



IFSP Digest

March 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>.

COVID-19 Resources and Tools

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

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>

Center for Family Involvement (CFI):

<https://centerforfamilyinvolvement.vcu.edu/resources/cfi-and-related-vcu-social-media/>

Virginia Department of Education (VDOE):

<https://content.govdelivery.com/accounts/VADOE/bulletins/2848fd4>

ADDitude: <https://us8.campaign->

[archive.com/?u=05c078d02e79a07f64018da62&id=55f18087ee&e=9d78e5edff](https://us8.campaign-archive.com/?u=05c078d02e79a07f64018da62&id=55f18087ee&e=9d78e5edff)

Virginia Department of Behavioral Health and Developmental Services, Office of Integrated Health (OIH)

Health Trends Newsletter, March 2020

Featured topic: ***Epilepsy and Seizure Disorders***

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

To access the newsletter please visit:

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

Parent Educational Advocacy Training Center (PEATC)

PEATC is the parent information and training center serving families and professionals of children with disabilities in the Commonwealth of Virginia. PEATC is committed to reaching all families, schools and communities as they build positive futures for Virginia's children.

PEATC News E-Blast, March 2020 Highlights

- **2020 PEATC Training Opportunities-** Spaces are limited so be sure to register today!
- **Family Engagement Interactive Calendar-** Positive affirmations are a great way to start the day. Let's affirm our children this month. Affirming gives their abilities the power to shine.

To access the news e-blast please visit:

<http://hosted.verticalresponse.com/1431063/d1f8964bf1/570889853/a19d55e51e/>

University of Virginia Supporting Transformative Autism Research (STAR) Initiative

The University of Virginia's Supporting Transformative Autism Research (STAR) initiative focuses on research and interventions to improve the lives of people with autism.

STAR Newsletter, March 2020 Highlights

- **Screening Newborns-** Researchers at the University of Virginia are working to develop a newborn screening to detect the very earliest signs of autism.
- **Say "YES" to Research-** The STAR Initiative at UVA is looking for children with or without autism and one parent to be a part of a study that seeks to better understand how children relate to their parents during play.

To access the newsletter please visit:

<https://dbhds.box.com/s/a751ypuvyxn1zt03mgmopr0z8u0h9ig>

Arc of Northern Shenandoah Valley

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 Shenandoah Valley's Blog, March 2020 Highlight

- **The Arc, Allies, and Self-Advocates Finally 'Stop the Shock'**- The Arc celebrates victory after the FDA announces it will finally ban the use of electric shock on the residents of Judge Rotenberg Educational Center (JRC) in Canton, Massachusetts.
- **Getting Creative with Fundraising at The Arc of Iowa**- Find out what the Arc of Iowa is doing to bring their local chapters back to life.
- **Coronavirus Relief Bill: The Arc Fights for Disability Community**- Congress is recognizing the unique and vital needs that people with disabilities have when facing the COVID-19 pandemic.

To access the blog please visit: <https://thearc.org/about-us/blog/>

ADDitude

ADDitude is the trusted resource for families and adults living with ADHD and related conditions and the professionals who work with them.

March 2020 Newsletter Highlights

- **How to Explain Coronavirus to an Anxious Child**
- **What I Wish Every Parent of a Child with ADHD Knew**
- **Timely Tips for Kids**
- **Summer Camp Guidance**

To access the newsletter please visit: <https://us8.campaign-archive.com/?u=05c078d02e79a07f64018da62&id=7898f27fbc&e=9d78e5edff>

NAMI

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

March 2020 Blog Highlights

- **How Discrimination Has Affected My Life-** “These experiences caused a great deal of instability in my life, which took several years to recover from.”
- **Health Insurers Still Don’t Adequately Cover Mental Health Treatment-** Provider networks not covering mental health appropriately is a form of discrimination.
- **The Many Forms of Mental Illness Discrimination-** Learn about the main types of mental illness discrimination and ways to challenge unfair practices.
- **Why We Must Improve Police Responses to Mental Illness-** Education and awareness about police response to mental illness needs to be a priority.

To access the blog please visit: <https://www.nami.org/Blogs/NAMI-Blog/March-2020>

Association of University Centers on Disabilities (AUCD)

The AUCD is a membership organization that supports and promotes a national network of university-based interdisciplinary programs. AUCD envisions a future in which all people, including those living with developmental and other disabilities, are fully included, participating members of their communities.

March 2020 Newsletter Highlights

- **March is Developmental Disabilities Awareness Month-** Artwork, created by people with disabilities is being highlighted for Developmental Disabilities Awareness Month.
- **AUCD Celebrates the 30th Anniversary of the Americans with Disabilities Act-** This landmark civil rights legislation impacts the lives of millions of Americans with disabilities and protects against discrimination and ensures and improves access to opportunities afforded to all.
- **Moving Ahead with Promise: Lessons Learned from Six Model Demonstration Projects Through the Promoting Readiness of Minors in Supplemental Security Income Project-** The project aims to reduce long-term reliance on SSI by improving job readiness programs.

To access the newsletter please visit:

https://www.aucd.org/template/news.cfm?news_id=14597&id=17

Autism Society of North Carolina (ASNC)

The ASNC improves the lives of individuals with autism, supports their families, and educates communities.

March 2020 Blog Highlights

- **Staying Structured and Engaged in this Challenging Time-** Individuals on the autism spectrum may be feeling uneasy at this time. Consider some helpful solutions for them.
- **Use Visual Supports-** Reduce anxiety by incorporating visual supports such as a visual schedule, to-do list or change card.
- **When We Are Stuck at Home-** View a vast amount of ideas that will be helpful while you spend this time indoors.

To access the blog please visit: <https://www.autismsociety-nc.org/staying-structured-coronavirus/>

The Arc of Virginia

Resources Announcement

The Department of Behavioral Health and Services (DBHDS) and the Department of Medical Assistance Services (DMAS) are partnering with The Arc of Virginia to make sure families and individuals with developmental disabilities have access to information regarding implications of CoronaVirus. Questions can be submitted as well.

To access the resources please visit: <https://tmilling.wixsite.com/coronavirus>

Autism Focused Intervention Resources & Modules (AFIRM)

Resources Announcement

The COVID-19 Toolkit is a resource that helps to support individuals with autism through uncertain times.

To access the resources please visit: <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

National Autism Association

Resources Announcement

COVID-19 Resources for Families provides information, tools and tips regarding the Coronavirus.

To access the resources please visit: <https://nationalautismassociation.org/covid-19-resources-for-families/>

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/>
- ❖ 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:
<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/>

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/IFSPeasternregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
- ❖ Southwestern: www.facebook.com/southwesternifsp/
- ❖ Western: www.facebook.com/VirginiaIFSPWesternRegion/