



Regional  
Office of  
Parent to  
Parent of New  
York State

[www.parenttoparentnys.org](http://www.parenttoparentnys.org)

Chenango County  
& Otsego  
County



Families Together in  
the Southern Tier—  
A Chapter of Families  
Together in New York State



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Shelley Hubal

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### Residential Family

### Advocates

Karen Lexa

Terry DiLuzio

### Special Education Parent Center

Roxane Carpenter

Kathy Ryan

Nancy Bakhuizen

### Dragon Dates Program

### Coordinator

Michelle Cole

**July/August 2010**

## Our thanks to those kind folks who held fundraisers this Spring to support the Anemarie Wenck Resource Fund!

We are grateful to Jeremy Vuolo and the student athletes at Hartwick College for their vision and execution of the Hartwick Hill Race held on the Hartwick College Campus. Students and community members showed their support by sprinting or walking the 1-1/4 mile hill to the top of the campus!

Our thanks to Amanda Haines and Circle K at Hartwick College for the Charity Ball!

Our thanks also to Christina and Robert Hendrickson, organizers of the Autism Walk held in Norwich, NY. Proceeds from the walk were donated to the Anemarie Wenck Resource Fund.

We couldn't help families without you!  
All our thanks!! - Staff and Board of FRN



## Summer Social Skills Groups for Teens with Autism in Vestal



Many of you are familiar with the outstanding Summer Camp for youth with Autism that G&E Therapies runs in Vestal, NY. This year they have added a Social Skills Program for Teens with Autism Spectrum Disorders. This group is scheduled to meet one time per week starting the week of July 5th and continue through the week of August 13th. The teen group will meet from 12:30 p.m.—3:30 p.m. at the Grace Lutheran Church, 709 Main St., Vestal, NY.

There is still room in the program. If you are interested in the program and would like to view the eligibility criteria and download an application you may either visit their website at [www.gandetherapies.com](http://www.gandetherapies.com) or give them a call at 1-877-426-3307 Ext. 0.



**G&E  
THERAPIES**  
"Quality, Family Centered Care"

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**"It is much easier to succeed in the face of difficulty when one is not alone"**

## Parent to Parent of NYS Corner

### Difference Makers

Parenting is exhausting, exhilarating and challenging in the best of times. When families are caring for a child or adult with exceptional health care challenges or an intellectual or developmental disability, help is needed. How can we help all members of a family pursue their interests, make choices and have a choice in how they spend their time?

Relationships and sense of community are key ingredients. When we turn to human service systems for help, there are many people and professions who enter our lives, our homes and our families. Medical professionals, educators, therapists and direct support professionals are some of them.

You may know direct support professionals by different titles, but they are the people who offer hands-on support and care to a family and to a person with special health care needs or a disabling condition. Direct support professionals are individuals who share a commitment to helping people who receive services. They recognize the importance of human service agencies having well-trained, experienced, motivated and supported employees.

Family members and people with disabilities know how demanding the work of direct support professionals is. They often have their own families, their own challenges and their own stressors. Regardless, they believe in their work and are gratified by what they do. As people with disabilities grow up and begin their independent lives, they have dreams for their future. With well trained,

dedicated direct support professionals being in their support system, people have more success at achieving their dreams and aspirations.

Parent to Parent of NYS and the Direct Support Professional Alliance of NYS (DSPANYS) are launching an initiative called the Difference Makers. The goal of this is to recognize direct support professionals who have made a difference for a family or for a person with a disability or special health care need.

Has a direct support professional made a difference for you or someone in your family? Would you like them to be recognized by Parent to Parent of NYS and DSPANYS? Four times a year, Parent to Parent and DSPANYS will recognize and personally thank Direct Support Professionals who work in New York State. If you would like to have someone recognized, please contact the South Central Office (1-800-305-8814) for the form and send to:

Janice Fitzgerald, Executive Director,  
Parent to Parent of NYS, P.O. Box 1296,  
Tupper Lake, NY 12986 or fax to 518-359-2151

Sincerely yours,  
Janice Fitzgerald  
Parent to Parent of NYS

Joe Macbeth  
Direct Support Professionals Alliance of NYS



Michelle Cole was hired earlier this year to coordinate our Social Skills Program for Youth with Autism Spectrum Disorders—Dragon Dates. We liked Michelle so much that when the position for Regional Coordinator for Parent to Parent of NYS became available it was with pleasure that she was hired for that program as well. Michelle and her husband live in Maryland, NY with their cousin Kevin, who is in the OMRDD system, and their four dogs. Michelle has worked for Otsego County Community Services for the last two and a half years and has experience with the Children's SPOA process. She and her husband have also served as Harbour parents in the past for the Family Based Treatment Program through MHA in Ulster County, Inc. She brings her skills and experience to this position. We're sure you'll like Michelle as much as we do!

## The new FRN website goes "LIVE" - [www.familyrn.org](http://www.familyrn.org)

In 2009 the Family Resource Network, Inc. was the recipient of a grant through the *Digital Community Foundation*. This grant was to build us a state of the art website. We have been patiently working on this website for the past few months and it's due to be unveiled on July 1st! We are very excited about our new website and hope that you'll take the time to visit it and "look around". We would love to hear your feedback on the site and any suggestions you might have or resources you might know about that should be posted. You will find us at [www.familyrn.org](http://www.familyrn.org).

## Otsego Coordinated Children's Services Initiative (CCSI)

The Coordinated Children's Services Initiative (CCSI) Program in Otsego County welcomes new CCSI Coordinator, William Post and Family Partner Sandy DuMond. Bill and Sandy bring years of experience to the CCSI Program and are a welcome addition to the FRN family.



William Post joined the Family Resource Network in April as the new CCSI Coordinator for Otsego County. Bill and his wife live in New Berlin. They are the parents of 3 adult children and grandparents of an absolutely beautiful granddaughter. Bill has worked with various human services agencies in the region for the past 30 years.

Sandy DuMond joined us at the Family Resource Network, Inc. in mid-May. Sandy brings experience in the mental health field, having partnered with families in Chenango, Delaware and Otsego counties as a Parent Advocate with the Mental Health Association (MHA) in Ulster County, Inc. Personally, Sandy is a member of the National Alliance on Mental Illness (NAMI) in Otsego and Delaware counties. Sandy will be facilitating the Families Together in the Southern Tier group that meets on a monthly basis at FRN.



## Afton Support Group

The Afton Support Group includes families of children with developmental disabilities, mental health needs, as well as families facing challenges raising foster and adopted children. The focus of the group is supporting one another, providing access to up-to-date information on important issues, and having fun while networking with other parents. Led by seasoned mom and advocate Terry DiLuzio.

The group welcomes all new and current families to join them for Open Discussion Nights on the following dates:

- Thursday, July 1st
- Thursday, August 5th

Meetings take place from 5:30—7:30 p.m. and include a light meal and childcare

**Place:** First Baptist Church, 2 Caswell St., Afton

*Please RSVP so that we can plan for enough food and childcare by calling FRN— 607-432-0001 or 1-800-305-8814.*

## Regional Support Groups and Upcoming Events

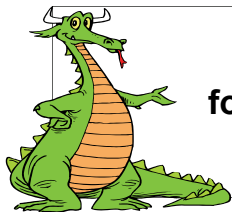
1. **Parents Empowering Parents** is a free support group open to all parents or guardians of children with disabilities. We meet the last Wednesday of every month. *Lunchtime PEP* meets from 11:30 to 12:30 at 135 East Frederick, Binghamton. Lunch is provided only by R.S.V.P. Children are welcome, but no child care is available. Contact Thea at 724-2111 with any questions.
2. **Parent Support Group** for families with children with a mental health diagnosis meets the Fourth Tuesday of every month, 5:30-7:30 pm @ Fox Care Center, Educational Conference Room, Oneonta. Call 433-0700 ext. 110 for more information.
3. **Parent Support Group** for families of children with a mental health diagnosis meets the Second Thursday of each month 5:30-7:30 pm at The Place, 20 East Main St. Norwich. Light supper and childcare provided. Please 433-0700 ext. 110 for more information.
4. **Tri County Parent Support Group** for families with children with mental health diagnosis meets the Third Wednesday of every month @ The Civic Center, Room 204 Sidney 5:30-7:30 pm. For more information call 433-0700 ext. 110.
5. **Handicapped Children's Association Parent Support Group**, Every Tuesday, 1:30—2:30 p.m. at HCA, 18 Broad St., Johnson City. Please contact Gail Senoski Sherman for more information—607-217-0066, ext. 408.
6. **CHADD PARENT SUPPORT GROUP:** (Children and Adults with Attention-Deficit/Hyperactivity Disorder) 2nd Thursday of each month 7:00pm Wilson Hospital in Johnson City, NY, Picciano Building, Cafeteria Conference Room. CONTACT: Judy Goldenberg. 607-772-1433. Please leave a message, or e-mail me at [BROOME-TIOGA@CHADD.NET](mailto:BROOME-TIOGA@CHADD.NET) Please put CHADD in the subject line.

## July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Afton Support Group	2	3
4 Independence Day 	5 Office closed / G&E Summer Camp begins	6	7 Wednesday Night Lite—6-8 at FRN	8	9	10
11	12	13	14 Wednesday Night Lite—6-8 at FRN	15	16	17 Dragon Dates Hippotherapy
18	19	20	21 Wednesday Night Lite—6-8 at FRN	22	23	24
25	26	27	28 Wednesday Night Lite—6-8 at FRN	29	30	31

## August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Wednesday Night Lite—6-8 at FRN	5 Afton Support Group	6	7
8	9	10	11 Wednesday Night Lite—6-8 at FRN	12	13 G&E Summer Camp Ends	14 Dragon Dates Pool Party
15	16	17	18 Wednesday Night Lite—6-8 at FRN	19	20	21
22	23	24	25 Wednesday Night Lite—6-8 at FRN	26	27	28
29	30	31				



**Dragon Dates—Social Skills/Recreation Program  
for Youth with Autism Spectrum Disorders—must be a registered  
member of Dragon Dates to participate in these activities.**



**June 26,  
2010  
Toy Story 3  
(in 3D) at the  
Southside Mall Cinema**

- Movie starts at 10:a.m.
- Sensory Friendly!
- FRN will cover the cost of the OMRDD eligible child; the cost for other family members is \$9.00 per person.
- You may purchase snacks at the snack bar or bring your own if your child has special dietary needs.

**Please RSVP by 6/21/2010  
607-432-0001**

**July 17, 2010  
Hippo therapy at Gilcrest  
Stables**

**1:00-4:p.m.**

- Each child will have a chance to ride, groom, and bathe a horse.
- FRN will cover the cost of the OMRDD eligible child.
- Any siblings or parent who wish to ride are welcome to participate for \$40 per person.
- Bring your camera to capture your child's fun day!

**Please RSVP by 7/5/2010  
607-432-0001**



**August  
14th, 2010**

**Pool Party  
at Wilber  
Park ( small  
pavilion),**

**1:00-3:00 p.m.**



- FRN will provide the meat and the beverages - families are asked to bring a side dish to pass.
- Parents will need to accompany their children to and in the pool area.

**Please RSVP by 7/5/2010  
607-432-0001**

**The Family Resource Network, Inc. Fall Autism Conference 2010**

**Strategies for Positive Behaviors and Autonomy**

with

**Dr. Jed Baker, Ph.D.**

October 28, 2010

9 a.m. to 4 p.m.

The Owego Treadway Inn

1100 State Rte. 17c, Owego, NY



Morning Keynote Address - *Positive Strategies for Managing and Preventing Behaviors*

Afternoon Breakout Sessions - *Key Components of Effective Skills Training and*

*Social Skills for Transition to High School & Adulthood*

*Additional Afternoon breakout sessions to be announced!*

Dr. Baker is the author of 5 books including "Social Skills Training for Children and Adolescents with Asperger's Syndrome" and "No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior."

**Check our website in August!**



**Special Education Parent Center News:**

The *Southern Tier Special Education Parent Center at FRN* will be presenting informational workshops on a variety of special education topics for families, community members and professionals throughout the Southern Tier Region. We cover all of the schools and communities in four BOCES districts: Broome-Tioga, Delaware-Chenango Madison-Otsego, Greater Southern Tier and Otsego-Northern Catskill. Parents, community members, PTA's, school staff or students can request a presentation at your school or in your community.

For more information, contact Nancy at 432-0001 or email: [SouthernTierSEPC@gmail.com](mailto:SouthernTierSEPC@gmail.com). Coming soon – visit us on the web at [www.PARENTCENTERatFRN.org](http://www.PARENTCENTERatFRN.org).

**“Higher Education Support Toolkit: Assisting Students with Psychiatric Disabilities”**

Graduation was such an exciting time for many families. Now starts preparing for college. About 9% of all undergraduates in higher education in the United States report having a disability, a percentages that has tripled in the last two decades. This amounts to about 1.3 million students (Wolanin & Steele, 2004). Students with psychiatric disabilities are well represented in this trend, with one national survey citing an 85% increase over the last five years in the numbers of students identified with psychiatric/psychological disabilities (Meyers, 2003; U.S.

Department of Education, 2002).

The increase in students disclosing a disability has required colleges and universities to develop strategies to meet the legal requirements of equal “access” of all students under the Americans with Disabilities Act of 1973. Boston University’s Center for Psychiatric Rehabilitation has developed a manual and Toolkit for students and parents. The “Higher Education Support Toolkit: Assisting Students with Psychiatric Disabilities” is available to download at <http://bu.edu/cpr/>.

The toolkit has self assessment checklists, practical ideas and strategies that can help students with

any disability with difficulties they may experience at college. Copies are also available through The Southern Tier Special Education Parent Center at Family Resource Network.



**DO YOU KNOW**

The membership of each subcommittee on Special Education must include, but not limited to:

- The parent of the student;
- One general education teacher whenever the student is or may be participating in the general education environment;
- The student’s special education teacher or, if appropriate, a special education provider of the student;
- A representative of the school district who is qualified to provide, administer or supervise special education and who is knowledgeable about the general curriculum and who is knowledgeable about the availability of resources of the school district, who may also fulfill the requirement of the special education teacher or the school psychologist;
- A school psychologist, whenever a new psychological evaluation is reviewed or a change of program option with a more intensive staff/student ratio, as set forth in section 200.6 (g)(4) of the regulations of the Commissioner, is considered;
- An individual who can interpret the instructional implications of evaluation results, who may be a member appointed as the general education teacher, special education teacher, school district representative, school psychologist or other persons having knowledge or special expertise regarding the student;
- Such other persons having knowledge or special expertise regarding the student including related services personnel as appropriate, as the committee or the parent shall designate ; and
- The student, if appropriate. Beginning at age 14, the student must be invited if the purpose of the meeting is to consider the need for transition services.

## New Memos from VESID

### Analysis of Laws and Regulations

NYSED has conducted a comprehensive review of its laws and regulations that apply to the education of students with disabilities. A summary providing a list of New York State laws and regulations that differ from federal requirements in effect on the date of the analysis is available. <http://www.vesid.nysed.gov/specialed/idea/2010regsanalysis.htm>.

### State Positive Behavioral Interventions and Supports Technical Assistance Center (NYS PBIS TAC).

The New York State Education Department announces that it has established a State Positive Behavioral Interventions and Supports Technical Assistance Center (NYS PBIS TAC). The award for the NYS PBIS TAC has been made to the Capital Region BOCES.

PBIS is a research-based approach for schools and districts which is used to teach positive behavior to all students and offers additional behavioral support for students with or at risk of developing socially challenging behaviors. For more information see <http://www.vesid.nysed.gov/specialed/techassist/PBISTAC.htm>

### For Your Information

**Adirondacks Wilderness Canoe and Camping Adventure—A High Adventure Program for students who are blind or visually impaired in grades 7-12.**  
**Lake Clear, NY**  
**August 17-22, 2010**

This program is completely FREE of charge for students from New York State thanks to the generous support of The Starr Foundation. Transportation assistance in the form of mileage reimbursement or airfare is included.

For more information contact Kelly Cote, Supervisor of Outreach Short Courses at Perkins School for the Blind, 617-972-7867 or [Kelly.Cote@perkins.org](mailto:Kelly.Cote@perkins.org)

### Wednesday Night "Lite"

6:00 p.m. – 8:00 p.m.

July: 7, 14, 21, 28

August: 4, 11, 18, 25

Join us at the Special Education Parent Center at Family Resource Network any Wednesday night in July and August for a "lite" workshop and "lite" refreshments.

Topics will vary each week, but will include:

**Kid-in-a-Book** - a paperwork organization system,

**IEP Clinic** – what could/should be in your child's IEP,

**Mediation** – Effective use of mediation for problem-solving,

**Transition to College** – Planning and preparing for the future,

**Working Collaboratively with Schools** – How parents can be part of the solution,

**Dr. Rick LaVoie** "*It's So Much Work to be Your Friend: Helping the Child with Learning Disabilities Find Social Success*" – Did you miss Dr. LaVoie's workshop on June 4<sup>th</sup>? If so, come and see the video!

Please call Nancy at 432-0001 for more information on the weekly topic and registration!



Facebook 

**Become a fan of the Family Resource Network on Facebook! Search for Family Resource Network and look for our logo!**

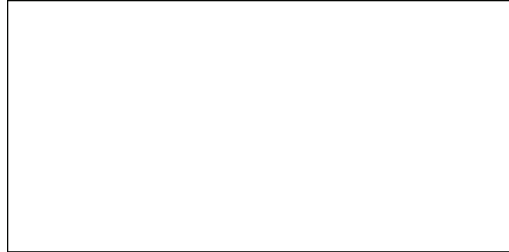


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**46 Oneida St.**  
**Oneonta, NY 13820**

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*Have a Safe and Happy Summer*



**Open the door to the  
world for your child**

46 Oneida St.  
Oneonta, N.Y. 13820  
Phone: 607-432-0001  
1-800-305-8816  
Fax: 607-432-5516  
E-mail:  
familyrn@gmail.com

**Mission Statement**

Individuals with special needs deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community.

**Part Time Employment Opportunity**

Seeking **Parent Advocate** to provide technical assistance, information and referral and advocacy for parents of children with developmental disabilities. Must have an understanding of special education law as well as knowledge of community resources. This position requires excellent communication skills, a working knowledge of computers and experience with Microsoft Office programs. Must be able to work independently. Personal interaction and listening skills are a must.

Preference will be given to a parent who has experience parenting a child with a developmental disability or special health care needs. Some travel within Otsego and Delaware counties. Please send cover letter and resume to Pam Larsen, 46 Oneida St., Oneonta, NY, fax to 607-432-5516 or e-mail to [executivedirector@familyrn.org](mailto:executivedirector@familyrn.org).