

MONTHLY ENEWSLETTER

JANUARY



## Family Links Conference Registration Now Open!

Since 2007, the Family Links Conference has been a statewide event for parents of children and adults with disabilities along with professionals serving the disability community.

We, along with our partners are proud to bring you this special two day virtual event covering a variety of topics to meet your specific needs including:

- Building Resiliency
- Guardianship and Alternatives
- Siblings
- Positive Behavioral Supports
- High Expectations
- Telehealth
- School Supports and Covid 19
- Justice System

JANUARY  
20-21

FAMILY LINKS  
VIRTUAL CONFERENCE

Register Now

Only  
\$10

Admission fee covers attendance for both days & automatic entry to win prize drawings.

4 UNIQUE PRESENTATIONS  
DAILY AT  
9:30 AM, 11:00 AM,  
6:30 PM & 7:30 PM

INCLUDING:

- LIVE PRESENTATIONS
- RESOURCE GALLERY
- Q&A
- DOWNLOADABLE HANDOUTS
- RECORDINGS OF EACH PRESENTATION

PARTNERS INCLUDE:



Register to Attend the 2021 Family Links  
Conference

## New Year's Resolution Supports

An old Chinese Proverb says, "Be not afraid of growing slowly; be afraid only of standing still." As 2021 quickly approaches we are reminded of all the New Year's Resolutions of years past. Did we reach our goals? Did we keep the promise of eating

**2021**  
**RESOLUTIONS**

1.
2.
3.
4.

healthier, getting more exercise or saving more money? Setting goals help us as individuals focus on our own personal growth. Goals can help promote our mental and physical health; as well as improve our personal and professional success. How we go about setting goals, and what type of goals we set, can make a difference in how we reach those goals.

Learn about the importance of effective goal setting by clicking [here](#) or [here](#).

Need some ideas for your 2021 goals? Click [here](#) for 50 goal ideas and ways to reach them.

## NEW QR Code for Our Event Access!

Using a QR code from your phone will direct you to our events page so there you can schedule and not miss any upcoming events from the Utah Parent Center as easy as 1, 2, and 3!


Here's how:

**iphone Users:**

1. Open the Camera app from the Home screen, Control Center, or Lock screen.
2. Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
3. Tap the notification to open the link associated with the QR code.

**Android Phone Using Google Search:**

1. Point your camera at the QR Code.
2. Hold down the "Home" button and swipe up to reveal the options at the bottom.
3. Select "What's on my screen?"



**SCAN ME**

Using your computer?  
No problem! Just use your mouse arrow and click the code.

## Now Hiring for Full-Time & Part-Time Positions

Are you interesting in joining the Utah Parent Center team?

The Utah Parent Center is an award-winning training and information center founded in 1983 by parents of children and youth with all disabilities to help other parents facing similar challenges throughout Utah. The caring and competent staff of the UPC utilizes a proven, effective parent-to-parent model to help many thousands of parents annually. We also represent families in many systems level activities. UPC staff has built collaborative networks with education, health and human service professionals, agencies and organizations. The Center promotes change within community through various projects and activities. Located in Murray, the Center serves families across Utah.



Below is a list of the current openings with our company. Click on the job title to learn more about the openings.

- [\*\*Development Assistant – Part-Time\*\*](#)
- [\*\*Administrative Assistant/Receptionist – Full-Time\*\*](#)
- [\*\*Administrative Assistant/Receptionist – Part-Time\*\*](#)

All applicants should be meet the qualifications listed on the position announcement. The announcement also outlines information about the position including general job duties, qualifications, pay rate, job status, schedule and application requirements.

## FREE Confidential Mental Health Resources



It is no secret that we have all felt the challenges to our mental health related to the Covid-19 pandemic. The CDC has found that, "U.S. adults reported considerably elevated adverse mental health conditions associated with COVID-19. Younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation." Utah Strong is a Non-Profit organization that is offering FREE and confidential mental health resources

during the pandemic. If you would like more information on services provided, please click [here](#) for Utah Strong informational flier.

## Benefits of Play & At-Home Resources

Play has many benefits for our children. For example, play can build executive function skills, teach social cues and make for healthy bodies and minds. Finding opportunities for play is still important during this time of social distancing. With many play facilities closed, parents are looking for ways to keep their children engaged and avoid boredom during these cold winter months.



The Homeless Children's Playtime Project is an organization that has created tip sheets for activities to get you and your child actively playing. The project has even created a Youtube channel with content meant to keep you and your child entertained. Need ideas? Check them out [here!](#)

In a recent article by Harvard Education, professionals discussed the need for more meaningful play and gave indicators of playful learning, which include choice, wonder and delight. To find out how to help your child get more out of play, click [here](#).

## New Box Elder School District Parent Consultant



### **Emily Reeves Young**

Parent Consultant serving  
Box Elder School District:

435.261.3818

[emily@utahparentcenter.org](mailto:emily@utahparentcenter.org)

Meet Emily Reeves Young, our newest Parent Consultant serving families in the Box Elder School District. Her family was introduced to the Utah Parent Center through their youngest of five children (ages 9-26), who has cerebral palsy and autism. She feels the support that the UPC offered was priceless and connected their family to resources and opportunities they would never have known existed.

Besides staying busy serving families at the Utah Parent Center, she is currently working towards a master's degree in medical sociology at Utah State University. Some of Emily's passions include her love of animals and going on adventures with her family. She is also passionate about accessibility and equality in education and medicine.

Learning about different cultures is also a love of Emily's and she had the experience of going to Africa to research their social welfare programs and it's effectiveness. It was an experience she will never forget.

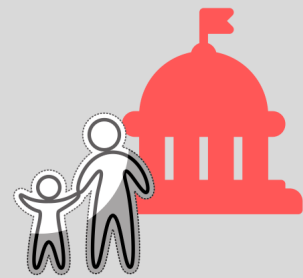
## Steps to Advocacy

A recent survey taken by the Utah Parent Center says that 91% of our community has a desire to be involved in policy change, but does not have a lot of time to spend advocating. Being an advocate is simple and we want to support you in accomplishing change. You are the best person to make a difference because you hold valuable experience that represents thousands of Utahns with similar circumstances. The Utah Parent Center is excited to partner with you in this effort and has provided a quick and easy way that parents like you can get involved!



## GUIDEBOOK TO ADVOCACY

A GUIDEBOOK FOR PARENTS AND SELF-ADVOCATES



Utah Parent Center

An easy to understand guidebook with monthly "to do" activities that are quick and effective.

Click [here](#) for the UPC Advocacy Guidebook and prepare yourself to be a force for change!

## Need Screen-time Limits for Your Teen?

Helping our teens find screen-time balance can often be challenging. This article from mytutorforparents helps parents find that healthy balance while pointing out signs that indicate a break may be warranted. These signs include:

- They're finding it hard to concentrate on off-screen activities like reading and writing
- They have a meltdown when separated from their phone

- They avoid spending time in-person with friends and family

For more supports on finding that healthy balance, follow the link to the screen-time diet in the article below:



### The Screen Time Diet: helping your teen find the balance ...

For teens, the wave of daily activity on Snapchat, Instagram and games like Fortnite can consume hours a day at the best of times. And since lockdown, with leaving the house mostly out of bounds, getting teens to spend a...

[Read more](#)

[www.mytutor.co.uk](http://www.mytutor.co.uk)



## Employment Series

The end goal of every transition plan should be meaningful work. Work is what gives every person purpose, confidence, and self-esteem. For the next several months, Transition University will focus on employment options for people with disabilities.

For this month, let's FOCUS on some facts. **Twenty percent** of the U.S. population has a disability. Of that portion of the population, only about twenty percent of those people have a job, and many of them are employed only part-time.

- **Bureau Labor of Statistics**

Transition planning at an earlier age is one of the ways we can increase those numbers and have better outcomes with employment. One of the first steps to make this happen is to get to know your Vocational Rehabilitation team. Invite a representative from the agency to your next IEP meeting where you will be discussing Transition. They can help you understand their services, supports, and programs that will help you and your child find meaningful work experiences.

- **Vocational Rehabilitation**

The Transition University project is funded by the Utah Development Disabilities Council and is supported, in part by grant number 1901UTSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

## Advocacy Corner

What does advocacy mean to you? Advocacy can mean supporting something you believe needs to be changed or made better. Well-known activist Maya Angelou once said, "I learned a long time ago the wisest thing I can do is be on my own side, be an advocate for myself and others



**"For people with disabilities, employment means greater economic self-sufficiency, an opportunity to use their skills, and more active participation in community life."**

(From 'Employing People with Disabilities' NCSL Newsletter, 12/15/16, Jaime Rall, James B. Reed and Amanda Essex)

like me.” Advocacy doesn’t always mean that laws or regulations need to be changed, but oftentimes that can lead to big results. During the 2021 Legislative Session, which starts January 19, 2021 and goes to March 5, 2021, Utah will be holding the 2nd Annual Disability Advocacy Day! This year participants will be meeting virtually. There will be opportunities to learn about the issues facing those with disabilities along with how budget and policy issues may affect services for those with disabilities. If you are interested in registering for this opportunity click [here](#).



ADVOCACY  
CORNER



Visit our website

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

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