

Dual Diagnosis e-Journal Now Available

What is Dual Diagnosis? Developmental Disabilities plus Mental Health Needs

Any person with disabilities is at higher risk for having mental health diagnoses for a number of reasons. In this journal you will find information about some of these reasons and also about medical issues that may cause behaviors that cause us to suspect there are mental health concerns. You will become more aware of some of the signs to look for. You will also find some stories of families who have dealt with the challenge of dual diagnosis and some tips from families about things that have been helpful to them. Lastly, you will find information on some resources and places to go for more information.

The Utah Parent Center has recently published an [e-journal on Dual Diagnosis](#). This e-journal is part of a series published by the Utah Parent Center (UPC). This material has been prepared to provide information and resources to both parents and professionals.

We hope the information in this issue is helpful to you and your son or daughter who might have mental health challenges in addition to a disability. An electronic copy of this and previous journals along with supporting information is available on or through the UPC's website at:

www.utahparentcenter.org/publications/e-journals

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Get Social with the UPC:



Donate to the Utah Parent Center

If you, your family or your organization are looking for an organization to make a small donation to during the holiday season. Please keep the Utah Parent Center in mind when your family considers making a donation to an organization this year. Your donation can help parents and their family members with disabilities across Utah. No donation is too small and every penny counts! 100% of the funds donated to the Center are tax-deductible and directly support families through our ongoing activities, programs and services. We are grateful to the community that helps us achieve our mission to serve families of individuals with disabilities and special needs. Thank you for your continued support of the Utah Parent Center!

Donations can be made online at www.utahparentcenter.org/donate or by mail to: Utah Parent Center, 230 West 200 South, Suite 1101, Salt Lake City, Utah 84101.



*Your
donations
help these
families and
many more!*

A Special Thanks to Freebirds World Burrito



Freebirds World Burrito Company at 2682 South 5600 West, Salt Lake City chose the Utah Parent Center to benefit from their Grand Opening Preview Lunch on December 7. Thank you to all of our friends who braved the weather to attend!

Attendees received a free lunch with a donation to the Utah Parent Center. Restaurant Manager Allan Fee says he chose the Utah Parent Center to benefit from this event, because the services of the center have benefitted his family. The Freebirds restaurant provides fresh organic ingredients along with grass fed meats, and they make it a point to accommodate special dietary needs. Thanks to Freebirds for investing in our community! If you missed the event, you can visit a location near you. Visit www.freebirds.com/locations

2014 Family Links Conference



The Family Links Planning Committee is pleased to announce the dates for this year's conference. Please plan to join us on **Friday, February 28 and Saturday, March 1, 2014** for the Family Links Conference being held at Murray High School, located at 5440 South State Street in Murray Utah.

The Family Links Planning Committee is currently working on finalizing this year's conference agenda. What we can tell you is: This year's conference will feature a Friday Dinner and Keynote presentation by Matt Townsend of the Townsend Relationship Center who will be energizing and involving participants with his unique approach to building and maintaining successful personal and family relationships. Those who have seen him present or have heard him on KSL News Radio know that Matt has the perfect mix of cutting edge research in communication and human relationships combined with the skill of a top-notch humorist. This blend ensures that audiences are entertained as well as enlightened and leave with practical information that can be immediately applied to their life.

The conference will continue on Saturday with a keynote presentation by Judith Snow, she has been called the "Julia Roberts of the disability community". Powerful, energetic and joyful, her passion is matched only by her commitment. Her entire life is dedicated to making a difference for people all over the world. For almost 30 years, Judith has pioneered education and training programs that have resulted in changing the lives of thousands of people labeled 'disabled'. Her vision is to create a world in which everyone is included and contributing to their communities. In addition, the conference will be hosting more than 20 breakout session, an exhibitor, prize drawings and more!

Watch for more information to come or visit <https://www.facebook.com/FamilyLinksEvents> to get up-to-date information about the conference.

Special Interest: Disability Issues in the News

iPads Helping Kids with Autism Learn to Speak

<http://www.disabilityscoop.com/2013/11/19/ipads-autism-speak/18904/>

Parenting Style has Big Impact on Kids with Disabilities

<http://www.disabilityscoop.com/2012/11/16/parenting-style-big-impact/>

'Disabled' Mannequins Remind Us That Beautiful Doesn't Mean 'Perfect'

http://www.huffingtonpost.com/2013/12/03/disabled-mannequins-video_n_4379586.html?utm_hp_ref=mostpopular

www.utahparentcenter.org



123
SESAME STREET
LITTLE children
BIG challenges

Children face new challenges at every age and stage—that's why it's so important to help them build the skills they need to become resilient. With self-confidence and the ability to express themselves, little ones will be able to handle whatever may come their way...and will just keep getting stronger.

Little Children, Big Challenges, Sesame Workshop's resilience initiative project aims to help children build self-confidence, problem-solving skills, and emotional tools they need to cope with adversity. Resilient children have the ability not only to overcome difficult situations (such as bullying, divorce, sibling rivalry, and relocation) but also to learn from – and be strengthened by – challenges throughout their lives.

This initiative provides all new digital resources in **English and Spanish** that give parents, caregivers, and educators activities and positive routines to help young children ages 2-5 build resilience skills on a day-to-day basis. Topics include everyday challenges such as being persistent, learning from mistakes, and having confidence and being independent as well as more stressful situations such as mean or aggressive behavior, sibling rivalry and relocation.

Free **digital** resources from www.SesameStreet.org/Challenges, include:

- Guide for families
- Tip Sheet for Parents and Caregivers
- Printables for children
- Activity Guide for Educators
- And of course, all materials are also available in Spanish at www.SesameStreet.org/Challenges/Spanish

There is also a **free** mobile app: **Breathe, Think, Do with Sesame** helps children learn strategies to calm down and solve everyday challenges, and provides parents with tips and activities. Available in English and Spanish for smartphones and tablets on the App Store, Google Play and Amazon Kindle.

You may also view videos from the project at www.youtube.com/SesameinCommunities, download free video podcast from iTunes, and join them on Facebook at www.facebook.com/SesameStreetinCommunities.

Little Children, Big Challenges, Sesame Workshop's resilience initiative, was created with major support provided by BAE Systems, Inc. and generous support provided by The Prudential Foundation, Department of Veterans Affairs, the Robert R. McCormick Foundation, the USO, and the Military Child Education Coalition.

Entitlement vs Eligibility: The Big Shift

What happens when the school bus stops coming? This question is asked by many parents of youth with disabilities as they near the end of his or her public school years. There are some other common questions, too:

- How will my son or daughter spend his or her days?
- What supports are available in the areas of employment, postsecondary education or housing?
- Whose responsibility is it to investigate and access resources my son or daughter might need as an adult?
- Will my child be able to use the adult services in the same way he or she did in special education?

These are important questions and parents of youth with disabilities need the right answers. That is why transition planning is so valuable. When parents start thinking about adult services they need to know that there is a significant difference between mandated special education programs and adult services based on eligibility.

Parents are accustomed to the intense level of support and participation that is part of special education. Under IDEA a student is entitled to a free appropriate education. School districts are also required by law to identify youth with disabilities who they feel may benefit from special education services, this is called child find. After high school, adult services are based on eligibility and FAPE and child find no longer exist. While your child was in school you met with one agency, the school.

Adult services are based in several different agencies and must be accessed separately with different eligibility criteria for each agency. Waiting lists for services are allowed. Not all youth will qualify for adult services, even if they have a disability and have received special education services.

Students and their families need to plan ahead and be able to effectively collaborate with schools in transition planning. At age 16, parents might want to ask the IEP Team to start including needed adult agencies such as Vocational Rehabilitation. Educators or parents may collect literature on each adult agency that includes information about the agency, eligibility requirements and a form to apply for services. This way at age 18 students have filled out applications and are ready to qualify for services. Parents will need to sign a school permission form to invite an adult agency.

During transition planning, these key questions need to be answered:

- What will the student do for employment?
- Where will the student live as an adult?
- What type of training or postsecondary education does the student need to pursue his or her employment goal?
- How will the student travel from place to place?
- How will the student's medical needs be taken care of?
- Does the student currently have the skills to do the things he or she wants to do?

Support comes in the form of involvement from school, parents, the youth and various community agencies, with each organization offering one or two pieces for the puzzle. Teamwork and group effort among individuals involved will prepare parents and youth to enter the world of adulthood.

For more information you can contact the Utah Parent Center at 801-272-1051 or 1-800-468-1160.

Used with permission. Information gathered from Minnesota Secondary Transition Toolkit for Families, "A Guide to Preparing Your Child with a Disability for Life Beyond High School," pgs. 38 – 42, 2013 PACER Center, Inc., retrieved <http://www.pacer.org/publications/MDE-Toolkit-2013.pdf> 7/16/2013

Upcoming Events

January 2014

Workshop: Plan for the Future: Employment and Higher Education

The Utah Parent Center will help parents to understand transition issues as parents and students begin to forge and discover new areas while planning for the future. Come learn about adult services that support students through the process. Learn about Disability resource centers that help support individuals with disabilities to pursue higher education or technical training. This workshop helps families:

- To look at how vocational rehabilitation can be involved in the students current IEP as you plan for the future and employment goals
- Better understand vocational rehabilitation programs and services
- Better understand services for students with disabilities in higher education

Wednesday, January 8, 5:30-7:30 p.m.

Salt Lake School of the Performing Arts
2291 South 2000 East, Salt Lake City, Utah
Register online at : <http://conta.cc/1bEJGeg>
or by calling 801.272.1051 or 1.800.468.1160



Workshop: Guardianship

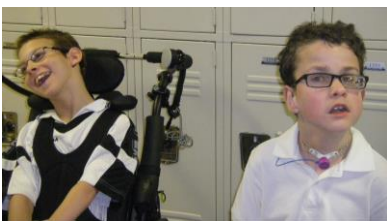
What is guardianship and why is it important? Did you know that all children who turn 18, the age of majority, are considered adults even if they have disabilities? Come to this presentation to learn about guardianship and if you will need to file for it, what types of guardianship are available, and what the process entails.

Thursday, January 16, 6:30-8:30 p.m.

Granite Education Center
2500 South State, Salt Lake City, UT, 84115
Register online at <http://conta.cc/190dIUx> or by calling the Utah Parent Center at 801.272.1051

Workshop: Transition to Middle School to High School

What is guardianship and why is it important? Did you know that all children who turn 18, the age of majority, are considered adults even if they have disabilities? Come to this presentation to learn about guardianship and if you will need to file for it, what types of guardianship are available, and what the process entails.



Thursday, January 21, 6:30-8:30 p.m.

Canyons Technical Education Center, East Building
825 East 9085 South, Sandy, UT, 84094
Register online at <http://conta.cc/190ealS>
or by calling Lynda Hansen 801-708-1841.

February 2014

Workshop: IEP

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 students with disabilities. However, they often lack information. This workshop helps parents understand their role, rights and responsibilities in the IEP process.

Wednesday, February 5, 6:30-8:30 p.m.

Vista Education Center, Room 1525
97 South 200 East, Farmington, UT, 84025
Register online at <http://conta.cc/1bfyPDS>
or by calling Roz Welch at 801-402-5120.



Workshop: Plan for the Future: Employment and Higher Education

The Utah Parent Center will help parents to understand transition issues as parents and students begin to forge and discover new areas while planning for the future. Come learn about adult services that support students through the process. Learn about Disability resource centers that help support individuals with disabilities to pursue higher education or technical training. This workshop helps families:

- To look at how vocational rehabilitation can be involved in the students current IEP as you plan for the future and employment goals
- Better understand vocational rehabilitation programs and services
- Better understand services for students with disabilities in higher education

Wednesday, February 5, 7:00-8:30 p.m.

Logan City School District Office
101 West Center, Logan, Utah
Register online at: <http://conta.cc/1cBKBwo> or by calling 801.272.1051 or 1.800.468.1160

Clase: Plan para el Futuro: Empleo y Enseñanza Superior

Nuestro centro ayudará a los padres a entender cuestiones de transición según los padres y los estudiantes comienzan a descubrir nuevas áreas mientras están planeando para el futuro. Venga y aprenda sobre estos servicios para adultos, estos servicios apoyan a los estudiantes a través del proceso. Aprenda sobre los centros de recursos para discapacitados que ayudan y apoyan a los individuos con discapacidades para continuar con la enseñanza superior o un entrenamiento técnico. Este taller ayuda a las familias a:

- Mirar como la rehabilitación vocacional puede estar implicada en el IEP corriente del estudiante mientras usted planea los objetivos de empleo y el futuro de su hijo/a.
- Mejor entendimiento de los programas de rehabilitación vocacional y sus servicios
- Mejor entendimiento de los servicios para los estudiantes con discapacidades en la enseñanza superior



Miércoles, Febrero 5, 7:00-8:30 p.m.

Logan City School District Office
101 West Center, Logan, Utah
También lo puede hacer por línea: <http://conta.cc/18EvjCB> o llamando al Español 801. 867-2375 – 801.272.1051 or 1.800.468.1160

Workshop: Pro Se Guardianship Training

In a guardianship proceeding family petitioners can save money by choosing to represent themselves in the court process. This is called Pro Se Representation. This free Pro Se training class for families who would like to act Pro Se as they seek guardianship of a family member. The class will be presented by staff of Guardianship Associates of Utah. Families will be given all required court documents on a CD.

Tuesday, February 11, 6:30 – 8:30 p.m.

Canyons Technical Education Center (East Building)

9085 South 825 East, Sandy, UT 84094

Pre-registration is required. Register online at <http://conta.cc/1aAGgoe> or call Lynda Hansen at 801.826.8192 or 801.708.1841

Workshop: IEP

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 students with disabilities. However, they often lack information. This workshop helps parents understand their role, rights and responsibilities in the IEP process.

Thursday, February 13, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/17dce9X> or by calling Amy Weyrich at 801-856-1264.



Workshop: Transition to Adult Services

As families of youth and adults with disabilities, we have learned many things but most of us admit that we have much more to learn. 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.

Tuesday, February 18, 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/1biPx6Y> or by calling Michelle Murphy 385-646-4190.

Workshop: SSI Under 18 Salt Lake

A parent consultant from Utah Family Voices will give a parent's perspective about the process for applying and maintaining Social Security eligibility for parents who have young children with disabilities.

Thursday, February 20, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1d527b4> or by calling Amy Weyrich at 801-856-1264.

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 • Website: 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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