



THE INDIVIDUAL AND FAMILY SUPPORT PROGRAM

IFSP Digest

March/April 2021

IFSP provides a monthly news digest to highlight resources, events, and trainings that may be of interest to people with disabilities and their families. We distribute the digest electronically via the IFSP Listserv.

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

We know that navigating the developmental disability system can be hard for families. Not sure where to start? Read our “IFSP: First Steps” guide to learn about the IFSP program at DBHDS, and other important resources, supports, and services offered in the Commonwealth of Virginia! Visit <https://tinyurl.com/IFSPFirstSteps>, or use your mobile device to scan the QR code to the right.



Looking for the most recent update on the IFSP-Funding Program? All funding updates will be sent via this email listserv and posted on the [My Life, My Community](#) website. Read the [most recent announcement](#) about IFSP-Funding.

IFSP Updates

Announcements

- **Coordinated Council Meetings:** On March 25, IFSP held our first Coordinated Council Meeting that discussed developmental disabilities, mental illness, and

crisis planning. We featured a special presentation from NAMI Virginia, and talked with regional experts to learn more about crisis supports. [Get the slides and watch our recording!](#)

- **Save the date for our next Coordinated Council Meeting on May 20 at 6:30 p.m.!** We'll be covering transition and education with DARS. [View the flyer](#) and stay tuned to our Facebook page for more details in the coming weeks!
- **IFSP Facebook:** We changed our Facebook username, and we are now [@IFSPCommunity!](#) If you already follow us on Facebook, you do not need to do anything.
- **Peer Mentoring Program:** Did you know that IFSP partners with The Arc of Virginia to provide peer mentoring services? If you are 16 or older and currently receive DD Waiver services, you are eligible to work with a peer mentor who can help you achieve your goals! Learn more at [The Arc](#), or contact Natasha Cooper at ncooper@thearcofva.org.

DBHDS Office of Integrated Health

DBHDS's Office of Integrated Health (OIH) distributes health and safety alerts that emphasize the unique needs of people with developmental disabilities.

Newsletter Highlights, [March 2021](#)

- **National Kidney Month:** Get an overview on the importance of kidney health! Learn about chronic kidney disease risk factor, its signs and symptoms, and prevention tips.
- **Dental Tips and Facts: Adaptive Toothbrushes:** People with intellectual disabilities experience more oral disease and tooth decay issues than the general population. Learn how different adaptive toothbrushes can help make brushing your teeth easier!

Newsletter Highlights, [April 2021](#)

- **National Minority Health Month:** Learn about health equity and health disparity, and why improving health equity is critical for people in minority groups.

Trainings and Education

Va-LEND (Virginia Leadership Education in Neurodevelopmental Disabilities)

- **Va-LEND Recruitment:** Va-LEND is recruiting their next cohort of trainees! LEND is a multidisciplinary training program where emerging professionals, self-advocates, and family members share ideas and learn leadership skills to support people with disabilities. Trainees participate in classes, clinical observations, policy activities, and a family mentorship experience. Get more details from the [Va-LEND interest form](#), and [apply by April 30!](#)

PEATC (Parent Educational Advocacy Training Center)

- **2021 Behavior Summit:** Do you have a question you've been wanting to ask a behavior expert? You might get a chance at PEATC's Behavior Summit, which will feature a live Q&A panel! This free, virtual event takes place on May 19 to 22. [Register now](#) to access pre-recorded sessions and attend the panel.

VCU School of Education

- **Disability Studies Certificate:** The VCU School of Education and the VCU Partnership for People with Disabilities are excited to offer a new undergraduate certificate program in Disability Studies. This certificate is the only one of its kind in Virginia! Learn more about [the curriculum and admission requirements](#), or email disabstudies@vcu.edu.

Outdoor and Recreation Activities

FACT (Families for Autistic Children in Tidewater)

- **GonnawannaWALK&TALKagin':** If you live in the Tidewater area, you can join other families in this free hiking program at different local parks! The last spring hike will be on April 28 at 4 p.m. at Northwest River Park. [Sign up](#), or contact sheri@campf4autism.com.
- **Open Sports Clinic:** FACT's new monthly program offers sports activities and games in a socially-distanced space. These three-hour activities are typically held on Saturday nights, so this is a great opportunity for parents to find time for some self-care! [Sign up](#) for the next session on May 15 at 6 to 9 p.m. The cost is \$25.

National Park Service

- **National Park Access Pass:** National Parks Week is coming to a close, but you can still enjoy the parks! Access Passes are available for U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability. These special passes are free, last a lifetime, and are available all year. [Get your pass](#) and start planning your next visit!

Topics for Families

ChildMind Institute Article

- **Screen Time During the Coronavirus Crisis:** Two spring breaks into a pandemic, many families are still spending lots of time at home. Managing your child's screen time still might be a challenge, but experts suggest [cutting yourself some slack](#) during an already stressful time.

CRAAG (Charlottesville Regional Autism Action Group)

- **April 28 Meeting Times:** For their next meeting date, CRAAG is offering two times: 10 a.m. to noon, and 6:30 to 8:30 p.m. Get the link to your meeting on their [Facebook page](#), and connect with other families in the Charlottesville area.

I'm Determined

- **Youth and Parent Summit:** This three-day virtual summit in June gets its theme from I'm Determined's [SPIN One-Pager](#) (Strengths, Preferences, Interests, and Needs). There will be sessions for youth with disabilities from the ages of 13 to 21, as well as sessions for their parents or caregivers. Registration closes on May 7, so [sign up today!](#)

COVID-19 Information and Resources

While IFSP has done our best to share information COVID-19 resources, this information is not a substitute for medical advice. Stay up to date and visit <https://www.virginia.gov/coronavirus>.

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

- SeniorNavigator: <https://seniornavigator.org/article/74200/important-covid-19-information-older-adults-caregivers-and-families>
- disAbilityNavigator: <https://disabilitynavigator.org/article/74237/covid-19-resources-people-disabilities>
- Center for Family Involvement (CFI): <https://centerforfamilyinvolvementblog.files.wordpress.com/2020/04/covid-19-information-toolkit-041020.pdf>
- Virginia Board for People with Disabilities: <https://www.vaboard.org/>
- NAMI: <http://www.nami.org/Your-Journey/Frontline-Professionals>
- Mental Health America: <https://mhanational.org/covid19/>
- Autism Focused Intervention Resources & Modules (AFIRM): <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- 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/>
- Cover Virginia: <https://coverva.org/covid19/>
- PathPoint Remote Learning Community Channel: <https://www.pathpoint.org/learning-center>
- Conscious Discipline: <https://consciousdiscipline.com/covid19/>
- Khan Academy: <https://www.khanacademy.org>
- Virginia Museum of Fine Arts: <https://www.vmfa.museum/learn/>
- Travel and Leisure: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

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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Virginia Department of
Behavioral Health &
Developmental Services

