenters: Greg Petersen and Mickey Schuchardt
SSD Central Office, Room 60

Participants will demonstrate sign language vocabulary, sign sentence structure, conceptual accuracy, facial expressions, and body language. Focus

is on families. Children 10 and older are welcome if accompanied/supervised by an adult.



Early Childhood Parent Training: Anxiety – Understanding & Supporting your Preschool Child

Thursday, Oct. 6, 11 a.m.-1:30 p.m.

Presenters: Early Childhood Social Workers
SSD Central Office, Room 60

Participants will recognize how young children express anxiety and learn ways to help all students build coping skills. Training will also discuss common transitions for young children, including going to kindergarten, moving and divorce/separation.

NOTE: This workshop requires a minimum number of participants. Please call 314.989.8108 one week in advance to ensure that this workshop has met registration requirements.

Early Childhood Parent Training: Positive Parenting in Early Childhood

Thursday, Oct. 6, 6:30-8:30 p.m.

Presenters: Mel Fitzgerald, Julie Harter and Colleen Hoeflinger
SSD Central Office, Room 60

Would you like to learn to incorporate positive parenting strategies into your home? Please join us for this unique training where we'll come together to share ideas and learn what materials and techniques work for early childhood.

NOTE: This workshop requires a minimum number of participants. Please call 314.989.8108 one week in advance to ensure that this workshop has met registration requirements.



Supported Decision Making: An Alternative to Guardianship

Thursday, Oct. 6, 6:30-8:30 p.m.

Presenters: Sharon Spurlock, Director of Family Support, St. Louis Arc, and SSD Parent Education and Diversity Awareness Administrators
St. Louis ARC, 1177 N. Warson Road
St. Louis, MO 63132

When an individual with a disability becomes 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions without removing their rights through guardianship. Participants will learn how to assess the decision-making skills their family members have and the supports they already use to assist them in making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Executive Functioning Part II: Going Deeper for Elementary Students

Tuesday, Oct. 18, 6:30-8:30 p.m.

Presenter: Karen Nahnsen
SSD Central Office, Room 60

After learning the basics of executive functioning skills, participants will take a closer look at strategies for elementary-age children and spend time problem solving through group discussion. Parents will receive information on strategies to implement at home to teach skills and/or to modify environments to support student success.

Solving the Employment Puzzle

Wednesday, Oct. 19, 6:30-8:30 p.m.

Presenters: MPACT Staff and

Amy Siekerman, LMSW

SSD Central Office, Room 61

This workshop will include presenters from Vocational Rehabilitation and MPACT. Content centers on employment for youth with disabilities by presenting two distinct strands: self-determination and “do-it-yourself” strategies for parents and concrete information about employment and how to access adult services for teens and young adults.

Access for Success – Making Inclusion Work!

Monday, Oct. 24, 6:30-9 p.m.

Presenters: Pat VanDeRiet and

Rachel Valenti

SSD Central Office, Room 61

Learn how quality inclusive education provides better outcomes for most students with disabilities. Create an action plan with steps you can take to help your school plan for more inclusive programming for your child.

Executive Functioning Part II: Going Deeper for Secondary Students (Middle/High School)

Tuesday, Oct. 25, 6:30-8:30 p.m.

Presenter: Karen Nahnsen

SSD Central Office, Room 60

After learning the basics of executive functioning skills, participants will take a closer look at strategies for students at the middle school and high school levels and spend time problem solving through group discussion. Parents will receive information on strategies to implement at home to teach skills and/or to modify environments to support student success.



Youth Mental Health First Aid Training (YMHEA)

Wednesday, Oct. 26, 8 a.m.-5:30 p.m.

(30-minute lunch break on your own)

Presenter: Behavioral Health Response

SSD Central Office, Room 61

This training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) and eating disorders. CEUs are available through Behavioral Health Response.

SSD Disability Resource Fair

Thursday, Oct. 27, 4-7 p.m.

SSD Central Office, Rooms 60-61

Come find out what you need to know and network with other parents. Representatives from SSD include early childhood behavior facilitators, effective practice specialists for autism, social/emotional/behavioral and transition, assistive technology, augmentative communication, PBIS facilitators and Family & Community Resource Center. Additional representatives include Department of Mental Health-St. Louis

Regional Office, MPACT, Recreation Council of Greater St. Louis and other agencies that provide support and resources for students and families.

NOVEMBER

Sexuality Education for Students with Disabilities

Wednesday, Nov. 2, 6-9 p.m.

Presenter: Nicholas A. Maio, MSP,

BCBA, LBA CEO & Behavior Analyst

Empowered: A Center for Sexuality, LLC

SSD Central Office, Room 61

In this workshop, a behavior analyst with a background in sexuality education will address a variety of topics, including safety, peer expectations, puberty and boundaries. This workshop will include lecture, discussion and group work. It is geared toward parents, educators and staff working with students with disabilities.



Understanding the IEP Process

Thursday, Nov. 10, 11 a.m.-1 p.m.

Presenter: MPACT staff

SSD Central Office, Room 60

Workshop offers an in-depth look at the evaluation process, qualifying for an IEP, the many components that must be addressed in the IEP document, and how progress will be monitored. Parents will gain a better understanding of their role as an equal participant in the IEP process.

Understanding Autism Spectrum Disorders (Autism, Asperger Syndrome, PDD) – Two-Part Series

Thursdays, Nov. 10 & 17, 6:30-9 p.m.

Presenters: SSD Autism Effective Practice Specialists

SSD Central Office, Room 60

Identify and understand the characteristics of Autism Spectrum Disorders and learn effective, practical strategies that will support your child in being more successful at home and school. The second session will focus more on strategies, with time for discussion and questions and may break out into sessions based on your child's intervention needs.

Planning for the Future:

Benefits and Futures Planning

Monday, Nov. 14, 6:30-8:30 p.m.

Presenter: Bhavik R. Patel, Attorney, Sandberg Phoenix & Von Gontard P.C. SSD Central Office, Room 60

This workshop is designed to provide information to students and their families about the planning process for the future in the areas of special needs planning, SSI, Social Security, Medicaid and Medicare. Information about the laws pertaining to government benefit eligibility and the use of

special needs trusts, guardianships and conservatorships will be covered.

Understanding Behavior and What to Do to Support Your Child's Positive Behavior Development– Two-Part Series

Tuesday, Nov. 15, 5:30-8:30 p.m. and

Jan. 17, 2017, 5:30-8:30 p.m.

Presenter: Ryan Guffey

SSD Central Office, Room 61

Does your child have meltdowns over having to stop a preferred activity? Are meals, chores, bedtime or getting ready for school difficult times at your house? Learn some strategies to make your home more peaceful and new ways to think about and understand your child's behavior at home and school. Second session will be held Jan. 17, 2017.

DECEMBER

Supports for Your Family from the St. Louis Regional Office for Developmental Disabilities

Monday, Dec. 5, 6:30-8:30 p.m.

Presenter: Kadesh Burnett, St. Louis Regional Office

SSD Central Office, Room 57

If your child has a qualifying developmental disability (such as

intellectual disability, autism, cerebral palsy, traumatic brain injury, multiple disabilities, epilepsy, certain learning disabilities), learn how your support coordinator can make sure you have access to resources such as respite care, summer programs and state, county and not-for-profit funding for essential services for your child. The support coordinator can help you plan for your child's future and provide support for your child's IEP meeting if needed.

Bullying Prevention – What Parents Can Do

Wednesday, Dec. 7, 6-8 p.m.

Presenter: MPACT staff

SSD Central Office, Room 60

This training contains an overview of the dynamics of bullying, including what bullying is, what the types of bullying are, who is bullied, and why children are bullied. Other topics include steps to intervene in bullying behavior, how to encourage students who witness bullying to take action, the role of the school, and laws and policies.



SSD FAMILY & COMMUNITY RESOURCE CENTER

Call **314.989.8460** or email rdmyers@ssdmo.org to have books and DVDs sent home through school mail (via your child's backpack). We need your name, address, phone number, email address, child's name, teacher and school.

Go to www.ssdmo.org/cool_tools/fcrc.html and click on "view the online library of materials" to search by title, author or subject, or go to www.ssdmo.org/cool_tools/fcrc_books.html to browse the lists of materials by topic.

(Material cannot be ordered through the online library. Please email us.)

New Books

Dude, That's Rude: Get Some Manners. Pamela Espeland & Elizabeth Verdick. (2007) Ages 8-13. Full-color cartoons and kid-friendly text teach the basics of polite behavior in all kinds of situations – at home, at school, in the bathroom, on the phone, at the mall, and more.

Dyslexia 101: Truths, Myths and What Really Works. Marianne Sunderland. (2015) Walks you through figuring out your child's reading struggles and gives you the tools to help them to succeed.

Parenting OCD: Down to Earth Advice from One Parent to Another. Claire Sandrers. (2015) Covers what is involved in getting a diagnosis, what to expect in therapy, how to cope with panic attacks, how it might affect the rest of your family and how you might feel as a parent.

The Reading Strategies Book: Your Everything Guide to Developing Skilled Readers. Jennifer Serravallo. (2015) Collection of 300 strategies to share with readers in support of 13 goals – everything from fluency to literary analysis.

Understanding Girls with ADHD: How They Feel and Why They Do What They Do, Second Edition. Kathleen Nadeau, Ellen Littman & Patricia Quinn. (2015) Illuminates the complexity of ADHD in girls and women, both across the lifespan and across multiple domains of life (e.g., home, school, the workplace, close relationships).



New DVDs

Dining & Social Skills for Adults & Teens. (Video, 2015) This instructional DVD covers all the basics of dining etiquette and table settings, from a casual breakfast to the most formal affair.

Family Medical Emergencies: What to Do Until Help Arrives or if it Doesn't Come. (Video, 2010) Demonstrates first aid treatment techniques for a variety of medical emergencies, including household and other accidents, as well as natural disasters. In addition, the program provides accident prevention tips along with information about first aid kits. (40 minutes)

SSD MISSION: In collaboration with partner districts, we provide technical education and a wide variety of individualized educational and support services designed for each student's successful contribution to our community.

SSD VISION: Partners for every student's success

SSD CORE VALUES:

Student Success • Collaboration
• Integrity • Stewardship
• Continuous Improvement • Equity



LIKE SSD ON
FACEBOOK

www.ssdmo.org

Special School District Notice of Non-Discrimination and Accommodation: Special School District does not discriminate or tolerate discrimination, harassment, and/or retaliation against an individual based on race, color, religion, sex, national origin, sexual orientation or perceived sexual orientation, ancestry, disability, veteran status, age, or activity protected by federal or state law in its programs, activities and employment and provides equal access to the Boy Scouts and other designated youth groups. Direct inquiries and complaints under this policy to Special School District's Director – Compliance Liaison, 12110 Clayton Road, St. Louis, Missouri 63131, telephone (314) 989-8100 or to the U.S. Department of Education Office for Civil Rights, One Petticoat Lane, 1010 Walnut Street, 3rd Floor, Suite 320, Kansas City, Missouri 64106, telephone (816) 268-0550, fax (816) 268-0599, TDD (800) 877-8339, email OCR.KansasCity@ed.gov Information about the existence and location of services, activities, and facilities accessible to impaired persons can be obtained from the Special School District's Director – Compliance Liaison at the phone number and address listed above.

NEWS FROM SSD



**Special School District
of St. Louis County**
12110 Clayton Road
Town & Country, MO 63131

NON-PROFIT ORG.
U.S. POSTAGE

PAID

ST. LOUIS, MO
PERMIT NO. 1282

Did You Know?

- ✓ SSD has supported a parent/family resource center and parent education for the last 25 years.
- ✓ SSD's Parent Education and Diversity Awareness administrators are all parents of students or adults who have received services from SSD.
- ✓ All of our materials and workshops are free and open to **ALL** members of the community.
- ✓ SSD's Family & Community Resource Center has the largest disability-related library in the state of Missouri.
- ✓ The Family & Community Resource Center and SSD's Instructional Resource Center are both located on the ground floor of the SSD Central Office building, 12110 Clayton Road, Town & Country, MO 63131.



You can find tons of additional information on our website.
Visit <http://tinyurl.com/9n58vhk>