



MAY 2021

MOTHER'S DAY TRIBUTE VIDEO IDEAS TO CELEBRATE MOM



The celebration of mothers and motherhood has been traced back to the times of Ancient Greece and Rome. During these times, festivals were held to honor the mother goddesses Rhea and Cybele. The tradition of Mother's day lived on and became an official U.S. holiday in 1914. Since then, our celebrations have changed, but our focus has remained the same. Celebrating our mothers can include such things as giving mom a day off, cooking a family recipe together or making a craft that she will treasure for years to come. This year, Mother's day will take place on May 9th. Click the links below to get great ideas on making this Mother's day a memorable one.

[CELEBRATING MOM](#)

[HOW TO SHOW YOU CARE](#)

[INVOLVING THE KIDS](#)

BEHIND THE SCENES OF A PARENT CONSULTANT MEET LESLIE HANSEN

Before coming to the Utah Parent Center, Leslie owned a Landscape Design firm for 20 years. Since her retirement from design, she has been a Parent Consultant at the Utah Parent Center for a little over a year. Leslie



has two children, a husband and a dog who keep her very busy. It was her son, Fischer who inducted her into the disability community. Since then, Leslie has had the opportunity to serve on various boards including Salt Lake Community College OTA Advisory Council where she currently serves as PAC chair, Division of Professional Licensing OT board and in the Canyons School District, as a Special Education Parent Liaison.

Leslie enjoys various hobbies and activities when she can find the time and is grateful for the opportunity to be helping parents at the Utah Parent Center.

MAY UPC WORKSHOPS QR CODE ACCESS



📱 SCAN ME

We have lined up some great [workshops](#) for April! While some classes may be specific about a regional area, school, or district, everyone is welcome. Some class topics this month include:

- [Finding your Truth Series](#)
- [Partner with Your Child's Doctor](#)
- [Summer Fun Panel](#)
- [Transitioning from Middle to High School](#)

SUMMER IS AROUND THE CORNER HELPFUL SCHEDULES, LEARNING SUPPORTS & MORE

Summertime is often a time for fun and relaxation, but for some families summer can be a stressful time full of anxiety. For children with learning and/or behavior difficulties, taking the summer off from learning routines may have some challenges. The last thing we want is for frustration to set in, so finding a balance between fun and continued learning is key.

Consider the following resources to help



keep your child's skills sharp and ready for the new school year and keep boredom at bay. Whatever you schedule, make sure you allow yourself and your child to have fun and explore.

THE SUMMER TRANSITION

WHY SUMMER LEARNING

READING LOGS & PLANNERS

MATH ACTIVITIES

MORE MATH FUN

SUMMER READING

BEHAVIOR SUPPORTS

SUMMER RESOURCES

THE STIGMA OF MENTAL ILLNESS **A COMPREHENSIVE PLAN TO TREATMENT**



Conversations about mental health issues are happening around the nation and provide a chance for people to become informed about the issues affecting millions of people per year. Mental illness is defined as a serious disturbance in thoughts, feelings, and perceptions that is severe enough to affect day-to-day functioning. During the month of May, The National Alliance on Mental Illness (NAMI) joins a national movement to provide education, support and advocacy to fight the stigma surrounding mental illness. Find out more about NAMI's "You Are Not Alone" campaign for 2021's Mental Health Awareness Month along with other information to help support you or a loved one dealing with mental illness.

A Comprehensive Plan

Parent Perspective Tx Plan Video

Teaching Emotions to Kids

Monster Emotion Cards

NAMI Utah Programs



FAITH & DISABILITY SERIES PART 2 CREATING A COMMUNITY OF BELONGING

Welcome to the Family to Family Network monthly section where you will receive information pointing to local resources, services, and disability-friendly events within our parent support network. Just recently we hosted Part 1 in our Faith and Disability Series that focused around Dr. Erik Carter's concept of ten human needs (www.erikwcarter.com). These include the need to be:

- present
- invited
- welcomed
- known
- accepted
- supported
- heard
- befriended
- needed



If you are interested in viewing the recording of Part 1, contact sarah@utahparentcenter.org.

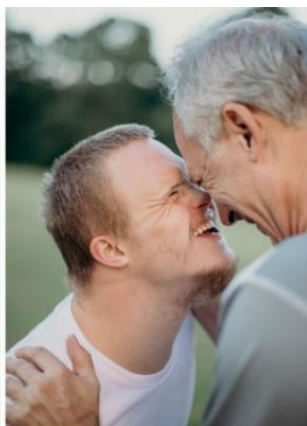
Join part 2 May 4th at 7:00 pm by registering below.



Raising a brave generation of children requires open, honest, and age appropriate exploration of race, racism, justice,

equality, and anti-racism. It is an emotional time right now, marked by challenge, pain, and grief. This eBlast shares some ideas, tools, and resources organized by types of action we can take along with our children: **listening and empathizing; acknowledging and talking; and activism.** Engaging in some of these actions may help towards turning pain and grief into hope!

- Podcast for kids and the whole family: **Talking Race with Young Children**, from NPR and Sesame Street
- TedX talk by Jeanette Betancourt, senior vice president for Social Impact at Sesame Workshop, entitled **"Is my skin brown because I drank chocolate milk?"** in which she explores why so many of us have early racial experiences/memories without conversations about them.
- **Read aloud books for raising a brave generation.** Use them as conversation starters or just enjoy together!
- **Book resources from Raising Race Conscious Children**
- **Books about Racism and Protests**



GETTING THE MOST OUT OF POST HIGH TRANSITION PLANNING AFTER 18

Transition planning helps identify those students who need additional services beyond the age of 18. That is one reason why FAPE extends through age 22, to assist those students who will not

graduate “on schedule” and who qualify for a post-high experience. While the number of students with disabilities who graduate from high school is increasing, the percentage is still below 70%. A significant number of students in each district can benefit from having a post high experience.

Typically, a student can qualify for Post High services if:

- they qualify for special education
- they haven’t earned enough credits to receive a diploma according to the requirements set forth by the Utah State Board of Education
- they want to continue in having an educational experience through the public school system and
- they want to continue to work on IEP goals related to their transition to adult life

Post high programs generally focus on independent living skills, job skills, general hygiene and basic health skills, leisure and social skills, and community experiences. Goals are still individualized for the student’s needs, and transportation is still provided by the school district.

To find out more about your school district’s post high program, check your district’s website, or talk to your district transition specialist.

Click the information buttons below for more resources on this topic.

[Post High & Transition](#)

[Higher Education Options](#)

[School to Work](#)



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.



Community Outreach

EVENTS, SURVEYS & MORE



The Utah Parent Center is excited to announce the UPC has received a \$5,000 grant from Facebook and the Eagle Mountain Data Center. With this newly acquired grant funding, the UPC will be able to purchase computers and replace outdated hardware. During the pandemic, the Center has been able to provide personal virtual consultations and has expanded our workshops through virtual training. The UPC values each and every dollar and this infusion of funding will allow us to better serve families throughout Utah. If you know of a grant or funding opportunity that might be a good fit for the Utah Parent Center and the families we serve, please contact Jennie at jennied@utahparentcenter.org.

NO HEALTH INSURANCE? NEED COVID-19 SERVICES?

HRSA
Health Resources & Services Administration

Free COVID-19 testing, treatment and vaccines.

Who can get services?

Anyone without health insurance, no matter their immigration status. A Social Security Number and/or government ID may be requested, but is **NOT** required.

What is free?

- ✓ Testing for COVID-19
- ✓ Treatment of COVID-19
- ✓ Vaccines for COVID-19

How is it free?

A federal **Uninsured Program** pays for COVID-19 services provided to **anyone** without health insurance.



More Information

For Patients

<https://www.hhs.gov/coronavirus/cares-act-provider-relief-fund-for-patients>

For Health Care Providers

<https://coviduninsuredclaim.hhs.gov>

Important Details

- **Everyone is eligible for COVID-19 services, no matter their immigration status.** Testing, treatment or vaccinations paid for by the federal government will not affect anyone's immigration status or be shared with immigration agencies.
- If you are uninsured and receive a bill related to COVID-19 testing or treatment, ask your provider to bill the HRSA COVID-19 Uninsured Program instead of you.
- **You cannot be billed for COVID-19 services if you are uninsured and the government is paying your healthcare provider for your care.** If you receive a bill, and you already paid, you may be owed a refund and you should first speak to the person or facility that sent it. If they don't cancel the bill or give you a refund, contact the HHS Office of Inspector General Hotline at 1-800-HHS-TIPS or visit <https://TIPS.HHS.GOV> to file a complaint.
- **You do not need a Social Security Number or government ID** to receive free COVID-19 services.
- The doctor, pharmacy, or clinic may ask for this information but it is **only to help them confirm you don't have insurance** so they can get paid by the Uninsured Program.
- **You will still be treated, tested, or vaccinated for COVID-19 if you are not able to provide a Social Security Number or government ID.**
- **You cannot be billed for COVID-19 vaccinations.** If you receive a bill, you should first speak to the person or facility that sent it. If they don't cancel it, contact the HHS Office of Inspector General Hotline at 1-800-HHS-TIPS or visit <https://TIPS.HHS.GOV> to file a complaint.

The Utah Parent Center receives many requests to distribute or advertise research and research surveys to our constituency through our email list. We have set up a web page to provide links to those opportunities for those who may be interested in participating. Click [here](#) to be re-directed to the site page.



May 12, 2021

DSPD SELF-ADVOCATE AND FAMILY INFORMATION GATHERING

Agenda:

- Intro from new Department of Human Services (DHS) leadership
- Community Resources
- COVID-19 Updates
- Legislative Updates
- Employment Services Updates
- Q&A

Day Session:
11:30 AM – 1:00 PM

Evening Session:
6:30 PM – 8:00 PM

Join us online or by phone!
Phone: +1 617-675-4444 PIN: 686 701 777 1582#
Online: meet.google.com/mgh-hsiu-qze

Notice of Special Accommodations:

In compliance with the Americans with Disabilities Act, individuals needing special accommodations (including auxiliary communicative aids and services) during this meeting are encouraged to contact saskarajcevic@utah.gov

Utah Department of
human services
Division of Developmental Disabilities

NAMI Utah
National Alliance on Mental Illness

Free NAMI Programs Now Online!

NAMI Connection Support Group

Support Group for adults with mental health conditions.
Register at: <http://namicut.2.vu.sg>

NAMI Family Support Group (English and Spanish)

Support Group for family members of loved ones with mental health conditions.
Register for English: <http://namicut.2.vu.sg>
Registrese en Español: <https://www.jotform.com/build/203017942455150>

NAMI Peer-to-Peer

8-week course for individuals with mental health conditions.
Classes starting soon!
Register at: <http://namicut.2.vu/cc>

NAMI Family-to-Family (English and Spanish)

8-week course for those supporting loved ones with mental health conditions.
Classes starting soon!
Register for English: <http://namicut.2.vu/cc>
Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Basics (English and Spanish)

6-week course for those supporting children 18 and under with mental health conditions.
Classes starting soon!
Register at: <http://namicut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Utah Progression

6-week course for teens 13-18 years old with mental health conditions.
Classes starting soon!
Register at: <https://form.jotform.com/203496656956068>



For more information about NAMI Online programs please contact
Christene Finch, State Programs Coordinator for NAMI Utah at christene@namicut.org,
www.namicut.org | 801.323.9900 | Instagram: @NAMI_Utah | www.facebook.com/namicut

Advocacy Corner

If you or a loved one have a disability, you have an equal right to access healthcare services under federal, state and local laws. Access includes such things as entering and navigating a medical facility, having access to appropriate medical equipment and the use of auxiliary aids. Ensuring your healthcare needs are met by professionals may take some advocating. Being an effective advocate may require you to be specific in what barriers have impacted your access to quality care. Communicate what you would require in order to gain access to equipment and facilities. You may also request reasonable modifications made to facility policies and procedures to ensure you are not excluded. Access the The Equal Rights Center healthcare toolkit by clicking [here](#).



**ADVOCACY
CORNER**



Visit our website