



*Wishing you and your family a wonderful year in 2013!*

*The Staff at the Utah Parent Center*



The Utah Parent Center welcomes in 2013 with many exciting events planned for parents. These events include trainings, workshops and conferences around the state for families of children with disabilities and special health care needs. We look forward to your participation with the Utah Parent Center.

## FAMILY ★ LINKS

2013 FAMILY LINKS CONFERENCE REGISTRATION IS NOW OPEN!

### When 'GO TO YOUR ROOM' Isn't Quite Far Enough....

The 2013 Family Links conference is a two-day seminar that provides strategies to assist in teaching children ownership and management of their behavior and will be presented by Jo Mascorro, M.Ed.

- Dates: Friday and Saturday, March 8-9, 2013
- Time: 9:00 a.m. – 3:00 p.m. each day.
- Location: Vivint Technologies, 4931 North 300 West, Provo, Utah
- Cost: \$20 per person for those who register prior to February 8, \$30 per person after.
- More info: [www.utahparentcenter.org/quick-links/family-links/](http://www.utahparentcenter.org/quick-links/family-links/)
- Registration: [Click here to register now!](#)
- Flyer: [2013 Family Links Conference Printable Flyer](#)

**ENTER TO WIN A FREE IPAD WHEN PARTICIPATING IN SURVEY – TIME IS LIMITED!**

Please participate in a research survey through the University of Utah Department of Special Education for all parents of students with disabilities and be entered to win a new iPad!

[Click here to take the survey in English:](http://despina.ed.utah.edu/surveys/sped/sped-edu-experience.htm)

<http://despina.ed.utah.edu/surveys/sped/sped-edu-experience.htm>

[Click here to take the survey in Spanish:](http://despina.ed.utah.edu/surveys/sped/sped-edu-experience-spanish.htm)

<http://despina.ed.utah.edu/surveys/sped/sped-edu-experience-spanish.htm>

**Enter to win  
a free iPad!**



**ASSISTIVE TECHNOLOGY IN ACTION PART 3 – MEET MASON**

The Family Center on Technology and Disability (FCTD) and PACER Center are pleased to announce the release of our third video in the assistive technology awareness series, AT in Action. In this video you'll meet Mason, a young boy with vision loss who, with the help of AT, is able to learn reading and writing in the same classroom as his sighted peers. We invite you to view and share this video with your colleagues and the families you serve. Click below to view now.



**GKSN: GRANDPARENTS OF KIDS WITH SPECIAL NEEDS**

The Sibling Support Project and the Kindering Center are please to announce GKSN: Grandparents of Kids with Special Needs. **No one understands a grandparent's unique joys and concerns better than another grandparent** of a child with special needs. On the GKSN website, grandparents will have a chance to meet other grandparents through Yahoogroups or Facebook groups, share ideas for supporting their kids and grandkids, and even post a picture of their grandkids. Visit GKSN today at [www.gksn.org](http://www.gksn.org)!

## MAKING THE IEP WORK FOR YOU, PART TWO: HOW FAMILIES CAN GET THE MOST OUT OF THIS VALUABLE TOOL!

When designed individually and implemented effectively, the Individualized Education Plan (IEP) is an **important tool that helps assure a student's success in education. The Utah Parent Center is excited to share Part Two of this three-part series, Making the IEP Work for You, where we explore key components of the IEP including: Evaluation (Part 1), How Families Can Get the Most Out of this Valuable Tool (Part 2), and Progress Monitoring (Part 3). [If you missed, Part One on Evaluation, click here.](#)**

The Individualized Education Plan (IEP) is the most important tool parents have when their child is receiving special education services. However, in order for any tool to be effective, the user must learn all about the tool first: its purpose and how it works.

The purpose of the IEP is drawn up at an IEP Meeting. Here are some key points for families to know:

- The IEP is developed by team effort. The team is made up of the parent(s), the student (whenever possible), and the school staff (general and special education teachers, administrators, related service providers, and other support personnel). Parents may also include outside professionals, family friends and advocates if they wish.
- Parents are to be active participants – not passive bystanders – in drawing up the plan. Parents know their children better than anyone and their full participation is essential for success!
- The IEP is to be designed according to the unique needs of the child. In other words, the child is not expected to adapt to the existing programs.
- The IEP is developed once a year, but parents may request a review – and, if necessary, changes – at any time during the year. It is best to make this request in writing to the other members of the IEP team.
- The IEP must contain information about the student's present levels of academic achievement and functional performance (general skills, social, motor, access skills, self-help, etc.).
- The IEP is to be based on the child's unique strengths, interests, and needs, as they are determined for the upcoming year.
- The IEP outlines Annual Measurable Goals. It is critical that these goals can be measured and that the IEP includes a timetable for achieving these goals.
- Any additional educational support or related services, such as therapies, must be spelled out in the IEP.
- An important goal of The Individuals with Disabilities Education Act (IDEA) is that the child be educated as much as possible in the Least Restrictive Environment along with typical students without disabilities.

It's important to remember that the key word in IEP is "individualized." This means that all supports and services are to be tailored to the individual needs of the student. As the student's needs change so does the IEP. And, even more importantly, the IEP must also take into account the child's unique interests, abilities, and gifts. Each child is to be considered as the individual he or she really is.

More information on the IEP can be found on the Utah Parent Center's website at [www.utahparentcenter.org/publications/infosheets/iep-info-sheets/](http://www.utahparentcenter.org/publications/infosheets/iep-info-sheets/) and remember that the Utah Parent Center staff are available by email and by phone at 801.272.1051 to provide information and support to you on your journey.

*This article was originally written and posted by PEAK Parent Center, Colorado Springs, CO, Winter 2012. and reprinted with permission by the Utah Parent Center*



**THE 2012 TRANSITION MINI-CONFERENCES WERE A HUGE SUCCESS!**

The five Transition Mini-Conferences that were held across the state in 2012 provided transition information to hundreds of parents and professionals. The Utah Parent Center, Family Links Conference Committee, School Districts and local organizations have decided to continue to bring this 1-2 day conference to communities across the state in Utah. The co-sponsors of these events invite you to participate in one of these great events!

The Transition Mini-Conference is a conference for parents and youth and young adults with disabilities, ages 12-26. Professionals are also invited to participate, but parents will be given priority during registration in the event that the conference is full.

During the conferences, the topics will include:

- From NO Where to KNOW Where: Transition to Adult Life including:
  - What is transition and why is it important?
  - Laws impacting transition.
  - Developing the IEP and Transition Plan
  - Adult Services
  - New Players/New Roles
  - Additional Transition Concerns
- Getting and Keeping the First Job
- The Journey to Adulthood: What Parents Need to Know
- Skills for Effective Advocacy
- Q & A with a Panel of Experts

**DAVIS COUNTY TRANSITION MINI-CONFERENCE**

**Get Your Teen with Special Needs Ready for Transition in 2013!**

January 28-29, 2013                                      9:00 am – 4:00 pm                                      Davis District Administration Building

Life is full of transitions, and one of the more critical ones for students with disabilities occurs when a student **leaves the public school system and moves into the adult world. It’s especially helpful to plan ahead starting in high school or middle school.** This workshop will cover how parents, educators and students can work together as an IEP Team to prepare the student for the future. The UPC will discuss the transition IEP, predictors for successful transition, post-school goals, teaching students to advocate for themselves, graduation or certificate of completion and much more! Topics will include: Getting and Keeping the First Job, The Journey to Adulthood, Skills for Teaching Effective Self-Advocacy, a Panel of Transition Experts, and much more.

[Click here for a printable flyer.](#) This event is offered at no charge! Space is limited. [Click here to register today!](#)

**SALT LAKE COUNTY TRANSITION MINI-CONFERENCE SPONSORED BY THE UTAH PARENT CENTER, CANYONS SCHOOL DISTRICT, GRANITE SCHOOL DISTRICT AND SALT LAKE CITY SCHOOL DISTRICT.**

**Get Your Teen with Special Needs Ready for Transition in 2013!**

March 12-13, 2013                                      9:00 am – 4:00 pm                                      Canyons District Administration Bldg.

From No Where to Know Where: Transition to Adult Life -As families of children and young adults with disabilities, we have learned many things – but most of us admit that we have much more to learn. Topics will include: Getting and Keeping the First Job, The Journey to Adulthood, Skills for Teaching Effective Self-Advocacy, a Panel of Transition Experts, and much more. [Click here to download printable flyer.](#) The cost for this event is \$15 which includes lunch and materials for both days.

[Click here to register for this event.](#)

**Uintah School District, Utah Parent Center and Family Links are Teaming Up!**

**From NO Where to KNOW Where: Transition to Adult Life AND Legal Protection for Your Family**

Friday, February 8, 2012                                      12:00-4:00 pm                                      Uintah School District CEC Building

From NO Where to KNOW Where: Transition to Adult Life presented by Linda Smith, Utah Parent Center. Legal Protection for Your Family presented by Lisa Thorton, Attorney, Family Links Committee Member, President of the Utah Prader-Willi Syndrome Chapter.

[Click here for printable flyer.](#)

[Click here to register.](#)



## UPCOMING UTAH PARENT CENTER WORKSHOPS AND TRAININGS

### DAVIS COUNTY

Davis School District Special Education and Section 504 Departments present 2013 Davis Transition Fair  
Thursday, January 10, 2013 5:30 – 8:00 p.m. Davis Applied Technology College  
All secondary students receiving special education and/or Section 504 services are encouraged to attend to receive valuable information as they plan to transition from school to adult life. Parents and teachers are welcome to attend as well. Join us at the Davis Applied Technology College, 550 East 300 South, Kaysville, UT. Click here for printable flyer.

### CHADD of Utah presents 'Organizational Skill Deficits and Interventions for Children with ADHD'

Thursday, January 24, 2013 6:30-8:30 p.m. Davis High School Auditorium  
"Organizational Skill Deficits and Interventions for Children with ADHD" presented by David M. Groot, LCSW.  
Pre-registration is required. Cost: \$5 donation requested. Visit [www.chaddofutah.com](http://www.chaddofutah.com) for more info.

### Get Your Teen with Special Needs Ready for Transition in 2013!

January 28-29, 2013 9:00 am – 4:00 pm Davis District Administration Building  
From No Where to Know Where: Transition to Adult Life -As families of children and young adults with disabilities, we have learned many things – but most of us admit that we have much more to learn. Topics will include: Getting and Keeping the First Job, The Journey to Adulthood, Skills for Teaching Effective Self-Advocacy, a Panel of Transition Experts, and much more. [Click here for a printable flyer.](#)  
This event is offered at no charge! Space is limited. [Click here to register today!](#)

### Parents as Partners in the IEP Process Workshop

February 12, 2013 6:30-8:30 pm Davis Professional Development Ctr  
This workshop will help parents understand their role, rights and responsibilities in the IEP process. They will learn how to effectively prepare for, participate in and follow-up on IEP meetings held on behalf of their student. If you have questions, please contact Roz Welch at 801.402.5120. [Click here to register for this event.](#)

### SALT LAKE COUNTY

\*\*\*\*Preparing Your Child for the Transition to Middle and High Schools\*\*\*\* Please note Changes\*\*\*\*

January 29, 2013 6:30 - 8:30 pm Indian Hills Middle School  
**The date and location of this event has been changed. The workshop will be held at Indian Hills Middle School located at 1180 East Sanders Rd (11800 South), Sandy.**  
The transition from elementary to middle school and from middle to high school is bound to create some anxiety for students and parents. Join us for an evening where we will discuss what can be done to help ease the transition and prepare your child for success. Information about timelines and expectations will be addressed. Additionally, a representative from the Canyons Special Education department will be there to provide information about the grade reconfiguration and what it means for your child with disabilities. If you have questions, please call Lynda Hansen at 801.826.8192. [Click here to register for this event.](#)

### Daytime Family to Family Network Meeting – Advocacy and How YOU can be Involved

Tuesday, January 29, 2013 10:00 am CTA Office, 700 East 4444 South #203  
Join us as we learn from the best advocates who will talk about the current issues being discussed this legislative session and we will show you how to find YOUR legislators so you can send a letter about your family. Contact Julia at [runnamokk@hotmail.com](mailto:runnamokk@hotmail.com) or visit us on [Facebook!](#)





### Transition to Adult Life Workshop

February 12, 2013 1:00-2:30 p.m. Granite Education Center  
This free workshop will offer information about transitioning to life after school. It will help parents understand the transition to adult life, prepare to participate in plan development and implementation as well as focus on issues and changing roles during this exciting, challenging time. If you have questions, please contact Michelle Murphey at 385.646.4190. [Click here to register for this event.](#)

### Parents as Partners in the IEP Process Workshop

February 13, 2013 6:30-8:30 p.m. Utah Parent Center Office  
This workshop will help parents understand their role, rights and responsibilities in the IEP process. They will learn how to effectively prepare for, participate in and follow-up on IEP meetings held on behalf of their student. If you have questions, please call Amy Weyrich at 801.856.1264. [Click here to register for this event.](#)

### Section 504: Services for Students in Public Schools

February 20, 2013 6:30-8:30 p.m. Utah Parent Center Office  
It is important for parents of students with disabilities and special needs to have information and an understanding of Section 504 of the Rehabilitation Act. Understanding the provisions of this important law can help parents be effective partners in working with schools to meet the educational needs of their student with disabilities. This also applies and can be particularly helpful for those students with disabilities who do not qualify for special education services. If you have questions, please call Amy Weyrich at 801.856.1264. [Click here to register for this event.](#)

### Get Your Teen with Special Needs Ready for Transition in 2013!

March 12-13, 2013 9:00 am – 4:00 pm Canyons District Administration Bldg.  
From No Where to Know Where: Transition to Adult Life -As families of children and young adults with disabilities, we have learned many things – but most of us admit that we have much more to learn. Topics will include: Getting and Keeping the First Job, The Journey to Adulthood, Skills for Teaching Effective Self-Advocacy, a Panel of Transition Experts, and much more. [Click here to download printable flyer.](#) The cost for this event is \$15 which includes lunch and materials for both days. [Click here to register for this event.](#)

## UTAH COUNTY

### Alpine Special Education Preschool Parent Training Class:

Disciplining Young Children with Autism Spectrum Disorder  
January 17, 2013 5:30-6:20 p.m. Legacy Elementary, American Fork  
For parents who want to learn more about helping their young children who exhibit inappropriate behavior. Your child DOES NOT have to have a diagnosis of autism for you to attend! Please DO NOT bring children to this class, as we will NOT have child care available.

### Alpine Special Education Parent Training Night:

Behavior Strategies for Students on the Autism Spectrum  
January 17, 2013 6:30-7:30 p.m. Legacy Elementary, American Fork  
We will discuss behavior strategies to help maintain/establish positive relationships and avoid conflict. Depending on the needs of parents there may be a couple of follow-up meetings at two-week intervals to discuss the use of the behavior strategies in the home setting and insights to help parents move forward positively in the future.



## Early Intervention to Special Education Preschool Transition Workshop

### What Parents Need to Know Before Their Child's Third Birthday

January 22, 2013

6:30-8:00 p.m.

Kids On the Move, Orem

This is an exciting time for families and their children with disabilities and special needs! Families have had the benefit of receiving services from Early Intervention and are now preparing to receive school-based programs and services. Come learn about your roles and responsibilities in working with teams that support your child as s/he moves into preschool programs. Parents have specific rights and responsibilities as they navigate through transition from Early Intervention (EI) programs under Part C of the Individuals with Disabilities Education Act (IDEA) to preschool programs under Part B of IDEA. Families need training and information to assist them with knowledge and understanding to be effective participants with teams.

## 2013 FAMILY LINKS STATEWIDE CONFERENCE INFORMATION

### 2013 Family Links Conference – 'When Go To Your Room Isn't Quite Far Enough'

March 8-9, 2013

9:00 am -4:00 p.m.

Vivent Technology, Provo

This two-day series, presented by Jo Mascorro, M.Ed., will provide strategies to assist teaching children ownership and management of their behavior. How many times do I have to tell you? Sound familiar? Welcome to the world of parenting! This presentation series will provide participants with an array of strategies to assist in teaching children accountability for their behavior.

Early bird registration cost: \$20 - After January 31, 2013 cost will be \$30.

[Click here for printable flyer.](#)

[Click here to register for this event.](#)

## COMMUNITY ACTIVITIES AND EVENTS

### The Conscious Parent Conference – For Parents and Professionals

The Utah Association for Infant Mental Health, BabyWatch and Easter Seals would like to invite parents and professionals to participate in a conference on Saturday, January 12, 2013, featuring Dr. Shefali Tsabary. Dr. Tsabary shows how the challenges of parenting can become a great opportunity for spiritual awakening. Becoming a fully conscious parent is the greatest gift you can give your child. Cost is \$45 for parents, \$65 for professionals. Pre-registration is required. The conference will be held at the McGillis School, 668 South 1300 East in Salt Lake City, Utah from 9:00 am to 3:00 pm. [Download the flyer and registration form here.](#)

### Parent-to-Parent: Family Training on ADHD

This series of 7 Hour classes is available for anyone who would like to learn about ADHD. Topics include overview of ADHD, From Assessment to Multimodal Treatment, Developing Parenting Strategies and Positive Behavior Interventions, Strengthening Family Relationships, Education Rights for Your Child, Building and Education Team, Resiliency, Teen Challenges and Future Successes. Classes will begin on Tuesday, January 15, 2103 from 6:15-8:30 p.m. at Ben Lomand High School, 1080 9th St., Ogden, Utah. Cost is \$70 per couple. (Discount for CHADD members) To register, call Renae at 801.452.4256 and for more information visit [www.chaddofutah.com](http://www.chaddofutah.com)

## Easter Seals Good Will announce their Next Wiggly Worm Sensory Class to Begin This Month!

The next Wiggly Worm Sensory Class offered by Easter Seals Good Will is set to begin on January 22, 2013.

Registration is now open! During this 8 class series, you will gain:

- A better understanding of each of the sensory areas and how they function.
- The ability to recognize sensory processing issues in your child
- **A personalized set of easy and effective strategies you can use at home to make your child's world a more sensory friendly place and make your everyday life easier.**
- Visit <http://youtu.be/D1G5ssZIVUw> for a sneak peak.

Classes will be held on Tuesdays, January 22 – March 12, 2013 from 3:30 – 5:00 pm at the Children's Center, 350 South 400 East, Salt Lake City. Cost is \$40 for all 8 weeks. Call 801.946.1860 to register or for more information. Space is limited!

## New Fetal Alcohol Support Groups!

Davis Behavioral Health and the Utah Fetal Alcohol Coalition is sponsoring a support group for family members. If you suspect or know that your child was prenatally exposed to alcohol or other substances, this group is for you. Connect with families and problem solve among people who understand the challenges you face.

Presentations will be made on a variety of topics as requested by the families attending. There is no charge for the group and is offered to anyone who might be interested.

Davis County

Groups will be held on: 01/10/2013, 03/14/2013, 05/09/2013, 09/12/2013 and 11/14/2013

Groups will meeting at Davis Behavioral Health, 934 S Main St, Layton, UT. (Enter on East side of building)

If you have questions, call Lynn Tanner at 801.776.0054 or email at [lynnt@dbhutah.org](mailto:lynnt@dbhutah.org)

Salt Lake County – South

This new support group will be meeting at the South Jordan Library beginning on February 7, 2013 at 7:00 p.m. This group will be facilitated by Lynn Tanner of Davis Behavioral Health. Please come and spread the word !

## New Kindred Spirits Workshops Starting Soon!

Planetary Sculpture with Louise Fischman

This class will be held on Tuesdays, February 5 through March 12 from 4:30-6:00 pm. Participants, under the instruction of Clark Planetarium education staff, will explore basic planetary science, learning about the planets and the processes that form them. Students will determine the composition, dynamics and formation of their very own planets. And, under the instruction of the teaching artist, participants will construct 3-D sculpture versions of their own planets. Max enrollment is 7 (14 with partners). Children are accompanied by a partner, often a parent or sibling. Fee is \$50 includes all art supplies and snacks (no fee for partner companion).

Painting the Nebulas with Susan Jarvis

This class will be held on Wednesdays, February 6 through March 13 from 4:30 – 6:00 p.m. at Art Access, 230 West 500 West #125, Salt Lake City. Participants, under the instruction of the Clark Planetarium education staff, will explore nebulas - interstellar clouds of dust, hydrogen, helium and other ionized gases. Students will create compositions of their own star-forming regions. And, under the instruction of the teaching artist, participants will create paintings of their nebula designs. Max enrollment is 7 (14 with partners). Children are accompanied by a partner, often a parent or sibling. Fee is \$50 includes all art supplies and snacks (no fee for partner companion).

*Artwork created in these Kindred Spirits workshops will be exhibited at the Clark Planetarium in honor of the Planetarium's 10<sup>th</sup> Anniversary at their location in The Gateway. [Click here to register!](#)*





*Utah Parent Center*

Celebrating OVER 29 years of service!!!

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center

Family to Family Network

Autism Information Resources at the Utah Parent Center

Phone: (801) 272.1051 • Toll Free Utah: (800) 468.1160 • Fax: (801) 272.8907

Email: [info@utahparentcenter.org](mailto:info@utahparentcenter.org) • Website: [www.utahparentcenter.org](http://www.utahparentcenter.org)

*Our Mission: To help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of essential information, training, and peer support.*

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