



# IFSP Digest

November 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](mailto: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 distributes health and safety alerts that emphasize the unique needs of people with developmental disabilities.

### *OIH, November 2020 Newsletter Highlights*

- **What is Advocacy?**- Advocacy is speaking up to support another person. The main goal of an advocate is to protect a person's rights. Many types of advocacy exist. Learn what makes each type unique, and how you can support advocacy.

- **Dental Facts and Tips-** Gagging is a natural reflex that can occur during a dental visit. The gag reflex happens when an object touches the inside of your mouth. Relaxation, distraction, and desensitization are helpful if you have a hypersensitive gag reflex.
- **Wellness Corner-** Be proactive in preventing the spread of germs by learning seven tips on how to stop the spread of them.

To access the newsletter, please visit:

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

### Virginia Department of Education

VDOE provides public education to Virginia students.

*Virginia Board of Education, Recruitment Announcement*

- **Call for Applications for Early Childhood Advisory Committee (ECAC)-** If you are an educator, administrator, advocate, or community member, please consider joining ECAC! ECAC is new advisory committee to the Virginia Board of Education. The committee aims to address matters about early childhood care, education programs, systems, and regulations.

To access the application details, please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/2aa617b>

### National Alliance on Mental Illness Virginia

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

*Virtual Event Announcement*

- **Children's Challenging Behaviors-** NAMI Virginia is offering a three-day virtual workshop for parents and caregivers of children and adolescents with emotional and behavioral challenges. This event is free but requires registration.

To access the resources, please visit: <https://tinyurl.com/yxe4qqyh>

### Virginia Commonwealth University Center for Family Involvement

The CFI of Virginia Commonwealth University partners with many organizations to help families become advocates, mentors, and leaders for those with developmental issues.

### *CFI, November Highlight*

- **(Stay) Home for the Holidays-** Many people are expressing feelings of dismay at the reality of staying home again. For individuals who are high-risk or are living with a loved one who is, nothing has changed since the initial lockdown in March.

To access the blog, please visit:

<https://centerforfamilyinvolvementblog.org/2020/11/18/stay-home-for-the-holidays/>

### **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, November 2020 Newsletter Highlights*

- **What Should You Look for in a Diagnosis?-** Diagnosing an emotional or behavioral problem in a child is not an easy task. As a parent, it is crucial for you to be knowledgeable about the doctor who is diagnosing your child. You should also know if they are following best practices. Get tips on what to look for.
- **Common Misdiagnoses in Children-** Read the top misinterpreted disorders among children, and what the behaviors could symbolize.
- **Disruptive Behavior: Why It's Often Misunderstood-** A child's temper tantrum could be a result of anxiety and not defiance. Getting to the root of the behavior and understanding why it is happening is the first step in treating it. Learn more about the diagnoses that are most often linked to disruptive behavior.
- **Not All Attention Problems Are ADHD-** Young children already have short attention spans. For those that have a harder time focusing, some adults label these children as having ADHD. It is possible that the problem is not ADHD. Anxiety, obsessive-compulsive disorder, stress, and trauma are potential causes of distraction.
- **Why Autism Diagnoses Are Often Delayed-** Understand why autism is sometimes overlooked in children who receive early screenings. Experts weigh in on this topic.
- **Tips for Recognizing Learning Disorders in the Classroom-** If you are a teacher, this brief guide can help you identify if your student has a learning disorder.

To access the newsletter, please visit: <https://tinyurl.com/ChildMindNov2020>

### **Beyond My Battle**

Beyond My Battle is a nonprofit organization that provides emotional support and education to people with illnesses and disabilities. Support and education is also given to their loved ones.

#### *Beyond My Battle, Resources Announcement*

- **Virtual Support Group-** Beyond My Battle offers two guided weekly virtual support groups. The first group is for people who are managing an illness or disability. The second group is for caregivers. This support group is free to attend but requires registration.

To access the resources, please visit: <https://www.beyondmybattle.org/support-groups>

#### **University of Virginia Supporting Transformative Autism Research Initiative**

The University of Virginia's STAR initiative focuses on research and interventions to improve the lives of people with autism.

#### *STAR, November 2020 Newsletter Highlights*

- **2020 Autism Hope Summit Highlights-** The Autism Hope Summit provides individuals on the autism spectrum, their families, researchers, and service providers with a way to connect with one another and share resources. View highlights from the Autism Hope Summit, and listen to the keynote address! Recordings are now available online.
- **A Dialogue with Self-Advocates-** Self-advocates share their perspectives on using person-first or identity-first language. Their answers are as different as they are!
- **Get Connected with STAR-** STAR is seeking participants for two research opportunities. The first one is for children between the ages of 6 and 11. This study seeks to understand how parents' and children's brains work during play. The second study is for adults who are experiencing symptoms of anxiety or depression.

To access the newsletter, please visit: <https://tinyurl.com/STARNovember2020>

#### **Virginia Family Network**

VFN provides support groups, trainings, resources, and mentorship to families of children with mental health needs. A state advisory board of parents of individuals with mental health concerns lead the network.

### *VFN, Virtual Event Announcement*

- **Advanced Parent Leadership Training-** Do you have a desire to become a parent that others can turn to in the disability community? If so, you don't want to miss this exciting leadership opportunity! Gain the skills and tools necessary to become a parent leader. This event is free to attend but requires registration.

To access the event, please visit: <https://bit.ly/2JmWGiM>

### **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, November 2020 Newsletter Highlights*

- **Disability Groups Worried as Supreme Court Weighs Affordable Care Act-** As the Supreme Court hears arguments challenging the Affordable Care Act, several nationwide disability advocacy groups are continuing their fight to preserve this legislation. If the Court strikes down the Affordable Care Act, people with disabilities will lose access to healthcare coverage, mental health services, and home health services.
- **Even in Adulthood, Autism Challenges Linger for Caregivers-** Aging caregivers to children on the autism spectrum are struggling and feeling burdened when it comes to caring for their loved ones. This comes from a recent study published in the *Focus on Autism and Other Developmental Disabilities* journal. Based on the results, researchers believe there is a need for behavioral support programs for adults with autism.
- **Airline Policy Bans Some Wheelchairs from Flights-** American Airlines plans to review a recent cargo weight policy that put regional travel limitations on people who use motorized wheelchairs. Under this policy, travelers who use wheelchairs or scooters are cut off from over 100 regional destinations. In 2019, American Airlines ranked worst among 10 major carriers for damaging or losing wheelchairs and scooters.
- **Man with Down Syndrome Reaches Historic First by Completing Ironman-** A 21-year-old man succeeds in becoming the first person with Down syndrome to compete in the Ironman triathlon. Contrary to the advice of doctors and experts, he swam 4.6 miles, biked 112 miles, and ran 26.2 miles in a little over 16 hours.

To access the newsletter, please visit:

<https://www.disabilityscoop.com/emailers/ds201113.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, November 2020 Newsletter Highlights*

- **The Productive Power of Self-Awareness-** Self-awareness and self-acceptance are the keys to effective action, change, and progress. Begin the process of self-discovery with some helpful tips!
- **Seven Apps for Better Sleep-** It is not unusual for individuals with ADHD to suffer from sleep deprivation. Learn to quiet your mind by downloading some beneficial sleep apps for a good night's rest.
- **Ten Ways to Actually Beat Deadlines-** An ADDitude contributing writer with ADHD shares her struggles with time management. Get pointers on how to never miss a deadline again!
- **"I Have ADHD. Don't Feel Sorry for Me."**- Guest blogger Matt knows what it is like to embrace what is different about yourself. His diagnosis of ADHD came in the 1970s. He considers ADHD his superpower and discusses the positivity it creates in his life.
- **Feeding the Thrill-Seeking ADHD Soul-** If you are an adult with ADHD, you probably understand the need for heightened stimulation! Read a helpful guide on the do's and don'ts of maintaining your balance.

To access the bulletin, please visit: <https://tinyurl.com/AdditudeNov2020>

## Down Syndrome Association of Greater Richmond

DSAGR is a nonprofit organization that offers individual and family support, education, community awareness, and advocacy to individuals with Down syndrome and their families.

### *DSAGR, Event Announcement*

- **Illuminate Light Show-** Are you the parent of a child with Down syndrome? If so, DSAGR welcomes you to attend the annual Illuminate Light Show at the Meadow Event Park in Caroline County. There are a limited number of free tickets available that will be given on a first-come, first-served basis.

To access the event, please visit: <https://tinyurl.com/DSAGRLightshow2020>

## 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](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](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](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](https://www.facebook.com/DSAGRichmond/?ref=br_rs)
- ❖ Beyond My Battle: <https://www.facebook.com/beyondmybattle>
- ❖ Virginia Family Network: <https://www.facebook.com/VirginiaFamilyNetwork>



### 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](mailto:ifspcom@dbhds.virginia.gov).

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

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