



IFSP Digest

September 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 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.

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

JOIN THE IFSP COUNCIL!

Submit your self-nominations from Oct. 1 to Oct. 16.



Virginia Department of
Behavioral Health &
Developmental Services

My Life,
My Community

Apply today! www.surveymonkey.com/r/2021IFSPCouncil

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, September 2020 Newsletter Highlights

- **Pain Awareness Month-** September is Pain Awareness Month, making it a great time to learn the difference between chronic and acute pain. You can also determine someone's pain level by utilizing a pain assessment scale which is a helpful tool to recognize and treat pain.
- **Dental Facts and Tips-** Halitosis, or chronic bad breath, can be a sign of gum disease or a more serious medical condition. It is important to maintain routine dental examinations and preventative care. Seek medical attention if you notice anything different.
- **ABA Snippets-** Discover what behavioral health services are available through Developmental Disabilities Waivers, which are services and supports that assist children and adults with developmental disabilities.

To access the newsletter, please visit:

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

University of Delaware

The University of Delaware is a research university located in Newark, Delaware.

University of Delaware, Survey Announcement

- **Study on Racial and Age Disparities in Autism Services and Social Support-** Virginia Sticinski is a doctoral student at the University of Delaware and a graduate student-researcher with the National Leadership Consortium on Developmental Disabilities. She is also the mother of adolescent and adult children on the autism spectrum. Virginia is conducting research on racial, ethnic, and age disparities in autism service access and social support. If you are a caregiver of an adolescent or adult on the autism spectrum who has lived with you for at least the past 12 months, please consider taking the survey.

To access the survey, please visit: <https://tinyurl.com/udelSurveyForm>

The Arc of Virginia

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

The Arc, Events Announcement

- **The Arc of Virginia Calendar-** View The Arc of Virginia's calendar for a list of upcoming virtual informational opportunities for families and caregivers. Topics include housing for adults, waivers, early intervention services, and much more. Each event is free, but registration is required.

To access the virtual events, please visit: <https://www.thearcofva.org/calendar>

National Alliance on Mental Illness (NAMI) Virginia

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://tinyurl.com/NAMIWalks2020>

ADDitude

ADDitude is a resource for families and adults living with attention-deficit/hyperactivity disorder and related conditions, and the professionals who work with them.

ADDitude, September 2020 Newsletter Highlights

- **How to Make Friends: A Guide for Kids (and Their Parents)**- Point your child in the right direction when it comes to creating friendships.
- **How Can She Learn to Play...**- During this time of social distancing, many children are interacting with other children less frequently. This raises concerns with some parents about the impacts of social isolation on their children. Get tips on how you can help.
- **Social Emotional Learning During Quarantine**- Social distancing can be challenging for children with ADHD because it causes them to miss out on opportunities to practice their social skills and maintain friendships. A free webinar educates parents on how to strengthen children's social skills.
- **The ADHD-Social Maturity Gap**- ADHD is a development disorder in which brain maturation is delayed. Because of this, children with ADHD may be lagging in social maturity. There are solutions available in the classroom and at home.
- **Is Your Child Being Bullied?**- If you suspect your child is bullied, learn what you can do to protect them.
- **My Kid Is "That Kid"**- A mother tells her candid story of having a child with ADHD and how she and her child are treated differently because of it.

To access the newsletter, please visit: <https://tinyurl.com/AdditudeSept2020>

Mental Health America

MHA is a nonprofit organization that is dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of everyone.

MHA, Resources Announcement

- **Mental Health Test**- Mental health issues are on the rise due to COVID-19. A simple way to determine if you may be experiencing a mental health issue is to take an online screening. MHA offers 15 tests that can be taken for free.

To access the resources, please visit:

<https://tinyurl.com/MHA2020MentalHealthTest>

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, September 2020 Newsletter Highlights

- **2020 Autism Hope Summit-** The second annual Autism Hope Summit will take place virtually this year and is free to attend. The conference is an opportunity for individuals with autism, families, researchers, and service providers to connect with one another, share resources, and network.
- **Crowdsourcing: Working Together to Test New Autism Interventions Across the Country-** Watch a short interview with Dr. Bill Therrien, a special education professor and STAR collaborator as he discusses the latest on crowdsourcing research in autism, which is the process of gathering information from a large group of people.
- **Get Connected with STAR-** Sign up for STAR's Autism Drive to get access to resources and events around Virginia.
- **Parent Interviews-** If you are a parent of a child with autism, STAR is looking for your participation in an interview with a STAR team member. You can earn a \$50 electronic gift card.
- **Virtual Live Event Recordings Available-** A collection of the STAR virtual summer series of live events is now on the UVA Education page. The webinars focus on a variety of topics, including autism, education, and mental health.

To access the newsletter, please visit:

<https://tinyurl.com/STARSept2020Newsletter>

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 health history and learning disabilities.

Child Mind Institute, September 2020 Newsletter Highlights

- **Teaching Kids How to Deal with Conflict-** Conflict is a natural part of life and choosing not to deal with it can create issues later on. Get tips on what to do when conflict arises.
- **Tips for Parents of English Language Learners-** Support is crucial for ELL students, especially during this time of remote learning. Find out what questions parents of language learners should ask their child's school.

- **Helping Anxious Kids in Social Situations-** Having to adjust to a social situation can be intimidating for any child, especially for a highly sensitive one. Learn some simple strategies that can help children feel comfortable in social settings.
- **Social Challenges of Kids with Learning Problems-** Students with learning and attention disorders often have difficulty socializing and communicating. Learn what this can look like, and how you can help.
- **Five Reasons Students Aren't Engaging in Distance Learning-** Find out why students are struggling during remote learning and what can be done to engage them.

To access the newsletter, please visit: <https://tinyurl.com/ChildMindSept2020>

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, September 2020 Newsletter Highlights

- **Government Agency Recommends Ending Subminimum Wage-** Currently, employers are allowed to pay individuals with disabilities less than federal minimum wage. The Civil Rights Commission urges for an end to subminimum wage, as they deem it a violation to civil rights.
- **Genetic Testing Can Make Big Difference for Individuals with Autism, Study Finds-** Learn the importance of two types of genetic testing (chromosomal microarray and fragile X) and how they can help individuals with autism.
- **For Kids with Special Needs, Online Schooling Divides Haves and Have-Nots-** A California special education teacher discusses why she feels the disparities that plague education are growing wider in the age of remote learning.
- **At 39, Disability Activist Modeling in Her First Show – at New York Fashion Week-** Melissa Blake is opening doors for people with disabilities as she models at New York Fashion Week. She is considered a fashion role model.

To access the newsletter, please visit:

<https://www.disabilityscoop.com/emailers/ds200918.html>

The Arc of Northern Shenandoah Valley

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

The Arc of Northern Shenandoah Valley, September 2020 Blog Highlight

- **10 Ways a Virginia Developmental Disability Waiver Can Assist Your Loved One-** The purpose of a DD Waiver is to provide support to individuals with a developmental disability. Learn the importance and benefits of getting placed on a DD wait list and the advantages of receiving a DD Waiver.

To access the newsletter, please visit: <https://www.arcofnsv.org/post/10-ways-a-developmental-disability-waiver-can-assist-your-loved-one>

Virginia Family Network

VFN provides support groups, trainings, resources, and mentorship to families with children and youth with mental health needs. The network is led by a state advisory board of parents of individuals with mental health concerns.

VFN, Event Announcement

- **Back to School Meet-Up-** Join the VFN as they host a virtual back to school meet-up for parents in need of support as their children go back to school. Connect with other parents who are adjusting to all the changes of the new school year. This event is free.

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

Autism Grown Up

Autism Grown Up is a resource center that provides services and programming for the needs of individuals with autism as they prepare for and reach adulthood.

Autism Grown Up, Resources Announcement

- **Getting Started with the Adulthood Service System-** Eric Jorgensen, founder of Special Needs Navigator, offers advice on how to navigate the adulthood disability services system on the Autism Grown Up Podcast.

To access the resources, please visit: <https://bit.ly/33NcphP>

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 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

Scholastic: <https://www.scholastic.com/parents/school-success/home-learning-resources.html>

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 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/indeterminedvdoe/>
- ❖ Massachusetts General Hospital: 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/DSAGRRichmond/?ref=br_rs



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We are always looking for recommendations on newsletters we can subscribe to. Please send your suggestions to ifspcom@dbhds.virginia.gov .

To subscribe to our 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.

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- ❖ Eastern: www.facebook.com/IFSPeasterregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
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