



2025 Trainings and Webinars

Maine Parent Federation has a variety of trainings and webinars for parents of children with disabilities or special healthcare needs, youth/young adults with disabilities, and the professionals and educators who work with them.

Our trainings are designed by MPF staff with input from our partnering agencies. Our goal is to educate families on navigating the systems of care, and empowering them to advocate for their families' needs. Please visit our website, www.mpf.org, for more information and to view some of our pre-recorded webinars.

Our trainers are available for both virtual and in-person workshops. There is no cost for parents, parent support groups, youth/young adults with disabilities, or schools. There is a \$75 fee for agencies, providers, or professional groups who request trainings/webinars, unless otherwise arranged.

If you are interested in scheduling a training, please contact us at 800-870-7746, 207-588-1933 or email parentconnect@mpf.org.

Dental Health: *Guidance for Parents of Children with Disabilities or Special Healthcare Needs*

Dental Health is essential to overall health. For parents of children with disabilities or special healthcare needs there can be additional challenges when practicing oral health at home and preparing for your first dental visit. This training will provide tools for addressing brushing challenges and accommodations, as well as resources to achieve a positive dental experience.

Created in collaboration with Partnership for Children's Oral Health (PCOH), and University of New England College of Dental Medicine (UNE).

Education is Special: *A Guide to Special Education in Maine*

Special education in Maine can be a complex and confusing system to navigate. Many parents feel overwhelmed by the various rules and regulations, and overall special education language. This training is a resource to help explain the process of special education and empower families to be active participants in their children's education.

Healthy Eating: *Guidance for Parent of Children with Disabilities or Special Healthcare Needs*

Nutritious food is essential for a child to grow and learn. This training was designed for parents to discuss barriers to healthy eating habits, how to respond to common mealtime challenges, and how to incorporate nutrition goals across all plans.

Created in collaboration with 5210 Let's Go!

Katie Beckett Waiver Program: *A Step-by-Step Guide to Apply for Benefits*

The Katie Beckett medical waiver is an option for children with serious health conditions. It allows access to full MaineCare benefits to individuals who may not qualify otherwise. Maine Parent Federation has developed this training to guide parents through the application process, and what to expect along the way. This training also defines terms that are important to be familiar with and helpful tips for best outcomes.

Maine Parent Federation Overview: *A Look at Our Programs and Services*

Maine Parent Federation (MPF) is Maine's federally funded Parent Training and Information Center (PTI Center), as well as the host of our state's Family to Family program (F2F). We provide information, training, referral, and support to parents of children with disabilities or special healthcare needs, and the professionals and educators who work with them. We have a wealth of experience and knowledge about working with and navigating the service delivery systems in Maine. Our services are FREE to parents, and there are no qualifying disability criteria to access our services.

Shared Living: A Family Focused Living Model

Some of the very important decisions that must be made as an individual transitions to adulthood, include where they will live, how much independence they will have, and how they will participate in the community. This training explains what Shared Living is, the benefits for the individual and family, and also provides information on the referral process, team roles, and resources on becoming a Shared Living Provider.

SMART Goals: *For Individualized Education Programs*

S.M.A.R.T. Goals is an acronym, which is helpful in constructing meaningful and achievable goals.

S – Specific **M** – Measurable **A** – Attainable **R** - Results-Oriented **T** -Time-Based

We can apply this framework to the process of developing IEP goals to ensure student's education programs are appropriate and written for success. This training is designed to help parents recognize the components for a well written IEP goal. We recommend Education is Special as a prerequisite.

Social Security Benefits: *Guidance for Families and Individuals Applying and Maintaining Benefits*

Understanding the different types of Social Security benefits for individuals with disabilities is not an easy task. In addition, the process to apply for benefits can also be confusing for individuals and families.

MPF has put together a training to help understand the difference between SSI and SSDI as well as how to apply for these benefits. We will also provide information specific to young adults and work incentives.

We are not affiliated with SSA and we are not legal advocates, but through research and training we bring this training to you as a guide to the process.

Supported Decision Making: *Exploring Alternatives to Guardianship*

Supported Decision Making (SDM) expands on the idea that we all ask for support from people when making decisions.

SDM is a model of decision making that allows a person to retain their rights and make decisions for their life using a team of supporters. Supporters are people chosen and trusted by the individual, that use their expertise or knowledge to provide additional information, tools and support. They ensure the individual is understanding the decision they are making, but the individual ultimately makes the final decision.

Maine Parent Federation understands this is a decision that needs to fit your family. We encourage you to learn more about SDM and these less restrictive alternatives to guardianship, as well as ways you can use these models and practices within existing guardianship arrangements to increase independence and self-determination.

Transition to Kindergarten: *Guidance for Parent of Children with Disabilities or Special Healthcare Needs*

The transition to kindergarten is a big deal! While transitioning to school is an exciting time, it can also be a time filled with many unknowns especially for parents of children with disabilities or special healthcare needs. This workshop maps out the process of the transition, provides tools to help parents navigate special education, tips for IEP meetings, and resources to help your child adjust to the school community.

Transition Planning: *Looking Beyond the High School Years*

The transition from high school into the world of adulthood is a milestone for ALL young people. For young people with disabilities, this milestone also means a significant shift in how education and support services have been provided. A transition plan should include the three domains of Education, Employment, and Independent Living. This training will help parents navigate the transition years and provide tools for successful adult outcomes.

Youth Trainings

Self-Advocacy: *Finding Your Voice*

Self-Advocacy is the skill of recognizing your needs and effectively communicating with others to ensure your needs are met. Finding your voice to communicate needs, wants, and goals is essential. This training helps young people learn the importance of being the primary source of information about themselves, and why it's necessary to be at the center of all decisions made about their life.

Supported Decision Making: *Becoming Empowered to Make Your Own Choice*

Designed for youth/young adults with disabilities and special healthcare needs ages 14-26 as the youth counterpart to our "Supported Decision Making: Exploring Alternatives to Guardianship" training. This training includes and then expands on the topics introduced in "Self-Advocacy: Finding Your Voice".

SDM is a model of decision making that allows a person to retain their rights and make decisions for their life using a team of supporters. Supporters are people chosen and trusted by the individual, that use their expertise or knowledge to provide additional information, tools and support. They ensure the individual is understanding the decision they are making, but the individual ultimately makes the final decision.

Maine Parent Federation

PO Box 2067, Augusta, ME 04338-2067

Tel: 207-588-1933, 800-870-7746 (Statewide). Fax: 207-588-1938

E-mail: parentconnect@mpf.org ~ Website: www.mpf.org