



IFSP Digest

June 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 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)

OIH distributes health and safety alerts with emphasis on the unique needs of people with developmental disabilities.

OIH Newsletter, June 2020 Highlights

- **June is National Safety Month-** Life is unexpected and an emergency situation can arise at any time for you or your loved ones. Learn the importance of having an emergency response plan in place and get step-by-step directions on how to create a plan.

- **Dental Facts & Tips from the OIH Dental Team-** The OIH Team discusses what you need to know about a condition called xerostomia, also known as dry mouth.
- **The Wellness Corner-** During these unusual times it is easy to take care of everyone else but it is important that we take care of ourselves first.

To access the newsletter please visit:

<http://www.dbhds.virginia.gov/assets/doc/OIH/june-2020-newsletter-052008.pdf>

Virginia Department of Medical Assistance Services (DMAS)

The Department of Medical Assistance Services (DMAS) is an agency that administers Medicaid and the State Children's Health Insurance Program (CHIP) in Virginia.

DMAS, June 2020 Bulletin Highlight

- **Food Budget Tight? VirginiaNavigator Can Help-** Help is available to those unable to afford groceries right now. VirginiaNavigator, a non-profit organization, offers a list of resources for those in need.

To access the bulletin please visit:

<https://content.govdelivery.com/accounts/VADMAS/bulletins/290071b>

ADDitude

ADDitude is a resource for families and adults living with attention-deficit disorder (ADHD) and related conditions and the professionals that work with them.

ADDitude Newsletter, June 2020 Highlights

- **Focus on Their Strengths (Not Their Weaknesses)-** A school psychologist, who is also a mother, offers 5 tips for working with children that have ADHD.
- **Just You and Me-** Spending alone time with your child can help reduce behavioral issues.
- **The Best Response to Your Teen Temper Tantrums?-** Learn why using less words is helpful when dealing with an upset child. When parents talk too much, the situation can escalate.
- **Fast (Healthy) Recipes for Overwhelmed Parents-** Enjoy preparing quick, easy and healthy recipes that your children will enjoy. These recipes are ideal for parents that are on the go.
- **My Son's Messy Room Overwhelms Us Both-** Sometimes, knowing where to start can be challenging for you and your child when it comes to getting organized. Try following a few simple rules to get started.

To access the newsletter please visit: <https://us8.campaign->

archive.com/?u=05c078d02e79a07f64018da62&id=6582ad9df6&e=9d78e5edff

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, June 2020 Newsletter Highlights

- **Biden Urges Equality for People with Disabilities-** Joe Biden releases a disability plan that calls for more access to community-based services, competitive employment and greater disability representation in government.
- **TV Shows Starring Actors with Developmental Disabilities Set to Return-** TV networks ABC and Freeform are renewing shows that star actors with developmental disabilities.
- **Mom Hasn't Seen Son with Autism Since March Because of COVID-19 Lockdown-** Long-term care facilities have been some of the first places to restrict visitations since the onset of COVID-19 and the state of North Carolina has yet to release a plan for visitation to re-open. Read the story of a mother who has concerns about when she will see her son again and why she considers him being kept in the facility, unable to see his family, a violation of his rights.
- **Day Programs Wonder When They Should Reopen – and if They'll Survive-** The pandemic creates uncertainty for the future of some day programs that are geared towards assisting those with intellectual disabilities and autism.

To access the newsletter please visit:

<https://www.disabilityscoop.com/emailers/ds200602.html>

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 illness and learning disabilities.

Child Mind Institute, June 2020 Newsletter Highlights

- **Racism and Violence: How to Help Kids Handle the News-** Doctors offer their perspectives on how parents and children can have an open dialogue about racism and violence.
- **Helping Children Cope with Frightening News-** Encouraging children to express their feelings is just one way parents can help them handle unpleasant news. Multiple tips are given on how to help children deal with tragedy.
- **How to Foster Resilience in Kids-** Having a support system in place helps children

recover from difficult circumstances.

- **What to Do (and Not Do) When Children Are Anxious-** Learn 10 basic steps on how to break the cycle of anxiety in children.

To access the newsletter please visit: <https://t.e2ma.net/message/n84pdg/brnblpc>

Parent Educational Advocacy Training Center (PEATC)

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

Parent Training Announcement

- **Parent Leadership Training Opportunities, Summer 2020-** PEATC, in collaboration with the Virginia Department of Education (VDOE) is offering a series of trainings to families of students with disabilities. These trainings are a great opportunity for parents that are new to the world of special education.

To access the registration please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/2903b13>

Virginia Department of Education (VDOE)

VDOE provides public education to Virginia students.

VDOE Bulletin, June 2020 Highlights

- **Old Dominion University Department of Communication Disorders and Special Education Parent Survey-** Participation is needed from parents of children (ages 5-18) who have been diagnosed with intellectual disability for an online survey. All responses are anonymous.
- **Virginia Family Special Education Connection-** A new resource is available to families. The Virginia Family Special Education Connection provides families with information about special education services in the state of Virginia.

To access the bulletin please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/28f0674>

Massachusetts General Hospital

Massachusetts General Hospital is a teaching hospital located in Boston, Massachusetts.

Pilot Program

- **Autism & Wandering Prevention Tips-** Massachusetts General Hospital is seeking 20 teens (ages 14-17) that have a sibling with autism spectrum disorder (ASD) to participate in a study to evaluate the effectiveness of a virtual resiliency training program. This is a paid study.

To access the program please visit:

<https://dbhds.box.com/s/kyk4m5ylds9t6uundlhhokhepiblx2df>

The Arc of Central Virginia

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

Event Announcement

- **Make a Ruckus for Change-** The Arc of Central Virginia is hosting a benefit concert. It is a great opportunity to learn more about the The Arc. This is a free event.

To access the event please visit:

<https://www.facebook.com/events/366367650946693/>

National Alliance on Mental Illness (NAMI)

NAMI provides advocacy, education, support and public awareness to individuals and families affected by mental illness.

Event Announcement

- **NAMIWalks Virginia-** This year NAMI is celebrating 18 years of NAMIWalks, which is a series of mental health awareness and fundraising events. The theme for 2020 is “Mental Health for All.” There is no fee to register for this event.

To access the virtual event please visit:

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=962>

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

Virginia Department of Education:

<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-LG3NPP4hrZNZz6tyY4>

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

Cover Virginia:

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>

WHRO Education: <https://digitallearning.whro.org/>

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>

Disability Scoop: <https://www.disabilityscoop.com/emailers/ds200403.html>

ADDitude: <https://us8.campaign-archive.com/?u=05c078d02e79a07f64018da62&id=55f18087ee&e=9d78e5edff>

Be sure to like the below Facebook pages 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

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/