



THE COALITION

Parent Training and
Resource Center (PTRC)

ESTABLISHED 1995

LATEST NEWS AND INFORMATION FROM THE FAMILY
RESOURCE CENTER FOR DISABILITIES AND SPECIAL NEEDS
WWW.FRCDSON.ORG

Getting Back in the Groove After the Break

As students get back into the groove of the new semester, we have some tips for parents that can help you get back on track for 2023.

- Read your student's IEP or 504. Front to back.
- Gather their IEP progress reports and compare them to their IEP goals. Are they making progress?
- Mark the date of the next Annual Review or Re-Evaluation date on your calendar.
- 3-4 weeks prior to the scheduled due date, share your preferred days and availability via email with the team. The meeting should be at a "mutually agreed upon time and place."
- Once the meeting is scheduled, request a *draft* of your annual IEP or 504 be sent to you at least 2 days prior to the meeting. Example "In preparation for the upcoming annual IEP scheduled for 1/1/23, please provide the DRAFT IEP by 12/29/22. Thank you and I look forward to seeing you all."
- Review the draft. If you do not get a draft of the IEP/504, you can ask to reschedule the meeting until you have time to review the documents.
- Take a picture of your child to the IEP meeting and place it in the center of the table. This will keep the focus on your child as an individual and their *individualized* needs.
- Get updated reports from your outside therapy agencies if applicable.
- Have your parent input, questions, and ideas ready to share with the team.
- Update your PTRC Parent Mentor with the meeting date, and any new concerns that you may have since you last spoke.

I Have an "IDEA!"

Let's talk acronyms!

It seems every week a Family Resource Center (FRC) Parent Mentor shares a new acronym they picked up in a meeting or during a training session. Acronyms are "an abbreviation formed from the initial letters of other words and pronounced as a word". We decided to take a closer look at the Special Education (SpEd) acronyms. Our Parent Mentors decided on the most commonly used acronyms that you may hear and can use with confidence in your meetings:

- **IEP**- Individualized Education Program
- **IFSP**- Individualized Family Service Plan
- **FAPE**- Free and Appropriate Public Education
- **PLAAFP**- Present Levels of Academic Achievement and Functional Performance
- **SSD**- Shortened School Day
- **BIR**- Behavior Intervention Room
- **LRE**- Least Restrictive Environment
- **IDEA**- Individuals with Disabilities Education Act
- **FBA**- Functional Behavior Assessment
- **BIP**- Behavior Intervention Plan
- **ESY**- Extended School Year
- **LEA**- Local Educational Agency
- **PWN**- Prior Written Notice

But wait, there's more! We cannot stop with just the acronyms we have suggested, oh no! Special Education vocabulary is complex enough, adding confusing acronyms can increase barriers for even the most prepared caregiver. To learn more about the procedures and functions of these acronyms, contact one of our Parent Mentors or view the US DOE (United States Dept of Education) acronym list. You can view them [here](https://sites.ed.gov/idea/acronyms/) or go to <https://sites.ed.gov/idea/acronyms/>

"One for All and All for One"

"Each individual should act for the benefit of the group and the group should act for the benefit of each individual."

Throughout our history, children and adults have often been excluded because of their race, gender, sexuality, or abilities. It wasn't until July of 1990, that the Americans with Disabilities Act (ADA) was signed into law. The ADA specifically "prohibits discrimination against people with disabilities in areas including employment, transportation, public accommodations, communications and access to state and local government programs and services." The ADA is the world's first comprehensive civil rights law for people with disabilities.

In preparation for the ADA in 1990, people with disabilities were first asked to document daily instances of how they experienced inaccessibility and discrimination in the community. Their diaries served not only as testimonials of discrimination, but also raised societies consciousness around their barriers to daily living.

The ADA paved the way and required business operators to provide equal access to people with disabilities. Thus, spurring the development and deployment of wheelchair lifts, apps to guide the blind through airports, and current smartphones that can help the deaf communicate. Cars and vans can now be skillfully modified and made fully accessible for people with disabilities to drive in the 21st Century.

"Accessibility" refers to facilities or amenities that can assist people with mobile or cognitive impairments to access all information without barriers. Surprisingly, the earliest law providing accessibility for people with disabilities was the "handicapped" parking in Delaware's 1955 Code, 2134.

A mere thirteen years later, after passage of the 1968 "Architectural Barriers Act", the federal government mandated parking spaces, signage, and curb cuts. This was also the year the universal access symbol debuted.



One for All and All for One Cont'd

In summary, Accessibility is the "act of removing barriers through mindful design of products, devices, services, vehicles or environments". Comparably, Inclusivity means "children and adults of ALL abilities are welcomed and encouraged to attend, participate or apply no matter their physical, cognitive, social, or emotional development". The very act of being inclusive means everyone feels valued and respected as an individual.

In writing this article, the proverb "Necessity is the Mother of Invention" comes to mind. Which states that "the primary driving force for most new inventions is a need" and it is no surprise that parents of children with special needs are resilient, creative and persistent.

There are several accessible and inclusive organizations in the Tri-County you may be interested in:

Central Creek Park

Central Creek Park in Goose Creek, has over 26,000 square-feet of playgrounds and offers a wide range of accessible activities for people with physical or visual disabilities. The surfacing is all wheelchair accessible and the equipment is based on sensory items for everyone to enjoy. It is a world-class, 13-acre all-abilities recreational opportunity for everyone. We have heard only positive reviews after the grand opening in December. One resident shared "It was so awesome to see a playground that involved all children and the atmosphere was so happy." Another mother reports she observed her son and her older daughter "play on the same equipment because it was modified and safe for both of them." For more information follow this [link](https://www.cityofgoosecreek.com/recreation/central-creek-park) or go to:

<https://www.cityofgoosecreek.com/recreation/central-creek-park>

Autism News Network (ANN)

The Autism News NetWORK material is written, produced, and directed by adults with Autism Spectrum Disorder. The Autism News NetWORK (ANN) is a media corporation under the direction of McLeod Frampton Gwynette, Jr., MD at the Medical University of South Carolina.

To see the story behind ANN visit <https://www.theautismnewsnetwork.com/about/>

One for All and All for One Cont'd



Bitty and Beau's
159 Church St,
Charleston, SC 28403
Bitty and Beau's is an inclusive coffee shop that values inclusion and acceptance of people with intellectual and

developmental disabilities. The Wrights have dedicated their lives to making the world a better place for their children and others living with disabilities.

<https://www.bittyandbeauscoffee.com/about/video/>

Caroline's Cart

Drew Ann Long is the founder of Caroline's Cart. As her daughter with special needs outgrew the typical shopping carts, Long discovered a huge gap in accessibility and inclusion in retail stores. To see the story of Caroline's Cart follow this link:

<https://www.youtube.com/watch?v=18XTiznB1VU>

Available at Target 7250 Rivers Ave, North Charleston, SC 29406

What is A "PWN?"

Prior Written Notice (PWN)

The Family Resource Center for Disabilities and Special Needs (FRCDSN) is dedicated to helping parents who contact us obtain the best understanding of their rights when it comes to disabilities and Special Education services. One of the most critical documents parents need to understand is the Prior Written Notice (PWN). According to IDEA, a PWN must include 7 things:

1. A description of the action proposed or refused by the school or LEA.

EX. The team agreed that a Behavior Intervention Plan is needed.

2. An explanation of why the school proposes or refuses to take action.

EX. The student has shown an escalation in behavior over the past three weeks.

3. A description of each evaluation procedure, assessment or report used to make their decision.

EX. Teacher observations, behavior data and team input was the basis for the proposed actions.

Prior Written Notice Cont'd

4. A statement that parents of a child with a disability have protections under the procedural safeguards and how parents can get a copy.

EX. A description of the procedural safeguards is provided upon initial referral and annually, thereafter.

5. Sources for parents to get help understanding these provisions or procedural safeguards.

6. A description of other options considered and the reasons why they were rejected.

EX. The team considered not putting a Behavior Intervention Plan in place but the team agreed the student needs an Behavior Intervention Plan because...

7. A description of other factors important to the school's proposal or refusal. [§300.503(b)]

EX. Medication will continue and according to the parent, the effectiveness of the medication will improve with continued use.

IDEA describes FOUR situations when parents are entitled to and should receive a PWN.

- A school proposes to make a change in the identification, evaluation or educational placement of a child.
- A school refuses to make a change in the identification, evaluation or educational placement of a child.
- A school proposes to make a change to how a child is being provided a Free and Appropriate Public Education (FAPE).
- Parents should receive written notice AFTER a proposed change has been discussed by the team at an IEP meeting and BEFORE any changes are made. Parents may ask for written notice if the school tells them of changes they plan to make in a phone call, a meeting, an email or a conversation. Despite the name, the PWN should not be received prior to the meeting.

Not surprisingly, "there are times when parents may not agree with the school's recommendations about their child's education. "Under the law, parents have the right to challenge decisions about their child's eligibility, evaluation, placement, and the services that the school provides to the child." Read more by clicking [this link:](https://www.askresource.org/resources/prior-written-notice#:~:text=A%20Prior%20Written%20Notice%20(PWN,not%20do)%20for%20their%20child.)

[https://www.askresource.org/resources/prior-written-notice#:~:text=A%20Prior%20Written%20Notice%20\(PWN,not%20do\)%20for%20their%20child.](https://www.askresource.org/resources/prior-written-notice#:~:text=A%20Prior%20Written%20Notice%20(PWN,not%20do)%20for%20their%20child.) 3

Inclusive and Accessible Events in the Lowcountry

Silent Disco

James Island County Park is excited to host their inaugural Inclusive Silent Disco on Saturday, January 14, 2023 from 6-8pm at James Island County Park (Edisto Hall).

This will be a unique party experience where all guests wear wireless glowing headphones. There will be two live DJs playing a variety of tunes, and attendees will have the ability to switch between two genres of music. Headphones are provided by Quiet Kingz and participants are not able to bring their own headphones.

To register, call 843-795-4386.

Additionally, during the Summer, Charleston County Parks and Rec. offers "Inclusive Swim Nights" where people with disabilities can enjoy the waterparks and pools at a time when it is not as busy.

South Carolina Aquarium

The South Carolina Aquarium is accessible for families with financial barriers. If you have barriers to visiting due to financial circumstances, we invite you to participate in their Angelfish program so you and your family or group can explore, learn, and make lasting memories with them. Eligibility with proof of SNAP/EBT (a copy of your card), digital WIC card (screenshot that includes your name), SC Voucher Program Letter and photo ID.

The Purple Tutu

The Purple Tutu is a free program housed at Palmetto City Ballet in Mount Pleasant that provides ballet classes to children with special needs.

Class curriculum is ballet based with a focus on improving core strength. Classes are free of charge. You may also view their small collection of virtual classes on YouTube.

Classes are held on Thursdays from 4:30-5 pm.

You can email them at thepurpletutuballet@gmail.com



Children's Museum of the Lowcountry SuperStar Sundays

The Children's Museum in beautiful downtown Charleston is open for children with special needs and their families to visit for FREE. Children are able to explore and play in the Museum before opening without crowds and over-stimulation. Available every second and fourth Sunday of the month from 10:00 am- 12:00 pm.

This program is free, but registration is required. Click [HERE](#) or type in this link: <https://6860.blackbaudhosting.com/6860/SuperStars-08Jan2023>

While visiting the CML, Accessibility Kits are available upon request. Included are noise-reducing headphones, sunglasses, weighted lap mats, fidget toys, liquid timers and a visual scheduler. You may check out a kit at the front desk. There are also adaptable scissors in the Art Room upon request.

Hippe Dash 5k

The Hippe Dash is a 5k run/walk that raises awareness for people with disabilities and helps support Palmetto Goodwill. Runners, walkers, children, and pups of all ages are encouraged to participate. To register follow [THIS](#) link or go to

<https://runsignup.com/Race/FindARunner/?racelid=82878&page=4>

Date: Saturday March 4, 2023

Location: James Island County Park at the Stono Shelter

Cost: \$30 if registered before January 31. \$40 if registered after January 31.

Free At-Home COVID-19 Tests

You can order 4 free Covid tests per household, through the US Postal Service. Follow [THIS](#) link or go to <https://special.usps.com/testkits> to request yours.

State and Local Supports

Continuum of Care Lowcountry-

In November, we were invited to provide a training workshop for the Wraparound Facilitators at Continuum of Care. We shared two hours discussing the importance of Special Education services to better equip their Facilitators in supporting their clients. CoC provides intensive care coordination through a care planning process called "Wraparound." Wraparound is a team based approach that involves children, families, supports, and professional service providers. Wraparound is for children with serious emotional or behavioral health diagnoses whose families need assistance keeping their children in their home, school, or community. If a child is currently out of their home or community, Wraparound can assist with planning for a successful return to his/her family, school, and friends.

To contact COC, you may call them at (843) 569-3079 or visit their office at 7410 Northside Drive, Suite 201 North Charleston, SC 29420. They also have other offices in the following counties: Beaufort, Orangeburg, Walterboro, Allendale, Bamberg, Beaufort, Berkeley, Calhoun, Charleston, Colleton, Dorchester, Hampton, Jasper and Orangeburg.

To learn more click the hyperlinks to their brochures. [HERE](#) for English and [HERE](#) for Spanish.

Great Kids and Awesome Adults

The Family Resource Center was invited to the Great Kids and Awesome Adults annual retreat in November. Our Outreach Coordinator, Lisa Riddle, provided information and training to their Case Management and Early Intervention staff about our services and how a Parent Mentor works along side parents and caregivers during their Special Education disability journey.

Great Kids and Awesome Adults provides Early Intervention Services for BabyNet (Age 0-3) eligible children and continued Early Intervention to age 6 for children at risk for developmental delays and who are eligible through Dept. of Disabilities and Special Needs (DDSN).

Great Kids and Awesome Adults Cont'd

Recently, they have begun providing assistance with eligibility determination for older individuals and case management services in some areas. Great Kids currently serves the Grand Strand, Lowcountry, and Pee Dee areas of South Carolina.

If you would like to contact them, please click this link to be taken to their website by clicking [THIS](#) link or visiting www.scgreatkids.com

Family Connections-

Family Connections is designated by the U.S. Department of Education as South Carolina's Parent Training and Information Center (PTI).

The Family Information Center (FIC) serves as the central point to allow their team to determine your needs and connect you with the best resources. The FIC is staffed Monday through Friday, 8:30 a.m. – 5 p.m., by professionals, the majority of whom are parents themselves.

Family Connections has six specialized programs that serve South Carolinians:

1. Project Breathe Easy- This free and confidential home visitation program provides emotional and informational support to parents who have children with asthma.
2. Education Partners- Family Engagement Managers empower parents with tools, training, and support to help them understand and navigate the educational system.
3. Healthcare Connection- Their healthcare team offers assistance with Medicaid, TEFRA, appeals and managed care information.
4. Parents as Teachers- A unique home-school visitation partnership for parents of young children
5. Parent to Parent Support- Trained parent volunteers provide emotional support and information based on the child's needs.
6. NICU support- NICU parent navigators provide bedside support to parents who have, or recently had, a child in the NICU.

Food Pantries

The following pantry locator is updated weekly with foodbank options. Food assistance is provided by Lowcountry Food Bank agency partners. Please note that partner agencies' hours may change without notice. Please call before visiting to make sure they are open.

<https://lowcountryfoodbank.org/find-food/pantry/>

Additional Food Pantry Locations:

Bethel United Methodist Church

843-723-4587

57 Pitt Street

Tuesdays-Thursdays 10 am- 1pm

Morris Street Baptist Church

843-697-5820

25 Morris Street

3rd Saturday of the Month 10am-12pm

Ebenezer AME Church

843-534-3696

44 Nassau St

2nd Saturday Month 9am-12pm

Church of the Holy Communion

843-722-2024

218 Ashley Ave

2nd Saturday of the Month 8am-9am

Utility/Rent Assistance

Neighborhood House of Our Lady of Mercy Community Outreach Services Inc.

77 & 79 America Street

843-508-8019

Appt. required. assists with rent, electric, and water for residents of 29401, 29402, and 29403.

Findhelp.org

Search and connect to find support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:

<https://www.findhelp.org/>

If you or someone you know is in crisis, call or text 988 to reach the suicide and crisis lifeline, chat with them online via their website or text HOME to 741741 (multiple languages available)

Neighbors Together Emergency Needs

Neighbors Together helps the Tri-county and is located at **2105 Cosgrove Avenue, N. Charleston, SC 29405**. They offer the following:

- Donations- Monday, Tuesday, and Thursday; 9 am - 1 pm.
- Hot Food- Monday through Thursday; 10:30 am - 12:30 pm
- Grocery Distribution- Every Wednesday 10:30 - 12:30 pm
 - ID Required
 - Limited to twice a month per family
- Hygiene & Diapers- Wednesday; 10:30 am - 12:30 pm
 - Adult and Infant Diapers
 - Limited to twice a month per family
- Utility and Rental Assistance- Monday, Tuesday, and Thursday; 10 am - 1 pm
 - By appointment only- Call 843-747-1788
 - No guarantees of assistance
 - Bill must be past due
 - Photo ID, past due bill or landlord letter, proof of income required

Palmetto Community Action Partnership

The Palmetto CAP fights poverty by offering self-empowerment programs, basic needs assistance and emergency services. Their mission is to serve economically underserved residents of the Tri-County by promoting economic independence through programs and partnerships. Palmetto CAP's main office and outreach centers provide programs which combat unemployment, poor living conditions, homelessness and poor health. Programs and services negate the causes and conditions of situational and generational poverty. Their information is listed for each county:

- Charleston: 843-724-6760
 - 1069 King Street Charleston, SC 29403
 - Hours Monday-Friday; 8 am - 5 pm.
- Berkeley: 843-761-6935
 - 325 East Main Street Moncks Corner, SC 29461
 - Hours Monday-Thursday; 8:30 am - 4 pm
- Dorchester: 843-636-9090
 - 201 Johnston Street St. George, SC 29477
 - Hours Monday-Thursday; 8:30 am- 5 pm

Parent Training Sessions Available Near You

Do you want to advocate for your child but don't know how?

Would you love to have specific skills and techniques to improve your advocacy style?

Are you a parent or caregiver of a child with an IFSP (Individualized Family Service Plan) an IEP (Individualized Education Program) or a 504 Accommodation Plan in the Tri-County area?

The Family Resource Center can provide you with accurate and impartial information at no cost to navigate the process successfully. To schedule a workshop for your group of 5 or more, contact Lisa Riddle or Shea Likens at 843-266-1318. Workshops (including all materials) are FREE and open to the public. Accommodations can be provided if requested prior to training. Listed below are some of our most popular training sessions:

Early Childhood for Infants and Toddlers with Developmental Delays

Attendees will learn who provides what services, as well as how and when services are delivered. This workshop is especially helpful for families and providers working with infants and toddlers.

Autism 101

Developed for families whose child has just received a diagnosis of ASD (Autism Spectrum Disorder), at any age. Parents of children with prior diagnosis as well as supporting professionals may also find some of the information useful.

Understanding ADHD

Powerpoint led discussion about the symptoms, causes, treatments and educational recommendations for students with ADHD. (Attention Deficit Hyperactivity Disorder)

Crash Course on Special Education (Parent Friendly version)

Overview of Special Education services, content of the IEP, who is eligible and how the process of receiving services takes place.

You Can Help The FRC

Your Amazon purchases help! Designate the Family Resource Center for Disabilities & Special Needs as the charity of choice. The Family Resource Center will receive a percentage of your purchase through Amazon Smile- at no cost to you! It's that easy!! Click [HERE](#) to help and search for the Family Resource Center under www.smile.amazon.com

We would like to thank you for this support as we have received nearly \$500 from AmazonSmile this year!!

Meet FRC's Newest Board Member



Ashlin Blum graduated from the Ohio State University with a Bachelor of Science degree in Psychology and received his Master of Social Work from Saint Louis University. Upon graduation, he began practicing ABA and Social

Work with a focus on children diagnosed with developmental disabilities and counseling parents in relationship as well as marriage issues. Ashlin works with the whole family so that they can be empowered to provide care for their child and family. He is an advocate for his clients and we welcome his knowledge and experience to the Board of Directors!

Thank you for taking the time to read The Coalition e-newsletter!



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Organizaciones Estatales cuyo propósito es servir a la población Latina

PASOs Programs

www.scpasos.org

730 Devine St. Columbia, SC 29208

Consortium for Latino Immigration Studies

www.sph.sc.edu

730 Devine St. Columbia, SC 29208

Family Connection

www.familyconnectionsc.org

Guías en español para atender a la población Latina

211 SC

Llame al 211 o visite www.SC211.org para encontrar ayuda con: Cuidado de los Niños Educación, Empleo Asesoramiento Financiero, Comida Atención Médica, Alojamiento Asistencia con Prescripciones Médicas.

Recibos de Servicios Públicos Y Mucho Más – Solo Dinos qué Necesitas 2-1-1 o 866.892.921

South Carolina Aquarium

Unete a la diversion en el SC Aquarium!

Un ano completo de membresía por \$40.00

Las familias que participan en SNAP/EBT, Programa de Nutrición WIC o el Programa de Vales SC son elegible para una membresía familia Angelfish por solo \$40.00 familia!

Para mas informacion visite

www.scaquarium.org/angelfish

¡Gratis Para Ninos Con Necesidades Especiales Y Sus Familias!

Se requiere registro.

29 Ann Street Charelston, SC 29403

El Children 's Museum of the Lowcountry cree que jugar es esencial para el desarrollo educacional de TODOS los niños, a pesar de los retos como autismo, retrasos en el desarrollo, o discapacidades físicas. En los segundos y cuartos domingos de cada mes, CML está abierta con entrada GRATIS antes de los horarios normales a las 10: 00 am- 12:00 pm para los niños con necesidades especiales y sus familias.

www.exploreqml.org.