



CARE PARENT NETWORK

# The Link

*"Linking Exceptional Families in Contra Costa County"*

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## **Changes Ahead for CARE Parent Network**

### ***A word from Contra Costa ARC's Executive Director***

*We all know how times of change bring both uncertainty and opportunity. Right now ARC is focused on the opportunity to begin a new era for CARE Parent Network. In the near future, our exceptionally skilled and devoted advocate, Betsy Katz, will begin transitioning out of her role as CARE's Program Director. It is hard to imagine CARE without Betsy as its Director, but we are committed to building upon the solid foundation she and her staff have established over the last 14 years. You or someone you know may be the right person to lead CARE Parent Network into the future. If you would like to receive the position announcement when it becomes available, please let us know by calling 925.370.1818 or email CARE@arcofcc.org.*

*Barbara Maizie*

## **Other News From CARE Parent Network**

We are pleased to announce the addition of a new staff member to CARE Parent Network. She is Deborah Penry, Ph.D., who is our new Early Education Coordinator. Deborah will be working with early intervention and preschool programs as well as community organizations and health care providers on ways to enhance the delivery of services to children aged birth to five with special needs. This project of CARE Parent Network, Early Childhood Connections, is funded by First 5 Contra Costa. Deborah has been a member of the Developmental Disabilities Council of Contra Costa County, has worked closely with the Orinda Unified School District on activities for students with disabilities, and

was part of the Early Childhood Education Strategy Work Group convened by First 5 Contra Costa that ultimately resulted in the Early Childhood Connections project. Deborah has trained professionals and child care providers on inclusion, and will be working closely with the Contra Costa Child Care Council. Watch for more news about Deborah's work.

## **Web Site Updates**

Be sure to check our web site ([www.careparentnetwork.org](http://www.careparentnetwork.org)) for updates. All of our resource guides have just been updated and are now on the web site.

## Emergency Preparedness for Children with Special Needs



There are many different kinds of emergencies from natural disasters (earthquakes, fires) to man-made crises (terrorist attacks, chemical spills). Having a plan when an emergency happens will keep you and those around you

safe. Families, caregivers, and people who work with children with special needs may have special considerations when planning for an emergency. This list is a starting point in preparations for emergency situations. The American Red Cross has a comprehensive booklet "Preparing for Disaster for People with Disabilities and other Special Needs" that contains detailed information as well as forms and lists to use. Their web site is [www.redcross.org](http://www.redcross.org).

1. Know what kinds of disasters could happen in your area and consider what your environment might look like after one occurs.
2. Complete an assessment. Know what your child will be able to do for herself and what assistance she may need before, during and after a disaster. Consider the disrupted environment, her capabilities, and limitations.
3. Create a support network of family, friends, relatives and neighbors who could assist you at a moment's notice. Discuss your child's special needs with them, including evacuation plans and medical information lists.
4. Compile a medical information list that contains names and telephone numbers of doctors, medications, dosage instructions,



allergies and any existing conditions. Make note of medical equipment, adaptive equipment and any communication difficulties your child may have.

5. Keep at least a seven-day supply of medications on hand. Ask your doctor or pharmacist what you should do if you cannot immediately get more.
6. Identify evacuation routes in your home and safe places to go after a disaster. Also, make your home safe by checking hallways, stairwells, doorways, windows and other areas for hazards that may keep you from exiting safely. Secure or remove furniture and objects that may block your path.

### A Message From CCS

Parents of children receiving therapy services from a Medical Therapy Unit should be aware of the MTU attendance policy. In order to make the best possible use of available resources, your help in ensuring that your child attends his/her scheduled therapy session is vital. If your child misses three appointments without cancellation notice to the therapy unit or has multiple weekly cancellations, this will result in the therapy appointment time being scheduled for another child. If your child must miss therapy due to illness or another valid reason, please call the MTU as soon as possible. Children showing signs of illness should cancel their therapy appointments until they are well. Children generally do not benefit from therapy during periods of illness and require extra rest to recover. Additionally, other children attending therapy sessions should not be exposed to known illnesses. To cancel therapy appointments leave a message at the therapy unit. Voice mail is available on a 24 hour basis. Thank you for your cooperation and your understanding of the attendance policy.

### **Support Group News**

A new support group is starting in Walnut Creek for parents of children between 13 and 25. ***“Transitions to Adulthood”*** will provide an opportunity for parents whose children are approaching the transition process or already involved in transition to come together to share concerns and support one another. The first meeting is scheduled for October in Walnut Creek. Plans are currently being finalized, so if you are interested contact Louise Glueck at 510-390-7591 or [louiseglueck@yahoo.com](mailto:louiseglueck@yahoo.com).

### **New Family Voices Project**

Family Voices of California is committed to changing the way that transition services are delivered to youth to provide a more comprehensive, effective, and efficient system. With that goal, they are creating a 12 member Youth Advisory Council to gather information and ideas from young people with disabilities throughout California (ages 14-24) and to enable them to act as a sounding board for possible changes. Family Voices thinks it is important that consumers have a voice in the way the system operates. The hope is to create a Council that reflects the diversity of California’s youth in age, gender, disability, ethnicity and geographic location. The goal is that these young people will reflect both their own opinions and those of their peers. The Council will meet monthly by telephone conference call and four times a year in face-to-face meetings in either Sacramento or the San Francisco Bay Area. All travel expenses will be reimbursed and a stipend of \$50.00 per meeting will be paid. Family Voices is looking for a dozen young people who want

to participate in this exciting opportunity to make a change in the systems that affect them. If you have any questions, please call Judith Lesner, Youth Facilitator at (510) 652-0432.

### **California Deaf-Blind Services**

California Deaf-Blind Services is a federally-funded program serving individuals birth through 21 who are deaf-blind, their family members and care providers, and educational personnel. They provide training, consultation, information dissemination, and have developed a network of family support providers. Their interest lies in working with individuals who are deaf-blind to develop strengths, recognize unique needs, and develop personalized supports and services. The agency is located at San Francisco State University; phone number is 800-822-7884; web site [www.sfsu.edu/~cadbs](http://www.sfsu.edu/~cadbs). Services are provided at no cost.

### **Be Sure to Vote!**

Don’t forget to go to the polls on **November 7** to exercise your right to vote. Watch your local newspaper and cable TV channels for opportunities to meet your local candidates. It is vital that candidates for public office understand the unique needs of families of children with special needs.

### **Internet Resources**

Parents of children with feeding tubes might want to check out this web site: [www.kidswithtubes.org](http://www.kidswithtubes.org). It is full of useful and practical information.

## CALENDAR



**October 6:** CCS Open House, Castro School, El Cerrito, 12:30 pm.

**October 11:** Early Education Council, CARE Parent Network offices, Martinez, noon.

**October 13:** Fussy Babies, Caring Parents: Clinical and Programmatic Approaches to Early Regulation Problems, with Linda Gilkerson, Ph.D. Training offered by Children's Hospital & Research Center, First 5 Alameda County, and John F. Kennedy University. Registration information at 510-428-3407. (Fee)

**October 14:** Mentor Parent Retreat, CARE Parent Network, Martinez. Call Louise Schneiders at 800-281-3023 x 101 for more information.

**November 1:** "Road Map to Early Start and Special Education Preschool Services", sponsored by Early Education Council, Willow Creek Center, Concord. This training is for professionals who work or serve children birth to five years old. Call CARE for more information.

**November 1-3, 2006:** The SCERTS Institute: Next Generation Practices for Children with Autism and Their Families. Sponsored by Childhood Communication Seminars, Inc. San Jose Convention & Cultural Facilities. To register call 401-467-7008 or go to [www.ccseminars.com](http://www.ccseminars.com). (Fee)

**November 4:** IEP Workshop sponsored by Mt. Diablo Unified School District. To reserve a space call 925-682-8000, Ext. 4297.

**December 13:** Early Education Council, CARE Parent Network offices, Martinez, noon.

**February 3, 2007:** Parent University. An annual conference sponsored by Mt. Diablo Unified School District. Watch for more information.

Opinions expressed in *The Link* do not necessarily reflect the endorsement of CARE Parent Network or any of its associations. We do not recommend any treatment, therapy, institution or professional system, etc.

# CARE Parent Network

## ANNOUNCES

**WHAT:** Special Education: What to Expect From Your School System  
**WHEN:** Saturday, October 28, 2006 10:00 am to 12:00 noon  
**WHERE:** Conference Room, 1340 Arnold Drive, Suite 115, Martinez  
**WHO:** Cathy Nicoll, Ph.D., Contra Costa SELPA Coordinator

*The special education system is complex and sometimes hard to understand for parents new to the process. This workshop is for parents who would like to learn more about the special education process. If you are apprehensive about what to expect from your school district, wonder what services will be available to your child, and have questions about what you can do if you see a need to change your child's IEP, this workshop is for you. Helpful hints for establishing an effective partnership with your school district will be offered.*

***Dr. Cathy Nicoll** is an experienced educator and is the Alternative Dispute Resolution Coordinator with the Contra Costa SELPA. Dr. Nicoll has over 30 years' experience in local special education systems.*

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\_\_\_\_\_ Yes, I (we) will attend the workshop.

**Name (s)** \_\_\_\_\_ **Email** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City & Zip** \_\_\_\_\_ **Phone #** \_\_\_\_\_

- ★ Please send by **October 20** to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez, CA 94553. Or, fax to 925-370-8651.
- ★ **After you register you will receive a code to enter the building.**
- ★ For questions or more information, call 800-281-3023.

### Acknowledgements

This workshop is possible through the generous support from



SPECIAL THANKS

- ★ Beverly Ault
- ★ Olivia Beretta
- ★ Cheryl Clift
- ★ Delta First 5 Center
- ★ Carolyn Dodds
- ★ Down Syndrome Connection
- ★ Maria Grosskopf



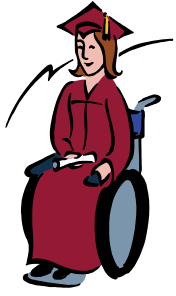
- ★ Dawn Heider
- ★ Elisha Hughes
- ★ Bob Jacobsen
- ★ Sharon Kidder
- ★ Laura Kahapea
- ★ Carol McCrary

SUPPORT GROUPS

<b><u>Name of Group</u></b>	<b><u>Location</u></b>	<b><u>Facilitator(s)</u></b>	<b><u>Meeting Schedule</u></b>	<b><u>Comments</u></b>
Support for Moms	Martinez	Louise Schneiders	1st Thursday of each month	All disabilities
Support for Moms	Danville	Cheryl Clift	3rd Tuesday of each month	All disabilities
Support for Moms	Brentwood	Louise Schneiders, Elisa Hughes	1st Tuesday of each month	For parents of children with autism
Transition Information & Support	Martinez	Betsy Katz	6 sessions in Fall 2006	For parents of children 16 and up
Autism Family Support Project	Concord	Nicole Sanders	Monthly, check dates	For parents of children with autism
Padres Latinos (Spanish)	Martinez	Angela Quiroga	1st Saturday of each month	All disabilities
Grupo de Autismo (Spanish)	Martinez	Cecilia Zepeda	1st Friday of each month	For parents of children with autism
Voces de Amor (Spanish)	Martinez	Cecilia Zepeda Yolanda Vasquez	2nd Wednesday of each month	For parents of children with special health care needs
Just for Fathers	Walnut Creek	Bob Jacobsen	1st Wednesday of each month	All disabilities

If you are interested in attending a support group, please contact CARE Parent Network at 800-281-3023.

## Parents:



- ★ *Do you have a child age 16 or older?*
- ★ *Are you thinking about transition?*
- ★ *Is your child a client of the Regional Center of the East Bay?*
- ★ *Does your child have an IEP?*



## CARE Parent Network

### Announces

- WHAT:** A group for parents of transition-age students
- WHEN:** Three meetings: **November 6, 13, and 20; 9:30 am to 12:00 (noon)**
- WHERE:** Conference Room, 1340 Arnold Drive, Suite 115, Martinez
- WHAT:** Information, guest speakers, a chance to share and support, light refreshments

**GROUP FACILITATOR: BETSY KATZ**

*Questions or more information: Call 800-281-3023*

**Every participant will receive a Transition Notebook to use as the basis for their child's transition plan. Space is limited, so sign up now!**

\_\_\_\_\_ Yes, I (we) will be joining the transition group.

Name (s) \_\_\_\_\_ Email \_\_\_\_\_

Street Address \_\_\_\_\_

City & Zip \_\_\_\_\_ Phone # \_\_\_\_\_

What is your primary interest in the area of transition planning? \_\_\_\_\_

What kind of information can we provide to you to help you plan for your child's transition? \_\_\_\_\_

Please send by October 30 to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez, CA 94553. Or, fax to 925-370-8651.

### Acknowledgements

The Transition Support Group is funded by the Contra Costa County Employment & Human Services Department, Family and Children's Trust Fund.

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