



Open the door to the world for your child

FAMILY RESOURCE NETWORK



SUMMER 2011



From the Desk of Pam Larsen, Executive Director

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Happy summer!

Hope you're all taking time to relax and recharge with your families.

At FRN we are recharging as well. We spend the summer planning our conferences, trainings, and events that will take place over the school year. This year, we'd like to have you join us by providing your input into our training and conference planning by filling out the survey on page 7 and sending it in to us at FRN. For your convenience you'll also find the survey on the FRN website – www.familyrn.org. Let us know what topics are of interest to you or if you've heard a particular speaker somewhere in your travels that you think would be good to bring to the area.



I'd also like to take this time to thank a couple of groups that have been instrumental in raising money for the Anemarie Wenck Resource Fund. First, we'd like to send a shout out to the Fredette family and Franklin Street residents for their Penny Harvest fundraiser. All year the Fredette family and their neighbors have been saving and collecting coins on a monthly basis then sending us those proceeds for our fund. We want them to know how much their efforts are appreciated!

Second, we'd like to thank Hartwick College, Brendan Cahill and the Fellowship of Christian Athletes and the generous donors listed at the end of this article for their efforts in raising money for the Anemarie Wenck Resource Fund via the 2nd Annual Hartwick Hill Race. The race took months of planning, a few meetings, many phone calls, and even more e-mails. We're so impressed by the students from Hartwick College who participated in the organization of this event. The board and staff at the Family Resource Network are grateful for the community's support of our agency and this fund. Thank you all for helping us help others!



Our thanks to the generous business sponsors of the Hartwick Hill Race – Loral Management/Wood Ridge Apartments, NBT Bank, Greenville Saw Service, Town & Country Tree Service of Mt. Vision, Munson's Building Supplies, Benson Real Estate, Burt's Refuse, LaFever Insurance, Community Bank, Country Club Chevrolet, Michael R. Wilcox at The Hinkley Agency, and Brooks House of BBQ.

Again, have a wonderful summer, giving us 5-10 minutes of it while you fill out our survey and we'll see you at the fall trainings!

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

- Executive Director:**
Pam Larsen
- Director of Programs:**
Roxane Carpenter
- Advocates:**
- Lori Treiber, Chenango Cty
 - Meghann Andrews-Whittaker, Otsego & Delaware Counties
 - Shelley Hubal, Broome, Tioga & Tompkins Counties
- Autism Training Coord:**
- Shelley Hubal
- Resource Center Coord:**
- Lori Treiber
- CCSI Programs**
- Jim Geuder, Coordinator
 - Terry DiLuzio, Chenango Cty
 - Sandy DuMond, Otsego Cty
- Regional Coord: Parent to Parent:**
- Michelle Cole
- Residential Family Advocates:**
- Terry DiLuzio, Boys of Courage
 - Michelle Cole, Trillium
 - TBA, Stillwater
- Spec Education Parent Center:**
- Roxane Carpenter, Director
 - Kathryn Ryan, Education Specialist
 - Nancy Bakhuizen, Resource Spec.
- Dragon Dates Program Coord:**
- Jackie Hunt

Join FRN for 4th of July FUN in Neawha Park

Please join us at Oneonta's 4th of July Hometown Celebration in Neawha Park in Oneonta on Monday, July 4th.

Festivities, beginning at 12:00, include: food, activities, and games provided by local non-profit organizations.

FRN will be selling balloons, glow items, and patriotic items... stop by our booth and say hello. There will also be live music all day and fireworks at dusk!



**Afton
Support
Group**

This summer the Afton Support Group is scheduled to meet for Open Discussion Meetings. I am open to receiving topic suggestions from families interested in attending the group on a regular basis. Childcare might not be available so if you'll need childcare, please register early allowing me time to work out arrangements. Thank you.

Thurs, July 7th 5:30-7:30
Thurs, Aug 4th 5:30-7:30

Afton Baptist Church

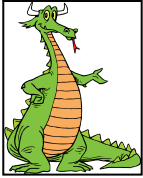
To register:
send an email to:
Register@familyrn.org —please
include contact information and
the subject line "Afton"

TEEN SCENE

Friday 7/8
Friday 8/26
5:30-7:30pm
dinner
provided

Teen Scene is a group of youth, ages 12-20, who meet at FRN at least once a month to discuss issues that are important to them. Currently, our teens are interested in working with Improvisation for Education (IFE), a dramatic troupe designed to help students have meaningful discussions regarding issues that they face. The teens discuss their personal experiences with topics such as: bullying, conflict & resolution, and other social issues. The youth then share their experiences through dramatizations that are shared with audiences at schools and other community organizations.

If you would like more information about Teen Scene, please contact FRN at 607-432-0001 or send an email to: Trilliumrfa@familyrn.org. To register, email: register@familyrn.org



Summer Dragon Dates for the Whole Family

Come join us for a Family Picnic at Neahwa Park
 Music, Games, Food, and Good Friends
 Sunday, **July 17th** 1:00-4:00 p.m. *Bring a Dish to Pass*
 Please RSVP by 7/11/11

Oneonta Theatre on Chestnut Street in Oneonta, is featuring “How to Train your Dragon”
 Saturday, **August 13th** at 1:00-3:00p.m.

Enjoy something at the snack bar or bring your own special treat, while watching an adventurist movie
 with friends and family members.

Please RSVP by 8/8/11

Send all RSVP's to Jackie Hunt at dragondates@familyrn.org or call FRN @ (607)432-0001

Families Together in the Southern Tier

For families of children and youth with mental health diagnosis, social, emotional and behavioral challenges. Focus of the group is supporting and networking with one another, providing access to up-to-date information on topics important to group members.

We will be taking the month of July off.

Restarting on **Thursday, August 18th** at 5:00 PM with a family picnic.

FRN will supply cold cuts, cheese, bread and beverage.
 If you are able, please bring a dish to pass or some other food to share.
 We will be discussing the fall schedule and topics.



Families Together Family Picnic

To register for this event, send an email with the subject “Families Together” to: register@familyrn.org.
 Please include contact information and how many adults and children will be attending.



For additional information, please call 607-432-0001

Valuable Information from the NYS Office of Parks, Recreation, and Historic Preservation:

“An **Access Pass** permits residents of New York State with permanent disabilities, as defined in the application, *free use of the parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation (State Parks) and the New York State Department of Environmental Conservation (DEC)*. The pass holder may have free use of facilities operated by State Parks and DEC for which there is normally a charge.

The Pass, however, is not valid at facilities within parks operated by private concerns under contract to the State, or for a waiver of fees such as those for seasonal marina dockage, for a group camp, for reservations of a picnic shelter, for performing arts programs, for consumables (i.e. firewood, electric, or gas), for campsite/cabin amenities, or for fees related to campsite/cabin reservations and registrations.

To qualify for an **Individual Access Pass**:

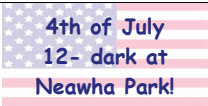
- an applicant must be a resident of New York State
- must provide proof of disability, in the form of certification from the appropriate agency or by a physician, as described on the application
- must provide a recent photo that will be affixed to the Access Pass.

For an application, please visit <http://nysparks.state.ny.us/admission/documents/AccessPassApplication.pdf> on the web or contact the Family Resource Network at 607-432-001 and we will mail you an application.”

Source: <http://nysparks.state.ny.us/admission/access-pass/default.aspx>



July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	 4th of July 12- dark at Neawha Park!	5	6	7 Afton Support Group 5:30-7:30	8 Teen Scene At FRN 5:30-7:30	9
10	11	12	13	14 P2P Support Parent Training 5:30-7:30	15	16
17 Dragon Dates Picnic	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Visit us at the Otsego County Fair 8/2-8/7	1	2 Otsego County Fair	3 Otsego County Fair	4 Afton Support Group 5:30-7:30 ----- Otsego County Fair	5 Otsego County Fair	6 Otsego County Fair
7 Otsego County Fair	8	9	10	11 P2P Support Parent Training 5:30-7:30	12	13 Dragon Dates Movie
14	15	16	17	18 Families Together Picnic at FRN 5:00	19	20 <i>Strong Kids, Safe Kids</i> Chemung County Fair Grounds
21	22	23	24	25	26 Teen Scene At FRN 5:30-7:30	27
28	29	30	31			

SUMMER WATER SAFETY TIPS

The Early Childhood Direction Center (ECDC) at the Southern Tier Independence Center (STIC) recently invited Dr. James Ball, author of *Early Intervention and Autism: Real-Life Questions, Real-Life Answers*, to speak in the area. He mentioned that the number one cause of injury related death for children on the Autism Spectrum is drowning. Many children with autism tend to wander, they are not always aware of the dangers around them, and a large number of children with autism are drawn to water.

With this in mind, following please find a few water safety tips to remember this summer:

- Maintain constant supervision, watch children around ANY water environment.
- Enroll children in a water safety course or Learn-to-Swim classes.
- Make sure the water is deep enough before entering headfirst.
- Young children are especially vulnerable — they can drown in less than 2 inches (6 centimeters) of water.
- Teach children never to swim alone
- Teach children that if they're caught in a current or undertow, they should swim parallel to the shore or should tread water and call for a lifeguard's help.

Summer is here—be safe and enjoy the outdoors!

Join us at the Otsego County Fair!

The Family Resource Network
will have a booth in the
Canham Building all week!

Activities
for
KIDS

Join us for....

Daily Contests!

Information

Give-Aways

Resources

Movies



Ross Greene Conference

Author of “The Explosive Child” and “Lost at School”
Collaborative Problem Solving Approach:
Understanding and Helping Kids with Social,
Emotional, and Behavioral Challenges

REGISTER NOW—space is limited!!

Parent Workshop ~FREE

(Dinner included)

Thursday, October 13, 2011

6pm—9pm

Holiday Inn Arena ~ Binghamton, NY

Professional Workshop ~ \$40.00

(Breakfast included)

Friday, October 14, 2011

9am—12pm

Endwell Greens ~ Endwell, NY



What is Collaborative Problem Solving (CPS)?

“A more accurate, compassionate, productive understanding of (and approach to helping) behaviorally challenging kids.” www.livesinthebalance.org

Have you tried traditional discipline? Are time-outs and/or traditional reward and punishment approaches not working at home or in school? Are you at your wits end? This workshop will try to answer the question, “What do I do when traditional strategies do not work?”

The two basic principles for CPS according to Dr. Greene’s website are that “*Kids do well if they can*” and “*Doing well is always preferable to not doing well*”. In this workshop, Dr. Greene discuss those concepts as well as answer these and many other questions ~

1. Why are challenging kids challenging?
2. When are challenging kids challenging?
3. What behaviors do challenging kids exhibit when they don’t have the skills to respond adaptively to certain demands?
1. What should we be doing differently to help these kids better than we are helping them now?

Join us for this lively and informative workshop from one of the leading authorities on “challenging kids” ~ those who exhibit explosive, non-compliant, aggressive and/or disruptive behaviors.

Registration Form

Name _____

Address _____

(CITY) (STATE) (ZIP)

Phone (_____) _____ - _____

eMail _____

(For Registration confirmation & announcements)

Please indicate whether you are registering as a:

Parent / Guardian / Individual with a Disability

Complete and return this form to:
Family Resource Network, Inc
46 Oneida Street
Oneonta, NY 13820
Attn: Nancy

Or you may send an email to:
register@familyrn.org
with the subject line “*Ross Greene*”
and include your name, address, phone and indicate whether you are registering as a parent/guardian or person with a disability.

For questions, call Nancy at 607-432-0001

I am registering as a **Professional**

Send this registration form and check for \$40 (payable to: **FSA 2050**) to:
SUNY Upstate Clinical Campus,
425 Robinson Street, Binghamton, NY 13904
Attn: Donna Dranchok

For questions, call Donna at 607-772-3523

No registrations will be accepted by phone.
Registration Deadline is October 3, 2011

FRN Survey

Please take a moment to let us know what YOUR needs are in raising your child with special needs. The Family Resource Network, Inc. is a parent run, parent driven family support organization that is here for YOU! Please let us know what type of information and support would be helpful to you.

1. My child has a:
 - Developmental Disability
 - Mental Health Disability
 - Special Health Care Need / Medically Fragile
 - Learning Disability
 - Not sure

2. I am interested in learning more about: _____

3. I have heard/seen/know of a speaker that I would recommend or be interested in hearing:

4. I would be interested in attending a support group for: _____

4. I live in _____ County.
Meetings in the _____ area would be most convenient for me.
(name of city/school district)

6. Attending trainings is difficult for me. I would appreciate:
 - Childcare
 - Mileage reimbursement
 - On-line training / webinar

7. The best time of day for a training for me is:
 - Daytime – best hours _____
 - Evening – best hours _____

8. I would prefer to receive my newsletter via email at: _____
(PLEASE PRINT NEATLY)

To better support my child/young adult at home I need: _____

Optional:

Name: _____ City _____ State _____ Zip _____
E-mail: _____

Please mail your survey to us at:
Family Resource Network, Inc.
46 Oneida St.
Oneonta, NY 13820

You may also fax it to us at 607-432-5516 or fill it out
on-line on the FRN website at: www.FamilyRN.org



The Family Resource Network, Inc.
46 Oneida St.
Oneonta, NY 13820

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Parent to Parent: Support Parent Training

Parents of newly diagnosed children with disabilities need support. Parents who have been there are the experts... Are you willing to share what you have learned?

Come to this interactive training led by Parent to Parent staff for prospective support parents who prefer to learn in person rather than on-line or by getting information through the mail.

Meets the 2nd Thursday of each Month

July 14th, 2011 and August 11th, 2011 Time: 5:30 p.m. —7:30 p.m.

Registration is required - send email to register@familyrn.org with the subject P2P

Call 607-432-0001 for more information



Open the door to the world for your child

46 Oneida St.

Phone: 607-432-0001

1-800-305-8814

Fax: 607-432-5516

E-mail: info@familyrn.org

Website: www.familyrn.org

Goodbye and Good Luck to Karen Lexa

Karen has been our Residential Family Advocate at the Stillwater Residential Facility since the programs inception and will be missed by all. We wish her the best of luck in her move!

Summer Reading Project!

Are you looking for new books for your child to read this summer?

We are in the process of creating a general youth lending library.

If you have suggestions of books to include, email Nancy at

ParentCenterInfo@FamilyRN.org.

Call and make arrangements to come and check out books!

Call 607-432-0001