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### Get Social with the UPC:



## May is Mental Health Month

Each year millions of Americans face the reality of living with a mental health condition. During the month of May, we are bringing awareness to mental illness. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. In 2013, President Obama proclaimed May as National Mental Health Awareness Month and brought the issue of mental health to the forefront of our nation's thoughts.

### Mental Illness Facts

- Over 25% of Americans over the age of 18, live with a mental disorder in any year.
- 10% of children and adolescents are affected by a serious mental illness.
- The World Health Organization reports that by 2020, Major Depressive Illness will be the leading cause of disability in the world for women and children.
- Only 38% of adults and less than 20% of children/adolescents experiencing a mental illness receive treatment.
- Despite recent efforts, there is still stigma attached to mental illness.

The Utah Parent Center has completed a new information sheet on Emotional Disturbance along with national and local resources available to families. The following page is an introduction from that information sheet. For additional information on specific disorders, school services and resources view the full information sheet: [Utah Parent Center Emotional Disturbance Information Sheet](#). To view the footnotes corresponding to the numbers in the following article, download the full Information Sheet.

## Mental Illness, Behavioral Disorders and Emotional Disturbance

The mental health of our children is a natural and important concern for us all. The fact is, many mental disorders have their beginnings in childhood or adolescence yet may go undiagnosed and untreated for years. <sup>(1)</sup>

We refer to mental disorders using different “umbrella” terms such as emotional disturbance, behavioral disorders, or mental illness. Beneath these umbrella terms, there is actually a wide range of specific conditions that differ from one another in their characteristics and treatment. These include (but are not limited to):

- anxiety disorders;
- bipolar disorder (sometimes called manic-depression);
- conduct disorders;
- eating disorders;
- obsessive-compulsive disorder (OCD); and
- psychotic disorders.

### Definition

We’ve chosen to use the term “emotional disturbance” in this fact sheet because that is the term used in the nation’s special education law, the Individuals with Disabilities Education Act (IDEA).

IDEA defines emotional disturbance as follows:

*“...a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree that adversely affects a child’s educational performance:*

- A. An inability to learn that cannot be explained by intellectual, sensory, or health factors.*
- B. An inability to build or maintain satisfactory interpersonal relationships with peers and teachers.*
- C. Inappropriate types of behavior or feelings under normal circumstances.*
- D. A general pervasive mood of unhappiness or depression.*
- E. A tendency to develop physical symptoms or fears associated with personal or school problems.”* <sup>(2)</sup>

As defined by IDEA, emotional disturbance includes schizophrenia but does not apply to children who are socially maladjusted, unless it is determined that they have an emotional disturbance. <sup>(3)</sup>

### Help for School-Aged Children

IDEA requires that special education and related services be made available free of charge to every eligible child with a disability, including preschoolers (ages 3-21). These services are specially designed to address the child’s individual needs associated with the disability—in this case, emotional disturbance, as defined by IDEA (and further specified by states). In the 2003-2004 school year, more than 484,000 children and youth with emotional disturbance received these services to address their individual needs related to emotional disturbance. <sup>(8)</sup>

Determining a child’s eligibility for special education and related services begins with a full and individual evaluation of the child. Under IDEA, this evaluation is provided free of charge in public schools.

There is a lot to know about the special education process, much of which you can learn here can be found on the Utah Parent Center website, especially:

- [Parents as Partners in the IEP Process Parent Handbook](#)
- [An Overview of the Special Education Process](#)
- [Referral and Evaluation](#)
- [Eligibility for Special Education](#)
- [Developing the IEP](#)

## **People First – Cache Valley**

People First is a self-advocacy organization that assists people with developmental disabilities learn how to advocate for themselves, increase their independence and become a part of their community. If you are interested in joining this new chapter of People First in the Cache Valley, please contact Anna Sherlock at 435-753-5353 (Monday – Friday, 9:00 am-1:00 pm). For additional information about activities for youth and young adults in Cache Valley, please visit the Options for Independence Website at [www.optionsind.org](http://www.optionsind.org).

## **11 Celebrities with ADHD**

Some of the world's most accomplished athletes, musicians, actors, and TV personalities struggle with ADHD and comorbid disorders. They don't let their diagnosis get in the way of success, and neither should you. Let these famous ADHD'ers inspire you to overcome your diagnosis and reach your full potential.

<http://www.additudemag.com/slideshow/67/slide-1.html>

## **BYU Comprehensive Clinic Overview**

The Comprehensive Clinic is a research, training, and service facility located in the John Taylor Building of Brigham Young University. Counseling services are provided by graduate interns from the Clinical Psychology, Marriage and Family Therapy, and Social Work programs. Graduate interns receive close supervision from experienced licensed faculty. The Clinic offers a wide range of assessment and counseling services for individuals, couples, and families. All sessions the client and counselor work together to resolve the client's concerns (such as anxiety, depression).

Counselors at the Clinic provide individual, couple, and family therapy sessions. In individual sessions the client and counselor work together to resolve the client's concerns (such as anxiety, depression, behavioral problems, or other issues). Clients will do best if they plan on attending 15 – 18 sessions to make a significant change. Couples counseling provides a structure for partners to increase positive feelings, improve the way they interact with each other, and help the relationship grow. Family counseling is an opportunity for all family members to understand and improve parent, child, and sibling relationships.

The Clinical Psychology program provides Psychological and Neuropsychological Assessments. Typical assessment referral questions include: concerns with diagnosing complex psychological or emotional conditions, learning and attention, or the assessment of functioning following brain trauma. The Clinic at times also provides assessments for autism spectrum conditions.

### **FEES**

- Groups: Usually a one-time fee of \$15
- Psychological Assessment: \$50
- Neuropsychological Assessments: \$400
- Asperger's and Autism Assessments: \$400

Fees for service can be decreased for financial need. Current BYU students are provided services at no charge. The Clinic does not bill insurance companies or ecclesiastical authorities. All clients pay at the time of service.

### **INTAKE PROCESS**

Please call (801) 422-7759 for information or to schedule for a brief phone interview to ensure the Clinic has the needed services. The Clinic does not accept individuals who need long-term counseling, who are suicidal, who are violent or who live in violent circumstances, who have alcohol or drug problems, or who have legal issues that would involve the Clinic in court proceedings.

## Utah Parent Center Upcoming Events

### Workshop: Housing Options for Adults with Disabilities

~~Tuesday, May 13, 2014 6:30-8:30 p.m.~~ **CANCELLED**

This workshop has been cancelled and will be rescheduled at a future date. The Utah Parent Center is pleased to announce a new Housing Webinar presented by Debbie Stark. To view this webinar, [click here](#).

### Workshop: Summer Programs for Children with Disabilities

Are you unsure of how to keep your child with disabilities busy during the summer months? Come learn about summer programs available for children with disabilities! This workshop is for Free! There will be a panel of programs to discuss what they offer, and parents will also leave with a summer resource list.

**Thursday, May 15, 2014 7:00-8:30 p.m.**

Granite Education Center, Room D-106  
2500 South State St, Salt Lake City, UT, 84115  
Register online at <http://conta.cc/1dSPu3S> or by calling Michelle at 385-646-4190.

### Workshop: Emergency Preparedness for Special Needs



This presentation will help in preparing your WHOLE family, including your child with disabilities or special health care needs, for emergencies.

**Tuesday, June 17, 2014 6:30-8:00 p.m.**

Utah Parent Center  
230 West 200 South Suite 1101, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1fmC7bq> or by calling the Utah Parent Center at 801-272-1051.

## Community Calendar

**Saturday, May 21, 2014**

### Walk with Angels

The United Angels Foundation is proud to announce their 5th Annual Walk with Angels Event. This event is to help family, friends, and members of our community show their support for parents that have children with special needs. The funds raised through this event will be used to help expand outreach, education, interaction and resources to support the families within our community.

Registration is online at [www.unitedangelsfoundation.org/walkwithangels](http://www.unitedangelsfoundation.org/walkwithangels). If you are interested in organizing a 'Team' for your Angel please go to the team page. If you have further questions please email [jill@unitedangelsfoundation.org](mailto:jill@unitedangelsfoundation.org). We are excited to have Rachel Coleman from Signing Times perform as our featured guest. There will be bounce houses, gaming truck, carnival games and treats, prize drawings, raffles, food, special appearances by BYU's Cosmo, UVU's Wolverine, Super Heroes and more. There will also be parent information support booths from local community organizations.

## **Saturday, May 31, 2014**

## **It Takes A Village 5k and Kids 1k**

Bring the family out for a fun, active morning at Foothill Village and support our local Autism community. The 5K run will take you through the beautiful tree lined streets of the east bench and start and finish in Foothill Village. The proceeds from this year's event will go to the CARMEN B. PINGREE CENTER FOR CHILDREN WITH AUTISM In addition to the races, the vendor expo will include several vendors representing a cross section of health, fitness and safety providers and village merchants.

To register as a runner or race volunteer go to: <http://ittakesavillage5k.com>

## **Saturday, August 9, 2014**

## **CAST for Kids**

Announcing the annual CAST for kids event at Strawberry Reservoir August 9, 2014. CAST for kids is a public charity that puts on all-volunteer fishing and boating events for disabled and disadvantaged youth and their families. The Utah CAST event is held annually at Strawberry Reservoir. In addition to boating and fishing, lunch is served and each registered participant receives fishing equipment, a t-shirt and hat, a bag of goodies, memories to last a lifetime, and the event is FREE to qualified participants and their families!

We are reaching out to local organizations to spread the word to possible participants for our event. Click on the link below to find out more information about the CAST foundation and the event at Strawberry Reservoir. The link can also be used by potential participants to register for the event.

[CAST for Kids Event at Strawberry Reservoir](#)

If you have any questions please contact Chad Savage at 801-379-11699 or at [jsavage@usbr.gov](mailto:jsavage@usbr.gov) or Brian Hart at 801-379-1076 or at [bhart@usbr.gov](mailto:bhart@usbr.gov).

### ***Utah Parent Center • Serving families since 1983!***

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center - Courier

Autism Information Resources at the Utah Parent Center

Family to Family Network – A Network Supported by the Utah Parent Center

Phone: 801.272.1051 • Toll Free Utah: 1.800.468.1160 • Fax: 801.272.8907

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

## **Utah Parent Center Information Disclaimer**

**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.

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