



February 27, 2013

## SKILLS FOR PARENTS OF CHILDREN WITH CHALLENGING BEHAVIORS

### When Go to Your Room Isn't Quite Far Enough...

Are you the parent of a child or children that have challenging or difficult behaviors?

- Are you interested in learning new skills to help your child?
- Do you want to learn to avoid triggers that set off difficult behaviors?
- Do you want to learn to de-escalate situations with your child?

Then join the Utah Parent Center on March 8-9, 2013 for the Family Links Conference on Behavior. Still not sure if this conference is right for you? Here is what one person said about attending Jo Mascorro's training:



*Jo is a behavior specialist that is recognized in education across the nation. She shares her knowledge and experience with parents and professionals as she helps us recognize behavior triggers and gives strategies to help us manage our children from common behavior issues to the really tough ones. I love her style of presenting it is at a entertaining pace infused with humor, I love her style. Your time is valuable and attending one of Jo's presentations is worthy of it. I learn something new every time I attend her training. Simply put this is a great opportunity for you and your family to learn from one of the best!*

### Frequently Asked Questions About the Conference

**Q:** Will this conference apply to my needs for my child?

**A:** From Presenter, Jo Mascorro

*I will be talking about the range of ages from kindergarten through high school as well as the range of disabilities. We will cover general principles of why people react and get upset, how to avoid the triggers that set off difficult behaviors, and how to de-escalate behaviors that have started.*

**Q:** What will the format of the conference be?

**A:** From Conference Chair , Jennie Gibson

*Jo has presented in Utah many times at conferences and workshops for professionals. She keeps getting invited back, because her presentations are so engaging and so practical, down to earth and helpful. She is a very popular trainer in the professional community. Her keynote presentations and breakouts at a previous Family Links Conference and an autism conference received top reviews from families.*

If you would like answers to more Frequently Asked Questions, visit [www.utahfamilylinks.org/faqs](http://www.utahfamilylinks.org/faqs)

**There is only 3 more days left to register at the early registration rate of \$20. There are still plenty of seats available. Register now at <http://conta.cc/10ZfVkh>**

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

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.

The **final** Transition to Adult Life Mini-Conference scheduled for 2013 will be on March 12-13, 2013 at the Canyons District Administration Building. It will be held from 9:00 AM to 4:00 PM on each day, and feature topics such as From No Where to Know Where: Transition to Adult Life, 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 \$15.00 which includes lunch and materials for both days. [Click here to register for this event.](#) This conference is sponsored by the Utah Parent Center, Canyons School District, Granite School District, and Salt Lake City School District, Family Links, and Utah Family Voices.



**FAMILY  
LINKS**



### Join the Utah Parent Center in...

..the Love Utah, Give Utah Fundraising Campaign this year!

The Utah Parent Center is participating in the *Love Utah Give Utah* online fundraising opportunity on March 22, 2013. On that day the Community Foundation of Utah will lead a state wide effort to bring together Utahns for 24-hours of unprecedented giving. Every donation made to the UPC during *Love UT Give UT* will help qualify the Center for even more challenge grants and awards, making your donation impact the Center in more ways than one.

If you cannot make a donation on March 22, 2013 you will be able to set up your donation in advance to go through on March 22<sup>nd</sup>. Love UT Give UT is about raising money from the community for the community. More information about how you can help will be included in the next newsletter. Please spread the word about this upcoming opportunity for the Utah Parent Center now. Learn more about the Love Utah Give Utah movement at [http://loveutgiveut.razoo.com/giving\\_events/utah13/home](http://loveutgiveut.razoo.com/giving_events/utah13/home). Or click below to donate today!



## WHAT SERVICES ARE AVAILABLE FROM VOCATIONAL REHABILITATION?

### Utah State Office of Rehabilitation: Transition

My name is Rachel Anderson. I am the Transition Specialist for the Vocational Rehabilitation program with the Utah State Office of Rehabilitation. Our mission is to assist eligible individuals with disabilities to prepare for and obtain employment and increase their independence.

The Utah State Office of Rehabilitation provides Transition Services to eligible students with disabilities as they transition from school to adult life. Our goal is to provide students with a smooth transition, holistic team approach, and services that are necessary and reasonable to help prepare for, obtain, and maintain employment. These services may include:

- VR Counseling and Guidance
- Medical/Psychological Restoration
- IEP and 504 Planning
- Job Development and Placement
- Supported Employment
- Work Adjustment and Life Skills Training
- Employer Supports and Accommodations
- Assistive Technology
- Training and Education

Our goal, as Vocational Rehabilitation Transition Counselors, is to provide the most appropriate counseling and guidance for your successful transition from high school to adulthood, independence, and employment.

For more information about our services, contact information, and what a Transition Counselor can do for you, please view our website, Welcome Video for Teens on YouTube, and follow us on Facebook and Twitter.



Rachel Anderson  
Transition Specialist  
Utah State Office of Rehabilitation

## FOCUS GROUP

### Children's Mental Health Focus Group

The U.S. Department of Justice will be holding a focus group to gather information on how the children's mental health system works in Utah. They will be speaking with a broad range of stakeholders in an effort to fully understand the Utah system of care for youth with mental health needs.

The Utah Parent Center will be hosting a focus group for Youth and Families who are interested in speaking with the DOJ regarding their experiences with the children's mental health system in Utah. They would like to hear from folks who have sought mental health services through Medicaid funded providers, county program, foster care services and/or juvenile justice programs. The DOJ has an open investigation into Utah's compliance with the Americans with Disabilities Act in its children's mental health system.

Who: Youth and Families who have experience with the children's mental health system in Utah

When: Tuesday March 19 at 6:00 p.m.

Where: Utah Parent Center, 230 West 200 South, Suite 1101, 84101

Parking: Traveling West on 200 South, Enter the paid parking lot on the North (right) side of 200 South. Take a ticket if the arms are down. Park in the front of the building.

Find the UPC: Enter at the building's main entrance (East of the Post Office Entrance). Go through security and take the elevator up one to the "first" floor.

## SURVEY OPPORTUNITIES

### Cerebral Palsy Study: University of Hartford & Shriners Hospital for Children

Do you have an opinion about orthopedic surgery for children with cerebral palsy who walk? The University of Hartford and the Shriners Hospital for Children are interested hearing about them. We want to know what information people need to help make decisions about whether or not to have surgery to improve the walking abilities of children with cerebral palsy.

If you are a parent or caregiver of a child who has cerebral palsy and surgery has been recommended or if you are a person with cerebral palsy and surgery was recommended for you, we want to hear from you. You must be at least 18 years of age to participate. If you want to participate, simply click on the link below. It will bring you to a brief, confidential survey. The results will be used to provide families and clinicians with information that will help with making decisions about orthopedic surgery.

CLICK ON LINK: <https://www.surveymonkey.com/s/Opinionaboutsurgery>

Thank you for your help with this important project! If you have any questions about this study, you may contact the principal investigator. Mary Gannotti, Ph.D. Phone: 860.768.5373 Email: [gannotti@hartford.edu](mailto:gannotti@hartford.edu)



## Students with Significant Cognitive Disabilities Utah State Survey

The purpose of this 10 question survey is to help inform the committee to the State Plan for Students with Significant Cognitive Disabilities. The deadline for this survey response is March 20, 2013. Who should fill out the survey: Administrators, Technical Assistants, Parents, Teachers, Related Service Providers, School Psychologists, IHEs and other stakeholders of students with significant cognitive disabilities.

CLICK ON LINK: <http://www.surveymonkey.com/s/BRZ2CJ7>.

## SEEKING NEW COUNCIL MEMBERS!

The Utah Developmental Disabilities Council is seeking applications for new members. Individuals with intellectual and developmental disabilities, family members, and especially adult siblings are encouraged to make application. Governor Herbert will be appointing members late in the summer, but the process starts now. When appointed, new Council members will serve a three year term from October 1, 2013 - September 30, 2016.

People from rural communities are especially encouraged to apply. There may be approximately six openings this coming year. For an application or to learn more, visit their website at [www.utahddcouncil.org](http://www.utahddcouncil.org) Deadline for submitting an application is March 30, 2013.

## UPCOMING UTAH PARENT CENTER WORKSHOPS AND TRAININGS

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

**February 27, 2013**

**7:00-8:45 PM**

**South Jordan Library**

What do parents need to know about Section 504? 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. Parents want to be effective partners in working with schools to meet the educational needs of their students with disabilities. However, they often lack information. This workshop will help parents understand their role and responsibilities in working with school personnel. If you have questions or would like to pre-register please email Gaylia Tanner at [gayliat@live.com](mailto:gayliat@live.com).

### SALT LAKE TRANSITION TO ADULT LIFE MINI – CONFERENCE

#### 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 \$15.00 which includes lunch and materials for both days. [Click here to register for this event](#). This conference is sponsored by the Utah Parent Center, Canyons School District, Granite School District, and Salt Lake City School District.



### Parents as Partners in the IEP Process

**March 27, 2013                      7:00-8:30 PM                      Granite Education Center, Room D-102**

Parents are important members of the IEP team. They can and want to be effective partners with other members of the team in developing and delivering special education programs for their student with disabilities. However, they often lack information. 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. Please contact Michelle Murphey at 385-646-4190 if you have questions or would like to register for this event.

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

### Parents as Partners in the IEP Process

**April 9, 2013                      6:30-8:30 PM                      Canyons Technical Education Center**

Parents are important members of the IEP team. They can and want to be effective partners with other members of the team in developing and delivering special education programs for their student with disabilities. However, they often lack information. 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. Contact Lynda Hansen at 801-826-8192 if you have questions or would like to register for this event.

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

### Early Transition: Early Intervention to Preschool, Preschool to Kindergarten

**April 16, 2013                      5:30-7:00 PM                      Kauri Sue Hamilton School**

This workshop will offer information about the transition from early intervention and the move to kindergarten. We will also discuss the basics of the IEP process. Contact Lynda Hansen at 801-826-8192 if you have questions or would like to register for this event.

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

### **BLANDING FAMILY LINKS MINI – CONFERENCE**

#### **A Conference for Parents of Children and Youth with Disabilities and Special Needs**

**April 17, 2013                      9:00 AM – 4:00 PM                      San Juan District Office, Blanding Utah**

Topics will include: IEP and Section 504, From No Where to Know Where: Transition to Adult Life, Bullying Prevention: Everyone’s Responsibilities, and What You Need to Know About Your Child’s Mental Health. This event is free and lunch will be provided. This conference is sponsored by the Utah Parent Center, Allies with Families, and the Family Links Conference.

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

### Positive Behavior Interventions & Bullying

**April 24, 2013                      7:00-8:30 PM                      Granite Education Center, Room D-102**

The purpose of this workshop is to introduce families to a new way of thinking about their child’s behaviors and about the need to advocate for behavioral instruction. The workshop introduces and provides an overview of the concepts of functional assessment and positive interventions. We will also discuss bullying and what parents need to know about this important issue. Contact Michelle Murphey at 385-646-4190 if you have questions or would like to register for this event.

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

## SPANISH FAMILY LINKS CONFERENCE

### Conferencia para las Familias de Niños, Jóvenes y Adultos con Discapacidades o Necesidades Especiales

**April 27, 2013**      **8:00 AM – 2:30 PM**      **Murray High School, 5400 S. State Street Murray**

En Esta conferencia se presentarán talleres a donde los padres puedan escoger de acuerdo a sus necesidades tales como: Bullying, Transición de la Escuela Primaria a la Secundaria, Depresión en los Niños y adolescentes, Síndrome de Alcohol, Eagle Eye Project, desarrollo del Autismo, Tutela, Violencia Intrafamiliar, Co-dependencia, y Educación Primero. Costo: \$5.00 excepto las familias del Distrito de Murray. También tendremos una amplia feria de exposiciones de recursos en la comunidad. REGÍSTRESE LO MÁS PRONTO POSIBLE LLAMANDO A LOS TELÉFONOS (801)272-1051, (801)272-1067, O ARACELI (801)949-6442.

## Summer Programs for Children with Disabilities

**May 8, 2013**      **7:00-8:30 PM**      **Granite Education Center, Room D-102**

Come learn about summer programs for children with disabilities. There will be a panel of programs to discuss what they offer, and parents will also leave with a summer resource list. This is a free workshop. Please contact Michelle Murphey at 385-646-4190 if you have questions or would like to register for this event.

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

## UPCOMING COMMUNITY EVENTS

### Social Skills Classes – Making and Keeping Friends

**March 5, 2013**      **4:30 – 6:00 PM or 5:00 – 6:30 PM**      **Just For Kids, 2224 E. 3205 S., Salt Lake City**

This social skills class will meet after school on Tuesday beginning on March 5<sup>th</sup>. Topics will include, Personal Space, Joining In, Turn Taking, Sharing, Playing Group Games, and Lots of Fun. Age groups are determined by interest from the parents, teachers, and caregivers. Please note, all social skills classes are geared toward high functioning kids. Parents will be required to fill out and submit a questionnaire and return one-two weeks before start of class. Early Registration cost is \$185.00 if received within two weeks before start of Spring session. Late registration cost is an additional \$15.00 more. For more information or to register, contact Susan Horn at 801-231-9207 or email her at [susan@otjustforkids.com](mailto:susan@otjustforkids.com).

### CHADD of Utah presents 'Parent-to-Parent: Family Training on ADHD' - A series of 7 two-hour classes for anyone who wants to learn about ADHD

**March 7, 2013**      **5:45 – 8:15 PM**      **Davis District Kendall Bldg. PDC Room: 75 E. 100 N., Farmington**

Topics will include: Overview of ADHD, Assessment to multimodal treatment, Developing Parenting Strategies & Positive Behavior Interventions – Behavior Management, Part I, Strengthening Family Relationships- Behavior Management, Part II, Educational Rights for Your Child with AD/HD, Building an Education Team: Bridging the Gap between Home and School. Cost to attend is \$70/couple (\$60 for CHADD members) for the entire series (covers the cost of materials). The Spring 2013 Class Series will be held on 7 consecutive Thursdays, beginning March 7, 2013 from 6:00 PM to 8:15 PM (1st class only starts at 5:45 sharp.) For more information or to register, contact Kathy Romney at 801-450-5433 or email [lilstac65@hotmail.com](mailto:lilstac65@hotmail.com).



**Stepfamily Classes – For remarried, dating, cohabitating couples, & singles with children.**

*- A series of 6 week sessions free for the whole family!*

**March 7, 2013 - April 11, 2013      6:00 – 8:30 PM      Kids On The Move, 475 W. 260 N. Orem Utah**

Join us for a FREE educational program focusing on issues unique to stepfamily relationships. Concurrent classes for adults and youth 6-18. Free child care for children 5 and under and FREE dinner is included. Six week sessions will be held from March 7 to April 11, and April 25 to May 30. Classes will run each Thursday from 6:00-8:30 PM at Kids On The Move, 475 W. 260 N. Orem. For more information or to register, call 801-221-9930 or email [mhyde@kotm.org](mailto:mhyde@kotm.org).

**Parenting With Love & Logic**

**Tuesday, March 12, 2013      6:30 – 8:00 PM      North Davis Jr. High, 835 S. State St., Clearfield**

Join us for this FREE parenting class. To register for this class please contact Angie Smith at 801-773-7060 or register online at [www.dbhutah.org](http://www.dbhutah.org).

**Parenting With Love & Logic**

**Wednesday, March 13, 2013      6:30 – 8:00 PM      Washington Elem. 340 W. 650 S., Bountiful**

Join us for this FREE parenting class. To register for this class please contact Angie Smith at 801-773-7060 or register online at [www.dbhutah.org](http://www.dbhutah.org).

**Parenting With Love & Logic**

**Thursday, March 14, 2013      6:30 – 8:00 PM      Cook Elem. 1175 W. 1350 S., Syracuse**

Join us for this FREE parenting class. To register for this class please contact Angie Smith at 801-773-7060 or register online at [www.dbhutah.org](http://www.dbhutah.org).

**LDau Conference: “Reaching and Teaching Individuals with Learning Disabilities”**

**March 15, 2013      7:00 AM-4:00 PM      Weber State University, Shepherd Union Building**

This conference will feature: Keynote Speaker, Dr Jerome J. Schultza clinical neuropsychologist and is on the faculty of Harvard Medical School in the Department of Psychiatry. He specializes in the diagnosis and treatment of children and young adults with learning disabilities, attention deficit hyperactivity disorder, and other special needs. If you have questions or would like to learn more information about this upcoming conference visit [www.ldau.org](http://www.ldau.org) or call 801-553-9156.

**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.***

You have received this message because you are on the Utah Parent Center listserv.

We do not trade or sell the email addresses of our subscribers.

To be removed, please contact the Utah Parent Center at [info@utahparentcenter.org](mailto:info@utahparentcenter.org)