



CARE PARENT NETWORK

# The Link

*"Linking Exceptional Families in Contra Costa County"*

Volume XIII, Issue 4 Published quarterly Summer 2005

## NEWS FROM CARE PARENT NETWORK

### **New Services at CARE Parent Network**

We are pleased to announce that we have once again been selected to receive funding from the Contra Costa County Employment and Human Services Department, Family and Children's Trust Fund in partnership with Barbara Milliff Children's Center. This funding will help us to expand the support groups we offer. We anticipate being able to accommodate additional parents who are interested in joining a support group. New groups will be started in Danville, as well as in East County. In addition, we will be offering two short-term groups for parents of transition-age students (age 16 and up) to assist them in planning for the future; and two groups for parents of children who have just received a diagnosis or would like an opportunity to learn more about the challenges of parenting a child with special needs. We are currently looking for parents who may be interested in co-facilitating a support group, along with a member of our staff. A training will be held for facilitators in September. More information about these groups is included in this newsletter and will be posted on our web site. If you would like to speak to a member of our staff about joining a group, please call our office.

### **Please Welcome Cecilia Zepeda**

Cecilia has recently joined CARE Parent Network as a bilingual Family Support Specialist. She has been one of our mentor

parents and is actively involved with Esperanza de Amor in Richmond, as well as a member of the Community Advisory Committee in the West Contra Costa Unified School District. She will be providing one-to-one support to parents and will also be working with some of our new support groups. Cecilia's extension is 108.

### **Farewell to Sharon Sanger**

Sharon Sanger, Program Specialist at Cameron School in El Cerrito, has retired from her position. Sharon has been instrumental in developing programs for children birth to five in the West Contra Costa Unified School District, and has made numerous contributions to the system of services and supports for infants and toddlers with special needs. We wish her well as she starts a new phase in her life, and express gratitude for everything she has contributed.

### **Welcome**

The Down Syndrome Connection has announced that a new Executive Director has joined their organization. Terry Sylvester has joined the Down Syndrome Connection and is eager to get to know the community. Please join us in welcoming Terry and renewing our efforts to partner with organizations whose goal is to improve the quality of life for children and adults with developmental disabilities.

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.

## RESOURCES

### **West County Resource**

If you live in West County and are not covered by health insurance, you may be able to receive health care services at 75% off from Doctors Medical Center. As a non-profit hospital, they offer financial assistance to those who qualify. In an emergency, they have charity care policies which might pay for your care if your family's income is less than 300% of the federal poverty guidelines. Call them at 510-970-5082 if you want more information.

### **New Support Group**

Parents of children with autism in West Contra Costa County are invited to join a new support group meeting at the Washington Field House, 110 East Richmond, Point Richmond from 7:00 to 9:00 p.m. Group meeting dates are August 1 and 15, and September 5 and 19. The group has been organized by the California Chapter of the National Autism Alliance. For more information call Chapter President Aria Ligi at 510-237-9454. Also, check out their web site at [www.freewebs.com/calnaa/](http://www.freewebs.com/calnaa/).

### **Rx Help for Californians**

This is a free service for people who are uninsured, underinsured, or have a limited income. By either making a phone call or going online, you are helped to sort through the free or reduced-price medication programs sponsored by pharmaceutical companies so you can get free or discounted medications. It even helps you to enroll in government assistance programs such as Medi-Cal and Healthy Families.

Rx Help for Californians offers access to more than 2,300 prescription medications through 350 different patient assistance programs. Call **877-777-7815** or go online at **www.**

**RxHelpforCA.org.**

### **New Books**

We have acquired several new books for our browsing library. You are welcome to come in and review these books. Books can be borrowed for 2 weeks by leaving a deposit.

### **MDUSD Parent Training Scholarships**

If you are the parent of a child with an IEP in the Mt. Diablo Unified School District, you may be eligible for a scholarship to attend a special education/IEP training. Disability Rights Advocates has asked us to administer this fund, which can cover the cost of registering for a conference or workshop which educates parents about the special education process. Funds cannot be used to cover child care, travel, meals, or hotels. Please contact our office for more information if you are interested.

### **Orion Academy Class**

Orion Academy will offer an Anxiety Management Program this summer. As parents, we know that the management of anxiety is key to social and academic success for our children. This program will offer students the opportunity to develop cognitive and behavioral skills that will focus on changing behaviors. Session II is from July 25-August 4 and is for middle school students. Contact the Orion Academy at 925-377-0789 for more information.

### **Special Olympics in East County**

Join "Special Olympics Kick Off Day" at the Almond Festival at O'Hara Park in Oakley, on September 17 and 18 from 10 Am to 6 PM. The Special Olympics Booth will be staffed to receive sign up applications and give information about Special Olympics in East Contra Costa County. For more information call Julie Jackson at 925-634-5004.

## SPECIAL THANKS TO:

**In Memoriam: Mark Schneiders**

Kathy and Don Brown  
 CCS Administration  
 Julie and Richard Churchill  
 Catherine Coggins  
 Gloria Del Barco  
 Family Resource Centers Network of California  
 Jenifer and Richard Gorton  
 Judie Hockel  
 IBEW Local 302  
 Diana Jorgensen  
 Mary Grace and Jon Livesay  
 Judith and Raymond Marquez  
 Walt and Janie Miller  
 Barbara Langsdale  
 Elizabeth Schneiders  
 Caroline, Selina Marie, and Darrell Stimson  
 Linda Smith  
 Cathy Weddle

**Thank-You**

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 Barbara Maizie  
 Kathy and Dick Marshall  
 Melody Royal  
 Barbara Sheehy  
 Rocio Smith

We gratefully acknowledge gifts from the following individuals in loving memory of Jeanne Marie Ulversoy: Mr. And Mrs. Sam Ulversoy, Jim Ulversoy, Leonard Chaplin, Margaret Iwai-Ey, Willajeane Rogelstad, Dolores Mendicino, Rose Helms, Mike Vaughn, Richard Doellstadt, and Juanita Shimada.

## INCLUSION OF SPECIAL NEEDS CHILDREN

Inclusion of children with special needs in all environments in which typical children participate is critical to their development and achievement of their potential. In March, 2005 a team of parents and dedicated professionals from various agencies in Contra Costa met in Sacramento and began developing a plan to increase inclusion opportunities for children (age 0-5), families, and community. This article will introduce the community to some of the current participants, the concepts, issues, and goals we hope to accomplish. We also hope that we will encourage your participation in this dynamic process to change our society and the ways children's special needs are perceived and included in childhood environments and activities. The team worked through a process called "Appreciative Inquiry", which focuses on a positive approach to the issues. The team created a statement of purpose, which guides the actions of the group. The statement is: "*In Contra Costa County, we are dedicated to increasing: **Inclusion, Dignity, Equity, Awareness, and Support** through community*

*education. **IDEAS** are the basis from which we start."*

An Inclusion Summit sponsored by the Child Care Council was held on May 21<sup>st</sup> in Walnut Creek in which an expanded panel of participants discussed inclusion and answered questions from the audience. This Summit helped expand "The Team" to include more agencies and will continue to accommodate all community agencies, parents and participants. Participants include representatives from Regional Center, Child Care Council, Head Start, CCCOE, parents, CARE, and childcare providers.

Some of the follow up items include exploration of an inclusion awareness video/dvd and organized outreach to community agencies (including education agencies). ). "Any time I see a child in a typical activity with his or her peers with supports, I am happy," says Ange Burnett, Inclusion Specialist with the Child Care Council. Contact Anne Struthers at CARE Parent Network for more information.

## CARE PARENT NETWORK SUPPORT GROUPS

<u>Name of Group</u>	<u>Location</u>	<u>Facilitator(s)</u>	<u>Meeting Schedule</u>	<u>Comments</u>
Support for Moms	Walnut Creek	Louise Schneiders	1st Thursday of each month	All disabilities
Support for Moms	Danville	Louise Schneiders Cheryl Clift	3rd Tuesday of each month, to start in October	All disabilities
Support for Moms	TBA (East County)	TBA	Call for dates	All disabilities
Transition Information & Support	Martinez Richmond	Betsy Katz	6 Tuesdays (9/13 through 10/18)  Spring 2006	For parents of children 16 and up
Parenting a Special Needs Child	Concord Richmond	Betsy Katz Carol Rossi	4 Fridays (10/14,21,28,11/4)  will be repeated in Spring 2006	For parents who need basic information on parenting
Padres Latinos (Spanish)	Martinez	Angela Quiroga	1st Saturday of each month	All disabilities
Grupo de Autismo (Spanish)	Martinez	Cecilia Zepeda, Sandra Chaves	1st Friday of each month	For parents of children with autism spectrum disorders
Voces de Amor (Spanish)	Martinez	Cecilia Zepeda, Laura Fragosa, Karla Bueso		For parents of children with special health care needs
Just for Fathers	Martinez	TBA	1st Wednesday of each month	All disabilities

## Satisfaction Survey

CARE Parent Network provides support to families of children with special needs as well as the professional community. We hope you will take a moment to fill out the survey below so that we know how well we are serving you. Your feedback will help us to improve our services.

1. Who referred you to CARE Parent Network?

- Family Member/Friend     Regional Center of the East Bay  
 CCS     Early intervention program     Health care provider  
 Service provider     School staff     Website  
 Other: \_\_\_\_\_

2. Was the staff member with whom you spoke:

- |                                      |     |    |     |
|--------------------------------------|-----|----|-----|
| • Caring and supportive?             | Yes | No | N/A |
| • Courteous?                         | Yes | No | N/A |
| • Knowledgeable?                     | Yes | No | N/A |
| • A good listener?                   | Yes | No | N/A |
| • Able to make you feel comfortable? | Yes | No | N/A |

3. When you talked with the staff member about your questions or concerns, did she:

- |  |     |    |     |
|--|-----|----|-----|
| • Answer your questions thoroughly?                | Yes | No | N/A |
| • Anticipate other questions you might have?       | Yes | No | N/A |
| • Suggest appropriate sources of information?      | Yes | No | N/A |
| • Give you specific information about your issues? | Yes | No | N/A |
| • Offer to research questions and call you back?   | Yes | No | N/A |

4. If  
did you    Yes    No    N/A

information was mailed to you,  
receive it in a timely manner?

5. Did  
through    Yes    No    N/A  
you?

you receive assistance in following  
on contacting the referrals given to

If    Yes    No    N/A

not, please explain:

6. Were    Yes    No    N/A

your calls returned promptly?

**(For families:)**

8. Has the information and/or support you received from CARE Parent Network increased your ability to find services for your child with special needs? (Please circle.)

1 (Not at all)	2	3	4	5 (Greatly)
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9. Have the workshop(s) and/or support you have participated in increased your knowledge of the systems and services for your child with special needs? (Please circle.)

1 (Not at all)	2	3	4	5 (Greatly)
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**(For professionals:)**

10. Has your knowledge about family-centered care increased as a result of information you received from CARE Parent Network or from a workshop offered? (Please circle.)

1 (Not at all)	2	3	4	5 (Greatly)
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11. Has your knowledge about resources for families of children with special needs increased as a result of information you received from CARE Parent Network or from a workshop offered? (Please circle.)

1 (Not at all)	2	3	4	5 (Greatly)
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**(For everyone:)**

12. Please circle the number that reflects your overall satisfaction with our services.

1 (Unsatisfactory)	2	3 (Satisfactory)	4	5 (Excellent)
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Please share any additional comments or suggestions with us: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please mail to CARE Parent Network at 1340 Arnold Drive, Suite 115, Martinez, CA 94553  
 or fax to 925-370-8651.

Thank you! Your opinion is important to us.

# SPECIAL FALL TRAINING

## Special Education in a General Education Setting

**Inclusion is an educational option for children with disabilities. This workshop is targeted at parents of young children, particularly those who will soon be entering kindergarten. It will provide an overview of important aspects of inclusion and information for parents about their rights and options when it comes to inclusion.**

**When:** Saturday, September 10, 2005  
10:00 am to 12:00 noon

**Where:** Conference Room  
1340 Arnold Drive, Suite 115  
Martinez

**Who:** Deborah Penry, Ph.D., Parent  
Robin Reves, Director of Special Education, Orinda Unified School District  
Leslie Bartholic, Inclusion Specialist

Please register using the form below. Your registration will be confirmed and you will be given a code to enter the building.

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✂-----

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

Street Address \_\_\_\_\_ City & Zip \_\_\_\_\_

Daytime Phone Number \_\_\_\_\_

\_\_\_\_ Yes, I will attend on September 10.

(Please mail to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez 94553  
or fax to 925-370-8651.)

## Parents:

*Do you have a child age 16 or older?  
Are you thinking about transition?  
If so, then this is the group for you!*

### CARE Parent Network

#### Announces

- WHAT:** A new group for parents of transition-age students  
**WHEN:** Every Tuesday evening for 6 weeks, starting September 13, 7:30 pm  
**WHERE:** 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! When your registration is confirmed you will receive a code to enter the building.*

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✂-----  
\_\_\_\_\_ 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? \_\_\_\_\_

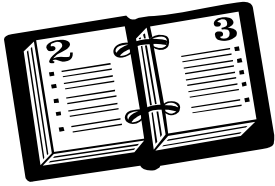
What kind of information can we provide to you to help you plan for your child's transition?  
\_\_\_\_\_  
\_\_\_\_\_

Please send by August 31 to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez, CA 94553. Or, fax to 925-370-8651; email CAREofARC@aol.com

#### Acknowledgements

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

CALENDAR 2005



The Dale Law Firm offers workshops in Walnut Creek on special needs trusts (August 27 and September 24) and limited conservatorships (August 27 and September 24). Call 925-280-0172 for information or to register for a class.

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

**ADDRESS SERVICE REQUESTED**

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