

# Volunteer Connections

APRIL 2014

Dear Volunteers,

I want to express my gratitude to so many of you who go the extra mile for families who have children with disabilities in your communities. Many families are overwhelmed with responsibility and feel isolated and lost when it comes to finding help and answers to challenges in their lives. Your efforts provide relief, hope and a new direction for so many. Thanks for your continued efforts.

With Mother's Day coming up in a few weeks I thought you might enjoy the following the following video clip.

The World's Toughest Job: <https://www.youtube.com/watch?v=HB3xM93rXbY>

Please send me information on any event or resource you feel would be valuable to other volunteers.

Don't forget your reporting!!! Thank you everyone!

Sincerely,

*Rebecca*

Rebecca Turley  
Volunteer Programs Coordinator  
(801)272-1051 / [rebeccat@utahparentcenter.org](mailto:rebeccat@utahparentcenter.org)

## **VOLUNTEER REPORTING:**

Please take the opportunity to report any volunteer activities you've been involved in. The link below will provide you with 6 different types of activities you can report on such as:

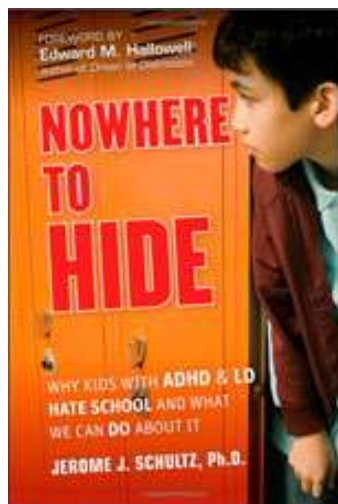
- Direct support to families.
- Conferences and trainings.
- Helping parents with IEP related support.
- Serving on committee's that promote systems change for families who have children with disabilities.
- Outreach promotion of UPC services and events.
- Sharing your family story with educators or participating on a parent panel.

**Reporting Link:** [http://www.surveymonkey.com/s/Volunteer\\_reporting](http://www.surveymonkey.com/s/Volunteer_reporting)

## **VOLUNTEER APPRECIATION GIFTS:**

ALL volunteers who have provided service and have fully completed the reporting survey will receive an appreciation gift! This is our way of thanking you for your time and dedication in serving parents who have children with disabilities and telling us about it! Each gift will include its own message of appreciation. Please take the time to do your reporting so we can recognize your good works!

### BOOK OF THE MONTH – Available for loan from our Lending Library



**Nowhere to Hide, Why Kids With ADHD & LD Hate School and What We Can Do About It by Jerome J. Schultz, Ph.D.** This book brings to light the extraordinary stresses experienced by children with learning disabilities and ADHD. Kids with learning disabilities struggle academically, but they also experience tremendous fear – and so do their parents. Dr Schultz offers guidance for parents and teachers to help kids improve learning, behavior, and self-esteem. This book includes rating scales, check-lists, printable charts, and practical strategies that help students break the stress cycle and attain the confidence that comes from competence. **If you are interested in borrowing a copy of this book please call the Utah Parent Center at (800) 468-1160. We would be happy to mail you a copy.**

### IEP COACH CORNER: Mental Health Resources

#### Statewide Mental Health Directory

This link provides a directory of community mental health programs located throughout the state of Utah. <http://www.utahparentcenter.org/wp-content/uploads/2013/05/Statewide-Mental-Health-Directory-March-2013.pdf>

#### CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

(801) 537-7878, [www.chaddofutah.com/](http://www.chaddofutah.com/)

*CHADD* is an all-volunteer organization providing education, advocacy and support for individuals with ADHD.

#### Family Resource Facilitators

Statewide list of FRF's: <http://allieswithfamilies.org/facilitator/>

The Family Resource Facilitator Project Vision: "To transform the child and adolescent mental health and substance abuse services by placing the youth and his/her family at the heart of any and all treatment and service options." This will be accomplished by FRFs providing assistance to families and youth in accessing appropriate mental health services within their communities and to develop a meaningful, educated and authentic voice for policy change and advocacy.

#### Allies with Families

(801) 433-2595, [www.allieswithfamilies.org](http://www.allieswithfamilies.org)

Allies with Families is a Utah chapter of the Federation of Families for Children's Mental Health, an organization of families supporting families by sharing experiences and strengths. Allies with Families was created in 1991 to offer practical support and resources for parents and their children and youth who face serious emotional, behavioral, and mental health challenges. It was created to support all families in the state of Utah looking for peer support and information regarding statewide mental health services and supports.

### **NAMI Utah (National Alliance on Mental Illness)**

(801) 323-9900 or Toll-free (877) 230-6264, [www.namiut.org](http://www.namiut.org)

NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and other severe anxiety disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain.

### **New Frontiers for Families**

(435) 676-2599, [www.newfrontiersforfamilies.org/](http://www.newfrontiersforfamilies.org/)

New Frontiers for Families uses the Wraparound process to bring providers, educators, businesses, community leaders and neighbors together in order to empower families to succeed at home, at school and in their communities by listening and working together to create services and supports that meet their needs.

### **Navigating the Mental Health System:**

**For those who are insured:** Contact your insurance company for a list of providers.

**For those who are uninsured** there are still providers/agencies in the community who can provide services including:

- **Valley Mental Health** – Centralized Intake is 1-888-949-4864 or 801-270-6550.  
Advise the person you speak with that you or the person you are calling for is unfunded. Your contact information will be taken and someone from VMH will get back to you.
- **Polizzi Clinic** – 801-277-7740  
The Polizzi Clinic is only for individuals with severe and persistent mental illness who are uninsured.
- **Psychiatric and Behavioral Solutions** – 801-467-1200; address: 1522 S. 1100 E. SLC, UT
- **Fourth Street Clinic** – 801-364-0058; address: 404 S. 400 W. SLC, UT.  
An individual must be homeless to receive services such as psychiatric and other medical care.
- **Hopeful Beginnings** – 801-979-1351  
Sliding Fee scale; takes approximately one week to be seen for medication management and 24 hours to be seen for therapy.

### **Other Mental Health Resources**

- **Department of Workforce Services** – 801-524-9000 to apply for Medicaid and for general assistance
- **Local Mental Health Authority (LMHA)** – The LMHA is responsible for providing community mental health and substance use disorder services. In Salt Lake County the Local Mental Health Authority is "Optum." Optum traditionally serves those with Medicaid and/or Medicare but can help all members in the community find access to mental health and/or substance abuse treatment.
- **Salt Lake County Member Handbook and Provider Directory:** [www.optumhealthslco.com](http://www.optumhealthslco.com) under the Consumers and Family tab. Find information about what services are/are not available to you; how to access mental health or substance abuse services; providers in the community.
- **Mental Health Hotline:** (801) 773-7060
- **211 Information Line:** (801) 264-7669 or 211

### **Student Assessment of Growth and Excellence or SAGE: Frequently Asked Questions**

#### **What is SAGE?**

SAGE is a system of assessments designed to measure student success and growth over the years. SAGE tests are based on the Utah Core Standards, a set of academic standards that raise our expectations for students and teachers. The SAGE system includes:

- Summative end-of-year tests that assess how our schools and districts are doing. These tests replace the CRT's that were previously administered at the end of the school year.
- Interim fall and winter tests that monitor student progress. These tests are administered by the schools and districts that are choosing to implement them.
- A formative assessment tool available online to students, families, and teachers that provides materials to support instruction.

#### **What is a computer adaptive test?**

Every time a student answers a question, his or her response helps determine the next question that the student must answer. The difficulty of the test will adjust to each student's skills, providing a better measure of what each student knows and can do.

#### **When will students start taking the SAGE assessments?**

SAGE assessments begin this year. Full participation includes English Language Learners, students with an IEP, and students with a Section 504 plan. Beginning spring 2014, students will take each test required for their grade level/course. SAGE assessments are available in English Language Arts, Math and Science.

#### **Are there alternate assessment options for the SAGE assessments?**

All students are expected to participate in the SAGE Summative assessment for that grade/course, unless a student has a significant cognitive disability and the IEP team has determined the student will take Utah's Alternate Assessment (UAA) for Science, or the Dynamic Learning Maps Assessment for English Language Arts and Mathematics, beginning in the 2014-2015 school year. More information about alternate assessments may be found at [www.schools.utah.gov/sars/assessment.aspx](http://www.schools.utah.gov/sars/assessment.aspx).

#### **How can the SAGE assessments provide benefit to students on an IEP?**

Sage assessments will guide students with an IEP through their individual goals.

- SAGE will measure a student's growth from fall to spring and from spring to spring as students move through successive grades.
- SAGE will also provide data and information that can be used to develop a student's IEP goals and guide instruction in alignment with the Utah Core Standards.

#### **What IEP accommodations are available on the SAGE assessments?**

The following accommodations must be included in a student's IEP to be available during the SAGE assessment:

- Braille/Tactile graphics for students who are blind
- Handheld calculation device and computation table
- Large print paper
- Scribe
- Sign Language (ASL)
- Standard size paper
- Visual Representation

For more information about SAGE or if you would like to take a training test, preview sample questions types, or learn more about adaptive tests, visit [www.sageportal.org](http://www.sageportal.org).

### UPCOMING CONFERENCES AND TRAININGS

#### Transition from School to Adult Life!

Students with autism spectrum disorders or intellectual disabilities in combination with a mental illness (Dual Diagnosis) require specialized supports as they transition to adulthood. Dan Baker, Associate Professor of Pediatrics, Rutgers Robert Wood Johnson Medical School, will explain the impact of Dual Diagnosis and provide best practices for the career development process, steps necessary for successful employment, and how using community-based instruction can positively impact students.

Dates: Friday, May 9, 2014 **OR** Saturday, May 10, 2014

Time: 9:00 AM – 2:00 PM – Lunch will be provided

Location: Utah Parent Center – 230 West 200 South, Suite 1101, SLC, 84101

There are still travel stipends available for families located in rural areas. If you need assistance to be able to attend please call Cassandra at 1-800-468-1160 or email her at [cassandra@utahparentcenter.org](mailto:cassandra@utahparentcenter.org).

#### Register online at:

To register for Friday, May 9: <http://conta.cc/1kA0993>

To register for Saturday, May 10: <http://conta.cc/1m4Of8V>

To register by phone: 801-272-1051 or 1-800-468-1160

**Pre-Registration is required. Space is limited so plan to attend now!**



#### Planning for a Secure Financial Future for Youth and Adults with Disabilities

During this workshop the following topics will be discussed:

- **Financial Strategies**
- **Special Needs Legal Planning and Guardianship: Creating a Special Needs Trust**

#### Two Great Opportunities to Participate:

- **Salt Lake City:** Tuesday, April 29, 2014 from 6:30 – 8:30 PM at the Utah Parent Center located at 230 W. 200 S., Suite 1101 in Salt Lake City. Register online at <http://conta.cc/1h3910C> or by calling 801-272-1051 or 1-800-468-1160
- **St. George:** Wednesday, May 7, 2014 from 6:30 – 8:30 PM at Dixie State College, Wittwer Conference Room 5<sup>th</sup> Floor, Holland Building, 225 S. 700 E, St. George, UT 84770. Register online at <http://conta.cc/1IVM4DW> or by calling 801-272-1051 or 1-800-468-1160

### Transition to Adult Life Conference in Ogden

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. Topics covered will include: Developing the IEP and Transition, Self-Determination: Whose Decision Is It Anyway? and Plan for the Future: Employment and Post-Secondary Education. The Transition Mini-Conference will also be offered in Spanish at the same time.

**Thursday, May 1, 2014 from 8:45 – 2:30 PM** at the Ogden School District, 1950 Monroe Blvd., Building #8. Pre-registration is requested. Register online at <http://conta.cc/1jBavE3> or by phone at 801-272-1051 or 1-800-468-1160.

### Housing Options for Adults with Disabilities Workshop



Debbie Stark, Statewide Housing Coordinator for the Division of Services for People with Disabilities will be presenting on how to connect to the local Housing Authorities, alternative housing options, low cost housing apartments, and disability rights in housing. All parents and professionals are welcome. There is no cost to attend. Pre-registration is requested.

**Tuesday, May 13, 2014 from 6:30-8:30 PM** in the Utah Parent Center Conference Room located at 230 West 200 South, Suite 1101, Salt Lake City, Utah

Register online at: <http://conta.cc/1fNit8d>. Register by phone at 801-272-1051 or 1-800-468-1160

**2nd Annual Utah Multi-Tiered System of Supports & Effective Practices Conference is** scheduled for June 18<sup>th</sup> & 19<sup>th</sup> at the Davis Conference Center in Layton, UT. This conference is designed to educate both parents and professionals on how to implement School-Wide Positive Behavior Interventions and Supports (SW-PBIS). Topics include: Literacy and Numeracy, Positive Behavior Supports, Transition to Career Pathways, Building & District Leadership Teams, Early childhood, Education English Learners, Autism and more. For more information go to [www.umtssconference.org](http://www.umtssconference.org). **Scholarships available to interested volunteers.**

**Latest E-Connections, for more resources and events including a schedule of upcoming UPC workshops:** <http://www.utahparentcenter.org/publications/electronic/e-connections/>



Join the Utah Parent Center on Facebook to get up-to-date information from the Center and information about activities in your area!

### **VOLUNTEER OPPORTUNITIES**

**Please contact me at [rebeccat@utahparentcenter.org](mailto:rebeccat@utahparentcenter.org) or call at (801) 272-1051 if you are interested in participating in any of the following volunteer opportunities. I would love to hear from you!**

#### **Seeking new Family to Family Support Group Leaders and/or Co-Leaders Statewide**

New Network Leaders should be receiving services, on the waiting list, or in the process of determining eligibility with the Division of Services for People with Disabilities (DSPD). This allows Leaders to be a resource for individuals and families using these services as well as for other organizations. Networks may have Leaders or other officers who do not meet the criteria related to DSPD. New Leaders will receive ongoing support from the Utah Parent Center and existing Network Leaders. Please contact me for more information.

**Parent Panel Requests:** The Utah Parent Center is asked several times a year to speak to students at the college level going into both general and special education. Our current parent panel requests come from the University of Utah and Westminster College. Volunteers who participate on the panel share information about their child with a disability and provide insights about their child's educational experience to future educators. It provides parents with a great opportunity to share what has worked well with their children and offer advice and tips on what needs to work better. The students benefit greatly from the 'parent perspective.'

**IEP Coach Training:** The Utah Parent Center has an ongoing need for parent volunteers who have been trained to help parents successfully go through the IEP process. If any volunteers are interested in receiving this training or know of someone who would make a good IEP Coach, please let me know. New volunteers will need to take our New Volunteer Training as a prerequisite to the IEP Coach Training and will need to fill out a New Volunteer Application. All IEP Coaches need to support parents by attending a minimum of 3 IEP meetings per year to remain active. For more information about this training program please review the following information piece: [IEP Coach Opportunity Program](#)

### **SPECIAL INTEREST: DISABILITY ISSUES IN THE NEWS**

#### **Feds Earmark Millions for Disability Housing Assistance**

Federal housing officials are putting \$120 million on the table to help thousands of people with disabilities access rental assistance.

Read more: <http://www.disabilityscoop.com/2014/03/07/lawmakers-fund-sped/19172/>

#### **Justice Department Urges Shift Away from Sheltered Workshops**

In a first-of-its-kind settlement, the U.S. Department of Justice says a state has committed to overhaul its system of sheltered workshops and day programs for people with developmental disabilities. With an estimated 450,000 people with developmental disabilities nationwide currently spending their days in sheltered workshops and other segregated programs, officials said the agreement sets the bar for every other state in the country.

Read more: <http://www.disabilityscoop.com/2014/02/21/congress-eyeing-savings/19134/>

## Utah Parent Center Volunteer Connections: April 2014

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### CALL FOR PICTURES

The Utah Parent Center is looking for pictures of children or young adults with disabilities engaged in the following types of activities:

- Family Photos – Showcase your family including your child with a disability.
- Using assistive technology
- Participating in a community based activity.
- Showing off a talent.
- Working at a job site.
- Demonstrating a skill.
- Participating in a school based activity

The Utah Parent Center wishes to use these pictures in training and marketing materials which promote the Center's goals and objectives. All parents will be asked to fill out a media release authorizing the use of your pictures. Please e-mail all pictures and completed media release form to [cassandra@utahparentcenter.org](mailto:cassandra@utahparentcenter.org). **Media Release Form:** [Image/Media Release Form](#)

Please send me information on any event or resource you feel would be valuable to other volunteers. Don't forget your reporting!!! Thank you everyone!  
Sincerely,

*Rebecca Turley*

Volunteer Programs Coordinator

Utah Parent Center  
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Salt Lake City, UT 84101  
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