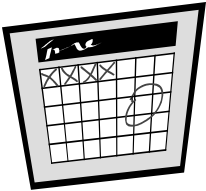


**Family Resource
Center for
Disabilities &
Special Needs**

The Coalition

**Parent Training
&
Resource Center**

January 2013



SAVE THE DATE March 6, 2013 Disability Advocacy Day at the Statehouse

YOU can make a difference. Let your voice be heard by attending Disability Advocacy Day.

Individuals in South Carolina with disabilities, their family members and service providers will meet with legislators at the state house where self advocates will speak about current disability issues that are of great concern to them. They will gather to see the S.C. General Assembly at work and personally urge their representatives and senators to take whatever measures are necessary to continue essential services for children and adults with disabilities.

2013 Top Priorities have been identified:

- Maintain current essential services.
- People need services NOW, not long waiting lists.
- Continue critical services provided by DDSN to individuals with disabilities and their families.

Steps you can take NOW:

1. Call, write or visit your state representative and senator in your district and inform them that you will be attending Disability Advocacy Day at the state house March 6, 2013.
2. Make an appointment with your legislators to discuss this year's top priorities.
3. Send a card to your state representative and senator, and share your personal story.
4. Donate your used shoes to show legislators that people are not just numbers. The event is still in the

planning stages. Contact the South Carolina Autism Society for details & updates: **800-438-4790** or visit their website: www.scautism.org

Parenting in a Challenging World

As a parent it is always hard to try to explain the unexplainable to a child. This is heart-breakingly true when we must talk to our children about tragedies such as the one in Newtown, Connecticut. I hope this issue of our newsletter provides you with some guidance with this challenge. Provided here are some websites you may find useful, please take advantage of the many high quality, evidence based resources available to families.

National Child Traumatic Stress Network (NCTSN) - <http://www.nctsn.org/>

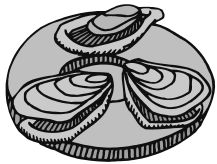
Parents and caregivers can play a very important role in helping children and adolescents recover from their traumatic experiences. They may feel isolated in their efforts, but they are not alone. Other families

Continued on Page 4



The contents of this newsletter were developed under a grant from the US Department of Education, # H328C110017. However, contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Lisa Grove.





**Brain Injury Association
Of South Carolina
(BIASC) Presents**

2013 SHUCK-A-RAMA

Saturday, January 26, 2013

5:00pm-8:00pm

Gold Bug Island

1560 Ben Sawyer Blvd., Mt. Pleasant

**Enjoy fresh oysters, chili, beverages
and live music from the band,
Southwood!**

All Inclusive Tickets:

\$35.00 In Advance

\$45.00 At the Door

**For ticket information contact the BIASC
office at 803.731.9823 or 877.TBI.FACT.**

**Head and Spinal Cord Injury
Medicaid Waiver Program
Five-Year Renewal**

The Medicaid head and spinal cord injury (HASCI) waiver program is due for a five year renewal request to the Centers for Medicare and Medicaid Services (CMS) prior to April 1, 2013. As part of the state's waiver renewal process there will be a public meeting held to discuss the waiver program, required and proposed changes, and to receive public comment. The public meeting will be held on **January 31, 4:00 p.m. - 6:00 p.m. at the South Carolina Department of Disabilities and Special Needs Conference Room 251 (enter through the first floor lobby), 3440 Harden Street Extension in Columbia.** A summary of the proposed changes to the existing waiver program will be

New Year - New Tablet?

Tablets (IPads, Galaxy, Android) were one of the popular gift items of the holidays. If you or your children were lucky enough to get one, you might be wondering what's next.

The PACER Center (the National Technical Assistance Provider for the Parent Training & Resource Center) provides a publication that can help. It tells you what to look for when purchasing tablets and apps and lists a collection of web sites about using IPods/IPads in education. This handout lists websites by category and makes researching quality apps that fit your needs a breeze. To access this publication visit: www.pacer.org/stc/pubs/AllAbout AppsforEducation Handout.pdf

PTRC Staff APP Pick: Lisa Riddle, Assistant Outreach Coordinator, really likes *BrainPOP Featured Movie*. It delivers one free short, animated educational movie a day followed by a quiz that kids actually enjoy taking. You can also purchase a subscription to BrainPOP or BrainPOP Jr. (K-3) for around \$9 dollars a month. This will give you unlimited access to hundreds of standards-aligned animated movies, quizzes, games, high-interest readings, and activities that span Science, Social Studies, English, Math, Engineering & Technology, Health, and Arts & Music. Teachers are even beginning to use BrainPOP in the classroom!

available for review on the South Carolina Department of Health and Human Services (SCDHHS) website at www.scdhhs.gov by Jan. 17. If you are unable to attend the public meeting but would like to have your voice heard, written comments may be submitted, but must be received no later than Feb. 14. They may be submitted to the SCDHHS website at comments@scdhhs.gov or by mail to the following address: SCDHHS, Division of Community Options, c/o Anita Atwood, 1801 Main Street Columbia, South Carolina 29202

Preparing for Dispute Resolution: CADRE's Parent Dispute Resolution Resource Showcase

CADRE's Parent Dispute Resolution Showcase is the result of feedback from parent leaders on resources that would be most helpful to staff at parent centers (like the PTRC), parents & family members of children with disabilities, and professionals as they prepare to participate in the full range of dispute resolution processes and practices. This easily searchable collection of resources contains a variety of items from policy and guidance documents to preparation materials, and from brochures and factsheets to website links containing webinars and videos. These materials address the expanding continuum of dispute resolution process and practices from early prevention approaches such as stakeholder training through collaborative processes such as mediation and IEP facilitation. The Showcase also includes items related to IDEA procedures such as Written State Complaints and Due Process Hearings.

CADRE has scheduled a free webinar with Philip Moses, Assistant Director, on January 30, 2013 from 2:30 pm – 3:30 pm. This webinar will help users understand how the nearly 200 individual items contained in the Showcase are organized and different ways of accessing them. If you'd like to take advantage of this webinar, please register at:

<http://cadreparentshowcase.events.tadnet.org/>
Instructions for joining will be sent to you upon registration.

To view the webinar online please click on the link and *enter as guest*:

<http://tadnet.adobeconnect.com/psw>

To listen to the webinar via telephone (recommended!), dial the following number and enter the conference ID:

Conference Number(s): 1-877-512-6886

Conference ID: 6796836031

The webinar information will be archived on the CADRE website if you are unable to participate. Visit the CADRE website to learn more about this webinar & dispute resolution:

<http://www.directionservice.org/cadre/>

La red Nacional para el Stress Traumatico de Ninos

de 6 horas donde el participante recrea el rol de un proveedor de servicios en una situacion de post –desastre.

Abuso de Sustancias y Servicios de Asociacion de Salud Mental (SAMHSA) – www.samhsa.gov

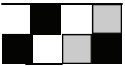
SAMHSA se establecio en 1992 por el Congreso y esta dirigido a tartar el abuso de sustancias y la salud mental de las personas en necesidad de una insercion rapida en el sistema de salud. En estos anos enfrentan o se estan recuperando de una situacion de abuso de sustancias. Los servicios de salud preventiva ofrecidos son cruciales para aminorar los otros costos mayores a futuro, y continuando la implementacion de los costos en prevencion, tratamiento y recuperacion estamos ayudando a declinar los costos nacionales en salud mental. SAMHSA mantiene un sitio en la red con servicios relacionados con el trauma. Este sitio incluye una linea de ayuda de Desastre e informacion para padres, cuidadores, maestros y estudiantes. Son muchos los materiales de ayuda para hablar con los ninos del tema. El sitio de la red de SAMHSA provee de excelente informacion de una variada cantidad de temas y topicos .

Asociacion Nacional de la Escuela de Psycologos (NASP)

<http://www.nasponline.org/>

Esta organizacion de profesionales ofrece una variada informacion de recursos para ayudar a las familias y a profesionales, que en forma especifica necesitan lidiar con traumas , el programa “ Crisis- Ayudando a Ninos con Necesidades Especiales” ofrece consejos para padres y personal de las escuelas.

Este sitio investiga y toma en cuenta valiosos recursos en diferentes topicos que pueden ser muy utiles para profesionales y las familias en general.



Parenting in a Challenging World....

Continued

have faced similar experiences, and professionals have developed effective ways to help children and families recover from trauma. The NCTSN was established in 2000 to bring a singular and comprehensive focus on childhood trauma. Their mission is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. The resources on their website will help you learn not only about child traumatic stress but about a child's healthy development and ways to seek help. General topics covered on the NCTSN website include: What Is Child Traumatic Stress?; Treatments That Work; Finding Help; Natural Disasters; Terrorism; Economic Stress; Military Children and Families; Special Populations and Trauma; and, Adolescence and Substance Abuse. Each general topic contains specific resources. For example, Special Populations and Trauma includes "Facts on Traumatic Stress and Children with Developmental Disabilities." All types of trauma are addressed on this website, including sexual and physical abuse and/or neglect, domestic trauma, medical trauma, natural disasters, acts of terrorism, and school violence.

Additionally, in partnership with the National Center for Post Traumatic Stress Disorder (PTSD), NCTSN has developed Psychological First Aid (PFA), an evidence-informed approach for assisting survivors of disaster and terrorism. PFA Online is a free 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene. Appropriate for those new to disaster response and seasoned professionals, PFA Online features activities, video demonstrations, and tips from trauma experts and survivors.

**Substance Abuse and
Mental Health Services Association
(SAMHSA) - www.samhsa.gov**

SAMHSA was established in 1992 and directed by Congress to target effectively substance

abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. Over the years SAMHSA has demonstrated that prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment and recovery support services provides a cost effective opportunity to advance and protect the Nation's health. SAMHSA maintains a website with resources related to trauma. This site includes a Disaster Distress Helpline and information for parents, teachers, caregivers, and students. There are LOTS of tips for talking with children. SAMHSA's website provides excellent information on a wide variety of topics. It is well worth your time to explore it thoroughly.

**National Association of School Psychologists
(NASP) - <http://www.nasponline.org/>**

This professional organization offers a wide variety of resources that are helpful to families as well as professionals. Specific to coping with trauma, their "Crisis - Helping Children with Special Needs" provides tips for parents and school personnel. This website is worth setting aside some time to investigate all the wonderful resources that are available on an array of topics that parents will find helpful.

Do You Know About The Federation of Families of South Carolina ?

A Voice for Children's Mental Health
in South Carolina

The Federation of Families of South Carolina is a nonprofit organization established to serve the families of children with any degree of emotional, behavioral or psychiatric disorder. The services and programs offered by the Federation are designed to meet the individual and varying needs of families around the state. Through support net-

Federation of Families...

Continued

works, educational materials, publications, conferences/workshops and other activities, the Federation provides many avenues of support for families of children with emotional, behavioral or psychiatric disorders.

The mission of the Federation of Families of South Carolina is to provide leadership in the area of children's mental health through education, awareness, support and advocacy for families of children and youth with, or with the potential for, emotional, behavioral or mental disorders.

Contact the Federation of Families for Children's Mental Health of South Carolina for one on one assistance, to request training and for other information, toll free 866-779-0402.

Hey Dads...Need a Good Excuse for a Road Trip?

Parenting a child with special needs requires focused strategies and proven tactics! "Mama Time" is sponsoring their first Dad Bootcamp. Dr. Michael Grosz will lead the training to help you develop the skills to "Be All that You Can Be." This interactive workshop is designed for both new and experienced fathers of children with physical, learning, or psychological disabilities. The workshop is scheduled for **Sat., Feb. 16, from 9:00 AM to 12:00 PM, 315 Commercial Dr., Ste D1, Savannah, GA.** For more information please call: 912-655-5143 or email Dr. Grosz at: drmike@mamatime.net. There is a \$50 fee for the workshop.

Mama Time is a national network of parenting professionals that support mothers and families. You can join them for an online Mama Time webinar or teleconference event from the comfort of your own home or you can join one of the Regional Presenters for a Mama Time live workshop, retreat, or parenting program near your home! Our programs vary by location depending on the expertise of Mama Time Presenters. For more information visit their website: <http://www.mamatime.net/>

News You Can Use Want Some??

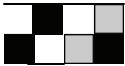
In case you haven't heard, the National Dissemination Center for Children with Disabilities (NICHCY), distributes a free, electronic newsletter that contains tons of useful information for families and professionals. For example, the January issue offers resources that help families, educators, and other personnel navigate and understand the protections offered by the Individuals with Disabilities Education Act (IDEA), the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act, the Assistive Technology Act, and the Family Educational Rights and Privacy Act (FERPA). Sign up for the monthly newsletter by visiting the NICHCY website: <http://nichcy.org/>

Notice to Parents of Students with Disabilities in Berkeley County Schools

The District is offering free Parent Training to families of children with disabilities in Berkeley County. Bev McCarty, Director of the Parent Training and Resource Center will provide training workshops on Feb. 5 at 9-10:30 AM at Berkeley Intermediate School and at Sangaree Middle School from 6-7:30 PM that evening. More parent training workshops will be held on April 16 at Berkeley Intermediate from 9-10:30 AM and later that day from 6-7:30 PM at Sedgefield Middle. For more information please call: 843-899-8890.

Notice to Parents of Young Adults with Disabilities in Dorchester District 2 Schools

Within the next few weeks, the District will be offering workshops for families who are interested in learning more about "Age of Majority" and guardianship issues. More detailed information was unavailable at press time but you may call the DD2-Special Services Department at 875-4161 to get day, time, & location.



A GOOD SUPPORT SYSTEM CAN HELP YOU GET THE THINGS YOU NEED CHECK OUT THESE GROUPS:

Trident Head Injury Support Group: meets the 1st Tuesday of each month at 7:00, at Westwood Plaza (intersection of Hwys 7 & 61), Suite 6, next to Hancock Fabrics. For more info: Debbie Schneider at 852-5550 ext 226.

HIPS (Head Injury Support Group for Survivors): no longer meets.

Down Syndrome Association of the Low Country: sponsors four Information Programs and four Social Events each year - in addition to Mothers Night Out. For more information call 553-3725, check their website at: www.dsalowcountry.org for a complete calendar of events or email Glenda Crain at crainclan@comcast.net

Parent & Guardian Association of the Coastal Center: This group supports those with a family member residing at the Coastal Center. General meetings are held four times a year. The next meeting is scheduled for Jan 27th at 4 PM. For details call Linda Bodiford at 821-5809 or Suzanne at 276-1001.

Rett's Syndrome Support: Families in need of a contact person to access support services for girls with Rett's Syndrome may call Nancy Banov at 556-4632 after 3 PM.

The Palmetto Autism Spectrum Support Group: There is no specified meeting day/time for this group although they do meet once per month at 6:15 somewhere in the West Ashley area such as local libraries or restaurants. Generally, a speaker is scheduled for each meeting. For more information regarding dates and locations contact Claire at: smith2104@knology.net.

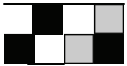
Trident Spinal Cord Injury Peer Support Group: This group is open to any person with a spinal cord injury or other mobility difficulties. The meetings provide a forum for the members to discuss problems and receive immediate feedback. Some members use the meetings to brainstorm possible solutions to ongoing problems. In addition, the group provides members with opportunities to develop a social network. Meetings are held on the second Tuesday evening of every other month (6:00-6:30 PM) usually at the Golden Corral. For more information contact Barb Dedier at 843-572-8600.

Turner Syndrome Society Support Group: The Palmetto Chapter of the Turner Syndrome Society of the United States is back! To learn more, please contact Robin Butler at (843) 252-9622 or e-mail auntrobin74@yahoo.com. You may also contact Cheryl Dashnaw at (843) 327-6769 or e-mail at minibotl@sc.rr.com for more information.

Grief Support Group for Children - Bereavement group for children ages 8-12 (1 group) and 13-15 (2nd group) sponsored by Heartland Hospice, 1064 Gardner Rd, Suite 204, West Ashley, Charleston. For more information contact Kimberly at Heartland Hospice, 766-7646.

Sickle Cell Sisters (for teenage girls with sickle cell disease) is a therapeutic support group for teenage girls between the ages of 13 and 18. The group meets every other month at MUSC Children's Hospital and focuses on psychosocial aspects of living with sickle cell disease. For more information about this group call Melissa Hale or Emily Wiebke at 843-792-1968.

Can-Teen (for teenagers with cancer) is a support group for adolescents with cancer. Can-teen provides opportunities for teens to meet their peers, have fun, offer resources and promote well-being and leadership. Can-Teen was created to bring teenagers with cancer together so they can share experiences, help those that are newly diagnosed and to build friendships. This group meets the 3rd



Wed of each month. Please call for meeting time and/or more information, call Michelle Vandermaas at (843)792-1380 or visit the Can-Teen Web site at www.can-teen.net.

The National Alliance for the Mentally Ill (NAMI) of the Charleston area offers support group meetings for individuals who suffer from a brain disorder and for family members and caregivers of those who have severe and persistent mental illness. The meetings are 6-7:15 p.m. **the second Monday of every month** at the Jewish Community Center, 1645 Wallenberg Blvd. in West Ashley Client member support group will meet in the senior lounge. Family member groups will meet in the JCC program directors conference room. **On the Third Monday of each month** the group meets at Bethany United Methodist Church, 118 West Third South Street Summerville. **The fourth Monday of each month** the group meets at The Church of the Holy cross, 299 Seven Farms drive, Daniel Island. Education meetings will begin again September 10th.

For more information, call Yancey wise at 884-7547 or yanceyk2@aol.com. or visit www.namicharlestonarea.org.

Faith and Light Community is a spiritual organization for persons with mental disabilities, their families and caregivers. The group has taken the summer off but hopes to start up again sometime in the fall. For more information, please contact Helena at 875-5002

“A Place for Me” meets the second Tuesday of each month from 6:00-8:00 PM at Seacoast Church in Summerville. Contact Brooke Hartig at 276-2740 or at BrookeHartig@APlace4Me.net

Summerville Autism Support - Mom's Night Out meets at 5:00 PM for dinner at a local restaurant one Saturday each month. The location and date varies due to holidays and other events. To find out when and where the next meeting will be, contact Jodi Hortman at 870-3485.

Respite: The Summerville Branch of Seacoast Church has started a respite program for families of special needs children called "Breathe Respite". For more information and to find out when the next respite will be held, contact tmsrobinson@gmail.com or twobecame3@yahoo.com, or Seacoast Church in Summerville at 486-0193.

We try our best to keep this list current. If your group is listed here and no longer meets or if you have a group that should be listed but isn't, please call us: 843-266-1318

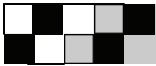
Crowfield Baptist Church, 100 Hunters Lane, Goose Creek, sponsors **“Parents Night Out”** at 6 PM on the 3rd Friday of every month for parents of children with disabilities. Advance registration is required. To get more info contact Crowfield Baptist at 843-569-6745.

**NEW Parent Support and Discussion Group
LEAN ON ME**

Meets at Christ Episcopal Church, 3304 N. Hwy 17, Mt. Pleasant, SC the third Sunday of every month from 5:30-7:30 PM. For questions or more information call Laura Nagelburg at 847-1568 or email: imagesbylauralynn@gmail.com

Support Group for Spanish Speaking Families is held the 4th Friday of each month from 6-8 PM at the MUSC Northwoods Clinic, 2070 Northbrook Blvd., Suite A-16, N.Charleston. For more info call Saritta at 843-534-7471.

Un grupo de soporte para familias de habla Hispana se reúne el cuarto Viernes de cada mes de las 6 a las 8 en la Clínica MUSC Northwoods 2070 Northbrook Blvd, Suite A-16, North Charleston. Para mayor información llame a Saritta al (843)534-7471



1575 Savannah Highway - Suite 6
Charleston, South Carolina 29407
Phone: 843-266-1318
Fax: 843-266-1941
www.frcdsn.org

family resource center
FOR DISABILITIES AND SPECIAL NEEDS, INC.

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La red Nacional para el Stress Traumático de Niños

National Child Traumatic Stress Network (NCTSN)-<http://www.nctsn.org>

Padres y cuidadores juegan un rol muy importante ayudando a niños y adolescentes a recuperarse de sus experiencias traumáticas, ya sea que se puedan sentir solos en sus esfuerzos, pero la realidad es que no son los únicos. Otras familias están pasando por las mismas circunstancias y profesionales están constantemente desarrollando formas efectivas para ayudar a los niños a recuperarse. El NCTSN se estableció en 2000 para brindar una singular y comprensiva ayuda enfocándose en los traumas infantiles.

La misión es crear conciencia y cuidado para implementar servicios a , familias y comunidad dentro de los Estados Unidos. Los recursos de este sitio de la red nos ayudarán no solo a aprender acerca del estrés infantil sino también de la salud y desarrollo en forma general. Algunos de los temas incluyen: ¿Qué es el Estrés Traumático en los niños?; Tratamientos efectivos; Encontrar ayuda; Desastres Naturales; Terrorismo; Estrés Económico; Hijos de familias en las Fuerzas Armadas, Sectores especiales y Trauma; y Adolescentes con problemas de Abuso de Sustancias. Cada tema general contiene recursos específicos, por ejemplo Sectores Especiales y Trauma incluye "Factores en Estrés Traumáticos en Niños con Discapacidades en el Desarrollo". Todos los tipos de trauma están mencionados en este sitio de la Red incluyendo, abuso físico o sexual y/o negligencia, trauma doméstico o médico, desastres naturales, actos de terrorismo y violencia en las escuelas. Adicionalmente en parte con el Centro Nacional de Post Traumatic Stress Disorder (PTSD), NCTSN ha desarrollado PRIMEROS AUXILIOS PSICOLÓGICOS, basados en métodos efectivos para asistir sobrevivientes de desastres y terrorismo. PFA en la Red es in curso gratuito interactivo

Este artículo continúa en la página 3