



Volunteer Connections

Dear Volunteers,

With the school year coming to a close, many parents are looking for activities and programs that will provide structure for their children with special needs during the summer months. I have been personally impressed with the many programs available to choose from. In my own individual journey to find programs and activities for my daughter, I've found the following tips helpful to consider:

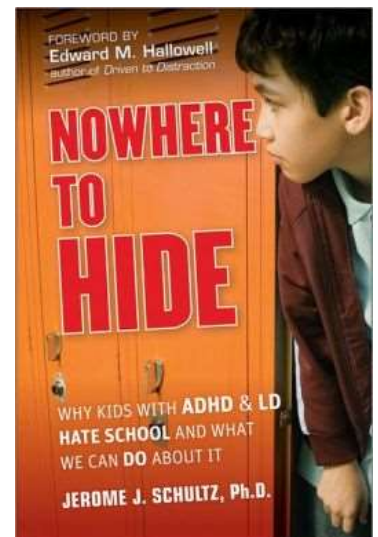
- First, look for programs geographically close to your home. Convenience matters! For example, start with your local recreation center and ask to speak with someone knowledgeable about adaptive programs. Most children with disabilities do well in an inclusive environment with their non-disabled peers. Participants with more significant disabilities can also participate in programs with non-disabled peers with the help of a peer buddy or an aide.
- Search the UPC's Summer Activities List for programs that compliment your child's strengths and interests. Schedule an orientation with the program provider to determine if it will meet your child's unique needs. [Summer Activities List 2013](#)
- For teens, explore volunteer opportunities that help develop job skills. I personally have had success finding volunteer opportunities at Deseret Industries and the Bishop's Storehouse. Agencies such as the Utah Food Bank, Splore, Camp Kostopolus and the Hogle Zoo also use volunteers. For more ideas go to the United Way's Volunteer Center at <http://www.uw.org/211/>.

If I can help you with any ideas or suggestions please let me know.

Rebecca

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.**



Utah Parent Center Volunteer Connections: May 2013

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.

If you have participated in any of these activities, select "yes" when your activity appears on the survey. You will then be asked: When did you participate in the activity? How much of your time was involved? and How many people were served?

Reporting Link: <http://www.surveymonkey.com/s/volunteerreporting>

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!

NEW PUBLICATION – Coming Soon!

An Introductory Guide to the Division of Services for People with Disabilities, prepared by the Family to Family Network and the Utah Parent Center, will help parents navigate the DSPD service delivery model.

This informative guide will help parents answer the following questions:

- What does DSPD do?
- How do I apply for Services?
- What happens when people meet eligibility requirements?
- Who is NOT eligible for services?
- Who Provides services?
- What services are provided?
- How are services funded?
- What if I have concerns or questions?
- How do I contact the division?
- Where are the DSPD offices statewide?

Utah Parent Center Volunteer Connections: May 2013

IEP COACH CORNER: MENTAL HEALTH RESOURCES

2013 Statewide Mental Health Directory

The link below provides a directory of community mental health programs located throughout the state of Utah. [Click here for full list.](#)

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

(801) 537-7878, www.chaddofutah.com/

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

Family Resource Facilitators

Click here for Statewide list of FRF's.

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

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

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/

New Frontiers for Families mission is that through 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.

VOLUNTEER SPOTLIGHT

It is my pleasure to introduce Terri Stettler as our Volunteer of the Month. Terri and her husband Brent have three boys ages 24, 32, and 36. When Terri's middle son was six weeks old he started to have seizures and was found to have a heart murmur. By the time he was nine months old, he was diagnosed with Tuberous Sclerosis. She was told he probably would not live to his 1st birthday. Although he is 32 his understanding and abilities are that of a 6 to 9 month old and he needs total care. He currently lives at home with Terri and her husband and attends a day program. Terri's youngest son at the age of 14 took a fall. He struggled with symptoms of brain injury all through high school. After high school he received help through Utah State Vocational Rehabilitation for his education, and today he is married, has the cutest little girl, and is holding down a full time job. Terri's oldest son is also married, and they live in Salt Lake City. She loves to drive over the mountain to visit her two granddaughters and two grandsons.

Terri currently volunteers as Co-Chair of the Price Family to Family Network and is an IEP coach for the Utah Parent Center. She enjoys the opportunity to meet and talk with other parents and is always available to help answer questions when needed. Terri also enjoys working with educators and agencies located in the Price area and beyond which may be of help to families. Terri states "This year we tried to meet the needs of families by bringing several trainings to the Price area. We held a parent night where we brought the local agencies and providers together to help parents know what is available locally. We also arranged for trainings on guardianship and series of behavior classes."



a

The first parent support group Terri helped form was in Wyoming in 1982. Since then, no matter where she has lived, Terri has been involved in all aspects of support groups. Terri states, "At times it was because I needed the support, but most the time it was because I hoped to help someone else find their way through the disability maze." Because Terri has received so much support from others through the years, she loves the feeling she receives when she is able to give back and make someone else's life easier. Terri loves the people and friends she has met and served with through her many years of statewide service. She states "Only another volunteer can understand the feeling you have when you've been a listening ear, a support, or help to another parent of a child with a disability."

Utah Parent Center Volunteer Connections: May 2013

UPCOMING CONFERENCES AND TRAININGS

1st Annual Utah Multi-Tiered System of Supports & Effective Practices Conference is scheduled for June 12th & 13th 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: MTSS, RTI, PBIS, Numeracy, Behavior, Assessment, Transition, Pre-School, Significant Disabilities, Tier 2 & 3 interventions, Progress Monitoring, Autism, and Bullying Prevention. For more information go to <http://www.updc.org/umtss/>

US Autism & Asperger Association World Conference & Expo will be on August 15-18 at the Sheraton Salt Lake City Hotel and Conference Center. Over 40 of the world's most respected experts will discuss new treatment regimens and effective therapies. Keynote Speakers will include Temple Grandin, PHD who is one of the most accomplished and well known adults with autism in the world and Martha Herbert, MD, PHD who is an Assistant Professor of Neurology at Harvard Medical School and a Pediatric Neurologist at the Massachusetts General Hospital in Boston. For more information, go to www.usautism.org or call (801)816-1234.

2nd Annual UVU Conference on ADHD, Co-Sponsored by CHADD of Utah will be held on September 27, 2013 at the Student Center at Utah Valley University. This year's keynote address will be given by Dr. Edward Hallowell, one of the world's leading experts in ADHD. The conference is designed for students, parents, teachers, administrators, and professionals who are interested in learning about ADHD, treatments, education and family life, available services, and practical resources. Breakout sessions will be instructed by a multidisciplinary group of experts who will share their research and best practices. For more information go to: <http://www.uvu.edu/uc/adhd/>

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

ONGOING VOLUNTEER OPPORTUNITIES

Please contact me at 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 Statwide

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. This allows Leaders to be a resource for individuals and families using these services as well as for other organizations. A Co-Leader or other Network Officer is not required to meet these criteria. New Leaders will receive ongoing support from the Utah Parent Center and existing Network Leaders.

Utah Parent Center Volunteer Connections: May 2013

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: http://www.utahparentcenter.org/wp-content/uploads/2013/02/IEP-Coach-Opportunity-Program_2012.pdf

SPECIAL INTEREST: DISABILITY ISSUES IN THE NEWS

States Get Ranked On Disability Services

Find out how Utah is ranked! The listing is part of a report set to be released Thursday by United Cerebral Palsy, which ranks disability services in all 50 states and the District of Columbia.

Read more: <http://www.disabilitycoop.com/2013/05/02/states-ranked-disability/17855/>

Groups Alarmed By Request To Ease Education Standards

Disability advocates are crying foul after some school districts sought flexibility under federal education rules, a move they say could prove harmful to students with disabilities. Read more:

<http://www.disabilitycoop.com/2013/05/01/groups-alarmed-education-standards/17841/>

Congress Rewrites IDEA Funding Rule

A small change tucked inside a government spending bill this month may have big implications for special education. Read more: <http://www.disabilitycoop.com/2013/03/26/congress-rewrites-idea-rule/17581/>

Utah Parent Center Volunteer Connections: May 2013

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:

- 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.

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
Parent Consultant and Trainer

Utah Parent Center, 230 West 200 South, Suite 1101, Salt Lake City, UT 84101
Phone: 801.272.1051 Email: rebeccat@utahparentcenter.org

