



CARE PARENT NETWORK

# The Link

*"Linking Exceptional Families in Contra Costa County"*

Volume XIV, Issue 3 Published quarterly Spring 2006

## NEWS FROM CARE PARENT NETWORK

### **Early Start Interagency Coordinating Council**

The Department of Developmental Services is looking for new members for both the ICC as well as Community Representatives on its committees. They are seeking parents of children who are receiving, or have recently received, early intervention services, as well as providers of early intervention services. Applications are available online at <http://appointments.ca.gov/en/form/form.php> or from our office. This is a wonderful opportunity to be part of a statewide group focused on ensuring the quality of California's Early Start Program.

### **Autism Resources**

✱ **East County Support Group:** A group of parents of children with autism have been gathering informally at Panera Bread in Antioch on the second Wednesday of each month from 6:30 to 8:30 p.m. The contact person for the group is Lisa McBride, 925-516-5905. They have also started a Yahoo Group to exchange information: [http://health.groups.yahoo.com/group/EastCCCounty\\_AutismSupport\\_Friendship/](http://health.groups.yahoo.com/group/EastCCCounty_AutismSupport_Friendship/).

✱ **Autism Family Support Project:** We Care Services for Children has announced a new Autism Family Support Project. This will be launched with a Family Fair, "Spring Into Health", on Saturday May 20 from 12:00 noon until 4:00 pm at We Care, 2191 Kirker

Pass Road, Concord. Highlights will include food, games, face painting, health screenings, child safety information, and more. If you would like more information, contact Nicole Sanders at 925-671-0777, Ext. 53.

✱ **CREW Pilot Program:** The CREW (Coordinating Community/Recreation/Education and Work) Project is designed to be a support for young adults with neuro-cognitive disorders (Asperger's Syndrome, high functioning autism, non-verbal learning disability, and similar conditions). The project focuses on preparing young people for a productive life after high school and works on social involvement, encouraging vocational and academic pursuits, and preparing young adults for independent living. Mentoring/coaching groups are now forming. Contact Dr. Annette Blackman at 925-323-8814 or email her at [annetteblackman@cs.com](mailto:annetteblackman@cs.com).

✱ **New Book:** Karra Barber is well-known in Contra Costa County as the founder of a local parent support group as well as an informative web site ([www.aspergersresource.org](http://www.aspergersresource.org)). She is now the successful author of a new book, Living Your Best Life with Asperger's Syndrome. This book describes the problems Karra faced as her son changed and grew, prompting challenges at every stage of development. The book is a testament to her determination as well as a celebration of her son and their relationship. The book has received complimentary reviews by Michelle Garcia Winner and Tony Attwood. For publishing information, go to [www.luckyduck.co.uk](http://www.luckyduck.co.uk). Congratulations, Karra, on your success!

## CCS Update

This article seeks to provide general information about the therapy transitions a child may experience with CCS. Children often start the program receiving active therapy but as other areas of their life change, their therapy needs may change. Active therapy means that the child is making a measurable change about every six months. The change may be big or small, such as sitting without support, drinking from a sippy cup, rolling over, or crawling. If those measurable changes level off, your child's therapist will talk to you about transitioning to a different level of therapy services. When your child transitions to a different level of services, they have not left the therapy program. Therapists are still available for support, questions, reassessing skills, evaluating equipment needs, conferring with teachers, and they remain an integral part of your child's team. Some examples of the areas in which transitions may occur are as follows.

- **Evaluations:** initial evaluation to establish the level of services needed, ongoing evaluation to assess response to treatment, equipment needs, effectiveness of treatment approach.
- **Active therapy:** weekly visits, treatment to improve mobility (crawling or walking), treatment to increase activities of daily living (dressing, feeding, self-care), home exercises.
- **Monitoring:** monthly visits, assess equipment needs, provide consultation to family, teachers, or other community providers.
- **Consultation:** advice and help with equipment and physical barrier issues, periodic check-in with family or teachers, serving as a bridge to social, recreation, or educational opportunities. *(Thanks to the Alameda County CCS Program for allowing us to adapt this article.)*

## Congratulations

John Jones, Executive Director of We Care Services for Children in Concord, has been appointed to the First 5 Contra Costa Commission to represent District 5. We wish him well as he assumes this new responsibility and know that the needs of all young children in Contra Costa County will have an effective advocate working on their behalf.

## Resources

- ✱ **Student Organizational Services 2006 Summer Workshops:** SOS has announced its summer workshops that focus on helping middle school students do well in school. Workshops will be held at the Orinda Academy. One-to-one coaching is also available. For more information, go to [www.sos4students.com](http://www.sos4students.com) or call 510-531-4767.
- ✱ **Evaluating Child Care Programs:** Healthy Kids, Healthy Care is a web site produced by the National Resource Center for Health and Safety in Child Care and Early Education. It contains 34 key health and safety practices for parents to look for when evaluating and choosing childcare or early education programs. Parents can use the resources to help improve the quality of their child's current program. The web site address is [www.healthykids.us](http://www.healthykids.us) and contains links to other resources.
- ✱ **New!! – Kid's Club:** United Cerebral Palsy of the Golden Gate has launched a new weekend recreation program for children with cerebral palsy, aged 5 to 12. Called Kid's Club, this program meets two Saturdays each month in San Francisco and Oakland and is designed to entertain children. For more information call 510-832-7430. In the future UCP hopes to expand to Marin and Contra Costa Counties.

**Contra Costa County  
California Children Services**

**Cordially Invites You to an Open House**

Please join us at any of the following CCS Medical Therapy Units.

***Each Open House will be held on Friday afternoon.  
12:30 p.m. to 2:00 p.m.***

Shadelands—1860 Silverwood Dr., Concord, April 7  
O’Hara Park—1100 O’Hara Ave., Oakley, May 5  
Turner—4207 Delta Fair Blvd., Antioch, July 14  
Castro—1435 Lawrence St., El Cerrito, October 6

**Program**

- Meet key CCS staff
- Receive information about the CCS program
- Browse community resources
- Meet CARE Parent Network staff
- Light refreshments will be served

***If you have questions, please call CARE Parent Network.***

***800-281-3023, Ext. 104***

***Please join us!***

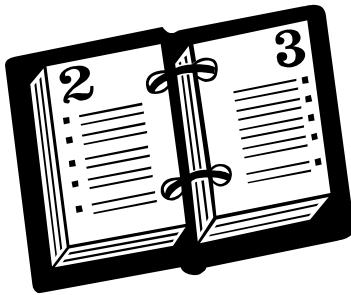
## SPECIAL THANKS

- ★ Cheryl Clift
- ★ Delta First 5 Center
- ★ First 5 Contra Costa
- ★ Kathy Harkins, Down Syndrome Connection
- ★ Elisa Hughes
- ★ Bob Jacobsen



- ★ Deborah Penry
- ★ Carol Rossi
- ★ St. Stephen's Catholic Church
- ★ Steve Scheer
- ★ Katherine S. Waters (In memory of Mark Schneiders)
- ★ Cathy Weddle

## CALENDAR



**April 7, 2006:** Early Identification of Autism in Infants/Toddlers and Intervention Approaches. Presenter: Dr. Sally Rogers, M.I.N.D. Institute. A half-day conference sponsored by the Infant Development Association. Registration information is available at [www.idaofcal.org](http://www.idaofcal.org) or 916-453-8801.

**April 27-30, 2006:** Best Practices in Autism Treatment 2006. Sponsored by Parents Helping Parents and the Autism Society of America, Bay Area Chapter, San Jose Marriott. To register go to [www.autismeducation.net](http://www.autismeducation.net) or call 408-558-9404.

**May 20, 2006:** Spring into Health Family Fair. 12-4 pm. Healthy living information and health screenings, child safety information, food, raffle, games, bounce houses, face painting and more. Sponsored by We Care Service for Children, Concord Call 925-671-0777 for more information.

**June 5-6, 2006:** Early Start Advanced Practice Institute: Reflecting on the Vision, Meeting the Challenge of Leadership. Crowne Plaza, Foster City. Register with WestEd Center for Prevention and Early Intervention, [www.wested.org/cpei](http://www.wested.org/cpei).

**August 2-4, 2006:** 2006 Statewide Summer Intervener Training Institute, Los Angeles. For individuals serving as interveners with children who are deaf-blind. Sponsored by California Deaf-blind Services. To order registration materials call 415-405-7558.

*Registration information for all the events listed above is available at CARE Parent Network.*

## Parenting a Child With Special Needs

*Do you have a child with special needs? Please join us for this special workshop to learn how to care for a child with special needs. We will meet four times, focusing on a different topic at each meeting. Each participant will receive:*

- A customized binder to organize your child's records
- Information on local resources
- Connections with other parents

### **Session 1: Understanding Your Child**

Learn more about your child's special needs and how to use that information effectively to plan for the most appropriate services.

### **Session 2: Understanding the Service System**

A comprehensive overview of the different services, including services provided by regional centers and special education.

### **Session 3: Local Resources**

Getting connected with agencies and programs that provide support is important to your well-being.

### **Session 4: Taking Care of Yourself**

Learn how to balance the demands of parenting and take time for yourself. Share your concerns and challenges with other parents.

**Where:** Conference Room, George Miller Center  
2801 Robert H. Miller Drive, Richmond

**When:** **May 2, 9, 16, and 23** from 10:00 to 12:00.

Please register using the form below by **April 25**.  
(Mail to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez 94553 or fax to 925-370-8651.)

Cut and return bottom portion

-----  
Name (s) \_\_\_\_\_  
Street Address \_\_\_\_\_ City & Zip \_\_\_\_\_  
Daytime Phone Number \_\_\_\_\_  
Your child's birthdate \_\_\_\_\_ Your child's special need \_\_\_\_\_  
\_\_\_\_\_

## 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 evening of each month	All disabilities
Support for Moms	Danville	Louise Schneiders Cheryl Clift	3rd Tuesday evening of each month	All disabilities
Support for Moms	Brentwood	Louise Schneiders, Elisa Hughes	1 <sup>st</sup> Tuesday morning of each month	For mothers of children with autism
Transition Information & Support	Richmond	Betsy Katz	Spring 2006 (3/7 through 4/11)	For parents of students with developmental disabilities, 16 years+
Parenting a Special Needs Child	Richmond	Betsy Katz	Spring 2006 (5/2 through 5/23)	For parents who need basic information on parenting
Padres Latinos (Spanish)	Martinez	Angela Quiroga	1st Saturday afternoon of each month	All disabilities
Grupo de Autismo (Spanish)	Martinez	Cecilia Zepeda	1st Friday morning of each month	For parents of children with autism spectrum disorders
Voces de Amor (Spanish)	Martinez	Cecilia Zepeda Laura Fragosa	2 <sup>nd</sup> Wednesday morning of each month	For parents of children with special health care needs
Just for Fathers	Martinez	Bob Jacobsen	1 <sup>st</sup> Wednesday evening of each month	All disabilities

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

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.

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

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