



THE INDIVIDUAL AND FAMILY SUPPORT PROGRAM

IFSP Digest

December 2020

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

As we expand our 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.

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

The Individual and Family Support Program

IFSP assists individuals with developmental disabilities and their families with accessing person-centered and family-centered resources, supports, services, and other assistance.

IFSP, Resource Announcement

- **First Steps Document-** We know that navigating the developmental disability system can be hard for families. This is why we have created our “First Steps” document, a guide to help to families understand resources, supports, and services that the Commonwealth of Virginia offers to people with developmental disabilities.

To access “First Steps,” please visit: <https://tinyurl.com/IFSPFirstSteps> or scan the below QR code with your mobile device to go directly to this document!



Parent Educational Advocacy Training

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

PEATC, Trainings/Resources Announcement

- **Transition University Training-** Do you need help with navigating a disability system? Transition University is a free online course that provides parent-friendly transition information to help make transition planning easier. The course is designed for parents/caregivers of elementary, middle, or high school students who receive special education services.
- **Early Childhood Academy Training-** PEATC provides tools and information to empower Virginia students with disabilities and their families. Early Childhood Academy is a free online course that offers practical information to help set the foundation for lifelong learning to parents of young children with disabilities or developmental delays.
- **Keeping Up with My Medicaid Waiver Contacts Resource Document-** PEATC creates a new resource document to help families keep track of information relating to services and supports. It is a great place to list important contacts and update them as they change!

To access the trainings and resources, please visit:

<https://tinyurl.com/PEATCInfo>

Virginia Board for People with Disabilities

VBPD is the Developmental Disabilities Council for the Commonwealth of Virginia. VBPD works to ensure that people with developmental disabilities are fully included in all facets of community life.

VBPD, Recruitment Announcement

- **Partners in Policymaking-** Make a difference in your community by becoming a Partner in Policymaking (PIP)! The Virginia Board for People with Disabilities is now accepting applications for the 2021-2022 PIP cohort. You will participate in advocacy training and skill-building workshops. Eligible applicants are people with developmental disabilities and/or parents of young children with developmental disabilities.

To access the recruitment details, please visit:

<https://www.vaboard.org/policymaking.htm>

Cooking Autism, Inc.

Cooking Autism is a nonprofit organization that supplies life skills and cooking classes to special education classrooms throughout the Greater Fredericksburg area.

Cooking Autism Event Announcement

- **Race Towards Autism Acceptance-** Join Cooking Autism for a day of fun as they host their annual Race Towards Autism Acceptance! Cooking Autism hopes the event will help raise awareness of the autism community, and raise money for the organization. Registration fees start at \$15. A free family festival will take place afterwards.

To access the event registration, please visit:

<https://tinyurl.com/CookingAutism2021Event>

Virginia Department of Education

VDOE provides public education to Virginia students.

VDOE, December 2020 Bulletin Highlight

- **New Videos for Families of Children with Significant Cognitive Disabilities on Supporting Learning at Home-** Learn how to support your child’s learning with a series of videos created by the National Center on Educational Outcomes and the TIES Center (the national technical assistance center on inclusive practices and policies) at the University of Minnesota. Each video is centered around three questions: 1. Why is it important to focus on this with my child at home? 2. How can I do this at home? 3. What support can I ask for from my child’s school?
- **Remote Learning Guidance for Students with Complex Learning Needs-** Get direction on assisting students who have complex learning needs during remote learning. This document helps parents and teachers work together to support these students, especially during virtual learning.

To access the bulletin, please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/2af84df>

Sensory Friendly Solutions

Sensory Friendly Solutions is a consulting agency that provides sensory-friendly resources for daily life.

Sensory Friendly Solutions, December 2020 Podcast Highlight

- **Understanding My Autistic Mind: Dr. Temple Grandin-** Dr. Grandin is a trailblazer for autism awareness and an expert in animal behavior. Her life’s work has been to understand her own autistic mind and to share that knowledge with others. She appeared on the “Sensory Friendly Solutions Podcast” to give her insight and personal experiences as an adult living with autism.

To access the podcast, please visit: <https://tinyurl.com/CFIDrGrandinPodcast>

Child Mind Institute

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, December Newsletter Highlights

- **How to Help Children Calm Down-** Sometimes, meltdowns occur in children because of dysregulation. Dysregulation is the inability for the emotional and rational sides of the brain to connect. When this happens, children feel overwhelmed, which can cause them to act out. Learn how to help your child understand their emotions, so they can remain calm during times of frustration.

- **Three Common Parenting Traps-** Have you ever given in to your child when they are having a tantrum? Sometimes, we allow them to have their way because they are making a fuss, or we ignore their poor behavior because we justify it as being a phase. Find out the most common parenting traps and how to handle them!
- **Is My Child's Anger Normal?-** It is not unusual for a child to get upset or have a meltdown. If this behavior happens all the time or if your child's temper is uncontrollable, it could be a result of an underlying issue. Get examples of situations that should raise some concern.
- **How Anxiety Leads to Disruptive Behavior-** Children might act out in aggression as a result of anxiety, not opposition. Anxiety in children often goes unrecognized by parents and teachers because it is sometimes mistaken for anger issues and ADHD. Learn how to identify anxiety in children.
- **Choosing a Parent Training Program-** If you are experiencing challenges in parenting, consider a parent training program. Parent training programs teach parents how to use positive reinforcement with their children to encourage positive behaviors. Find out which one is best for your family!

To access the newsletter, please visit: <https://tinyurl.com/ChildMindDec2020>

Mental Health America

MHA is a nonprofit organization that is dedicated to addressing the needs of those living with mental illness and promoting overall mental health for everyone.

MHA, December 2020 Article Highlight

- **Combatting Sleep Difficulties for Health Care Workers-** If you or someone you know is a health care worker, find out why sleep is so important and how health care workers can enjoy proper rest. Dr. Ari Shechter, a sleep health expert and assistant professor of medical sciences at Columbia University, answers questions on this topic.

To access the article, please visit: <https://tinyurl.com/combating-sleep-difficulties>

Disability Scoop

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

Disability Scoop, December 2020 Newsletter Highlights

- **Pandemic Helpline Launches for People with IDD, Caregivers-** A 24-hour helpline is now available to the disability community! Project Connect is a new telehealth line that provides free support and guidance during the pandemic. The line was established to address increased stress and depression in individuals with disabilities and their families during COVID-19.
- **Restrictions Set to Take Effect for Service Animals on Planes-** A new federal regulation will limit the types of service animals traveling on airplanes. This decision comes as a result of the number of animals brought on planes that are not service pets and unruly animal behavior. These new restrictions might make traveling more complicated for passengers with service animals.
- **This Company Reinvented the Computer Mouse for Kids with Special Needs-** A former teacher created a fidget-inspired mouse to help those with developmental disabilities and autism spectrum disorders focus. The multi-sensory mouse, called the Hoglet, comes at a perfect time, as virtual learning continues for children due to COVID-19. According to a study from the Flushing Medical Center in New York, students who use a fidget device concentrate better and aren't as restless.
- **Group Home Provider Repeatedly Failed Residents, Investigation Finds-** The U.S. Senate investigates an Oregon company's group homes for people with intellectual and developmental disabilities after accusations of severe neglect. Despite repeated requests from the state for improvement, the company let down its residents. Some residents were left unattended for hours and others failed to receive their medications. Violations were so severe that some of the homes closed for good.

To access the newsletter, please visit:

<https://www.disabilitycoop.com/emailers/ds201204.html>

ADDitude

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

ADDitude, December 2020 Newsletter Highlights

- **Tackling Your Mission Impossible-** If completing challenging projects is overwhelming for you, help is on the way! The key is to focus on one task at a time. Learn what else you can do to check items off of your to-do list!
- **Five Pieces of ADHD Advice Every Parent Should Hear-** A certified ADHD professional, social worker, and father offers advice to parents who have children with ADHD. Setting realistic expectations and giving your child some independence will help them.
- **“Five Organizational Tools That Always Fail Me...”-** An ADDitude guest blogger with ADHD shares what helps her stay organized and what tools don’t help her. Each person with ADHD is different, and the tools that work for one person will not always work for the next person.
- **“Cleaning Up My Child’s Diet”-** A mother shares her story of switching over to an organic diet to help her son with ADHD. At first, it was a huge success but the effects didn’t continue on that initial level of intensity. She and her family continue on an organic diet because the overall results are proving to be beneficial for her son’s ADHD.
- **Six To-Dos for Older Adults-** There is a knowledge gap about the effects of ADHD on older adults. According to researchers, as a person gets older, what once worked to manage the symptoms of ADHD isn’t as effective on an older brain. Read six tips that older adults can use to help with ADHD.

To access the newsletter, please visit: <https://tinyurl.com/AdditudeDec2020>

Care Connection for Children – Roanoke

Care Connection for Children is a statewide network of regional programs that provides health care coordination, community support, and resources to children with special health care needs. The network is sponsored by the Virginia Department of Health.

Roanoke Area Care Connection Resources Announcement

- **Resource Directory-** Roanoke Area Care Connection offers a detailed directory of resources available for Virginia residents.

To access the directory, please visit: <https://tinyurl.com/CareConnectionDirectory>

COVID-19 Resources and Tools

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

Beyond My Battle: <https://www.beyondmybattle.org/emotional-etoolkit-intro>

PathPoint Remote Learning Community Channel:

<https://www.pathpoint.org/learning-center/>

Khan Academy: <https://www.khanacademy.org/>

Travel and Leisure: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Virginia Museum of Fine Arts: <https://www.vmfa.museum/learn/>

Center for Family Involvement (CFI):

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

NAMI: <https://www.nami.org/Your-Journey/Frontline-Professionals>

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>

Autism Focused Intervention Resources & Modules (AFIRM):

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

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/>
- ❖ Autism Grown Up: <https://www.facebook.com/autismgrownuptogether>
- ❖ National Autism Association: <https://www.facebook.com/NationalAutism/>
- ❖ NAMI Virginia: <https://www.facebook.com/NAMIVirginia1/>
- ❖ Association of University Centers on Disabilities (AUCD)s:
<https://www.facebook.com/AUCDnetwork/>
- ❖ 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/>
- ❖ Journey of Hope 4 Autism: <https://www.facebook.com/JourneyOfHope4Autism/>
- ❖ Massachusetts General Hospital:
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/>
- ❖ University of Delaware: <https://www.facebook.com/udelaware>

- ❖ Cover Virginia: <https://www.facebook.com/coverva/>
- ❖ Down Syndrome Association of Greater Richmond (DSAGR):
https://www.facebook.com/DSAGRichmond/?ref=br_rs
- ❖ Beyond My Battle: <https://www.facebook.com/beyondmybattle>
- ❖ Virginia Family Network: <https://www.facebook.com/VirginiaFamilyNetwork>
Care Connection for Children – Roanoke:
<https://www.facebook.com/roanokecareconnection>
- ❖ Virginia Board for People with Disabilities:
<https://www.facebook.com/VABOARD>
- ❖ Sensory Friendly Solutions: <https://www.facebook.com/sensoryfriendly>
- ❖ Cooking Autism, Inc.: <https://www.facebook.com/cookingautism.org/>



Thank you for reading the IFSP Digest!

IFSP is always looking for more newsletter recommendations! What organizations would you like to see featured? What should we subscribe to? Please send your suggestions to ifspcom@dbhds.virginia.gov.

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Be sure to like our new IFSP Community Facebook Page!
<https://www.facebook.com/virginiaprogram/>

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

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- ❖ Eastern: www.facebook.com/IFSPeasternregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
- ❖ Southwestern: www.facebook.com/southwesternifsp/
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Virginia Department of
Behavioral Health &
Developmental Services

