



CARE PARENT NETWORK

# The Link

*"Linking Exceptional Families in Contra Costa County"*

Volume XIV, Issue 4 Published quarterly Summer 2006

## **Remembering Pam Steneberg**

Families of children with special needs lost a great advocate recently with the passing of Pam Steneberg. Pam, along with her good friend Diane Lipton, was a pioneer in the West Contra Costa County area when she sought to ensure that children with special needs were educated alongside their non-disabled peers. She was well-known on the national scene and was a key participant in the passage of the Individuals With Disabilities Education Act. She was a tireless Parent Advocate for many years with Disability Rights Education and Defense Fund (DREDF) despite chronic health problems. Pam passed away peacefully in March. Her contributions will be missed, and those of us who were privileged to benefit from the training, support, and mentoring that she provided will also miss her greatly. Our condolences go out to her family.

## **Choosing an Advocate**

Many parents contact our office looking for a referral to an advocate. If you feel you need an advocate to assist you, it is important to understand how an advocate can help you and what you should expect. The Council of Parent Attorneys and Advocates, Inc. ([www.COPAA.org](http://www.COPAA.org)) has a listing of advocates as well as a set of guidelines for choosing an advocate. If you do not have access to a computer, we can send you a copy of the guidelines.

**Support Group:** Parents who have children with bipolar disorder are meeting

to support one another on the second Monday of each month from 7:00 – 9:00 pm at the Lafayette Orinda Presbyterian Church (Room 4), 49 Knox Drive, in Lafayette. This group is sponsored by NAMI. For more information, check their website at [www.newhopesupportgroup.com](http://www.newhopesupportgroup.com).

**New Transition Support Group:** A new parent support group is meeting at the Walnut Creek Presbyterian Church Parlor and is for parents of transitioning young adults. There will be discussion and sharing of concerns for parents entering the transition years. If you are interested, call Cheryl Young at 925-930-6672.

**Social Skills Groups:** Karen Dunn, MFT is offering Social Skills Groups in Danville for children aged 6-8 or 9-12 who have autism spectrum disorder or Asperger's syndrome. The groups will include age appropriate games and exercises with the goal of teaching children how to communicate, interact, and socialize with others. Karen has been designing and leading groups since 1976. To find out more about her groups call 925-648-4855.

## **First 5 Centers**

Parents of children birth to five should become acquainted with their local First 5 Center, which provides a wealth of resources and support to families of young children. Strategically located throughout the County, the programs of the First 5 Centers are intended to help parents nurture and support the growth and development of their children. Each Center has a calendar of events. For more information, please go to [www.firstfivecc.org](http://www.firstfivecc.org). Or, contact our office and we will refer you to a First 5 Center near you.

## **News from CCS**

### *WHEN SHOULD YOUR CHILD STAY HOME FROM THERAPY?*

Many parents are concerned about when to keep children home from physical therapy and occupational therapy. If your child has symptoms that indicate they could be contagious to others, it is best to keep them home. **These symptoms include:**

1. **Fever:** Your child should stay home if he/she has a fever of 100 degrees (orally) or more and should remain home for about 24 hours after the fever has gone.
2. **Vomiting or Diarrhea:** Your child should stay home if he/she has vomited or has diarrhea (more than 1 loose stool) within 2 hours prior to the start of school. (Be alert for *stress induced vomiting* – some children throw up when worried about something.)
3. **Pinkeye:** Conjunctivitis can be very contagious. If the white of your child's eye is red and has any type of drainage you should keep your child at home. You should contact your child's doctor.
4. **Head Lice:** Children with lice should be kept at home until treated and all the nits (eggs) are removed. Contact your school nurse if you discover head lice on any of your children.
5. **Chicken Pox:** Students should not attend school until all the blisters have scabbed over and begin drying. This takes about 7-10 days from the onset of the disease.
6. **Impetigo:** Impetigo is sores that have become infected. Impetigo can be found anywhere on the body including the face. The sores become crusty and can drain infected material. Your child needs to be treated for the infection. Once treatment has started, your child may come to school. If not dry, sores need to be covered while in school.

7. **Strep Throat:** If your child has been diagnosed as having a strep throat (this requires a special test by a health care provider), your child should stay home approximately 24 hours after antibiotic therapy has been started.

If your child is sick and must miss an appointment, please call the therapy unit as soon as possible. Depending on the duration and type of illness, the child's therapist may provide exercises that can be done at home.

The therapy unit phone numbers are:

Castro, (510)374-3909

Mauzy, (925)646-6014

Shadelands, (925)646-5733

Turner, (925)427-8522

### **InfantSEE**

Visual development is most dramatic between 6 and 12 months of age and early detection of undiagnosed vision problems can help to reduce the threat of later impairment. The first year of life is an ideal time to assess a baby's eyes for possible vision problems. InfantSEE is a public health program developed to provide professional eye care for infants. Participating optometrists will provide no-cost assessments to eligible infants. To find an optometrist in your area, go to [www.infantsee.org](http://www.infantsee.org).

### **Sex Education Workshop**

If you are the parent of a transitioning student (age 16 and up) you are invited to attend a special workshop on **July 25** which will be presented by Susan DuPuis, MSW. This workshop will help parents to understand how to respond to their child's need for information about changes in their physical and emotional growth and development, and will provide basic information about how to keep your children safe. The workshop will begin at 7:00 pm and advance registration is required. Please call our office for more information.

## **SCHOLARSHIPS/STIPENDS**

### **Training Scholarships for MDUSD Parents**

Parents of children with an active IEP in the Mt. Diablo Unified School District may be eligible for a scholarship which would reimburse them for the registration costs connected with attending a special education advocacy training. The training must cover the IEP process and/or development of advocacy skills. Funds are limited and do not cover travel costs or child care costs. To see if you are eligible, please contact our office. If the training you are interested in is approved, reimbursement can be obtained by submitting proof of attendance.

### **Child Care Stipends Available**

Parents: Is your child (age birth to five) being cared for at least 15 hours per week by a friend or relative in a home that is NOT licensed for childcare? If so, the childcare provider can attend one of our workshops or trainings and be eligible to apply for a \$50 stipend from First 5 Contra Costa. The application form is available in our office; or, you can call Kelly at the Contra Costa Child Care Council (925-676-5442, Ext. 3110) or the Contra Costa County Office of Education (925-296-1453). Up to \$100 per year can be given based on attendance at a workshop and meeting other criteria!

## **RESOURCES**

### **Office of Special Education New Tool Kit**

Want to know more about assessing students with disabilities? Teaching them? The Office of Special Education Programs (OSEP), United States Department of Education has a new Tool Kit that brings together the most current

and accurate information, including research briefs and resources designed to improve instruction, assessment, and accountability for students with disabilities. It is intended to assist state personnel, schools, and families in their efforts to ensure that all students with disabilities receive a quality education. The Tool Kit is available at <http://www.osepideasthatwork.org/toolkit/index.asp>.

### **The National Dissemination Center for Children with Disabilities (NICHCY) New Individuals with Disabilities Education Act (IDEA) Parent Guide**

This new guide is available at <http://www.nicd.org/content/view/902/456086/>. It describes the special education process - a process that is the same regardless of a child's particular difficulties or disabilities. Within the guide, special emphasis is placed on the category of specific learning disability. The guide includes parent perspectives, terms helpful to know, and practical materials for parents such as Checklists, Sample Letters, Charts, and Questions to Ask. If you have questions, please contact Janet Canning at (916) 327-4217.

### **Contra Costa County Library**

There are 25 libraries in our county with lots of programs for children and families. A sample of the programs offered include: picture book time, toddler time, lap sit baby time, movies for children, kids' summer reading contest, family programs, and more! Check out your local library for a wide array of programs for all ages. Go to [www.ccclib.org](http://www.ccclib.org) or call 800-984-4636 to find out about your local library's programs.

SPECIAL THANKS

- ★ Delta First 5 Center
- ★ Julie Greenwell
- ★ Kathy Harkins , Down Syndrome Connection
- ★ Family and Children’s Trust
- ★ First 5 Contra Costa
- ★ Sandy and Bob Jacobsen



- ★ Miriam Leung
- ★ Mary Grace and Jon Livesay (In memory of Mark Schneiders)
- ★ Deborah and Miguel Ponder
- ★ Spina Bifida Association (In memory of Mark Schneiders)
- ★ Meg Verga

SUPPORT GROUPS

<b>Name of Group</b>	<b>Location</b>	<b>Facilitator(s)</b>	<b>Meeting Schedule</b>	<b>Comments</b>
Support for Moms	Martinez	Louise Schneiders	1st Thursday of each month	All disabilities
Support for Moms	Danville	Louise Schneiders 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	Concord	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 Laura Fragosa	2nd Wednesday of each month	For parents of children with special health care needs
Just for Fathers	Martinez	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.

## Fall IEP Training

- WHEN?** Saturday, September 16, 2006
- WHERE?** 1340 Arnold Drive, #115, Conference Room, Martinez.
- WHO?** **Parents of children with special needs** who want to learn more about the IEP process.
- WHAT?** This workshop will include an overview of the special education process with a special focus on how parents can be effective participants in the development of an IEP which meets their child's needs. All materials will be provided.



*Space is limited and priority is given to parents who have not previously attended an IEP Training.*



**There is NO CHARGE for this workshop!**

*This workshop is co-hosted by Disability Rights Education Defense Fund (DREDF) and CARE Parent Network.*

- 9:00 - 9:30 a.m.** Registration & Coffee
- 9:30 - noon** An Overview of Special Education & the IEP Process  
Presenter: Parent Advocate, DREDF

**Please register using the form below. Mail to CARE Parent Network, 1340 Arnold Dr., Suite 115, Martinez, CA 94553 or Fax to 925-370-8651 or email to CAREofARC@aol.com.**

**Questions? Call 800-281-3023.**

Name: \_\_\_\_\_

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

City/Zip: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_

**Yes, I will attend September 16** (check  box)  (please register by 9/8).

---

## CALENDAR

---



July 22, August 26, September 16: Two classes: Special Needs Trusts and Limited Conservatorships for Persons with Developmental Disabilities. Offered by The Dale Law Firm, PC in Walnut Creek. Call 925-280-0172 to reserve a space.

Planning for the Future of Your Child or Dependent with Special Needs: classes offered through Mt. Diablo Adult Education (925-937-1530) or Martinez Adult Education (925-228-3276). (Starting in West County in Fall 2006). Classes presented by Andrew Vasquez, ChFC.

**July 14:** CCS Open House, 12:30 pm. Turner Medical Therapy Unit, Antioch. Call 925-313-0999, x 104 for more information.

**July 25:** Sex Education Workshop, sponsored by CARE Parent Network, presenter, Susan DuPuis, MSW, 7-9 pm. Call 925-313-0999 for more information. .

**July 26:** New Parent Welcome, sponsored by CARE Parent Network and Regional Center of the East Bay, 10 am. Call 925-313-0999 for more information. .

**September 16:** Fall IEP Training, sponsored by CARE Parent Network and DREDF, 9:00 am – noon. Call 925-313-0999 for more information. .

**September 23:** Congreso Familiar, Annual Conference for Spanish-Speaking Parents, Hayward. Call 925-313-0999 for more information.

**September 27:** New Parent Welcome, sponsored by CARE Parent Network and Regional Center of the East Bay, 10 am. Call 925-313-0999 for more information.

**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 28:** Special Workshop: Helping Parents to Understand the Special Education System. Presentation by Cathy Nicoll, Ph.D., Contra Costa SELPA. Conference Room, CARE Parent Network. Pre-registration required. Call 925-313-0999 for more information. (Free)

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.

# New Parent Welcome Coffee

Is your child receiving early intervention services through the Regional Center of the East Bay? If so, please join us for coffee and conversation to learn more about the Early Start Program. You will receive useful resources, meet staff from CARE Parent Network and the Regional Center of the East Bay, and meet other parents.

Refreshments will be served. We are looking forward to getting to know you. Children are welcome.

When: July 26 or September 27 (pick one)

Time: 10:00 am

Where: CARE Parent Network  
1340 Arnold Drive, Suite 115  
Martinez

Co-hosted by  
CARE Parent Network  
&  
Regional Center of the East Bay

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Child's name & age \_\_\_\_\_

Will you be bringing your child? \_\_\_\_\_

I will attend: \_\_\_\_\_ July 26 (register by July 21)

\_\_\_\_\_ September 27 (register by September 22)

Please return to CARE Parent Network by any of the following:

Email to: CAREofARC@aol.com

Fax to (925) 370-8651

Mail to : CARE, 1340 Arnold Dr. Suite 115, Martinez, CA 94553

Questions? Call CARE at (925) 313-0999, Ext. 101

**CARE Parent Network.**  
A program of Contra Costa ARC  
1340 Arnold Drive, #115  
Martinez, CA 94553

**Non-Profit Organization**  
U.S. Postage  
**PAID**  
Permit #177  
Concord, CA