



Utah
Parent
Center

Special needs,
extraordinary potential

HAPPY
NEW
YEAR



Utah Parent Center January eConnections



Advocacy: Families, It's Time to Get Involved!



Advocacy is Speaking Up

When we are not finding the services that are needed, we can see it as an opportunity for advocacy. You are advocating when you tell those around you what you need. We all advocate for our individual children/family members on a day to day basis.

You may want to take it a step further and join with other parents and stakeholders to advocate for systems-level change. Many of the services now available are there because others

before you took the time and effort to speak up or to help educate policy makers. Some of the individuals who worked on this training are long time advocates who have seen many changes and improvements over the years.

In summary, the concept of advocacy is simple. It has 4 basic steps:

Choose your issue

Ask, "What can I do?"

Ask, "Who do I talk to?"

Communicate your views and follow up!

Where can I advocate?

In your child's school or program
With agencies, services, cities, counties
Advisory councils
Hearings, committees, etc.
Legislature

Follow this [link](#) for advocacy personal stories, statistics and tips for more involvement!
Together *WE* can make a change.



New Year's Resolutions & Your Child

New Year's resolutions are not just for adults. Your child can learn the importance of setting goals, and the whole family can benefit. As you work toward the family goal or specific goals that are relevant to your child's needs and wants, she/he will be working on important life skills such as self-advocacy and problem solving. Take a look at these great resources regarding goal building from Understood.org to start your goal setting success!

© 2018 Understood for All, Inc.

- [How to help your child set a New Year's goal](#)
- [Printable goal planner download for kids and teens](#)
- [Little goals vs. New Year's resolutions](#)



Parent Legislative Advocacy Training

Why:

As a parent or caretaker of a child, youth or adult child with a disability, you have a huge responsibility of advocating for their needs. Many issues involving their life-long supports are related to the operation of the federal, state and local governments. Decisions made by governmental entities have a significant impact in promoting your child's well-being.

How:

Join the Center for Persons with Disabilities and the Utah Parent Center for an informative training to learn how to be an effective advocate on the legislative level. Legislative advocacy does not have to be overwhelming and you don't have to do it alone! Join us January 9th for either the afternoon or evening sessions!!



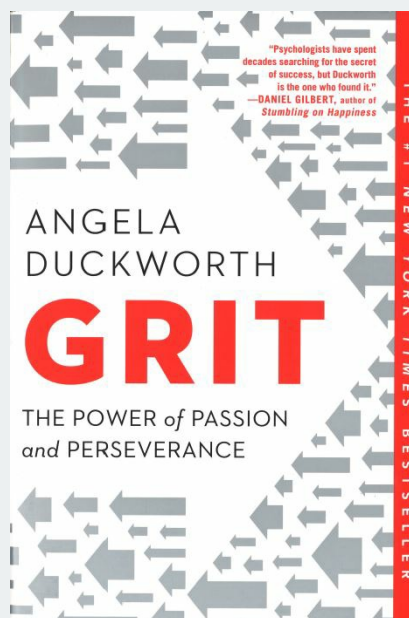
Click [here](#) to download flier
or
[Register here](#)



Join Our Upcoming Book Study Regarding.....*GRIT*

The Utah Parent Center along with the Utah State Board of Education will soon be launching another book study of “Grit, the Power of Passion and Perseverance” by Angela Duckworth. By joining the book study you will receive a FREE copy of the book and will participate in three evening discussions on February 11, 18 and 25th from 7 pm to 8 pm. For the discussions, you join remotely from home. As part of the book study, you will also receive guided notes and discussion questions to help break down the book further.

For information on upcoming registration, please contact Amy Hurst at amyh@utahparentcenter.org



What is MTSS?



MTSS is a multi-step approach to providing services to struggling students both academically and behaviorally. Teachers provide instruction and interventions to students at increasing levels of intensity. They also monitor the progress students make at each intervention level and use the assessment results to decide whether the student needs additional instruction or intervention in general education or a referral to special education.



- It used to be referred to as RTI, which means Response to Intervention.
- MTSS stands for Multi-tiered Systems of Support.
- In Utah it is sometimes called UMTSS.
- It is a framework in which schools try different methods to help struggling students progress.



Transition Handbook- Guiding Teen Students Into Adulthood



If you have a child who is 13 years old or older, our Transition Handbook is a great resource for you. This guidebook has been designed to equip you to be an active participant in developing your student's transition IEP (Individualized Education Program), and will provide you with crucial information that will become

essential as your youth enters adulthood. Although disabilities may vary greatly in their severity or impact from one individual to the next, all students benefit from planning for the future. Should you need any additional information or guidance, please contact the Utah Parent Center. Our knowledgeable staff will be happy to answer your call and direct you to a parent consultant who can speak to you directly regarding your child's specific needs.

[Download the pdf handbook file here](#)



Utah Disability Advocacy Day

Disability Advocacy Day is an opportunity to highlight the issues and concerns facing

people with disabilities in Utah. Disability Advocacy Day includes workshops, speakers, informational exhibits, and networking opportunities with legislators and other advocates. This event will provide opportunities for self-advocates and families to learn about the legislative process, and will give them opportunities to make their voices heard by legislators about policy and budget issues that affect their services and supports.

Date: January 30th

Cost: Free, but limited seating

Self Advocate Training: 9:30 am-11:30 am

Utah State Capital,

East Senate Bldg. Copper room;

12:45-3:30 pm see agenda [here](#)



To register for the free legislative advocacy workshops or to request an accommodation to participate, please contact Susana Canton at 1-800-662-9080 or scanton@disabilitylawcenter.org

All requests for accommodations, including ASL or Spanish language interpreters, must be made by Monday, January 27, 2020.

Disability Advocacy Day is sponsored by the
Center for Persons with Disabilities,
the Disability Law Center,
the Utah Parent Center, and
the Utah Developmental Disabilities Council.

