



IFSP Digest

February 2020

Beginning in January 2020, IFSP will provide families with a monthly news digest highlighting resources, events and trainings that may be of interest to self-advocates and families. The digest will be sent out once a month via the IFSP listserv.

As we grow and expand the types of information that we include, we invite you to share resources that you think would be of interest to others.

You can send your recommendations on newsletters to subscribe to at 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)

Health Trends Newsletter, February 2020

Featured topic: **Heart Health**

OIH distributes timely health and safety alerts with emphasis on the unique needs of people with developmental disabilities. This month's newsletter topic is Heart Health.

To access the newsletter please visit:

<https://dbhds.box.com/s/r5xgpy4c1gkcb41yxrnrf9xgppoior2a>

Moms In Motion (Moms)

Moms is a Consumer-Directed Service Facilitation provider for individuals approved for Virginia's Medicaid Waivers.

Moms Newsletter, February 2020 Highlights

- **Moms In Motion is hiring Service Facilitators** – Apply today!
- **Waivers**
- **Monthly Discussion With Your Service Facilitator**
- **Maximizing Your Benefits**
- **Advocacy**

To access the newsletter please visit: <https://momsinmotion.net/wp-content/uploads/2020/02/December-2020-Newsletter.pdf>

Camp EasterSeals UCP

Camp Easterseals UCP is an overnight camp near Roanoke, Virginia for kids and adults with disabilities and special needs. The purpose of the camp is to provide meaningful and exceptional services so that children and adults living with disabilities and mental health challenges can live, learn, work and play in their communities.

Camp EasterSeals UCP Blog, February 2020 Highlights

- **Alicia's First Solo Flight, Part One: Getting to the Airport-** Alicia builds up the courage to fly solo.

- **How to Let the Department of Transportation Know Your Thoughts: Service Animals on Planes-** The Department of Transportation (DOT) is giving the public 60 days to comment on proposed regulations.

To access the blog please visit: <https://blog.easterseals.com/>

Arc of Northern Virginia

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

The Arc of Northern Virginia's Newsletter, February 2020 Highlights

- **Wings for All Program-** The program will help to simulate the air travel experience for individuals with intellectual and developmental disabilities.
- **DMV Comes to The Arc of Northern Virginia-** Walk-ins are welcome, no appointments are needed.
- **General Assembly Carpool Trip-** Make your voice heard.

To access the newsletter please visit:

https://mailchi.mp/thearcofnova/resources_2020-02-07?e=a669c2452f

Ability Unlimited

Ability Unlimited provides Assistive Technology, Environmental Modifications and Durable Medical Equipment to people with special needs through Medicaid funding.

February 2020 Newsletter Highlights

- **February Crafts-** View 20 easy crafts for children and adults with disabilities.
- **Assistive Technology Evaluation Trials-** Learn what is needed in a written evaluation when requesting assistive technology.

To access the newsletter please visit:

<https://dbhds.box.com/s/hf4gsn51p4t5ectvefsp89t0c8eo93x5>

UnitedHealthcare Children's Foundation (UHCCF)

New Income Requirements for UHCCF Grants Announcement

Resourceful information for grants that provide support for any medical condition.

To access the grant information please visit:

<https://dbhds.box.com/s/9k9xnrsy3g913gtmyuxhnb8tyqsoqs6>

Parent Educational Advocacy Training Center (PEATC)

Event Announcement

The ABC's of Behavior workshop will focus on how behavior influences our lives.

To access the event registration please visit: <https://www.eventbrite.com/e/abcs-of-behavior-emporia-registration-92798782657>

Down Syndrome Association of Greater Richmond (DSAGR)

Event Announcement

Come out to celebrate World Down Syndrome Awareness Day at the 2nd Annual Step Up for Down Syndrome Family Fun Day in Charlottesville.

To access event details please visit:

<https://dbhds.box.com/s/0lctjot4r19axoabxo1uopdf3jfneazb>

Event Announcement

Kickin' Back for Down Syndrome Trivia Night will feature 8 rounds of trivia with cash prizes, dinner, beer, wine, games, silent and live auctions and an opportunity to support DSAGR's Programs and Services.

To access the event registration please visit:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07egv7q9hb08b682d1&oseq=&c=&ch=>

PEATC In Collaboration With The Virginia Department of Education (VDOE)

Event Announcement

2020 Family Engagement Summit, "It Takes A Village: Partnering for Student Success", will feature dynamic speakers as they provide practical research-based tools to help strengthen the cord that binds educators and parents together for the success of all children.

To access the event registration please visit:

<https://dbhds.app.box.com/file/619561872931>

Charlottesville Region Autism Action Group (CRAAG)

Event Announcement

CA's 19th Annual Conference is Virginia's first and oldest statewide conference for the latest information on autism and evidence-based interventions. The topic for 2020 is Vision for the Future and will incorporate a broader array of disabilities and mental health disorders.

To access the event registration please visit: <https://www.eventbrite.com/e/2020-conference-registration-regular-for-attendees-tickets-74334102301>

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

- ❖ Center for Family Involvement: <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/>

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 .

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

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

- ❖ Central: www.facebook.com/IFSPRegion4/
- ❖ Eastern: www.facebook.com/IFSPeasterregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
- ❖ Southwestern: www.facebook.com/southwesternifsp/
- ❖ Western: www.facebook.com/VirginiaIFSPWesternRegion/