



# IFSP Digest

August 2020

IFSP provides a monthly news digest to highlight resources, events, and trainings that may be of interest to self-advocates and families. The digest is distributed electronically via the IFSP Listserv.

As we expand the shared resources, we invite you to share information that you think would be of interest to others.

You can share your newsletter subscription recommendations with us at [ifspcom@dbhds.virginia.gov](mailto:ifspcom@dbhds.virginia.gov).

To join the IFSP Listserv, please visit <https://tinyurl.com/IFSPlistserv>.



## Virginia Department of Behavioral Health and Developmental Services, Office of Integrated Health

OIH distributes health and safety alerts that emphasize the unique needs of people with developmental disabilities.

*OIH, August 2020 Newsletter Highlights*

- **Skin Integrity-** Taking care of the skin promotes overall health because it is the largest organ on the body. Factors such as age, dehydration, and poor nutrition can cause disruptions in the integrity of the skin. Get recommendations from OIH on how to prevent, identify, and treat skin issues.
- **Dental Facts & Tips from the OIH Dental Team-** Proper nutrition, routine dental check-ups, daily flossing, and tooth brushing are all crucial factors when it comes to maintaining good oral health.
- **The Benefits of Sleep-** Understand why getting a good night's rest increases your well-being.

To access the newsletter, please visit:

<http://www.dbhds.virginia.gov/assets/doc/OIH/august-2020-newsletter.pdf>

### Virginia Commonwealth University Center for Family Involvement

The CFI of Virginia Commonwealth University partners with multiple organizations in order to help families become advocates, mentors, and leaders for those with developmental disabilities.

*CFI, August 2020 Blog Highlight*

- **How Our Children Transform Us-** A mom reflects on the highs and lows of the past decade as her son, who has Down syndrome, turns ten years old.

To access the blog, please visit:

<https://centerforfamilyinvolvementblog.org/2020/08/20/how-our-children-transform-us/>

### ADDitude

ADDitude is a resource for families and adults living with attention-deficit/hyperactivity disorder and related conditions, and the professionals who work with them.

*ADDitude, August 2020 Newsletter Highlights*

- **The ADHD Guide to Learning at Home-** Provide a routine for elementary school children who are learning from home by creating a daily schedule. ADDitude offers a trial schedule to help parents get started.
- **Troubleshooting Distance Learning-** A brief Q&A session with a New York City assistant principal and history teacher addresses questions educators have about the challenges of teaching remotely.

- **Learn at Home Sample Schedule and Resources-** View a sample schedule to better manage remote learning and explore resources for parents that are designed for children with ADHD.
- **How to Get Out the Wiggles-** Experts recommend the Pomodoro Technique for children who are learning from home. This technique is a time management tool that promotes productivity and encourages taking breaks while working.
- **Your Child's IEP or 504 Plan Still Applies in a Pandemic-** Despite the pandemic, IEPs and 504 Plans are still available to children. Learn your child's legal rights and options. An IEP, which stands for Individualized Education Program, is a program that ensures a child who has a disability and is enrolled in school receives specialized instruction and related services. A 504 Plan is a plan that ensures a child who has a disability and is enrolled in school receives accommodations that will ensure their academic success and access to the learning environment.
- **High School in Quarantine-** Common questions from parents are answered regarding their teens' ability to cope while in quarantine.

To access the newsletter, please visit: <https://tinyurl.com/AdditudeAugust2020>

### Parent Educational Advocacy Training Center

PEATC is a parent information and training center serving families and professionals of children with disabilities in Virginia.

#### *PEATC, Resources Announcement*

- **Back-to-School Guide-** In time for the upcoming school year, PEATC offers families a back-to-school planning guide for students who receive special education services.

To access the resources, please visit:

<https://tinyurl.com/PEATC2020BackToSchoolGuide>

### Children's Assistive Technology

CATS serves Virginia families with limited resources who have children with disabilities by providing access to adaptive equipment.

#### *CATS, Summer 2020 Newsletter Highlights*

- **Hallowheels Costume Contest-** CATS is looking for Virginia families to participate in their annual Halloween fundraiser, which gives families a chance to create a Halloween costume for their children. Prizes will be awarded!
- **Input and Feedback-** Help CATS continue to assist those in need by completing their satisfaction survey and sharing your story and photos.
- **Complex Rehab Technology Awareness Week-** The week of Aug. 19-23 recognizes CRT, which is specialized equipment that helps meet the unique needs of individuals with disabilities.
- **Executive Director Search-** Qualified candidates are encouraged to apply for the CATS Executive Director position.

To access the newsletter, please visit: <https://tinyurl.com/CATSSummer2020>

### Child Mind Institute

The Child Mind Institute is a nonprofit organization that strives to transform the lives of children, families, and communities affected by mental health history and learning disabilities.

#### *Child Mind Institute, August 2020 Newsletter Highlights*

- **Preparing for Back-to-School Success-** It's safe to say this school year will be different from previous ones, which can be intimidating for both children and parents. Find six tips on how to make things more comfortable for children as they transition into the upcoming school year.
- **Five Reasons Students Aren't Engaging in Distance Learning-** Remote learning is not for every child. Find out what obstacles are creating a disconnect for children when it comes to learning at home, and what parents can do about it.
- **How to Begin Positive Relationships with Families-** Educators are given suggestions on how to create a healthy relationship with their students' families.
- **Building Positive Relationships with Students: What Brain Science Says-** Learn the importance of having a good student-teacher relationship, and why children are more likely to perform better when they have strong relationships with their educators.
- **Tips for Getting a Good Start in High School-** Organization is one key to a prosperous academic school year for your high schooler.
- **How Trauma Affects Kids in School-** Children who experience trauma can have a harder time in learning environments. Learn the symptoms of trauma in children and how you can help them.

To access the newsletter, please visit: <https://tinyurl.com/ChildMindAugust2020>

## Disability Scoop

Disability Scoop is a source for developmental disability news that covers topics such as autism, intellectual disability, cerebral palsy, and Down syndrome.

### *Disability Scoop, August 2020 Newsletter Highlights*

- **COVID-19 May Shut Many Disability Programs for Good-** Many day programs and employment services that assist individuals with developmental disabilities are closing because of the pandemic. Without federal help in the near future, these individuals and service providers may face more complicated challenges.
- **Black Children Wait Longer for Autism Diagnosis-** According to the journal *Pediatrics*, it takes six months longer for black children to be diagnosed with autism than their white counterparts. This delay creates major issues for young children and their families.
- **Kids with Disabilities Are Regressing. How Much Is Distance Learning to Blame?-** Many parents are feeling the challenges and harsh reality the coronavirus has caused on their children's development. Tools to help children with developmental disabilities are not being provided due to the pandemic, and parents feel overwhelmed with the responsibilities of working from home and caring for their children.
- **Students Create Job Platform for People with Developmental Disabilities-** A brother and sister team up to create RecruitABLE, an online job board that focuses on helping individuals with developmental disabilities find employment.

To access the newsletter, please visit:

<https://www.disabilityscoop.com/emailers/ds200825.html>

## The Arc of Northern Virginia

The Arc is a nonprofit organization that promotes and protects the human rights of people with intellectual and developmental disabilities.

### *The Arc of Northern Virginia, August 2020 Advocacy Update Newsletter Highlights*

- **Special Session of the Virginia General Assembly to Focus on Budget and Justice Issues-** As the state General Assembly meets to sort out the budget and pass some justice reform, it is important that the voices of families are heard and reflected in policies. Learn what you can do to be heard!
- **Election 2020 Candidate Forums-** It is crucial that candidates for public office are held accountable for policies that help the needs of individuals with disabilities. Make a difference and get the opportunity to speak up by attending a Candidate Forum.
- **Webinar: “Tech = Independence”-** Attend a free webinar on how waiver-funded tech options can increase safety and independence.
- **Your Advocacy Gets Results!-** Being an advocate helps to make a difference to those in need.

To access the newsletter, please visit:

<https://mailchi.mp/thearcofnova/2020advocacy-update-08-25?e=a669c2452f>

### Down Syndrome Association of Greater Richmond

DSAGR is a nonprofit organization that offers individual and family support, education, community awareness, and advocacy to individuals with Down syndrome and their families.

#### *DSAGR Event Announcement*

- **Step Up for Down Syndrome Virtual 3.21K and Live Car Parade Festival-** This fall, join in on the fun for an exciting event that helps to raise awareness and funds for the DSAGR. Registration fees start at \$5.00.

To access the registration, please visit: <https://dsagr.org/suds/>

### COVID-19 Resources and Tools

*The following links provide information to families during the COVID-19 pandemic.*

Center for Family Involvement (CFI):

[https://centerforfamilyinvolvementblog.files.wordpress.com/2020/04/covid-19-information\\_toolkit\\_041020.pdf](https://centerforfamilyinvolvementblog.files.wordpress.com/2020/04/covid-19-information_toolkit_041020.pdf)

Virginia Department of Health:

<http://www.vdh.virginia.gov/content/uploads/sites/76/2020/03/Faith-Leaders-Virtual-Meeting-Resources.pdf>

Virginia Department of Social Services:

<https://covid.virginia.gov/?fbclid=IwAR1b0aifg7vTXkbwZSgJpzZjAgLP89Y5C5doZ7sp-LG3NPP4hrZNz6tyY4>

Virginia Institute of Autism: <https://viacenters.org/resources/resources-for-families/>

Cover Virginia:

[https://coverva.org/covid19/?utm\\_medium=email&utm\\_source=govdelivery](https://coverva.org/covid19/?utm_medium=email&utm_source=govdelivery)

Scholastic: <https://www.scholastic.com/parents/school-success/home-learning-resources.html>

Virtual Virginia: <https://www.virtualvirginia.org/2020-resources/#resources>

The Arc of Virginia: <https://tmilling.wixsite.com/coronavirus>

Autism Focused Intervention Resources & Modules (AFIRM):

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Autism Society of North Carolina (ASNC): <https://www.autismsociety-nc.org/staying-structured-coronavirus/>

SeniorNavigator:

<https://seniornavigator.org/article/74200/important-covid-19-information-older-adults-caregivers-people-disabilities-and>

disAbilityNavigator: <https://disabilitynavigator.org/article/74237/covid-19-resources-people-disabilities>

Wabisabi Learning: <https://wabisabilearning.com/blogs/stem/20-stem-outdoor-activities>

Be sure to like the Facebook pages below for additional information.

- ❖ Center for Family Involvement (CFI):  
<https://www.facebook.com/CenterforFamilyInvolvement/>
- ❖ The Arc of Northern Virginia: <https://www.facebook.com/TheArcofNoVA/>
- ❖ Virginia Department of Behavioral Health and Developmental Services:  
<https://www.facebook.com/DBHDS/>
- ❖ Parent Educational Advocacy Training Center (PEATC):  
<https://www.facebook.com/PEATCVA/>
- ❖ Camp Easterseals UCP: <https://www.facebook.com/campeastersealsucp/>
- ❖ Charlottesville Region Autism Action Group (CRAAG):  
<https://www.facebook.com/CRAAG1/>

- ❖ The Arc of Central Virginia: <https://www.facebook.com/The-Arc-of-Central-Virginia-149058858468400/>
- ❖ The Arc of Northern Shenandoah Valley: <https://www.facebook.com/arc.nsv/>
- ❖ National Autism Association: <https://www.facebook.com/NationalAutism/>
- ❖ Nami: <https://www.facebook.com/NAMIVirginia1/>
- ❖ Association of University Centers on Disabilities (AUCD)s: <https://www.facebook.com/AUCDnetwork/>
- ❖ Autism Speaks: <https://www.facebook.com/autismspeaks/>
- ❖ Autism Society of North Carolina: <https://www.facebook.com/AutismSocietyofNorthCarolina/>
- ❖ Autism Focused Intervention Resources & Modules (AFIRM): <https://www.facebook.com/AFIRMmodulesandresources/>
- ❖ Virginia Department of Education (VDOE): <https://www.facebook.com/VDOENews/>
- ❖ Disability Scoop: <https://www.facebook.com/disabilityscoop/>
- ❖ Virginia Rural Health Association: <https://www.facebook.com/VaRuralHealth/>
- ❖ Virginia State Parks: <https://www.facebook.com/VirginiaStateParks/>
- ❖ Remote Area Medical (RAM): <https://www.facebook.com/RAMUSA.ORG/>
- ❖ Ability Unlimited: <https://www.facebook.com/abilityunlimitedVA/>
- ❖ Able National Resource Center: <https://www.facebook.com/theABLENRC/>
- ❖ Moms in Motion: <https://www.facebook.com/MomsInMotionVA/>
- ❖ I'm Determined: <https://www.facebook.com/imdeterminedvdoe/>
- ❖ Massachusetts General Hospital: [https://www.facebook.com/massgeneral/?brand\\_redir=1423512124455810](https://www.facebook.com/massgeneral/?brand_redir=1423512124455810)
- ❖ Mental Health America (MHA): <https://www.facebook.com/mentalhealthamerica/>
- ❖ American Association on Health and Disability (AAHD): <https://www.facebook.com/aahdus/>
- ❖ Cover Virginia: <https://www.facebook.com/coverva/>
- ❖ Down Syndrome Association of Greater Richmond (DSAGR): [https://www.facebook.com/DSAGRRichmond/?ref=br\\_rs](https://www.facebook.com/DSAGRRichmond/?ref=br_rs)

**Thank you for reading the IFSP Digest!**

We are always looking for recommendations on newsletters to subscribe to.  
Please send your suggestions to [ifspcom@dbhds.virginia.gov](mailto:ifspcom@dbhds.virginia.gov) .



To subscribe to the monthly IFSP Newsletter, join the IFSP Listserv:

<https://tinyurl.com/IFSPlistserv>.

Be sure to like our new IFSP Community Facebook Page!

[https://www.facebook.com/virginiaprogram/?modal=admin\\_todo\\_tour](https://www.facebook.com/virginiaprogram/?modal=admin_todo_tour)

To receive more frequent updates for news in your community, please like your regional IFSP Council's Facebook Page.

- ❖ Central: [www.facebook.com/IFSPRegion4/](http://www.facebook.com/IFSPRegion4/)
- ❖ Eastern: [www.facebook.com/IFSPeasterregion/](http://www.facebook.com/IFSPeasterregion/)
- ❖ Northern: [www.facebook.com/IFSPnorthernregion/](http://www.facebook.com/IFSPnorthernregion/)
- ❖ Southwestern: [www.facebook.com/southwesternifsp/](http://www.facebook.com/southwesternifsp/)
- ❖ Western: [www.facebook.com/VirginiaIFSPWesternRegion/](http://www.facebook.com/VirginiaIFSPWesternRegion/)