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Parent Connection

Fall 2009 – Published Quarterly

From the Executive Director's Desk.....

Maine Parent Federation Presents.....

***Celebrating the Family Conference
and 25th Anniversary Gala
October 2 & 3, 2009
Wyndham Portland Airport Hotel***

We hope to see you there!






Maine Parent Federation

Case Management Service

MPF offers case management services to help families in Kennebec and Somerset counties advocate for their child and locate the information, support and resources they need.

For the Families of School Age Children with:

-  Mental Retardation
-  Autism Spectrum Disorder
-  Developmental Delays

To learn more about Case Management, call 1-800-870-7746 or 623-2144 and ask for Ann Long or email along@mpf.org.



Rediscover Your Public Library

For families with young children, the public library is a great place to find entertainment, educational or cultural enrichment, or valuable information.

Here are the Top 9 reasons to go visit the library:

- 1. *Free programs and activities:*** From author visits to puppet shows to family films, libraries offer programs with kid appeal after school, on the weekends, and during the summer. Ask your librarian for the schedule of upcoming events.
- 2. *Story times:*** There's nothing like hearing a good story read by someone who loves to read aloud. Libraries are terrific settings for story times which often include finger plays, games, songs, and crafts that can be learned and enjoyed again at home.
- 3. *Workshops:*** Many libraries offer workshops that can help enrich your life as an adult and support you as a parent. At many libraries, it is possible to learn to knit, prepare your taxes, update your résumé, gain computer skills, or improve your parenting skills.
- 4. *Books:*** Librarians are happy to make recommendations and most public libraries have a special section just for children's books.
- 5. *Audiobooks:*** Listened to a good book lately? Most libraries have a collection of popular adult and children's titles available for checkout on tape or CD.
- 6. *Movies:*** Your public library is a great source for free access to the latest blockbusters, family movie classics, documentaries, or favorite TV shows.
- 7. *Music:*** Want to introduce your children to Beethoven or the Beatles or new children's songs? Check to see if your library has a collection of music on CD.
- 8. *Magazines and newspapers:*** Introduce your child to some of the magazines designed just for children. With bold photographs, poems and a joke or two, magazines are another reading choice for beginning readers. Or catch up on the news in your community and share a smile over the comics.
- 9. *Computers:*** Most public libraries offer free Internet access, computers with educational games for kids, and valuable online resources for teenagers.

Libraries are also working to get more of their own resources online. Your local library may have its own website with links to other resources within your community. If you're looking for the Internet or the street address of your local public library, <http://ilovelibraries.org/findyourlibrary> offers several places to look.

Reading Rockets, Colorín Colorado, and LD OnLine are services of public television station WETA, Washington, D.C. Reading Rockets is funded by the U.S. Department of Education, Office of Special Education Programs. Colorín Colorado, a web service to help English language learners become better readers, receives major funding from the American Federation of Teachers. Additional funding is provided by the National Institute for Literacy and the U.S. Department of Education, Office of Special Education Programs. LD OnLine is the world's leading website on learning disabilities and ADHD, with major funding from Lindamood-Bell Learning Processes.

News from the Family Support Regional Coordinators.....

Region 1: Cumberland, York, Androscoggin & Oxford Counties

Theresa D'Andrea, 207-423-8190
tdandrea@mpf.org

Fall Family Conference, 10/17/2009, 9am-3pm at the Village by the Sea, Route 1 in Wells with guest speaker Rick Lavoie. For more information contact Southern Maine Parent Awareness, 886 Main Street, Suite 303, Sanford, Maine 04073, Voice/TTY 324-2337 or 800-564-9696 (Statewide).

Youth Intercept Program hosted by Sgt. Jonathon Shapiro, Maine State Police, Troop A, in conjunction with Maine Parent Federation and other family agencies. The Youth Intercept Program is developing a police intervention reporting form for children and their parents who are falling through the cracks at the first responder level. Responding officers have not had a way to document incidents, or track interventions. The Intercept program will offer documentation as well as a process that will alert service agencies, juvenile justice and the courts of safety issues and offer services to families to reduce the amount of violence in the home.

Additionally, crisis workers, mental health agencies and parents have been asked for their input on the development of the documentation and protocol need to make this program successful. With support from the State of Maine, it is projected that the project development and the start of implementation will begin in October of this year.

Our ***Just for Dads and Practical Parenting Series*** will begin on August 24th. Just for Dads is held in Springvale and the Practical Parenting Series will be held in Biddeford. ***PRE-REGISTRATION IS A MUST FOR EITHER CLASS!*** Please call the office at 207-324-1371 to register, leave name, telephone number and class you are interested in.

Region 2: Waldo, Lincoln, Knox, and Sagadahoc Counties & the Brunswick Area
Beth Jones, 1-866-639-2804 – bjones@mpf.org

The Midcoast Transition Series begins in October at Camden Hills High School and Brunswick High School. These informational and supportive meetings will be held each month until May 2010.

Camden Hills High School – 10/7 start up date, meets the first Wed. of each month from 6-8 PM.

Brunswick High School – 10/14 start up date, meets the second Wed. of each month from 6-8 PM.

All families, youth and professionals working with youth in special education who are interested in learning what's possible beyond high school and what good planning can bring are welcome. Those from other regions and towns are welcome to join, too. Come to one, to some or to all. Each month a panel of experts in areas such as post-secondary education, youth mentorship, SSI, guardianship and employment will speak with us. For more information, contact Beth.

Maine Voices for Coverage (MVC), a group of community leaders concerned with affordable health care, is seeking individuals who are struggling to pay health care bills or who are uninsured due to high costs of premiums. Please contact Beth for information and ways to help MVC improve health care options in Maine.

Maine Voices for Coverage (MVC) & Consumers for Affordable Health Care (CAHC) have had some victories in the last legislative session. Both LD 1205 and LD 1444 will improve transparency for consumers. In other words, consumers will have a better understanding of what health insurance companies offer for coverage. If you want to get involved at a grassroots level to help us continue working towards improving health care in Maine for individuals, please contact Beth.

Region 3: Kennebec, Somerset, Piscataquis & Franklin Counties
Veronica Boucher, 1-800-870-7746
vboucher@mpf.org

Support Parent Training will be held Sept. 26th, from 8AM to 12 NOON at the Maine Parent Federation office in Augusta.

Call for more information about our ***Parent-to-Parent*** program. Learn how you can get support by being matched with a trained, experienced parent who has been down a similar road to you.

Region 4: Penobscot & Southern Aroostook
Robin Levesque - 877-679-1854 or 207-538-0866
rlevesque@mpf.org

“Lunch & Learn,” a series of informal workshops for parents and providers sponsored by Maine Transition Network, and Maine Parent Federation. Meetings are held at Houlton Regional Hospital from 11AM to 1PM. Workshops are **FREE**, and a light lunch is provided, 2 contact hours provided.

* September 25 - *Eligibility for Adult Services*, presented by Tracy Ayotte, DHHS.

* Friday, 10/30 - *Understanding Social Security Benefits* presented by Trish Kinney, SSA.

* Friday, 11/20 - *Housing Options*, a panel discussion of waiver homes, supported living dorm, or apartment for youth.

* Thursday, 12/17 - *What is Voc Rehab and How Do I Apply?* presented by Sharon Lowrey, VR counselor

* Friday, 1/29/10 - *Will the State Be Guardian of My Son/Daughter?*, presented by Judy Demerchant, DHHS.

Hermon Parent to Parent Support Group for parents of special needs kids meets every six weeks. FMI, call Tammy Tozer at 207-848-0866

CHCS Autism Support – Community Health and Counseling services, 2 Water Street, Suite 2, meets the 2nd Tuesday of the month at 9AM. For more information, call 207-532-5510.

Region 5: Washington & Hancock Counties
April MacLelland, 207-801-2515
amaclelland@mpf.org

Bullying workshop in Winter Harbor on October 7th with Lori Joy and Brenda Clough from Special Friends in Ellsworth.

Eric Hurland will be speaking at UMM on October 13th, time to be announced.

Matt Brown will speak in Bucksport time and place will be announced.

For more information, contact April.

Region 6: Northern & Central Aroostook County
Catherine Jandreau, 1-877-848-1253
cjandreau@mpf.org

Parent Group - we are interested in providing opportunities for families who are raising a child with special health care needs to get together for the purpose of support and education. If you or someone you know is raising a child who spends a great deal of time in the doctor's office, we would love to hear from you. The purpose of the group is to bring families together who may otherwise feel alone. We want to provide support and learn from each other. Most importantly, we want to be able to create social opportunities for our children.

If you are interested, please contact Catherine Jandreau at cjandreau@mpf.org or Cindy Johnson at rucynical@yahoo.com.

Bridges Transition is pleased to announce **“Lunch & Learn,”** a series of informal workshops for parents and providers in partnership with Maine Parent Federation. These sessions will focus on topics you requested in our recent survey. Meetings are held on the second Friday of each month at the Presque Isle Career Center. 2 contact hours provided.

Workshops are **FREE**, however, you **MUST** pre-register by noon the Friday before so we can plan for meals and materials. **Space is limited.** We will keep a waiting list if needed.

* Friday, 10/9 – *Understanding Social Security Benefits*, presented by Trish Kinney, SSA.

* Friday, 11/13 - *Housing Options*, a panel discussion of waiver homes, supported living, dorm or apartment for youth.

* Friday, 12/11 - *What is Voc Rehab and How Do I Apply?*, presented by Dave Nadeau, VR Counselor.

* Friday, 1/8/10 - *Will the State be Guardian of My Son/Daughter?*, presented by Judy DeMerchant, DHHS.

For more information, contact Catherine.



New & Updated Information Packets

Maine Parent Federation has informational packets available on more than 200 topics. These packets contain researched information, tips, local and national resources, and a list of related lending library material available here at MPF. The following information packets have recently been updated:

Disability / Disorder Related Topics:

- Dysgraphia
- Fragile X Syndrome
- Spina Bifida
- Traumatic Brain Injury - TBI

Education Related Topics:

- Athletics and Disability
- Gifted and Talented
- Related Services
- ADHD Instructional Strategies

General Topics:

- Social Security
- Suicide Prevention
- Surrogate Parents Booklet

Laws, Rules, and Regulation Related Topics

- Section 504
- Homeless – Education of Children in Homeless Situations

.... and many more!!!!

If you would like to receive any of our information packets, or would like information on another topic, please contact MPF by:

- Phone: **1-800-870-7746**
(Ask to speak with a Parent Information Specialist)
- E-Mail: **parentconnect@mpf.org**
(Please provide mailing information)

These materials are offered *free of charge!*

What's New in the MPF Library?



Now on DVD!

How Difficult Can This Be? The F.A.T. City Workshop on Learning Disabilities by Richard D. Lavoie and ***Beyond F.A.T. City: A Look Back, A Look Ahead***, a conversation about special education.

~ Books ~

1-2-3 Magic for Kids by Thomas Phelan, Ph.D. This book explains new discipline methods directly to your child, presented from the viewpoint of young children. It includes games, puzzles, and questions for discussion.

Born on a Blue Day - Inside the Extraordinary Mind of an Autistic Savant by Daniel Tammet.

Getting the Best for Your Child with Autism by Bryna Siegel, Ph.D. – A must have resource for families dealing with Autism Spectrum Disorders.

Late, Lost, and Unprepared by Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel, Ph.D. This book is full of ideas to help a child with weak executive skills become more productive and independent, today and in the future.

Lost at School by Ross W. Greene, Ph.D. Why our kids with behavioral challenges are falling through the cracks and how we can help them.

Power Source Parenting by Bethany Casarjian Growing up strong and raising healthy kids.

Smart but Scattered by Peg Dawson, Ed.D, and Richard Guare, Ph.D. The revolutionary “executive skills” approach to helping kids reach their full potential.

To borrow any of these materials, call 1-800-870-7746 and ask for the library, or email dnewcombe@mpf.org. The complete library list is on our web site at www.mpf.org.