

THE UTAH PARENT CENTER IS EXCITED TO ANNOUNCE THE LAUNCH OF NEW WEBSITE!

After many months of development, the Utah Parent Center is has launched their new website.

Our new website offers features, such as:

- Information on services.
- Contact information.
- Disability Information
- Resource Lists on many topics
- Handbooks, including IEP, Transition and Section 504
- Online Trainings, Webinars and Podcasts.
- Upcoming event information.
- Listserv signup.
- Donation information.

Please take a moment to visit our new site at www.utahparentcenter.org

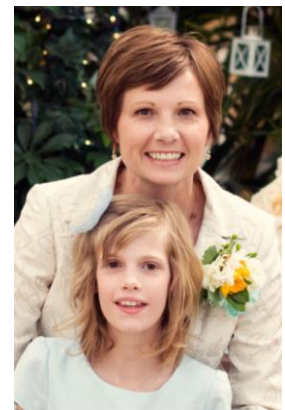


NEW RESOURCE FOR FAMILIES WITH CHILDREN IN THE ALPINE SCHOOL DISTRICT

The Utah Parent Center would like to introduce Maria Wiscombe, our newest District Parent Consultant. Maria will be working specifically with parents of children and youth with disabilities in Alpine School District. She is a parent of a child with a disability, and comes to the Utah Parent Center with a broad knowledge base, years of experience and commitment to serving families.

What does a District Parent Consultant do?

- Provide free, private consultations in-person or by phone regarding questions or concerns about the special education process.
- Provide information on using the IEP process.
- Provide information on procedural safeguards and your rights and responsibilities under IDEA.
- Assist you in preparing for IEP meetings.
- Provide support during IEP meetings.
- Provide information about specific disabilities.
- Provide workshops on IEPs, Transition, Section 504, communication and other topics.
- Connect you to resources and supports in your community.



Contact Maria:
Phone: 801-272-1051
Email: maria@utahparentcenter.org

The Utah Parent Center also has District Parent Consultants in Canyons, Davis, Granite and Salt Lake Districts. Visit our website at www.utahparentcenter.org/services/districts for more information.

ONLINE TRAINING FROM THE UTAH PARENT CENTER

Did you know that four of our most popular trainings are now available online?

- Parents as Partners in the IEP Process
- From 'NO' Where to 'KNOW' Where – Transition to Adult Life
- Families Living with Autism
- Section 504: Services for Students in Public Schools

Visit www.utahparentcenter.org/training/videos to watch these trainings today.

DECEMBER 3 IS INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

Persons with disabilities make up an estimated 15 percent of the world's population. Almost one-fifth of the estimated global total of persons living with disabilities, or between 110-190 million, encounters significant difficulties. Furthermore, a quarter of the global population is directly affected by disability, as care-givers or family members. Experience shows that when persons with disabilities are empowered to participate and lead the process of development, their entire community benefits, as their involvement creates opportunities for everyone – with or without a disability. Including persons with disabilities and their communities in developmental efforts is important to advance the development agenda. Thus it is imperative that development efforts around the world include disability issues when determining policies, programs, as well as allocating funds for developmental programs and projects. Mainstreaming disability in development is a strategy for achieving equality for persons with disabilities. If you would like more information on the United Nations Enable programs and worldwide events, visit www.un.org/disabilities

PCN HEALTH COVERAGE --- OPEN ENROLLMENT FOR PARENTS!!

Utah's Primary Care Network (PCN) will open enrollment for parents **December 10 - 23**. To qualify as a parent, adults ages 19-64 must have a dependent child under age 19 living at home with them. PCN is a primary preventive health coverage plan for uninsured adults. Benefits include primary care physician services, prescriptions, dental services, eye exams, birth control, and general preventive services. Since November 2010, PCN's enrollment has been closed and new applications have not been accepted. Beginning December 10 through December 23, all uninsured Utah parents may apply online, by mail, or in person to receive primary health care. For more information or to apply, call 1-888-222-2542 or visit www.health.utah.gov/pcn

MEDICAID MEDICATIONS UPDATE

This is to let you know that Medicaid will be transferring their computer systems on December 28-29, 2011. Due to this, Medicaid will allow you to purchase your medications for that month only, a week ahead of time. For those who are unable to fill ahead of time, the pharmacy will need to utilize their "downtime procedure" to process Medicaid prescriptions during those two days. Emergency medications that require a prior authorization can still be processed and filled under the "72 hour emergency supply" rule. Medications are so important to so many of our kids so please don't find yourself without and plan ahead. Please pass this information around so no one gets caught without medications.

UTAH HANDS AND VOICES SURVEY

The survey is for parents of deaf and hard of hearing children from birth to 21 years old that currently reside in Utah. The survey is not limited to parents of children that attend USDB but includes children that receive services from school districts as well. The survey will allow us to plan future activities to meet their needs. Your support to this effort is appreciated. [Click here to participate in survey.](#)

2011 UAID HOLIDAY GIFT BOX

UAID would like to help 1,000 individuals with disabilities this Christmas. How can you help?

- Adopt: Ornaments are waiting for someone like you to come adopt a client and make their holidays a little brighter. Visit our Ornament Wall at the UAID Office (1453 S. Major St, Salt Lake City).
- Donate: Our goals this year is to bring holiday joy to 1,000 people of all ages. Monetary donations are necessary and always to to make this goal possible.
- Give: Donate new items such as hygiene products, warm coats, boots, gloves; socks gift cards, puzzles and other essentials.

For more information on how to help or how to apply for help, visit www.uaid.org. Volunteer opportunities for individuals and groups also available.

GRASSROOTS ADVOCACY PARTNERSHIP

To provide education to the disability community that allows individuals with disabilities and their families to proactively advocate for the policies and services needed through the interaction and engagement in the making of public policy. The time is now! Please consider joining with all members of the disability community to educate decision-makers about the importance of supports and services! Visit www.utahgap.org for more information.

DENTAL RESOURCE

Discounted Dental Services at Fortis College Dental Hygiene Clinic

3949 South 700 East, Salt Lake City, UT 84107

Phone: 801-713-4200

Students from this school are in need of experience working with various populations including individuals with disabilities. They are able to offer services at discounted prices. Please call to set up appointment.

Fee Schedule:	Exam	\$5 – Every patient has to have an exam.
	Cleaning	\$10
	Full Xrays	\$20
	Sealants	\$5 per tooth up to \$20

LOOKING FOR INPUT ON TRANSPORTATION SERVICES

The Utah Department of Human Services in conjunction with the Utah Department of Transportation are looking at developing a more efficient and coordinated transportation services for the users and providers of the Division of Services for People with Disabilities (DSPD). The project team has been collecting data from providers and identifying some conceptual ideas that will assist in improving transportation for both the providers and the users.

We would like to hold two focus groups with participants with the Utah Parent Center to discuss the current transportation services and ideas for the future. We will hold one focus group in SL County and another in Utah County on Jan 4-5, 2012. We would like to have 12 – 15 participants in each group.

If you are interested in participating, please contact Kim Clark at dspdtransportationproject@utah.gov by December 16, 2011.

For more information about the project, please visit www.dspd.utah.gov and click on the Transportation Project logo. We will provide an update for the overall project in February.



UPCOMING EVENTS – DECEMBER 2011

Friday, December 2, 2011

1:00-3:00 p.m.

This would be a great time to complete holiday shopping while supporting People First of Utah.

People First Scentsy Fundraiser

2036 Lincoln Ave., Suite 103, Ogden, Utah

Monday, December 5, 2011

6:00-7:00 p.m.

[Click here to register.](#)

If your child has special needs, so do you! We can help! Come hear about the trainings, projects and the services of the Utah Parent Center designed to help Utah parents of children, youth and young adults with disabilities.

Utah Parent Center Orientation

Murray City School District Offices

147 East 5065 South (Myrtle Ave), Murray, Utah

Tuesday, December 6, 2011

6:30-8:30 p.m.

[Click here to register.](#)

What is guardianship and why is it important? How does it affect parents of teens with disabilities as they reach 18, the age of majority?

Guardianship Workshop hosted by the Utah Parent Center

Professional Development Center (East)

70 East 100 North, (2nd Floor, Kendall Building), Farmington, Utah

Wednesday, December 7, 2011

11:00 a.m. – 12:30 p.m.

[Click here to register for webinar.](#)

[Click here to attend in person.](#)

Executive functioning skills allow a student to organize both their "outside world and inside world." Students who struggle with this have difficulty organizing and processing information, keeping track of papers, making deadlines, analyzing tasks, and maintaining sustained focus. This workshop will offer parents practical ideas in how to help your child with ADD/ADHD, learning disabilities, or other disabilities to manage and develop the executive functioning skills necessary to succeed in school.

Help! The Backpack Ate my Child's Homework!

Practical Solutions for Executive Functioning Skills

Presented by Deanne Shields, LDAU

Utah Parent Center, 230 West 200 South, Suite 1101, SLC

Wednesday, December 7, 2011

7:00-9:00 p.m.

Please RSVP: utaeasy2love@gmail.com

Easy to Love, Hard to Raise Davis County Support Group

Holiday Social

Davis Behavioral Health, 934 S Main St. #6, Layton, Utah

Thursday, December 8, 2011

7:00-8:00 p.m.

[Click here to register.](#)

This class will offer information about transition from Elementary to Junior High School.

Junior High Transition

Pleasant Green Elementary

8201 West 2700 South, Magna, Utah

Thursday, December 8, 2011

7:00-8:00 p.m.

[Click here to register.](#)

The transition to adult life can leave you feeling you are "NO Where"-- totally lost! Get to "KNOW Where" by learning about transition planning and related issues. We will also discuss how to prepare your teen to participate in the transition planning process.

From No Where to Know Where – Transition to Adult Life

Cyprus High School Library

8623 West 3000 South, Magna, Utah

Monday, December 12, 2011

6:00-8:00 p.m.

Join Mothers of Autistic Kids as they provide support to each other and give their kids (with and without autism) a chance to have some fun! Cost is \$5 per kid, and be sure to bring your socks. For more information and to RSVP, contact Cheryl at cheryl@autismcouncilofutah.org or Laura at laura@autismcouncilofutah.org

Big MAKs Activity at Bouncin' Off the Walls

398 West 9400 South, Sandy, Utah



Wednesday, December 14, 2011

7:00-9:00 p.m.

Please RSVP: utaeasy2love@gmail.com

Easy to Love, Hard to Raise Salt Lake County Support Group

Holiday Social

The Sharing Place, 1695 East 3300 South, Salt Lake City

UPCOMING EVENTS – JANUARY 2012

Wednesday, January 4, 2012

6:30-8:30 p.m.

CHADD of Davis County Monthly Meeting

Clearfield Public Library, 562 South 1000 East, Clearfield

For more information, email davis-chadd@chadd.net

Thursday, January 5, 2012

12:30 – 2:00 p.m.

There is a different topic each month, email Joyce Dolcourt at joyce@xmission.com for more info.

Legislative Coalition for People with Disabilities Meeting

USBVI, 1950 West 250 North, Salt Lake City

Thursday, January 5, 2012

6:00-8:00 p.m.

Davis Transition Information Fair – Connecting to the Future

Davis Applied Technology College

550 East 300 South, Kaysville, Utah

Thursday, January 5, 2012

7:00-8:30 p.m.

CHADD of Davis County Parent Support Group

Bountiful Community Church, 150 North 400 East, Bountiful

Monday, January 9, 2012

6:00-8:00 p.m.

Join Mothers of Autistic Kids as they provide support to each other and give their kids (with and without autism) a chance to have some fun! Cost is \$5 per kid, and be sure to bring your socks. For more information and to RSVP, contact Cheryl at cheryl@autismcouncilofutah.org or Laura at laura@autismcouncilofutah.org

Big MAKs Activity at Bouncin' Off the Walls

398 West 9400 South, Sandy, Utah

Thursday, January 12, 2012

6:30-8:30 p.m.

[Click here to register.](#)

This workshop will offer information about transition from early intervention to pre-school and then the move to kindergarten in Canyons District. We will also discuss the basics of the IEP process.

Early Transition: Early Intervention to Preschool to Kindergarten

Indian Hills Middle School

1180 E Sanders Rd (11600 South), Sandy, Utah

Thursday, January 12, 2012

7:00-8:00 p.m.

[Click here to register.](#)

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. It is not designed to teach how-to skills in these areas.

Positive Behavioral Interventions

Pleasant Green Elementary

8201 West 2700 South, Magna, Utah

Thursday, January 12, 2012

7:00-8:00 p.m.

Join us for this panel discussion on transition from school services to adult life.

Transition to Adult Life Expert Panel

Cyprus High School Library

8623 West 3000 South, Magna, Utah

Tuesday, January 17-18, 2012

9:00 a.m. -5:00 p.m.

Watch for more information or email info@utahparentcenter.org for more info on this event.

Transition Mini-Conference

Utah Parent Center

230 West 200 South, Suite 1101, Salt Lake City, Utah



Tuesday, January 17, 2012

7:00-9:00 p.m.

Salt Lake Family to Family Network

Topic: Positive Behavioral Supports

South Valley School, 8400 South Redwood Road, West Jordan

Wednesday, January 18, 2012

10:00 a.m. -12:00 p.m.

Caregiver Support – Family to Family Salt Lake Network

Contact Julia at runnamokk@hotmail.com for details.

Wednesday, January 18, 2012

6:30-8:30 p.m.

North Davis Family to Family Network Meeting

Clearfield DSPD Office, Clearfield, Utah

Monthly Potluck: Call Vickie at 801-546-8296 or 801-682-6023 for more information.

Thursday, January 19, 2012

6:30-8:30 p.m.

[Click here to register.](#)

‘Avoid the Meltdown’ –Alleviating Stress in Your Family with a Child with a Disability, Presented by Marian Hunt, Rian Jensen, and Jessica Burdick.

Professional Development Center

70 East 100 North, (2nd Floor, Kendall Building), Farmington, Utah

The cost of dealing with children with disruptive behavior is high. However, one of the most damaging costs is the emotional turmoil to the family supporting that child. This class will focus on strategies to alleviate stress and allow the family to de-stress.

Thursday, January 19, 2012

6:30-7:30 p.m.

Save the dates: 2/16, 3/15, 4/19

Opportunity for ASD to create partnerships with parents through awareness, education and support. If you have any questions, please call 801-756-8540.

Alpine School District – Special Education 101 Parent Night

Parent Meeting with District Special Educators and Admins

Shelley Elementary, 602 North 200 West, American Fork, Utah

Wednesday, January 25, 2012

6:30-8:30 p.m.

[Click here to register.](#)

The Utah Parent Center is offering to parents of children enrolled in Early Intervention a transition workshop to answer your questions about the differences between an IFSP to IEP. We are repeating this class throughout the year to accommodate your child’s 3rd birthday.

From Early Intervention to Preschool Special Education

Family Enrichment Center

320 South 500 East, Kaysville, Utah

Thursday, January 26, 2012

Annual ADHD Conference sponsored by CHADD of Utah

Featured Presenters: Dr. Adam Schwebach & Dr. Samantha Bostrum

More information on CHADD events and supports can be found on their website at: www.chadd.net/10r

January 27 & 28, 2012

21st Annual Chili Open Fundraiser

Benefiting Splore, Reach Out and Read Utah, People Helping People, The Carmen B. Pingree Center for Autism, Teen Challenge/New Hope House, Cancer Wellness House and the Sharing Place. For more information about this event, please visit www.utahchiliopen.com

If you have questions about any of the upcoming events listed please call the Utah Parent Center at 801.272.1051 or toll-free in Utah at 1.800.468.1160 or email info@utahparentcenter.org



CHRISTMAS ASSISTANCE

Check with these organizations to see what help is available. Remember that many assistance programs have a deadline, so call them as soon as you can.

Castle Dale, UT
Emery County Community Services
40 South Center
Castle Dale, UT 84513
Phone: 435-381-5410

Cedar City, UT
Iron County Care & Share –
Administration, Cedar City Office
222 West 900 North
P.O. Box 2241
Cedar City, UT 84721
Phone: 435-586-4962
<http://www.careandshare-utah.com/contact-iccs/>

Layton, UT
Family Connection Center - Layton
875 East Highway 193
Layton, UT 84040
Phone: 801-771-4642
<http://www.familyconnection4u.org/index.html>

Magna, UT
Magna Fact, Inc.
9124 West 2700 South
Magna, UT 84044
Phone: 801-250-4811

Ogden, UT
Catholic Community Services Of Northern Utah
2504 F Avenue (Old Hopkins School)
Ogden, UT 84401
Phone: 801-394-5944
<http://www.ccsutah.org>

The Salvation Army Ogden Corps Community Center
2615 Grant Avenue (300 East)
Ogden, UT 84401
Phone: 801-621-3580
http://www1.usw.salvationarmy.org/usw/www_usw.ns/fm-ndos?OpenForm&go=1...

Park City, UT
Christian Center of Park City
1283 Deer Valley Drive
PO Box 683480
Park City, UT 84068
Phone: 435-649-2260
<http://www.ccofpc.org>

Provo, UT
Sub For Santa
P.O. Box 135
Provo, UT 84603
Phone: 801-374-8108
<http://www.unitedwayuc.org/subforsanta/>

Roosevelt, UT
Duchesne County Food Pantry
420 East 100 South
Roosevelt, UT 84066
Phone: 435-722-5232

Salt Lake City, UT
Adopt A Native Elder Program
328 West Gregson Ave. (Warehouse)
Salt Lake City, UT 84115-3422
Phone: 801-474-0535
<http://www.anelder.org>

Crossroads Urban Center
347 South 400 East
Salt Lake City, UT 84111
Phone: 801-364-7765
<http://www.crossroads-u-c.org>

Eagle Ranch Ministries
P.O. Box 26144
Salt Lake City, UT 84126
Phone: 801-254-4945
<http://www.eagleministries.net>



Hildegard's Food Pantry
231 East 100 South
Salt Lake City, UT 84111
Phone: 801-328-2303
<http://www.foodpantries.org/li/hildegards-food-pantry>

Indian Walk-In Center
120 West 1300 South
Salt Lake City, UT 84115
Phone: 801-486-4877
<http://www.indianwalkincenter.org/>

Northwest/Westside Neighborhood Center,
Salt Lake Community Action Program (CAP)
1300 W. 300 North
Salt Lake City, UT 84116
Phone: 801-359-8741
<http://www.slcap.org/fdpntry.htm>

Reach Salt Lake, (Formerly Baptist Concern Center)
1235 West California Avenue (1330 South)
Salt Lake City, UT 84104
Phone: 801-972-5708
<http://www.reachsaltlake.org/>

Rescue Mission Of Salt Lake, Inc.
463 South 400 West
Salt Lake City, UT 84101
Phone: 801-355-1302
<http://www.rescuesaltlake.org>

Salt Lake Advocacy And Community Training
3098 South Highland Drive, Suite 355
Salt Lake City, UT 84106
Phone: 801-412-3798

Salt Lake City Mission - Administration Offices
320 West 200 South, Suite 120B
Salt Lake City, UT 84101
Phone: 801-355-6310
<http://www.saltlakecitymission.org>

The Salvation Army
679 South Main Street
Salt Lake City, UT 84111
Phone: 801-322-1253
http://www1.usw.salvationarmy.org/usw/www_usw.nsf

Sandy, UT
P.J.'s Forgotten Children
8729 Chariot Drive
Sandy, UT 84094
Phone: 801-565-8582
<http://www.pjsforgottenchildren.org>

St George, UT
Dixie Care & Share - St. George Office
131 North 300 West
St George, UT 84770
Phone: 435-628-3661
<http://dixiecareandshare.org/>

Vernal, UT
Ashley Valley Food Pantry
426 East 200 South
Vernal, UT 84078
Phone: 435-789-1014

West Valley City, UT
Redwood Neighborhood Center,
Salt Lake Community Action Program (CAP)
3060 South Lester Street (1595 West)
West Valley City, UT 84119
Phone: 801-972-6661
<http://www.slcap.org/>

SEARCH THE INTERNET AND SHOP ONLINE AND YOU CAN HELP THE UTAH PARENT CENTER!

What if the Utah Parent Center earned a penny every time you searched the Internet or earned a percentage of your online purchase at hundreds of different online vendors? Well, now we can!



GoodSearch.com is a search engine that donates half of its revenue – approximately a penny per search – to the charities its users designate. You use it just as you would any other search engine – and it's powered by Yahoo!, so you get great results! Just visit www.goodsearch.com to start searching and download their toolbar. Be sure to enter "Utah Parent Center" as the charity you want to support! Just 500 of us searching four times a day will raise about \$7,300 in a year without anyone spending a dime!

GoodSearch.com also has a feature called "GoodShop". If you visit www.goodsearch.com and enter "Utah Parent Center" as your charity and then click the link to one of the GoodShop vendors, they will donate up to 37% of your purchase to the Utah Parent Center. Some of the vendors include: Amazon.com, Dell, eBay, Target, Nike, Staples, PetSmart, HP, Wal-Mart, Apple, Expedia, and Overstock. There are hundreds of other stores that participate in this program – check it out today!

SHOP AND HELP THE UTAH PARENT CENTER

GiveBackAmerica is America's online charity mall. It was created to raise money for charities and nonprofits at no additional costs to their supporters and volunteers. The website and concept was created to make a difference in people's lives. 100% of listed commission is donated directly to the Utah Parent Center. Shop vendors including Amazon.com, Target, The Home Depot, JetBlue and more! [Shop and support us today!](#)



UTAH PARENT CENTER INFORMATION DISCLAIMER

Utah Parent Center • Celebrating OVER 26 years of service!!!

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center

Autism Information Resources at the Utah Parent Center

Family to Family Network – A Program of DHS/Division of Services for People with Disabilities

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

Email: info@utahparentcenter.org • Website: 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 information, training, and peer support.

The Utah Parent Center is a non-profit organization federally funded by the Office of Special Education Programs under grant #H328M020032. The Utah Parent Center (UPC) does not represent or endorse any particular point of view, unless expressly stated. Every effort is made to provide accurate and complete information. The content of this message is provided as an informational resource ONLY. For items from other individuals or organizations, we encourage readers to contact the original source with questions or concerns. Only approved items will be posted. The UPC is not responsible for content contained on, distributed through, or linked, downloaded, or accessed through this message. This newsletter is NOT a discussion group and you will only receive official email newsletters from the Utah Parent Center. We do not trade nor sell the email addresses of our subscribers. Permission to forward and reprint the information herein is granted with complete attribution. Please forward this information to your friends and colleagues that may be interested in subscribing to this newsletter. You have received this message because you are on the Utah Parent Center listserv. To be removed, please contact the Utah Parent Center at info@utahparentcenter.org