

winter 2017

SSD

parent CONNECTION

A publication of SSD's Parent Education and Diversity Awareness Program

Parent Connection is a publication of the Parent Education and Diversity Awareness Program of Special School District of St. Louis County.

WE PROVIDE:

- Advice and consultation about your child's IEP
- Free parent workshops
- Free lending library
- Help in finding community resources and supports
- Ability awareness resources

SSD Parent Leadership Institute Fall 2017 – Sept. 9, Oct. 7, Nov. 4

Since 2006, the SSD Parent Leadership Institute (PLI) has been committed to providing information, training and resources to local parents of children with disabilities.



“Life-changing” is how parents describe the experience of the three Saturdays in the fall. Parents hear from national speakers who help them develop a vision for their children's future and the confidence to make it happen.

SSD Parent Leadership Institute graduates walk away with not only the knowledge of how to help effectively participate in their child's education, but also leadership skills to improve the educational climate for all children.

Visit <http://bit.ly/parentleadership> for an application. To receive a printed copy of the application or for questions, call 314.989.8460.



MICHELLE LEVI PEREZ, ADMINISTRATOR

314.989.8438 | mleviperez@ssdmo.org

West Region: Parkway, Pattonville, Ritenour, Rockwood, Litzinger and Neuwoehner schools, JDC, Lakeside

DEBRA FIASCO, ADMINISTRATOR

314.989.8108 | dmfiasco@ssdmo.org

South and Central Regions: Affton, Bayless, Brentwood, Clayton, Hancock Place, Kirkwood, Ladue, Lindbergh, Maplewood-Richmond Heights, Mehlville, Webster Groves, Valley Park, Southview School, South Technical High School, Vocational Skills Program

TO BE DETERMINED

Position is in the process of being filled. For questions regarding the schools and regions listed below, call 314.989.8460 or email ssdpeda@ssdmo.org.

North and Central Regions: Ferguson-Florissant, Hazelwood, Jennings, Normandy, Riverview Gardens, University City, Northview and Ackerman schools, North Technical High School

RACHEL MYERS – 314.989.8431 | rdmyers@ssdmo.org Family & Community Resource Center

SARAH GEER – Program Assistant



From left to right: Michelle Levi Perez, Sarah Geer, Debra Fiasco, Rachel Myers

Special School District Parent Advisory Council (SSD PAC)



Make a Difference. Get Involved.

The SSD Parent Advisory Council (SSD PAC) is comprised of families advising and collaborating to improve the education, confidence and social outcomes of each student served by SSD.

For more information about the SSD PAC or who represents your district, call 314.989.8448, ext. 6650, send an e-mail to pac@ssdmo.org or visit <http://www.ssdmo.org/leadership/pac.html>

Everyone is welcome to attend. See the box to the right for details about upcoming meetings.



SSD PAC Meeting Dates

Wednesdays, 7-9 p.m.

- Jan. 11, 2017
- April 12, 2017
- Feb. 8, 2017
- May 10, 2017


SSD Central Office, Board Room
12110 Clayton Road
Town & Country, MO 63131

What to Do This Summer?

If this is the question that you begin to think about in April or May, don't delay. Many programs fill up quickly.

- ✓ Attend the "What to Do This Summer Recreation Fair" from 6:30-8 p.m. on Feb. 22 at SSD Central Office. (Get event details on page 4 of this newsletter.) The Recreation Council of Greater St Louis will present information on funding and recreation vouchers from 6:30-6:50 p.m., and summer program providers will be available during the fair that starts at 6:50 p.m.
- ✓ The SSD Parent Education and Diversity Awareness summer resource packet will be available in February. To request a copy, please call 314.989.8460 or email rdmyers@ssdmo.org.

Parent Workshop Information

Parent workshops are provided free of charge. Unless otherwise noted with this symbol  all workshops are held on the lower level at SSD Central Administrative Office, 12110 Clayton Road, Town & Country (just east of Ballas Road, next to Neuwoehner High School). **Childcare is not provided unless noted.**

Register by calling 314.989.7807 or 711 (Deaf/HOH), or register online at www.solutionwhere.com/ssd (call the registration number for assistance with setting up an account).

When you are on the SSD professional development site WisdomWhere, view the calendar of courses that includes workshops on technology, literacy and more.

Please be sure to register for workshops as they are sometimes canceled due to low enrollment or weather conditions – we need to be able to contact you!

If you need more information, or if you have special needs and require an alternative format as addressed by the Americans with Disabilities Act, call Debra Fiasco, Administrator, Parent Education, dmfiasco@ssdmo.org 314.989.8108 or 711 (Deaf/HOH).

**Register by phone or online at:
314.989.7807 (or 711, Deaf/HOH)
www.solutionwhere.com/ssd**

Note: Workshops presented by MPACT refers to Missouri's statewide Parent Training and Information Center that serves all disabilities and all ages.



Workshop held at location other than SSD Central Office



Workshop offered as daytime option

WINTER 2017 SSD PARENT WORKSHOPS

JANUARY



SSD Parent Advisory Council Meeting

Wednesday, Jan. 11, 7-9 p.m.

SSD Central Office, Board Room

This meeting is open to all parents.

Understanding Behavior & What to Do to Support Your Child's Positive Behavior Development (Part 2 of a 2-Part Series)

Tuesday, Jan. 17, 5:30-8:30 p.m.

Presenter: Ryan Guffey

SSD Central Office, Room 61

Does your child have meltdowns over having to stop a preferred activity? Are meals, chores, bedtime or getting ready for school difficult times at your house? Learn some strategies to make your home more peaceful. Learn new ways to think about and understand your child's behavior at home and school.

Transition to Adult Life Overview

Thursday, Jan. 26, 6:30-8:30 p.m.

Presenters: SSD Parent Education and Diversity Awareness Administrators and SSD Transition Department Administrators

SSD Central Office, Room 61

This workshop will cover topics families will want to explore as they prepare for their students' transition to adult life.



Supported Decision Making: An Alternative to Guardianship

Monday, Jan. 30, 6:30-8:30 p.m.

Presenters: Sharon Spurlock (Director of Family Support, St. Louis Arc) and SSD Parent Education and Diversity Awareness Administrators
St. Louis Arc, 1177 N. Warson Road
St. Louis, MO 63132

When an individual with a disability becomes 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions without removing their rights through guardianship. Participants will learn how to assess the decision-making skills their family members have and the supports they already use to assist them in making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Making Meaning: Helping Kids Understand What They Read

Tuesday, Jan. 31, 6:30-8:30 p.m.

Presenters: Carla Vasser, Cheryl Perry and Judy Hyatt

SSD Central Office, Room 60

If your child seems to read words well, but has difficulty with comprehension, this workshop will provide strategies that help children understand new vocabulary, connect new learning to prior knowledge, create images, determine main ideas, summarize and more.

FEBRUARY

College Preparation for Students with Disabilities

Wednesday, Feb. 1, 6:30-9 p.m.

Presenters: Amy Bird and Mary Wagner, St. Louis Community College Access Office
SSD Central Office, Room 61

This workshop will benefit parents, students, high school counselors and SSD teachers. Participants will learn about college and other post-secondary options for students who are planning on continuing their education. Information will be presented about the planning and research process, services available, ACT/SAT testing accommodations and more.



SSD Summer Resource Presentation

Wednesday, Feb. 8, 6-8 p.m.

Presenters: Susan Fleming (Executive Director of the Recreation Council of Greater St. Louis) and recreation providers
Ritenour Senior High School Auditorium – Lower Level
9100 St. Charles Rock Road
St. Louis, MO 63114

The Recreation Council of Greater St. Louis will review summer opportunities for students with disabilities.



SSD Parent Advisory Council Meeting

Wednesday, Feb. 8, 7-9 p.m.

SSD Central Office, Board Room

This meeting is open to all parents.



Orientation for Parents to Special Education & the IEP Process

Thursday, Feb. 9, 9-11 a.m.

Presenter: Michelle Levi Perez
SSD Central Office, Board Room

This orientation is designed to provide an overview of special education services and how they are provided through SSD. Learn more about how to develop an effective individualized education program (IEP) and educational rights.



Behavioral Strategies in the Home and Community

Wednesday, Feb. 15, 9:30-11:30 a.m.

Presenter: SSD Applied Behavior Analysis Department Coordinators
SSD Central Office, Room 61

Strategies such as token economies and task analysis are commonly used in the school environment to assist with student behavior problems. Those same strategies that help students in school can also be helpful in the home and community settings. This workshop will cover several behavioral-based strategies to use across settings and give parents a starting point to making home and community times interactive and fun for the family.

Understanding the Evaluation Process

Thursday, Feb. 16, 6:30-8:30 p.m.

Presenter: MPACT
SSD Central Office, Room 57

The evaluation process is the first step in determining if a child needs special education services, a Section 504 plan or another educational intervention. Parents need to understand the reasons to have a child evaluated, the steps in the evaluation process and the options that can be pursued if there is a disagreement about evaluation.

REGISTERING FOR WORKSHOPS



CALL US:
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REGISTER ONLINE:
www.solutionwhere.com/ssd

Call the registration number for help with setting up an account.

Helping Children Develop Friendships & Social Skills

Wednesday, March 1, 6:30-8:30 p.m.

Presenters: Michelle Levi Perez and Alicia Wilson

SSD Central Office, Room 61

This workshop will offer strategies for parents to help children develop friendships, school strategies for building friendships and strategies that help children with language and learning differences, including autism, develop social skills.

“What to Do This Summer” Recreation Fair

Wednesday, Feb. 22, 6:30-8 p.m.

Presenters: Susan Fleming (Executive Director of the Recreation Council of Greater St. Louis) and recreation providers
SSD Central Office, Room 60-61

At this “Recreation Fair,” parents will be able to visit with providers of summer programs and camps that include all children. **Recreation voucher and funding information will be presented from 6:30-6:50 p.m.**

Inclusion: The Key to Success!

Thursday, March 2, 6:30-9 p.m.

Presenters: Beth Nesbit and Rachel Valenti

SSD Central Office, Room 61

Learn how quality inclusive education provides better outcomes for most students with disabilities. Create an action plan with steps you can take to help your school plan for more inclusive programming for your child.

Supporting Your Child with Emotional Disabilities in Home and at School

Tuesday, March 7, 6-8:30 p.m.

Presenter: Ann Stackle NAMI St. Louis
SSD Central Office, Room 61

Learn how to communicate more effectively with your child’s therapist or psychiatrist and work with school when negative behaviors, withdrawal or anxiety are escalating. Learn about how to plan supports, as well as strategies that decrease anxiety at home and school (what to do when you can’t get your child to go to school, etc.). Participants will gain a greater understanding of community supports for children with emotional disabilities and mental illness.

MARCH



Signs for Families and Friends – 4 sessions

Wednesdays, March 1, 8, 15, 29, 6-7:30 p.m.

Presenters: Greg Petersen and Mickey Schuchardt
Hazelwood School District Central Office
15955 New Halls Ferry Road,
Multipurpose Room

Participants will demonstrate sign language vocabulary, sign sentence structure, conceptual accuracy, facial expressions, and body language. Focus is on families. Children 10 and older are welcome if accompanied/supervised by an adult.

Journey to Adulthood

Thursday, March 9, 6:30-8:30 p.m.
Presenter: MPACT
SSD Central Office, Room 60

This workshop provides basic information and strategies to help parents begin a discussion about this important but often uncomfortable topic with their sons and daughters. Preparation for adulthood begins during childhood. This training will allow parents and those who work with kids with special needs to work upon the foundations that they have already built or to establish new foundations upon which to work.

Transition from First Steps to ECSE and Beyond

Tuesday, March 28, 6:30-8:30 p.m.
Presenters: Marianne Mannion-Dye, SSD ECSE Transition Facilitator; Julie Thompkins, Family Resource Specialist, Capable Kids and Families; Diane Pfaus, St. Louis Regional Office Intake/Assessment Supervisor; Howard Smith, First Steps Director for St. Louis City/St. Charles County; Christina Narasimhan, First Steps Director for St. Louis County
SSD Central Office, Room 61

This workshop is designed to help parents of young children make a smooth transition from First Steps to early childhood special education (ECSE) and understand the process for qualifying for supports from the St. Louis Regional Office. Parents will learn when the transition process should begin and what the difference in services will be, as well as the difference in qualification criteria.

Supports for Your Family from the St. Louis Regional Office for Developmental Disabilities

Thursday, March 30, 6:30-8:30 p.m.
Presenter: Kadesh Burnett, St. Louis Regional Office
SSD Central Office, Room 61

If your child has a qualifying developmental disability (such as intellectual disability, autism, cerebral palsy, traumatic brain injury, multiple disabilities, epilepsy, certain learning disabilities), learn how your support coordinator can make sure you have access to resources such as respite care, summer programs, and state, county and not-for-profit funding for essential services for your child. The support coordinator can help you plan for your child's future and provide support for your child's IEP meeting if needed.

APRIL

Bullying Prevention – What Parents Can Do

Tuesday, April 11, 6:30-8:30 p.m.
Presenter: MPACT staff
SSD Central Office, Room 61

This training contains an overview of the dynamics of bullying, including what bullying is, what the types of bullying are, who is bullied, and why children are bullied. Other topics include steps to intervene in bullying behavior, how to encourage students who witness bullying to take action, the role of the school, and laws and policies.



SSD Parent Advisory Council Meeting

Wednesday, April 12, 7-9 p.m.
SSD Central Office, Board Room

This meeting is open to all parents.

Signs for Families and Friends Intermediate Class – 4 sessions

Wednesdays, April 12, 19, 26 and May 3, 6-7:30 p.m.
Presenters: Greg Petersen and Mickey Schuchardt
SSD Central Office, Room 60

This workshop will expand on beginning-level sign language skills in the area of sign language vocabulary, sign sentence structure, conceptual accuracy, facial expressions, and body language. Focus is on families. Children 10 and older are welcome if accompanied/supervised by an adult.

Executive Functioning for Elementary Students

Tuesday, April 18, 6:30-8:30 p.m.
Presenter: Karen Nahnsen
SSD Central Office, Rooms 60 and 61

After reviewing the basics of executive functioning skills, participants will take a closer look at strategies for elementary-age children and spend time problem solving through group discussion. Parents will receive information on strategies to implement at home to teach skills and/or to modify environments to support student success.

REGISTERING FOR WORKSHOPS



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Understanding Autism Spectrum Disorders (Autism, Asperger Syndrome, PDD) – 2-Part Class

Thursdays, April 20 & 27, 6:30-9 p.m.
Presenters: John Bruno, Colleen Card, Melissa Duke, Gina Noland and Cindy Bundren
SSD Central Office, Room 60

Identify and understand the characteristics of Autism Spectrum Disorders and learn effective, practical strategies that will support your child in being more successful at home and school. The second session will focus more on strategies, with time for discussion and questions and may break

out into sessions based on your child's intervention needs.

Sexuality Education: Talking with Your Child About Body Safety and Boundaries

Monday, April 24, 6-9 p.m.
Presenter: Jessica Naslund LCSW, CSE of Empowered: A Center for Sexuality, LLC
SSD Central Office, Room 61

This workshop will address a variety of topics, including sexual safety, peer expectations, puberty and intimacy. The session will include lecture, discussion and group work.

Executive Functioning for Secondary Students (Middle School and High School)

Tuesday, April 25, 6:30-8:30 p.m.

Presenter: Karen Nahnsen
SSD Central Office, Rooms 60 and 61

After learning the basics of executive functioning skills, participants will take a closer look at strategies for students at the middle school and high school levels and spend time problem solving through group discussion. Parents will receive information on strategies to implement at home to teach skills and/or to modify environments to support student success.

MAY



SSD Parent Advisory Council Meeting

Wednesday, May 10, 7-9 p.m.
SSD Central Office, Board Room

This meeting is open to all parents.

SSD FAMILY & COMMUNITY RESOURCE CENTER

SSD's **Family & Community Resource Center** – or the FCRC, as it's better known – provides just what its name promises: A vast array of special education and disability-related tools and resources for SSD families and the community at large.

The FCRC's collection includes thousands of books, journals, DVDs, resource packets and more.

Call 314.989.8460 for more information about the FCRC.

New Materials – Winter 2017

Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)

FBA to Z: Functional Behavior and Intervention Plans for Individuals with ASD. Ruth Aspy, Barry Grossman, Brenda Smith Myles & Shawn Henry. (2016)

Life, Animated: A Story of Sidekicks, Heroes, and Autism. Ron Suskind (2016)

Parenting Anxious Kids: Best Tips To Managing Attention Deficit Disorder In Children Including The 21st Century ADD Strategies For School Age Children. Monica Davis (2016)

Parenting Through the Storm: Find Help, Hope, and Strength When Your Child Has Psychological Problems. Ann Douglas. (2017)

This Stinks: A Hygiene Workbook. Dana Kirk (2016)



To view the online library of FCRC materials, visit http://www.ssdmo.org/cool_tools/fcrc_books.html

RESOURCE PACKETS FROM SSD'S FAMILY & COMMUNITY RESOURCE CENTER

Resource packets contain great articles on the topics below plus a list of books and videos available to check out from the Family & Community Resource Center. You may order up to **THREE** packets. We prefer to send them through school mail to come home with your child whenever possible. We cannot mail packets outside of St. Louis County/City.

Go to www.ssdmo.org/cool_tools/fcrc_resource_packet.html to order packets online or complete the form below.

1. Ability Awareness
2. Anxiety Disorders
3. Applied Behavior Analysis
4. Apraxia of Speech
5. Assistive Technology
6. Attention Deficit Hyperactivity Disorder
7. Autism Spectrum Disorder
8. Awareness for Grandparents and Extended Family
9. Behavior Strategies
10. Bipolar Disorder
11. Blind/Visually Impaired
12. Bullying
13. Central Auditory Processing Disorder
14. Cerebral Palsy
15. Deaf/Hard of Hearing
16. Depression
17. Divorce and Children with Disabilities
18. Down Syndrome
19. Diagnostic/Evaluation Process
20. District Overview — Policies/Procedures/Services
21. Dyslexia
22. Early Childhood Special Education
23. Emergency and Disaster Preparedness
24. Encouraging Independent Living Skills
25. Estate Planning
26. Fetal Alcohol Syndrome
27. Friendship and Social Skills
28. Gifted and Disability
29. Guardianship
30. Homework Strategies
31. IEP Development/Implementation
32. Inclusive Education
33. Independent Living Skills
34. Intellectual Disabilities
35. Learning Disabilities
36. Missouri Learning Standards
37. Multiple Disabilities
38. Oppositional Defiant Disorder
39. Parenting a Child with a Disability
40. Parent-Professional Collaboration
41. Physical Disabilities
42. Positive Behavior Support
43. Post-Secondary Education
44. Post-Traumatic Stress Disorder
45. Reading Strategies and Resources
46. Resource Directory — Transition-Related Services
47. Rights, Laws and Advocacy
48. Self-Esteem
49. Sensory Integration
50. Sexuality Education
51. Sibling Issues
52. Speech and Language Disabilities
53. Stress Management
54. Summer Education and Recreation Resources
55. Supported Employment
56. Supported Living
57. Talking to Your Child About Their Disability
58. Toilet Training Strategies
59. Transition Guidebook
60. Traumatic Brain Injury
61. Writing Strategies

To send information through your child's school, we need the following information:

Your Name: _____ Child's Name: _____

Phone Number: _____ Child's Age: _____ Child's Grade Level: _____

Email Address: _____ Child's Special Education Teacher or Therapist: _____

Child's School: _____ School District: _____

Please complete and return this form by mail, phone, email, fax or through your child's SSD teacher to:

SSD Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131

Phone: 314.989.8460 **Deaf/HOH:** 711 **Fax:** 314.989.8449
Email: rdmyers@ssdmo.org

Parent Connection is a publication of the Parent Education and Diversity Awareness Program of Special School District of St. Louis County.

SSD MISSION: In collaboration with partner districts, we provide technical education and a wide variety of individualized educational and support services designed for each student's successful contribution to our community.

SSD VISION: Partners for every student's success

SSD CORE VALUES:

- Student Success • Collaboration
• Integrity • Stewardship
• Continuous Improvement • Equity



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www.ssdmo.org

Special School District Notice of Non-Discrimination and Accommodation: Special School District does not discriminate or tolerate discrimination, harassment, and/or retaliation against an individual based on race, color, religion, sex, national origin, sexual orientation or perceived sexual orientation, ancestry, disability, veteran status, age, or activity protected by federal or state law in its programs, activities and employment and provides equal access to the Boy Scouts and other designated youth groups. Direct inquiries and complaints under this policy to Special School District's Director – Compliance Liaison, 12110 Clayton Road, St. Louis, Missouri 63131, telephone (314) 989-8100 or to the U.S. Department of Education Office for Civil Rights, One Petticoat Lane, 1010 Walnut Street, 3rd Floor, Suite 320, Kansas City, Missouri 64106, telephone (816) 268-0550, fax (816) 268-0599, TDD (800) 877-8339, email OCR.KansasCity@ed.gov Information about the existence and location of services, activities, and facilities accessible to impaired persons can be obtained from the Special School District's Director – Compliance Liaison at the phone number and address listed above.



Special School District
of St. Louis County
12110 Clayton Road
Town & Country, MO 63131

Look inside
for details about
upcoming workshops!

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SSD Instructional Resource Center

Did you know that families of students served by SSD can access the Instructional Resource Center (IRC)?

The IRC offers curricular support materials and some assistive technology available for checkout to SSD teachers, as well as the families of students who receive services from SSD.

The IRC is located on the ground floor of the SSD Central Office building, 12110 Clayton Road, Town & Country, MO 63131.

For more information or to request a tour:



Visit https://www.ssdmo.org/cool_tools/irc.html



Call 314.989.8308



Email tebyrd@ssdmo.org

SSD parent
CONNECTION

Look inside
for details about
upcoming workshops!