

SPECIAL NEEDS PARENTS/CHILDREN INFORMATION

Good Samaritan classes:

- Playing & Engaging with Others; Use of the DIR Model & Floortime for Children with Special Needs, March 5 and 6
- Navigating Adolescence: How your child with ADHD or high-functioning autism can survive and thrive in their teen years, March 13
- Understanding Sensory Processing/Integration with Remediation Strategies for Home/School/Clinical Environments, May 15 & 16

Online registration; multicare.org > "family care" (top left), "classes & support groups (bottom)
Parental or professional/credit costs

The Alliance of People with disAbilities

4649 Sunnyside Avenue N, Suite 100

16315 NE 87th St, Ste B-3

Seattle, WA 98103

Redmond, WA 98052

206-545-7055 Voice 206-632-3456 TTY

425-558-0993 Voice 425-861-9588 TTY

1-866-545-7055 206-545-7059 Fax

1-800-216-3335 425-558-4773 Fax

If you ever wondered about: Education, Employment, Housing, Medical, Money etc....And you wondered how can you find these services for Teens and Young Adults with disabilities.. WE CAN HELP

Our Mission:

People with disAbilities advocating for equality and choice

The Alliance of People with disAbilities has a youth service for teens (13-21) and young adults (22-25)

The Alliance Youth Group

- Provides opportunities for youth and their families to explore and plan for life as an adult.
- Help families and young adults gain Information on existing services for individuals with disabilities and how to go about obtaining these services when they need them such as: employment, housing, education etc.....
- Through the Independent Plan (ILP), youth will gain responsibilities through goal setting.

- Provide disability awareness training to individuals (teachers, students, staff of support organizations, members of civic groups, etc.)

Alliance Youth Group goals are:

- Give support to families and young adults
- Goal-setting and problem-solving skills.
- How to advocate for one's self.
- Inclusion in the Community/Life in the Community
- How to promote change in the service/support systems so that Individuals with disabilities can live the life they want with the level of support they need.
- Discussions on community integration and self-determination for people with disabilities, as well as disability rights.
- Provide training and workshop on specific topics chosen by the Individual.

Get Started by Contacting

Charity M Drummond-Independent Living/ Youth Transition Specialist
206-633-6623 charityd@disabilitypride.org

This information is provided as a courtesy. No endorsements of any kind are implied. Participants have the responsibility for inquiring about and paying for any costs that may be incurred and for verifying the information (dates, location, costs, times etc.) that have been presented here, as well as for verifying their own registration for the activity.

King County Parent Coalition link to meetings and upcoming events:

<http://www.arcofkingcounty.org/our-services/king-county-parent-coalition/meetings-monthly-updates>

Informing Families, Building Trust link to upcoming meetings about the Developmental Disabilities Life Opportunities Trust:

<http://www.informingfamilies.org/> Click on "Read the Flyer"

From the King County Parent Coalition:

Attached are the current Bills of Interest. We have passed the policy committee cut-off dates so bills that did not pass out of policy committees are considered dead. If they have a financial impact on the state budget, the legislature could still choose to keep a bill alive by declaring the bill NTIB (Necessary To Implement the Budget).

Reverse 911... it's a newer program in North East King County designed to use a "Community Telephone Emergency Notification System that is built to pull up a selected grouping of phone numbers, call the number and play a prerecorded message giving emergency instructions to whoever receives the message... It is only used for high-priority community notifications or

public safety emergencies.” Here’s their website for more info: <http://www.norcom.org/>. To sign up online to receive emergency notifications, go to contacts and links.

"The Trouble with Transitions: Issues for Persons with Autism" Teleconference By Nathan Ory's

Session I

Feb 26, 2010 2:00-3:30PM PST

Troubling Transitions

Session II

March 5, 2010 2:00-3:30PM PST

Dealing with Repetitive Movement

Session III

March 12, 2010 2:00-3:30PM

Functional Dependence

REGISTRATION : <http://www.regonline.com/Checkin.asp?EventId=821121>

Parent Advisory Committee (PAC)

Please join us at a PAC meeting! The Parent Advisory Committee consists of parents who wish to collaborate with the special education administration on projects that will benefit all special needs students within the district. The PAC creates focus groups, each facilitated by a LWSD special education administrative staff member, that target and work on identified areas of interest. Contact Kris Hanley: KHanley@lwsd.org to be added to the e-mail notification list.

PAC Inclusion Meeting Schedule:

- Thursday, February 25, 2010 from 10 - 11 a.m., Hughes Room
- Tuesday, March 23, 2010 from 6 - 7 p.m., Hughes Room
- Thursday, April 29, 2010 from 10 - 11 a.m., Hughes Room
- Tuesday, May 25, 2010 from 6 - 7 p.m., Curriculum Library

All meetings take place at the LWSD Resource Center (16250 NE 74th Street, Redmond, WA 98052 - in Redmond Town Center).

Augmentative Communication Devices

When - Tuesday, March 9, 2010

8:15 - 9:15am Augmentative Communication Devices

9:15 - 10am Open House

Learn how PROVAIL is helping people with disabilities use and develop their communication devices to talk with partners in all environments. [Therapeutic & Assistive Technology Clinic](#) Open House to follow.

Space is limited. To RSVP by **March 7th** or for more information, please contact Nichole Diekmann at nicholed@provail.org or at 206.826.1023.

There is no cost to attend PROVAIL's informational events and light food and beverages will be provided.

Funding Cut for WA Dyslexia Law Implementation

Just recently Washington State Governor Gregoire has decided to cut the funding for perhaps the most important part of the bill, the development of a Dyslexia Handbook for teachers and parents. Several other states now have a dyslexia handbook and it is imperative that Washington State has its own handbook to guide teachers and parents to recognize dyslexia and understand the appropriate instruction that must be provided when it is thought a child may have dyslexia.

There is little time to impact the final outcome of the funding for this handbook.

If you would like to contact the members of the education committee and particularly your local legislative representative to let them know of your desire to have the funding reinstated immediately, you can use the following link:

[Find Your Legislator](http://apps.leg.wa.gov/DistrictFinder/Default.aspx) : <http://apps.leg.wa.gov/DistrictFinder/Default.aspx>

(Thank you Amy Mikkelson)

PROVAIL and Lake Washington Academy Transition Service for High School Students **When - Thursday, March 4, 2010 from 9-10am**

PROVAIL is partnering with local area schools to assist students with disabilities in the transition from school to work. Learn how Transition Services are helping students prepare for future employment and meet clients and staff.

To learn more about this Supported Employment program, go to:
http://www.pnwlocalnews.com/east_king/red/lifestyle/63142027.html

Space is limited. To RSVP by **March 2nd** or for more information, please contact Nichole Diekmann at nicholed@provail.org or at 206.826.1023.

Wrightslaw article on "Support Improves for Military Families with Special Needs" : <http://www.wrightslaw.com/nltr/10/nl.0223.htm>

Inclusive Family Winter Activity ¡V Snow tubing

Dear families and friends,

Our snow tubing activity is coming back!!

There are a lot of snow sports happening during the winter season. Have you ever done snow tubing? If not, this is a good chance to try it out. Don't stay indoors because of the weather. Let's join up in The Summit at Snoqualmie and have a fun snow day.

We would like to invite all of you to our second annual fun, exciting, and joyful snow tubing event. Transportation will be provided. Please dress appropriately for the cold weather and prepare extra clothes in case you get wet, and don't forget your hat, gloves and scarf.

Great thanks to the support of Outdoors for All and Tzu Chi Foundation, the cost of this activity has been reduced to \$15 per person, \$10 for children under 5 years old and one free caregiver/per individual with special needs. RSVP is required.

There are two locations for pick up and drop off in Seattle and Bellevue. Please tell us where you want to be picked up when you register.

A light lunch will be provided and you are welcome to bring your own lunch as well. We are looking forward to seeing you all.

We wish you all a healthy and happy Lunar New Year!

Date: Saturday, **March 6th, 2010**

Activity time: 9am - 4pm

Place to meet: (1) Seattle Good Will Pick up time : 9 am
1400 S. Lane St. Seattle WA 98144

(2) Highland Center Pick up time: 9 am
14224 Bel-Red road Bellevue, WA 98004

Contact: Cantonese Yan Ping Li (206) 375-9880
Cantonese & Vietnamese Winnie Tat (206) 228-1177
Mandarin & English Ginger Kwan (206) 372-1072
Spanish & English Laiza Jara (425) 518-3531
Cambodian Jenny Ap (206) 235-9615

Open Doors for Multicultural Family
Snow Tubing Registration

Parent/Caregiver: _____ Parent/Caregiver: _____

Name of Child w/DD: _____ Age: _____

Name of Child w/DD: _____ Age: _____

Other Family Members or Friends:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

_____ X \$10 = \$ _____ (for children under age of 5)

_____ X \$15 = \$ _____ (all that over age of 5 including person w/DD)

_____ X \$0 = \$ 0 _____ (care giver to person w/DD)

Total: \$ _____

Pick up Location: Seattle Goodwill or Bellevue Highland Center

Other Special Accommodation Needs: _____ (list please).

Please fill out the registration form before February 27th 2010 along with payment addressed to Open Doors for Multicultural Families and mailed it to:

Open Doors for Multicultural Families

4327 S. 253rd St.

Kent, WA 98032

Or e-mail your registration to gingerk@multiculturalfamilies.org first and then mail your payment to the above address by Feb 27, 2010.

Transition Planning Workshop - Saturday, March 6 *from Seattle Special-ed PTSA Newsletter*

Families with children who have disabilities often find themselves focusing on day-to-day issues and, when they get a spare moment to reflect on the future, may feel overwhelmed. Well, our program on March 6 will give families a "guided tour" of the future as it relates to Transition Planning with your school team. What are the issues you and your child's educators need to be discussing to prepare your child for life after school? When do you begin this process? What kind of paperwork is involved? What are the timelines?

Special Education Supervisor Martha Lawson will walk parents and guardians through the Transition Planning process, including how to start thinking in transition terms when children are young. She will help families develop a broad framework for dealing with transition issues throughout a child's schooling and then provide some specific training on developing transition IEPs in grades 9 through 12. A panel discussion will follow Ms. Lawson's presentation and address a variety of post-secondary pathways. The panel will include representatives from the Department of Developmental Disabilities (DDD) and the Department of Vocational Rehabilitation (DVR), Debra Zawada of the UW's Do-It Program, and PTSA member Lynne Tucker with information on testing preparation and timelines.

The Workshop will be held in the Auditorium at the John Stanford Center, 2445 3rd Ave South, on Saturday, March 6, from 9 am to 1 pm. Coffee and light snacks will be available. We hope you can join us!

John Stanford Center for Educational Excellence
2445 3rd Avenue South
Seattle, WA 98134

Direction: <http://www.seattleschools.org/area/main/map/jscee.xml>

The Seattle Adaptive Sports Experience offers a clinic in Wheelchair and Ambulatory Track and Field

Saturday, March 6, 2010 at Jefferson High School in Federal Way.

Brought to you FREE by Seattle Parks and Recreation - Specialized Programs, Seattle Adaptive Sports and US Paralympics.

This a great place to come learn more about Paralympic sports and meet other people who enjoy being active in sports. All ages are welcome.

Are you a person with a *physical disability or know someone?
Are you a school coach looking for more information on how to get a student involved in adaptive sports?
Are you a recreational, physical, or occupational therapist looking for activities to introduce to your clients?

There will be opportunities to watch demonstrations and get on the track/field for instruction.

Wheelchair Track with local Paralympian Jim Martinson. Jim is well known for his experience with adaptive sports. Injured while in active military duty, Jim has not let that stop him from head to head competition. He is an avid mono skier, handcyclist, racer, golfer and has competed around the world. Jim recently competed in the ESPN X Games: Mono Ski competition.

Ambulatory Track with Terry Frentrop of Decatur High School Track. Terry has been working with track and field students standing and wheelchair.

Field with Dennis Junk. Dennis has been working with adaptive sports for over 5 years and has attended many National Jr Disability Championships with Seattle Adaptive Sports athletes.

Clinic Schedule will be:

7:30 am - 9:00 am volunteers - set up equipment
9:00 am - 10:00 am Participants - learn about racers, positioning and equipment needed for racing. If you have your own equipment, come prepare for the clinic.
10:00 am Welcome
10:15 am - 11:30 am Wheelchair and Ambulatory Track basics
11:30 am - 12:30 am Lunch served to participants and volunteers
12:30 am - 2:00 pm Step-up to the Next Level of racing instruction
12:30 pm - 2:00 pm Field demo and instruction

SCHEDULE OF EVENTS:

Seattle Adaptive Sports Experience:
Wheelchair and Ambulatory Track and Field
Jefferson High School
4248 South 288th Street
Federal Way, WA 98001

9:00 AM - 2:00 PM

Parenting Your Challenging Child Teleseries with course instructor Sara Gardner.

- 5 weeks, each Tuesday in March starting March 2nd. (See outline below.)
- 1-1/2 hours from 5:30 pm - 7:00pm PST/8:30 pm -10 pm EST
- Members of ADD Resources \$120 (couples \$180)
- Non-members \$150 (couples \$210)
- We need a minimum of 10 people and maximum of 30 people to hold this class. In the event you register and we don't reach the minimum number, you will be refunded the full amount!!

Register Now!

Phoning in from the comfort of your home, participants will learn how to guide children to avoid meltdowns, gain lacking skills and improve parent-child communication. If you've tried everything and nothing seems to work, this is the class for you. Results are often seen immediately upon implementation of the program, and successes continue to build indefinitely. Weekly email consultation is included to address individual concerns.

Many parents will find this course helpful, regardless of their child's diagnosis or even if their child has no diagnosis.

Course instructor, Sara Gardner, is the parent of a former "challenging" child, and has been a trainer for 25 years. She has taught these classes for the past two years at United Cerebral Palsy to parents with children of a wide range of disabilities, including ADHD. She has received training from Dr. Ross Greene, author of "The Explosive Child" at his Center for Collaborative Problem Solving, and currently serves on the board of directors of the King County chapter of the Autism Society of WA.

These methods work best for children ages four and up who are able to communicate verbally. If you have a question about your individual situation, please contact instructor at sesgardner@gmail.com

Class Description:

Based in part on the books, "The Explosive Child" by Ross Greene, Ph.D., and "Treating the Explosive Child" by Dr. Stuart Ablon and Dr. Ross Greene, this 5-week course supports parents through a variety of positive parenting techniques. Participants will learn Collaborative Problem Solving, a method described by Dr. Greene and Dr. Ablon in their books, which helps parents understand how to best solve problems and reduce meltdowns.

Increased cooperation and communication occur as families incorporate the class methods into their home life. The strategies taught are most helpful for parents of children ages 4 through young adult who are able to communicate verbally. This course can be effective for all children, regardless of diagnosis - or even if there is no specific diagnosis.

Each participating parent will receive course materials and have access to the instructor via weekly email consultation.

Week One: Participants will learn what may be keeping their child from being able to respond appropriately. They will discover issues that can cause a child to exhibit behavioral problems, and learn how to look at their child and their child's behavior in a new way. They will learn to recognize triggers for their child's difficult behaviors.

Week Two: Participants will look more closely at triggers and pathways. They will learn why popular parenting methods are not working for their child and will learn how Collaborative Problem Solving (CPS) will both reduce meltdowns and teach their child new skills in those areas in which they are lagging. They will learn the three steps to using CPS and when to implement it. They will also learn how using CPS will teach their child needed skills for adult life.

Week Three: Class examines common roadblocks as well as those specific issues with which the participating parents are dealing. They will share success stories and role play using CPS in typical situations. Participants will learn how to be sure they are using CPS appropriately, and will learn the value of positive communication and how to use it effectively.

Week Four: Participants learn what skills are needed to participate in CPS, and what to do if their child is lacking those skills. They will learn about different uses of CPS. In-depth help focused upon difficulties parents are experiencing is offered. Parents will learn how outside influences can affect their use of CPS and what to do about it. They will also learn when it may be necessary to seek outside help for counseling, language processing, sensory issues, medication, placement and other issues.

Week Five: Participants will share successes and difficulties. They will learn what to do when setbacks

occur. Implementing CPS into a behavior plan at school will be discussed, as well as common triggers at school and what to do about them.

Recommended Reading

The following books are complementary to course material and will help participants make the most of their investment of time and money. They are not necessary to course completion.

"The Explosive Child" by Ross Greene, Ph.D., second or third edition

"How to Talk so Kids can Learn" by Adele Faber & Elaine Mazlish

"Positivity" by Barbara L. Fredrickson, Ph.D., paperback edition

Family and Medical Leave Act (FMLA): FMLA requires covered employers to provide up to 12 weeks of unpaid, job-protected leave to eligible employees for several reasons, including "To care for the employee's spouse, son or daughter, or parent, who has a serious health condition." Please go to the following link for all the details, including the definition of "serious health condition" and/or contact your employer's human resources dept. <http://www.dol.gov/whd/fmla/index.htm>
(Thank you Crystal and David Floyd)

The Third Annual King County Transition Resource Fair sponsored by the King County Developmental Disabilities Division

Two Dates and Locations!

Saturday, March 13, 2010 9:30 a.m. – 3:30 p.m.

Doors open for the Transition Fair at 9:30 a.m. and close at 3:30 p.m.

North Seattle Community College, 9600 College Way N.
College Center Building, Cafeteria, Seattle, WA

And

Thursday, March 25, 2010

10:30 a.m.-6:00 p.m.

Highline Community College, 2400 S. 240th St.

Student Union, Building # 8, Des Moines, WA

Doors open at 10:30 a.m. and close at 6:00 p.m.

Essential information and resources will be available onsite to better equip educators, transition teachers, students aged 14 and older, and their families to prepare for a successful transition from school to employment and other community resources.

Please plan to stop by no later than one hour before closing to leave enough time for connecting with exhibitors. For questions about this event, contact Kelly Faulkner; Kelley.Faulkner@kingcounty.gov or Lyn Andrews; Lyn@oneillandassociates.com

E-groups info:

Parent to Parent at the Arc of King County has started a **new e-group for parents of children are medically fragile, medically complex and/or have significant developmental issues called "Caring Circle"**. The purpose is to support each other by sharing information and everyday experiences, so families do not feel isolated or alone in their journey.

To subscribe send a blank email to: caringcircle-subscribe@yahoogroups.com
For more information contact Cathy Murahashi: cmurahashi@arcofkingcounty.org

The following groups are also facilitated by Cathy Murahashi, Parent to Parent coordinator, The Arc of King County

Lake Washington: Does your child receive special education services?

Would you like to be connected with other parents in your school district who also have children with special needs? The purpose of this email group is so that parents can get to know other parents in their communities who have children receiving special education services. Home schooling families are also welcome to join us. To subscribe, send a blank email: lwsd-parents-subscribe@yahoogroups.com

AutismKing – A group of over 500 parents in King County who are raising children on the **autism spectrum**. There are many parents who have children with PDD-NOS, Asperger's syndrome as well as autism. We occasionally have offline events such as parents meeting for dinner at a local restaurant or family potlucks and other get-togethers. To subscribe, send a blank email to: autismking-subscribe@yahoogroups.com

DSKing – A group of around 100 families in King County who are raising babies and young children with **Down syndrome**. A great place to find support and camaraderie. To subscribe, send a blank email to: dsking-subscribe@yahoogroups.com

DS King Babies- This group is for parents who are pregnant with a baby with Down syndrome or have a new baby with Down syndrome and want to get support and information during the bewildering times of new diagnosis. It also connects them to other families. There are a few "veteran" parents on the list to answer questions.
To subscribe, send a blank email to: DSKingBabies-subscribe@yahoogroups.com

CPKing – Over 60 parents in Washington state comprise this group. It is for parents who have children with **cerebral palsy** or a related disorder. To subscribe, send a blank email to: cpking-subscribe@yahoogroups.com

WChargefamilies - This is for families in Washington State who are raising a child with Charge syndrome to connect for information and support. To subscribe, send a blank email to: WChargefamilies@yahoogroups.com

ParentsPlace – This group is for all parents in King County who are raising children with special needs. A wonderfully supportive "family" of over 170 parents, some of whom are raising children with ADD, autism, spina bifida and many who are undiagnosed. We even talk about our kids without "labels"! To subscribe, send a blank email to: parentsplace-subscribe@yahoogroups.com

ParentsPlace Too – This email group is for single parents who are raising children with special needs. The families also have monthly get togethers at various locations around King County. To subscribe, send a blank email to: parentsplacetoo-subscribe@yahoogroups.com

Grandparent to Grandparent – This group is for grandparents from all over the world who have grandchildren with special needs. Some of the grandparents are raising their grandchildren and many are “long distance” grandparents, all are very caring people. To subscribe, send a blank email to: gparenttoparent-subscribe@yahoogroups.com

DeafWA – An email support and information group for parents in the state of Washington who are raising children who are deaf or hard of hearing. To subscribe, send a blank email to: deafwa-subscribe@yahoogroups.com

InclusionKing – This is a group for anyone in King County interested in inclusion for children and adults with disabilities. Mostly we discuss inclusive education, but recreational, religious and community inclusion is also a focus. This is a great place to get ideas and celebrate success. To subscribe, send a blank email to: inclusionking-subscribe@yahoogroups.com

IntoAdulthood - This group is for parents of young adults with special needs in the greater King County area. The purpose of this group is for mutual support and exchange of information and resources. Let's encourage each other as we support our children in navigating the road to adulthood. This list serv is a service of The Arc of King County's Parent to Parent Support Program. To subscribe, send a blank email to: intoadulthood-subscribe@yahoogroups.com

P2Pteens – This is an email support and information group for parents of teenagers with special needs in King County. This group has monthly social outings for our teens which are planned by the parents. Bowling, swimming, go-carts, pizza, etc. To subscribe, send a blank email to: p2pteens-subscribe@yahoogroups.com

P2PKingco- This is an email group that provides general information and announcements and updates to Parents in King County. To subscribe send a blank email to: P2PKingco-subscribe@yahoogroups.com

These groups are facilitated by Cathy Murahashi, Parent to Parent coordinator The Arc of King County. For Questions or Info: cmurahashi@arcokingcounty.org

For more info about the Parent to Parent Program and getting connecting with a Helping Parent, go to: <http://www.arcokingcounty.org/our-services/parent-to-parent-support-program/parent-to-parent-support-program>

The following e-group is not sponsored by Parent to Parent, but might be of interest to you.

Northshore Special Families Group:

Some parents in the Northshore School District started a group called "Northshore Special Families". If you want more information about their many social events for elementary school age children,, check out their website. This group is open to families regardless of which district their child is in. www.northshore-specialfamilies.org or email them at Northshore_specialfamilies@yahoo.com

Sexuality & Developmental Disabilities Across the Lifespan

<http://flfcic.fmhi.usf.edu/projects/community.htm>

Staff from the Florida Center for Inclusive Communities have collaborated with the Florida Developmental Disabilities Council and University of Albany, Center of Intellectual Disabilities to create an Instructional

Manual and Resource Guide designed to help educators and family members assist individuals with developmental disabilities in their exploration of self and sexuality. Available in English and Spanish.

Morgan's Wonderland; A Special Place for Special People; This is the world's first "ultra accessible family fun park...specifically designed for children and adults with special needs." Located in San Antonio, Texas. Grand Opening in 43 days. Reservations required. "The mission of Morgan's Wonderland is to set a new standard for excellence in providing outdoor recreational opportunities for individuals with disabilities. We believe that there is a real need for a special place for special people, one that provides an oasis for people with disabilities, their families and caregivers who need facilities specifically designed to assist them in enjoying outdoor activities." For more info, go to: <http://www.morganswonderland.com/>

Products like weighted blankets, body socks etc. for people with sensory issues available at:
<http://www.onestopsensoryshop.com/>

These two messages came from the Arc of Washington. They have created a budget comparison which gives an overview of the Governor, Senate and House budgets in relation to issues that affect services for individuals with developmental disabilities. Any actions taken by you need to be made today. You can go to the following link and look under "**Legislator E-mail Services** (Forms to e-mail individual members)" <http://www.leg.wa.gov/pages/home.aspx>

"The House Ways and Means Committee has released its budget proposal. They put together a thoughtful budget proposal in support of people with developmental disabilities and their families who live and work in our communities.

Please thank them for the work they have done and ask them to hold firm on these budget items during their deliberations, as these services are critical to the people who receive them.

A look at the budgets from the Governor, the Senate and the House can be seen at http://www.arcwa.org/state_budget.htm

Budget support needed now!

The Senate has released their budget for proposal. There are some areas in which the Senate proposes to eliminate or reduce services for developmental disabilities. We need people to contact members of the Senate Ways and Means Committee to let them know these services are important and need to be put back in the budget. The committee meets Friday, February 26th at 1:30 to finalize their budget. Please send this email today."

3/2/2010