 Regional Office of Parent to Parent of New York State
www.parenttoparentnys.org

 www.ftnvs.org

Chenango & Otsego County



Family Resource Network presents the 2010 Fall Conference on Autism Strategies for Positive Behaviors and Autonomy Thursday, October 28, 2010

The 2010 Fall Conference on Autism will feature a Keynote Address by Dr. Jed Baker, Ph.D. **“Positive Strategies for Managing and Preventing Behaviors”**.

Dr. Baker will discuss his strategies for managing and preventing behaviors, as well as how to successfully transition to adulthood and encourage social skills in individuals living with Autism and Asperger Syndrome.

Dr. Baker is the director of the Social Skills Training Project, a private organization serving individuals with autism and social communication problems. He also directs social skills training for Millburn Public Schools in New Jersey. He is on the professional advisory board of Autism Today, ASPEN, ANSWER, YAI, the Kelberman Center and several other autism organizations.

In addition, he writes, lectures, and provides training internationally on the topic of social skills training and managing challenging behaviors. He is an award winning author of five books, including *Social Skills Training for Children and Adolescents with Aspergers Syndrome* and *Social Communication Problems; Preparing for Life: The Complete Handbook for the Transition to Adulthood for Those with Autism and Aspergers Syndrome; The Social Skills Picture Book; The Social Skills Picture Book for High School and Beyond; and No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior.*

His work has also been featured on ABC World News, Nightline, the CBS Early Show, and the Discovery Health Channel.

In the afternoon, we will offer two breakout sessions. Attendees will have the opportunity to choose to attend two of six workshops offered.

See Page 10 of this newsletter or visit the FRN website for more information.



Executive Director
Pam Larsen
Program Coordinators (Chenango County)
Karen Lexa
(Otsego & Delaware)
Meghann Andrews-Whittaker
(Broome, Tioga & Tompkins)
Shelley Hubal
Autism Training Coord.
Shelley Hubal
Resource Center Coordinator
Gerry Mosier
CCSI
Roxane Carpenter
Terry DiLuzio
Sandy DuMond
Regional Coordinator Parent to Parent of NYS-
Michelle Cole
Residential Family Advocates
Karen Lexa
Terry DiLuzio
Michelle Cole
Special Education Parent Center
Roxane Carpenter
Kathy Ryan
Nancy Bakhuizen
Dragon Dates Program Coordinator
Michelle Cole

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“It is much easier to succeed in the face of difficulty when one is not alone”

Round Table Open Discussion



Raising a special needs child has unique challenges that are difficult to solve on your own. One key to success is networking! This group will provide resources, ideas, support and a welcoming place to meet other parents.

Binghamton

Date: Saturday, September 25, 2010
 Time: 10 a.m. to 12 p.m.
 Place: Lourdes Hospital
 169 Riverside Drive
 Binghamton, NY
 East/West Dining Room

Ithaca

Date: Monday, September 13, 2010
 Time: 6 p.m. to 8 p.m.
 Place: Cayuga Medical Center
 Bonnie Howell Education Center
 101 Dates Drive, Ithaca, N.Y.
 Room Howell A

R.S.V.P. The Family Resource Network 607-432-0001 or e-mail register@familyrn.org

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, September 2nd - Ice Cream Social
- Thursday, October 7th

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.

Broome County Mental Health Clinic to discontinue services to children on December 31, 2010

The Broome County Mental Health Clinic has decided stop providing services to children leaving 250 children to find alternatives if they have not completed treatment by the end of the year. Three mental health providers in the Binghamton area are preparing for the influx of new patients.

Greater Binghamton Health Center
 Family and Children's Society
 Lourdes Hospital

OMH and the clinic will go through patients on a case-by-case basis to make sure everyone's needs are met at another agency.

Parent to Parent Support Parent Training /Coffee Talk



Parent to Parent of NYS, Support Parent Training— a group interactive training lead by Parent to Parent Staff. Prospective support parents welcomed, current support parents encouraged to attend for a refresher.

Starting in September this group will meet the 2nd Friday of each month from

10:00a.m.– 12:00 p.m.

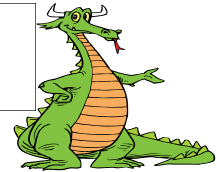
46 Oneida St. Oneonta

Coffee and bagels will be served.

To RSVP please call 607-432-0001 or e-mail us at register@familyrn.org



Dragon Dates—Fall Sessions announced!



A Social Skills and Recreation Program for Youth with Autism Spectrum Disorders

Location: SUNY Oneonta

Dates: Fall semester – 9/15, 10/13, 11/11, and 12/2

Time: 6:00 – 7:30 p.m.

Cost:

- No fee for OPWDD qualified individuals.
- \$20 for the Fall semester for others (\$5/session)
- Fees are due at the start of each semester.
- Scholarships are available.
- Contact Michelle Cole for information.

Ages: 5 – 19 years old
(Children are grouped by age)

Program Description

The Social Skills and Recreation Program is a structured and supportive recreational environment for children and adolescents with autism spectrum disorders who

need opportunities for social interaction beyond what is available through school settings or community recreation programs.

The participants include children and adolescents with Autism Spectrum disorders who have difficulties relating to their peers and may need extra support or more opportunities to use the skills they have learned in social skills groups. In addition, siblings and peers without difficulties in social relating are invited to join us and to enjoy the activities while serving as role models. Role models pay the program fee until the age of 13 at which point they become “volunteers” for the program.

Volunteers from SUNY Oneonta (undergraduate and graduate students) are the counselors and activity leaders. Staff from SUNY Oneonta and the Family Resource Network are on site to provide activities, guidance and supervision.

Activities

may vary by the age of the group but possibilities include structured board games, movement, drama, yoga, history, science, music and arts and crafts.

Parent meetings will occur concurrent with the children’s program. Participation is free of charge to parents and family members.

You may submit your application for this program on-line at www.familyrn.org or contact the Family Resource Network at dragondates@familyrn.org or call 432—0001 or 1-800-305-8814 to request an application for the Dragon Dates Recreation Program.

You must register in advance.



Parent to Parent of NYS Corner

Overview of Parent Matching Program

Parent to Parent of NYS is a statewide not for profit organization with a mission to support and connect families of individuals with special needs. There are 9 offices located across NY, staffed by Regional Coordinators, who are parents or close relatives of individuals with special needs.

A Support Parent Network of over 1200 parents is the backbone of the Parent Matching Program which has been created and maintained by Parent to Parent Coordinators. This is a model program used across the country to put parents in touch on a one to one basis with other parents who have a child with a chronic illness or disability. "Support Parents" are parents of individuals with special needs who have made the offer to speak one on one with "new" parents and share their experiences. Support parents are the key to this program!

When parents make the offer to be Support Parents, they are provided a skills building training, which includes an overview of how the program works, an understanding of the stages and emotions a parent or caregiver may be experiencing, as well as listening skills.

The training is about two hours and can be done in person, by mail, or online. There is no set time requirement for support parents. After the training is complete, it is up to you how many parents you speak with and you always have the opportunity to say no if it is not a convenient time for you. We welcome new parents to join the Support Parent network and to share their experience.

As a new Regional Coordinator for Parent to Parent of NYS, I would like to invite past support parents as well as new recruits to attend the new monthly Support Parent training/coffee talk to be held the 2nd Friday of the month at the Family Resource Network, 46 Oneida St, Oneonta, from 10am-noon. Bagels and coffee will be provided. It is my hope that we can grow our local base of support parents and provide more matches to the parents who are new to our community. If you or someone you know is interested in being a support parent but are unable to attend the Friday training/coffee talk, please contact me to arrange for another personal training date or to train online or by mail.

Michelle Cole
Regional Coordinator, Parent to Parent of NYS

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. 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.
- 3. CHADD PARENT SUPPORT GROUP:** (Children and Adults with Attention-Deficit/Hyperactivity Disorder) 2nd Thursday of each month, 7:00 p.m. at Wilson Hospital in Johnson City, N.Y., Picciano Building, Cafeteria Conference Room. CONTACT: Judy Goldenberg. 607-772-1433. Please leave a message, or e-mail At BROOMETIOGA@CHADD.NET Please put CHADD in the subject line.
- 4. Regional Conference on Autism and Asperger Syndrome—Exploring Autism 2010: Optimizing the Potential of Individual on the Autism Spectrum.** September 18, 2010. Hunt Student Union, State College at Oneonta, Oneonta, N.Y. Contact Mark Schneider (RCAAS) at 607-434-1069. Visit the website for more information : www.rcaas.org.

Families Together in NYS Corner



Parent Empowerment Program (PEP)

An 8 Week Course being offered at the Family Resource Network, Inc.

This 8-week course is for parents or guardians of children who have a mental health diagnosis. Parents will learn essential information to assist them in raising their child with a mental health disorder. Topics cover symptoms of common childhood psychiatric diagnoses, effective treatments for these disorders, how to partner with your child’s providers, how to access appropriate school and community-based services and enhance your understanding of and ability to navigate the mental health system. This 8 week training was developed by Columbia University Center for Advancement of Children’s Mental Health Department of Psychiatry and School of Social Work in coordination with the New York State Office of Mental Health.

Five staff members at the Family Resource Network have been trained in the Parent Empowerment Program and will take turns leading the PEP sessions

The PEP sessions will start with a light meal at 5:30 p.m. The sessions will end at 7:30 p.m.

Registration is required by the Monday before the first session- Call 607-432-0001 or 800-305-8814. Childcare will be provided upon request at time of registration.

Participants must commit to all 8 sessions.

Dates:

- Thursday, September 9th
- Thursday, September 23rd
- Thursday, October 14th
- Thursday, October 28th
- Tuesday, November 9th
- Tuesday, November 23rd
- Tuesday, December 7th
- Tuesday, December 21st



Spaghetti Dinner and Chinese Auction

October 9, 2010

St. James Church—Parish Center

305 Main St., Oneonta

4:30—7:00 p.m.

\$7.00 for adults and \$4.00 for children





We need your help!! The Anemarie Wenck Resource Fund financially supports families who have children with disabilities with out of pocket expenses related to their child’s disability.

Please support this fundraiser and help us help them!

A variety of wonderful items, services and amenities have been collected from area businesses for the Chinese Auction. Come check it out and help local families!

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Afton Support Group	3	4
5	6 Labor Day 	7	8 Rosh Hashanah Begins 	9 PEP—Oneonta	10 Coffee Talk / Oneonta	11
12	13 Round Table Discussion-Ithaca	14	15 Dragon Dates-Oneonta	16	17 Yom Kippur Begins 	18
19	20	21	22	23 PEP—Oneonta First Day of Autumn 	24	25 Round Table Discussion-Binghamton
26	27	28	29	30		

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Autism Spec- trum Disorder Group- Oneonta/ Grandin Movie -Binghamton	7 Grandin Movie -Norwich Afton Support Group	8 Coffee Talk / Oneonta	9 Spaghetti Dinner and Chinese Auction - Oneonta
10	11 Columbus Day 	12	13 Kid-in-a-Book Ithaca/Dragon Dates-Oneonta	14 PEP—Oneonta	15	16
17	18	19	20	21	22	23
24	25	26	27	28 PEP—Oneonta 2010 Fall Autism Con- ference— Owego	29	30
31 Halloween 						

Kid-In-A-Book

An essential part of advocating on your child's behalf is being organized. Having all the necessary records, reports, charts, phone numbers, etc... in one place will make your life easier and enable you to focus your time and energy on helping your child. Join us for this free workshop. You bring your child's records and we will provide the organizational supplies!

Date: Wednesday, October 13, 2010

Time: 6 p.m. to 8 p.m.

Place: Cayuga Medical Center
Bonnie Howell Education Center
101 Dates Drive, Ithaca, N.Y.
Room Howell A

Kindly Register for this event so we can plan accordingly.
Family Resource Network (607)432-0001 or register@familyrn.org

Movie Night: HBO's Temple Grandin



Based on the writings by its title subject, HBO Films' Temple Grandin is an engaging portrait of a young woman living with autism who became, through mentoring and sheer force of will, one of America's most remarkable success stories. Please join us as we screen this fascinating and inspirational movie. We will provide the popcorn and drinks!!

Binghamton

Date: Wednesday, October 6, 2010

Time: 6 p.m. to 8 p.m.

Place: Southern Tier Independence Center
135 East Frederick Street
Binghamton, NY

Norwich

Date: Thursday, October 7, 2010

Time: 6 p.m. to 8 p.m.

Place: Norwich YMCA
68-70 North Broad Street, Norwich

Kindly register for this event so we can plan accordingly. Family Resource Network 607-432-0001 or register@familyrn.org

Autism Spectrum Support Group—Open Discussion

Parents of autistic children and adults cope with issues ranging from guilt and frustration, exhaustion and isolation, and financial hardships. You are not alone. Please join together for an open discussion and support group.

Pizza will be served, so an RSVP is necessary.

607-432-0001 or 1-800-305-8814
register@familyrn.org

Date: October 6, 2010

Time: 5:30—7:30 p.m.

Place: Family Resource Network, 46 Oneida St., Oneonta, NY

New Memo from VESID

The Office of Special Education will be part of the Office of P-12 Education. This change reflects the Regents' commitment to ensuring that students with disabilities are an integral part of all aspects of P-12 education policy development and program implementation.

New Web Addresses:

Special Education: <http://www.emsc.nysed.gov/specialed/>

NYS School for the Deaf: <http://www.emsc.nysed.gov/specialed/nyssd/>

NYS School for the Blind: <http://www.emsc.nysed.gov/specialed/nyssb/>

News from OPWDD—formerly OMRDD

OMRDD changes its name to NYS Office of People With Developmental Disabilities. This historical legislation not only removes the words "Mental Retardation" from the name of this agency, but also from State statute and regulations, excluding clinical references. The new name was chosen in March 2010 by consensus of representative stakeholders. It eliminates the stigmatizing language which was part of the agency's name and instead reflects the Office's motto of "Putting People First." It is consistent with the People First language law which was enacted in 2007 and which mandates that in statutory language, we place the emphasis on the people served and not their disabilities.

Verbal Apraxia Walk A Thon

SUNDAY, October 3, 2010

**GUESTWARD HO CAMPGROUND
62 H. DECKER ROAD
DEPOSIT, NY 13754**

**Onsite Check in and Registration starts
at 2:00 PM;
Walk begins at 3:00 PM**

**PLEASE JOIN US FOR THE
DEPOSIT, NY WALK FOR
CHILDREN WITH APRAXIA!**

**The proceeds for this Walk will benefit
CASANA research projects, education
projects and informative conferences.**

**Register to walk by September 12, 2010
to receive your Apraxia Walk T-Shirt!**

For more information please contact:
Rachel Tucker, Walk Coordinator
Phone: (607)222-9519
email: tuckerrl@hotmail.com

www.familyrn.org

Stop by if you haven't checked it out yet!



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



**Family Resource Network presents the
2010 Fall Conference on Autism
Strategies for Positive Behaviors and Autonomy
October 28, 2010 ◆ Owego Treadway Inn, Owego, NY**



The 2010 Fall Conference on Autism will feature a Keynote Address by Dr. Jed Baker, Ph.D.

“Positive Strategies for Managing and Preventing Behaviors”.

Dr. Baker will discuss his strategies for managing and preventing behaviors, as well as how to successfully transition to adulthood and encourage social skills in individuals living with Autism and Asperger Syndrome.

Attendees will have the opportunity to choose to attend two of six afternoon workshops offered.

Session I:

1. Social Skills for Children and Adolescents Living with Autism and Asperger Syndrome

Speaker: Jed Baker, Ph.D.

2. Parents as Equal Partners by Using MAPS (Parent Reporting)

Speaker: Janine Kruiswijk—Executive Director, Albany Chapter of Autism Society of America

3. Why Me? Grieving the Loss of the Perfect Child

Speaker: Mary Jo Hebert—Regional Coordinator with the Capital District office of Parent to Parent of NYS

Session II:

1. Social Skills for Children and Adolescents Living with Autism and Asperger Syndrome (repeated from 1st session)

Speaker: Jed Baker, Ph.D

2. School Discipline and Students with Disabilities: What Every Parent Should Know

Speaker: Julie Michaels Keegan, Esq. - Special Education attorney and member of the Special Education Task Force and the NYS Bar Associations Committee on Issues Affecting Persons with Disabilities

3. Collaboration **Speaker:** Duke Fisher—Independent Experiential Learning Consultant/Training and Group Facilitator-founder of Learning Laboratories.

AGENDA

8:15-9:00 Registration & Agency Fair

9:00-12:00 Keynote Address

12:00-1:00 Lunch & Agency Fair

(lunch buffet available on-site for \$11.00 all inclusive (drink, tax & tip!))

1:00-2:15 Breakout Session I

2:15-2:30 PM Break

2:30-4:00 Breakout Session II

Registration is required. The registration fee is \$50 for Professionals.

Parents and individuals with Autism may attend free or charge.

Register on-line at www.familyrn.org or contact the Family Resource Network for a hard copy of the registration form and either fax it to 607-432-5516 or mail it to us at Family Resource Network, Inc., 46 Oneida St., Oneonta, NY.

No phone registrations please.

Do you need a ride? Can you give a ride? Find us on Facebook and post a message about ride-sharing!

Special Education Parent Center

DO YOU KNOW

There are several basic rights that IDEA promises to children with disabilities (ages 3 to 21) and their Parents:

- The right to a free appropriate public education at public expense (in some cases, this may include placing a child in a private school);
- The right to an education placement that is based on an evaluation of each child's own special needs;
- The right of children with disabilities to receive teaching or instruction that is designed to meet their needs; these needs are to be clearly written and included in an Individualized Educational Program (IEP) for each child with statements about what services the child will receive;
- The right to a full range of educational services that may include related services such as counseling, transportation, speech/language pathology, occupational or physical therapy;
- The right of parents (or Guardians) to be included in making decisions about their child's educational needs and to approve the educational plans for their child, and
- The right of parents (or Guardians) to appeal any decisions made about the identification, evaluation, and placement of the child through a due process procedure.

Finally, the IDEA requires that children with disabilities be educated in the Least Restrictive Environment (LRE) , that is, in a setting with children who have no disabilities, with special help provided to those who need it.

*Kathryn Ryan
Special Education Parent Center Trainer*



September means back-to-school, and that means busy schedules, new school clothes and supplies, packing lunches, new teachers and new classrooms. The Southern Tier Special Education Parent Center at FRN will be open every Wednesday afternoon from 11:30-1:30 and Wednesday nights 6pm-8pm in September and October to help start the year off right! We will offer workshops and information on a variety of topics in Special Education.

Check out our new website: www.PARENTCENTERatFRN.org for more information and the schedule of topics.

The Special Education Parent Center's website is now LIVE! Visit them for information on area trainings and updates www.parentcenteratfrn.org

Tape Here

The Family Resource Network, Inc.

46 Oneida St.

Oneonta, NY 13820

Non Profit Organization

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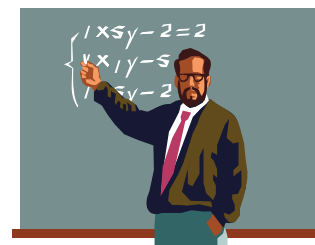
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Tape Here



Back to School



Open the door to the world for your child

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.

46 Oneida St.
Oneonta, N.Y. 13820

Phone: 607-432-0001
1-800-305-8814

Fax: 607-432-5516

E-mail: info@familyrn.org

Website: www.familyrn.org

Support the Anemarie Wenck Resource Fund at the Spaghetti Dinner and Chinese Auction on October 9th St. James Church—Parish Center in Oneonta