



**Parent to Parent of NYS  
Statewide Training Options  
(No Cost)  
Workshop Titles:**



**A Guide for Families to Understanding Supports & Services Administered by OPWDD**

*The purpose of this training is to introduce families to the language of service delivery systems and to define and clarify information about services and supports. Participants will gain an increased awareness and understanding of eligibility criteria and the eligibility determination process. The training includes an overview Home and Community Based Services (HCBS) Waiver, and Family Support Services.*

**Starting Over: Grandparents Raising Grandchildren with Special Needs**

*There are many reasons why a grandparent, or relative, raise their grandchildren full time. By creating an enriched, supportive, and safe living environment, grandchildren stay connected to their family while keeping them out of foster care. We will explore resources to help you.*

**Living With Fetal Alcohol Spectrum Disorders (FASD)**

*Children prenatally exposed to alcohol become adults with FASD. Understanding the permanent brain damage caused by prenatal alcohol exposure may be the reasons individuals with FASD fail in school, treatment, in the workforce, and with relationships, can help us to form strategies that may work and help the individual have a successful happy life.*

*This webinar will give a brief overview of FASD, identify some of the challenges of raising an individual with FASD over the lifespan and look at strategies that could be useful when living or working with them.*

**Preventing Parent Burnout: Stress Management for Parents of Children with Special Needs**

*Extraordinary parenting responsibilities create extraordinary pressures on parents. At the same time, parenting a child with special needs requires energy, focus, and enthusiasm to be effective in our role. The better off we are emotionally and physically, the better off our families will be. Join us for this training on Preventing Parent Burnout and discover positive ways to cope with and effectively manage stress.*

**Grief, Loss, and Adjustment for Parents of Children with Special Needs**

*Powerful and intense feelings are natural and common responses to parenting a child with exceptional needs. This training will provide an overview of common emotions experienced by parents and discuss how by sharing and acknowledging these emotions parents can find the inner strength needed to face and embrace their role as a parent of a child with special need.*

## **Autism Insurance Reform Legislation**

*Autism Insurance Reform legislation became effective in 2012 however legislation regarding Applied Behavioral Analysis was just recently signed into law. This training will address the overall legislation, who it assists and how and how parents can partner with their physician regarding insurance reform. We will also address the recent legislation regarding Applied Behavioral Analysis and the new law's impact on accessing these services.*

## **Health Care Notebook**

*Parents: Are you buried under papers?  
Stressed out when you need to fill out medical histories?  
Feeling nervous, rather than confident, when you interact with your child's health care providers?*

*The Health Care Notebook will help organize information in one central location, create a history of your child's health care, and assist you in advocating for your child within medical service systems. Record-keeping systems provide more than organization; they are the framework for effective advocacy.*

*Participants will learn how a HCN can assist in organizing medical records. They will be given tips on how the notebook can assist with advocacy, save time, reduce stress and utilize the information within the notebook in the event of an emergency.*

## **Healthy Transitions**

*As our youth with ID/DD or special healthcare needs transition from pediatric to adult health care systems, self-advocates and parents alike need to understand the importance of transitioning their healthcare effectively.*

*While many people engage in transition planning for their education to adult systems, sadly healthcare isn't often included in those plans. And yet, good health is the most fundamental and foundational aspect of a person's success. In this training you will learn what the research says, what issues to consider, the importance of transitioning healthcare and some effective means to begin a plan to transition for yourself or your child. The training focuses on ways to become a good parent partner with your health professionals and provides effective tools to plan for and insure a healthy success.*

*Often we think of transition as an educational process but there are additional transitions which take place as our children with special needs mature. This program will change your paradigm on how health factors into the transition equation. You may not think this is for you .... but it is!*

*One of our parents had this to say: "As the parent of a young adult with developmental disabilities and special health care needs, our family has worked hard to prepare our son for adult life in the community after high school. Those preparations include prevocational training, supported employment and community living. But on the day of our son's annual physical shortly after he turned 18, his physician turned to me and said the words that made me realize we had neglected the most important transition of all: 'Mom, you can leave the room now.'*

*Would my son know how to speak up and ask the doctor or nurse questions? If he didn't understand a question, would he ask again? Could he tell the doctor what medications he was taking or know how to call and schedule a doctor appointment?*

*Guiding our children to take ownership of their health care is one of the most important responsibilities we have as parents, but how do we begin to teach our child to become their own health care advocate? That is what this training is about."*

## **Education Records Organizer**

*This is a workshop where parents, guardians, and advocates of children who receive special education services. This workshop will also assist parents in becoming more organized in the planning of their child's education, and the CPSE/CSE process.*

*Parent to Parent will provide binders for this training.*

*Parents please bring the following materials with you for this training:*

*Your child or children's educational records for the past two years to include 504 Plans, IEP's, evaluations, behavior plans, report cards and other items that you believe should be part of this book.*

## **Understanding The Special Education System using The Regulations of the Commissioner of Education Part 200-201**

*Participants will learn about legal requirements set forth in The Regulations of the Commissioner of Education Part 200-201, participants will learn how to use the regulations and understand that parents are equal partners in their child's education. Parents will also learn effective communication skills on how to work with the CSE and other staff in their child's education program, how to read the NYS Regulations and have the opportunity to learn what is included in the IEP and how it is individualized to meet the unique needs of a student.*

### **What is Section 504?**

*This training will introduce you to Section 504 of the Rehabilitation Act of 1973. This training is designed to provide you with an understanding of the law, how it applies to educational programs and to students with disabilities. Children who qualify under this law receive services and/ or accommodations in the public-school system without being classified under IDEA/IDEIA and their school district's Committee on Special Education.*

### **Effective Advocacy Skills**

*Not everyone starts out by being a good advocate. Many parents, guardians and grandparents have faced challenges in getting their child's education needs met. Parents, guardians, grandparents, must learn the skills they need to become good advocates for their children. Participants will learn that communicate effectively with teachers and other school personnel is one of the best ways to ensure that your child's school is creating a good learning environment for your child, and to ensure that your child's school is providing your child with the services or programs that he or she needs to succeed in school.*

### **Understand Your Rights Related to Special Education Services? Come Ask the Advocates your questions about the CSE/ IEP process**

*Do you have any questions related to the IEP process that you want answers to?*

*Do you know how to request information about your child / student?*

*Do you understand your role at a CSE meeting?*

*Do you know how to discuss your child's needs at a CSE meeting?*

*If you have questions we have answers for you!*

*If you are a Parent, Grandparent, Family Members, or just interested in this topic then this training is for you!*

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### **A Beginners Overview to the Special Education Process**

*This training is for parents, grandparents, guardians, and professionals that are new to the special education process. This training will take you through the purpose of special education and that it is to provide equal access to education for children ages birth through 21 by providing specialized services that will lead to school success in the general curriculum. If your child's health care provider, teacher, other interested party or you suspect that your child may be eligible for special education services, it is helpful to know what to expect and where to begin. The training is an overview of the special education process and brief descriptions of its elements.*

*This workshop can be customized to focus on a specific age group (e.g., early childhood, pre-school, or school age).*

### **Effective Communication for CSE Meetings**

*There are good meetings and there are bad meetings. . Effective CSE meetings leave you energized and feeling that you've really accomplished something.*

*This training gives parents, guardians, grandparents and professionals insight into their personality strengths and how to use their strengths to improve their communication skills.*

*This training is for parents, grandparents and guardians on how to facilitate CSE meetings that ensure effective communication, remain focused on the student's needs and avoid conflicts. Participants will learn communication strategies for working with professional. This training also teaches you to recognize the signals for a potentially difficult IEP meeting and the skills needed to turn a difficult meeting into one that is productive.*

### **Transitioning from High School to the Adult World after Graduation Parents of students in ninth grade and beyond are encouraged to attend.**

*Do you wonder about your child's future?  
What is your child's plan after they leave school?  
Will they have a job?  
Will they live with you or on their own?*

*Transition from high school to young adulthood is a critical stage for all teenagers; for students with disabilities this stage requires extra planning and goal setting. Factors to consider include postsecondary education, the development of career and vocational skills, as well as the ability to live independently. The first step in planning for a successful transition is developing the student's transition plan. A transition plan is required for students enrolled in special education who have an Individualized Education Program (IEP). We will define and describe transition planning and how it can be utilized to maximize your child's future.*

### **Communicating Through Letter Writing**

*Letters provide both you and the school with a record of ideas, concerns, and suggestions. Putting your thoughts on paper gives you the opportunity to take as long as you need to: state your concerns, think over what you've written, make changes, and have someone else read over the letter and make suggestions. Letters also give people the opportunity to go over what's been suggested or discussed. A lot of confusion and misunderstanding can be avoided by writing down thoughts and ideas. However, writing letters is a skill. Each letter you write will differ according to the situation, the person to whom you are writing, and the issues you are discussing.*

*This training will help you in writing to the professionals involved in your child's special education.*

### **Let's Take a Crash Course on Understanding how to Read an IEP.**

*The Individuals with Disabilities Education Act (IDEA), a federal law, requires certain information to be included in the IEP but doesn't specify how the IEP should look. Because states and local school systems may include additional information, forms differ from state to state and may vary between school systems within a state. The IEP, Individualized Education Program, is a written document that's developed for each public-school child who is eligible for special education. The IEP is created through a team effort and reviewed at least once a year. This training will teach you how to read the IEP so you can understand what should and can be in the IEP.*

### **Let's Talk Diploma and Non- Diploma Options**

## **for Students with Disabilities**

*This training is designed for parents, guardians and grandparents of students with disabilities. We will provide information about the different types of diplomas available through the public school system. Knowing about these options will help you make sure that the educational program your child participates in will lead to an appropriate diploma.*

*The diploma will help your child achieve his or her goals for life after high school. It's good to begin thinking about graduation options when your child is in elementary school. The elementary school program lays the foundation for future years. By the end of middle school, you and your child will be asked to make more definite plans about diploma choices. This is not a decision you will have to make on your own. You will be assisted throughout this process by school and district staff through the development of the individual educational plan (IEP). The diploma choice is reviewed each year at your child's IEP meeting. The type of diploma that your child is working toward may change.*

## **Discipline of Students with Disabilities**

*This training will answer many questions that affects your child's behavior at school. Can a school suspend or expel a student with a disability for violating a code of student conduct? Change his or her placement? Is a manifestation determination necessary? What rules apply? This training will help you understand the complex disciplinary process.*

## **What You Need to Know About Assistive Technology in the IEP**

*This training will teach parents, grandparents, guardians about appropriate Assistive Technology (AT) devices and services how they allow students with disabilities to participate in and benefit from the general education curriculum and to meet Individualized Education Program (IEP) goals. For every student with an IEP, federal and state regulations require that the team consider the student's need for assistive technology devices and services.*

*The IEP must include a description of AT devices or services, or both, to be provided, if such devices and/or services are required as part of the special education program. The IDEA requirements for school districts state:*

## **How to Prepare for a Successful CSE Meeting**

*This training is to help parent, who approach IEP meetings with fear and dread? If so, attended this training and there may be some suggestions to help you feel more at ease and able to participate as a full member of the team that plans your child's special education program.*

*If you are a Parent, Grandparent, Family Member or just interested in this topic then this training is for you!*

## **Key Ingredients For the Start of a Successful School Year**

*As the carefree days of summer wind to a close, children and parents are starting to think about the return to (or start of) school. While there is typically excitement about the new school year, there is generally some level of anxiety about what lies ahead. The balance between excitement and anxiety is influenced by a number of factors including: your family's schedule, parent-teacher relationships and opportunities for much needed "down-time" from the weekday routine.*

*This presentation will help parents embark on the new school year, with some strategies to help make the year a success.*