



The Link

A Newsletter of the Parent Information Center of Delaware, Inc.

Helpful Hints for a Productive and Positive IEP Meeting

Have pre-IEP thoughts, a plan or even a meeting—By reviewing your child’s current IEP and progress reports that you (should) have received throughout the year, establish whether your child has achieved his IEP goals and has made measurable progress. If so, great! Then in anticipation of the meeting, take inventory of the knowledge and skills you want your child to acquire over the next twelve months. Be prepared to share your vision for your child’s future and the expectations you have for him or her. The information parents bring to the IEP team is unique and critical. Only you know your child best and can describe to the team his or her strengths, interests, learning styles and needs. Also, before the IEP meeting, list the supports you anticipate your child will need in order to be successful in school. It is important that you think about all these issues before the meeting, discuss your thoughts with your child, family members and those who are well acquainted with your child. You should make notes of your ideas because it is often difficult to remember things on-the-spot during meetings. In addition to your contribution, there are some wonderful techniques that can be used to plan for promising outcomes for students of any age, in particular during the transition years. They are MAPS or Making Action Plans (Thousand, Villa & Nevin) or PATH - Planning Alternative Tomorrows with Hope (Pearpoint, O’Brien & Forest). These processes, which are less formal than the traditional IEP meeting

include not only the IEP team but also typical peers, family, friends and neighbors as well as any one who cares about the student. If you are interested in this planning approach, mention it to your child’s teacher or special education supervisor.

If you feel your child has not progressed the way you expected him or her to, reflect upon what may have (or not) happened to prevent him or her from advancing toward meeting annual goals. Were the goals and objectives too ambitious? Was the IEP not implemented as agreed upon? Were the instructional methods appropriate to meet the child’s learning needs? Were there changes in staff or placement that could have affected your child’s ability to make reasonable progress? If you have concerns about how your child is learning, you may request evaluations from the school. If you are in disagreement with the schools evaluation findings, by law you may request an Independent Educational Evaluation (IEE) from a professional experienced in the area of suspected learning difficulty or your child’s specific disability. Parents can request that the school pay for the independent evaluation.

Hopefully in most cases parents and teachers use the information provided in the regular progress reports to monitor the students progress towards his or her annuals goals. It is important to find out if a child is not making progress or is progressing much faster than anticipated. Parents and teachers can address the

child’s needs in a timely fashion. If your child’s school has pre-IEP meetings, use that opportunity to brainstorm with other team members and get a feel for what others are saying about your child. Often these planning meetings present a good opportunity for ironing out details or tossing around new ideas.

Be prepared to negotiate, think win-win not win-lose—As you probably already have experienced,

Continued on page 3

In this Issue...

Helpful IEP Hints	1
Thinking Out LOUD	2
Family Support Initiative	3
DE Guidance Services	4
Magnets Make Toys Attractive	5
The Serious Business of Play	5
Parent Page	6
New Resources	7
Disability Related Groups	8-10
Family Support Course	10
I’m Glad I’m Me Poem	10
Legislative Updates	11
Mark Your Calendar	12
Did You Know?	14
Bulletin Board	15
PEP Sessions	16
Noah’s Ark Poem	17
PIC Page	18
PIC Membership	19
Subscription Form	

Thinking Out LOUD! LOUD! LOUD!

Ode to the Most Often Forgotten

When you think of people who care about your children, you probably think of relatives, friends and neighbors. Do you ever think of your children's teachers? Yet on the average, teachers spend six hours a day with your children, which is roughly half of a child's waking hours.

I used to think that teaching was a pretty cushy job. After all, teachers only work until three pm, they have lengthy vacations and even on bad days, they get to send kids home to their parents. Then I had children. First, a child with a severe disability, and ten years later, a bright and cheerful little girl. Through my children, I got to know teachers and began to look at them in a very different light. They were able to teach my son basic skills I thought he'd never learn, to more sophisticated vocational tasks that ultimately allowed him to graduate with a job. This was an amazing accomplishment for a young man who did not have a promising prognosis. Yes, our family and friends were, and still are, helpful and supportive, but the people who really made him into whom he is today were his teachers. Their hard work and dedication transformed my dreams for Stefan into something real and tangible. Stefan, who now is an adult, no longer has teachers in his life. Counselors and job coaches support him and continue to build on the skills and abilities teachers instilled in him ten years ago. My daughter's teachers, on the other hand, were faced with the challenge of teaching and motivating children like Megan who are always a few steps ahead of the group. They succeeded by giving her the knowledge and vision she needed to thrive.

Today, although I no longer have personal reasons to deal with teachers, my work at PIC brings me in daily contact with parents and teachers, and it saddens me to see some of the strained relationships between them. For the benefit of children, both parties must build more positive relationships. The "walk a mile in my shoes" exercise is usually a helpful start for breaking down barriers while promoting respect and understanding.

Teachers don't just teach. They are saddled with an inordinate amount of paper work, have to attend numerous meetings, have to plan and strategize, discipline and motivate, wipe tears and noses and, on occasion, still change diapers. Hardly a cushy job!

Moreover, parents must understand, that although their child is not less important, he or she is just one of many in a classroom. Just imagine having fifteen or more children like yours running around your house every day!

Parents need to think of teachers as allies and partners, not as the enemy. Why would you entrust what is most precious to you to someone you dislike and distrust?

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2002

Let's make it a year of peace, joy and friendships.

IEP Tips *(Continued from page 1)*

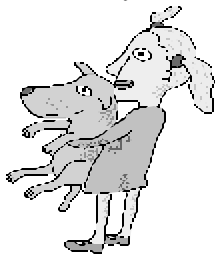
special education is a vehicle for your child to access and benefit from education. In vehicle lingo, we are talking economy car not a luxury sedan. It will get your child where he or she needs to go, but the ride won't be as smooth or luxurious. This is a very difficult concept for parents when they understandably want the very best for their children. However, there is a way to improve your mileage and even ride by using strategies that allow everyone to feel they've won. Instead of rigidly holding on to what you will or will not accept, adopt the consensus way of thinking I can or cannot live with that. Be willing to accept a solution even if it is not perfect, so long as you can live with it. Make a list of MUSTs and a list of MAYBES. At the meeting you can then graciously forgo a MAYBE in exchange for a MUST. Another tip is not to ask questions that can be answered by a yes or no. Instead, ask open-ended questions like "What would it take...." "How can we make it possible?" rather than "Can you get my child a computer?" By keeping the discussion moving, you will find out information that could be useful to you in meeting your objective.

Bring solutions not just problems. Anticipate issues and problems and be prepared with solutions. Remember if you don't, the solutions others propose might be worse than the original problem. With no solution of your own, you will be hard pressed to turn others down.

Leave skeletons in the closet. Most parents have had a range of experiences with school personnel (and vice versa), and thus have had their share of frustrations and disappointments, often feeling slighted and misunderstood. Don't bring grudges to the meeting. What happened yesterday will not affect tomorrow if you start with a clean slate and new hopes for your child today.

Offer optimism. Begin the meeting with hopes and dreams. Discuss those with your child and let your child (if possible) talk about what he or she dreams of doing with her or his life. Should your child be too young, or unable to attend the whole meeting, consider having him or her lead the beginning of the meeting to set the tone. If having your son or daughter attend the meeting is not an option, at least bring a photo of your child so that everyone is reminded that they are planning the life of a real person.

Break the tension Have the meeting on neutral territory such as a classroom, the cafeteria, the library or even your home. Sit in a circle and bring cookies or



some other treat. Who can be tense when yummy food comforts the senses? And be prepared to use unconventional tactics. Rather than using your tape recorder to tape others, use it to play soft background music and see what happens. **Never ever forget to thank people for their time and efforts!**

Last but not least, keep these two powerful thoughts in mind: ***If you can't change something, you can change how you feel about it. To affect change in others, change yourself first.***

(Written by Marie-Anne Aghazadian with excerpts from Revolutionary Common Sense Volume 1, No. 2)

Tact is the knack of making a point without making an en-

Family Support Initiative

(see p. 15 for staff position available)

The Center for Disabilities Studies at the University of Delaware has been awarded funding for a *Family Support Initiative* by the Administration on Developmental Disabilities.

The purpose of the *Family Support Initiative* is to ensure that families with members with disabilities receive services that enable them to reside at home and stay in the community regardless of a family member's age or disability.

The Goals of the Project are:

- ✧ **Voucher Pilot Program**—In conjunction with the Delaware Division of Developmental Disabilities Services (DDDS), develop a pilot program to better serve families of individuals eligible for DDDS benefits
- ✧ **Outreach**—Help and encourage Delaware families to understand, identify and find services and supports needed for family members with disabilities
- ✧ **Training**—Offer training to community and state agency staff to assist them in recognizing disabilities among families they serve and to adapt their services and supports to meet the needs of family members' disabilities
- ✧ **Family Participation**—Improve and enhance family policy in Delaware by working with interested families to make recommendations to policymakers.

For more information, please contact the Center for Disabilities Studies at (302) 831-6974.

**Delaware Guidance Services for
Children, Youth and Their Families, Inc.**
ACT NOW Crisis Intervention Program

Delaware Guidance Services exist to provide quality mental health services to children, youth and their families. They believe that all children have the right to positive mental health and should have access to quality therapeutic care, regardless of their families' ability to pay. The ACT Crisis Program is funded by the State of Delaware's Division of Child Mental Health Services.

What is ACT Now Crisis Intervention?

Crisis intervention services are telephone services and mobile outreach services which bring assistance to virtually any site in the community where the crisis is occurring. In addition, ACT Now provides short-term (72 hour) placement for crisis stabilization in a safe therapeutic environment. The primary goals of this type of care are to:

- ♥ Provide a bridge of care linking the crisis client/family and the community together to improve the quality of the client's life and maximizing the client's potential to resume community functioning.
- ♥ Provide stability to maintain the client in the community and to prevent unnecessary hospitalizations through the formulation and implementation of alternative treatment plans.

These goals are achieved through interventions that increase the client's and family's coping skills and decrease the need for higher level services, such as hospitalization. In addition to these two main goals of crisis intervention, there are three additional goals that are needed to provide adequate opportunities and services for youth with long-term mental illness:

- ♥ Stabilize clients in crisis in order to assist them to return to their pre-crisis level of functioning.
- ♥ Assist clients and members of their natural support system to resolve situations that may have precipitated or contributed to the crisis.
- ♥ Linking the clients with services and supports in the community in order to meet their ongoing community support needs.

Who benefits from Crisis Intervention?

The target population are children and adolescents under the age of eighteen and who live in Southern New Castle, Kent or Sussex Counties. Those who are experiencing a mental health crisis that puts themselves and/or others at serious risk due to behavior related to serious emotional distress or mental illness, are the identified clients.

The Delaware Guidance Services Crisis Intervention team will respond to crises needing IMMEDIATE attention including

- ♥ Threat of harm to self
- ♥ Threat of harm to others
- ♥ Out of control behavior that places child/adolescent at risk of harm to self or others
- ♥ A sudden change of behavior that includes loss of emotional control or extreme anxiety
- ♥ Substance abuse that places child/adolescent at risk

**ACT Now Crisis Intervention Program
424-HELP (4357) or 1-800-969-HELP**



Crisis response is immediate action taken to evaluate and stabilize emergency situations. The Crisis Counselor that you reach when calling the 24 hr helpline will ask you questions about the situation, and determine an appropriate course of action.

A Crisis Counselor will then come to YOU – in your home, school or wherever the situation demands.

(Information compiled by Tracy Clark)

"Snowflakes are one of nature's most fragile things, but just look at what they can do



when they stick together!"

Magnets Make Toys Attractive

Attaching magnets to the back of small toys can make them easier to use for preschoolers with fine motor needs. At an integrated preschool in Canada, staff put magnets on the back of blocks, plastic fruit, puzzles and other character pieces. They also use angled metal surfaces such as cookie tins, metal sheets and cupboards to involve children in activities where they have to put the items on and take them off, sort them, or otherwise manipulate them or simply talk about them. "Children with high or low tone may not have the precision or control to manipulate blocks or other small toy pieces," says Janice Spitz, Play and Learn Coordinator at *Bloorview MacMillan's Play and Learn*. "For example, if they're trying to build a tower with blocks, they may end up knocking a piece off as soon as they've put it on or they may not have the strength to push the pieces together." Magnetic objects get around this problem "because they tend to stay in place, so the child's grasp and release don't have to be as exact," says Heidi Schwellnus, an occupational therapist. Magnetic toys can also serve other therapeutic goals, says Schwellnus. For example, "attaching a magnet can make an item heavier, so you can work on increasing a child's strength or have the child use both hands while they pry it off." Having a child work on an angled surface promotes wrist extension and makes it easier for kids with low tone to use their hands, because their elbows better support them. Suggested activities include putting together simple magnetic puzzles, sorting magnetic fruit or animal pieces by size or color, and placing magnetic characters to help "tell a story."

Adapted from Exceptional Parent October 2001

A Parent's Toy Pick...

My First Picture Pairs—Dorling Kindersley Products
(can be purchased through Amazon.com or Barnes and Noble)

A mother of a 4 year old with Down syndrome says her speech therapist and preschool had been working (to no avail) with her son on the concept of matching. He did not respond to the commonly available matching cards with animated or black and white drawings, but he responded immediately to this card game and has advanced to playing other games like "My First Alphabet Game" in the series.

The Serious Business of Play!

Just as adults go to work, kids go to play. Play helps children learn and explore the world around them, enhancing physical, psychological and social development. For a child with disabilities, however, playtime may be squeezed out of a schedule packed with school, doctor's appointments and therapy sessions. But with some carefully chosen toys, parents can help bridge the gap for their child and let playtime fun work its magic in aiding the child's growth and development. *The following toys were given to a number of families with young children who surveyed them.* Once analyzed, survey results were compiled and toys were placed in categories with the following results. (Please note: Just because a toy appears in a particular category does not mean that it is inappropriate for a child with another disability- the toys in this survey were enjoyed by children with various disabilities.) *Adapted from Exceptional Parent October 2001*

Learning Disabilities

Mezcam Virtual Game System with Fun Fair (ages 5 years +, [Intel Play](http://www.intelplay.com), <http://www.intelplay.com>) This toy is a digital camera/software system that lets children become a part of their computer games. The camera places the child's image in the virtual game and responds to body movements so the child does not need a keyboard or mouse to play.

Lumiere Link (ages 4 years +, [Emerging Playthings](http://www.lumierelink.com), <http://www.lumierelink.com>) A sculptural building toy, Lumiere Link encourages a child to work on fine motor skills and learn colors through interactive/creative play.

Vision Disabilities

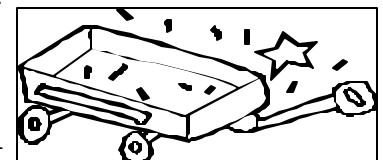
Touch and Fit Sea Creatures (ages 3 years +, [Advantage Publishers Group](http://www.advantagepublishers.com), (800) 284-3580) This series of story books incorporates various puzzle pieces that fit into the book's pages to complete the story. The pieces all have different shapes and textures and the story can also be enjoyed without the puzzle pieces.

Boy Scooter Sport Set (ages 5 years +, [Bendos](http://www.bendos.com), <http://www.bendos.com>) These bendable figures allow a child to develop complex scenarios placing a figure in different action poses. A large variety of sport sets and Bendos figures are available with bright colors and pieces are simple and realistic.

Physical Disabilities

Peek-A-Boo Plane (ages 12 months +, [Vtech](http://www.vtechinc.com), <http://www.vtechinc.com> or 800-521-2010) This airplane features buttons that can be turned, pushed or slid to activate a variety of phrases and tunes. The toy also has three pop-up characters and headlights that flash when the plane is pushed.

Shuttle School Bus With Music (ages 2 years +, [Enabling Devices](http://www.enablingdevices.com), <http://www.enablingdevices.com> or 800-832-8697) This musical school bus is an engaging toy and children can track it visually and physically as it moves across the floor.



PARENT PAGE

Did You Know They Just Took Your Baby Down To NICU? By Cathy Cowin



The heavy curtain kept the morning sunlight from the room. Yet I felt wonderful, excited and so in awe. I had given birth to my second child the night before. To have a baby girl, so plump and pink! The door to my hospital room opened quietly. I saw the light brightly on the wall, then a shadow. The doctor that had helped with the birthing stood in the entranceway. She asked, "How are you feeling?" I replied excitedly, "Wonderful!!" "Did you know they just took your baby down to the NICU?" "No!!!", I cried and in that instance, the dreams for my life, my family and my child began the difficult journey of becoming new dreams.

Every family with a child with special needs has a moment in time they will always remember. It is when they are first told that there is a problem. Sometimes it is when the child is first born, sometimes it is years later, but ultimately, the discovery that all is not well, can be devastating for a family. Strong emotions rise to the surface and each family member must adjust to the overwhelming task at hand. Support through the medical establishment and extended family and friends are important elements in helping the parents and children cope. Ten years ago in August, my journey as a parent with a special needs child began. What amazed me was how quickly my joy went to despair. The fear was overwhelming, but when I cried, listening to my daughter's pediatrician explain that she had turned dusky twelve hours after birth and had been placed in the intensive care unit to receive antibiotic therapy, the doctor became agitated and told me not to fall apart. We discovered later, that she had been infected by an insidious bacterium, Group B Strep, not the same as strep throat. We will never know for sure if that caused the subsequent communication disorder and other issues, but our journey did not end when we brought Alyssa home from the hospital a week later.

Alyssa was unable to gain weight after we brought her home and seemed exceptionally irritable. Our pediatrician, who really did worry a great deal about her, decided it was best to have a pediatric neurologist evaluate her. After an MRI of her brain indicating slow myelination of the nerves, the neurologist was quite positive we would see problems, as our daughter grew older. There was never any mention of therapy, occupational or physical. We left his office with fear in our hearts, but no plan of action, no answers, just more questions.

As Alyssa grew, we noticed she took a little bit longer to achieve the developmental steps as compared to her older brother. Eventually she reached all, but speech. We noticed she did not follow the usual speech development pattern. At 18 months, I discovered the Early Intervention Program in our school district and had her evaluated. It was with mixed feelings that we learned she qualified for help, glad she would receive help, but saddened that she required it because of a "problem". Looking back over those early years, and thinking about the Medical Home Program, I can imagine the difference it would have made. The pediatrician would have been the first to explain to me that my daughter had been taken to the NICU. He would have known how to react to my tears and realize I was not falling apart, only expressing my fear and sadness. The neurologist or the pediatrician would have referred us to early intervention almost immediately. We would not have waited a year and a half to begin receiving services. Hopefully I would also have been referred to a parent support group (like the Parent Information Center of Delaware) to help be informed of other available services.

As in the case of other families with special needs, our story still does not end here. It continues and when Alyssa was 4 years old, we moved to another state. It was through extensive phone work that I found an excellent program and other resources for Alyssa in our new state. Alyssa made steady progress (speech is still not easy for her) until May of 1997. Then to our dismay, it was discovered that Alyssa had developed Type I Insulin-dependent Diabetes. Our pediatrician at the time did not take me seriously when I told him Alyssa was urinating much more than usual. So, I took it upon myself to buy the strips and test for sugar in the urine. The pediatrician was amazed that I found out about the diabetes on my own. The trials increased as we admitted Alyssa to the hospital in the small community where we lived. Because of Alyssa's communication disorder and her difficulty to control food in her mouth, plus being very orally hypersensitive, she is extremely particular about the foods she eats. There are only a few, and the ones she chooses are not conducive to good blood sugar control. This created quite a stir among hospital staff, the dietician and the diabetes educator. They continually stared at me in disbelief as I tried to explain my daughter. Finally, I took the dietician with me to the grocery store and we bought the food Alyssa would eat.

We were not satisfied with the specialists in our community, so I searched for a pediatric endocrinologist to treat

Continued on page 13

Disability Related Groups for Support, Information & Advocacy

Adoptive Families with Information and Support (AFIS) Provides support to families during all phases of the adoption process including pre-adoptive information. Call for meeting dates/times.

Statewide—Mary Jo Wolfe (302) 239-6232 AFIS@delanet.com

Alliance for the Mentally Ill in Delaware (AMID) Offers advocacy, support and housing information for individuals with mental illness and their families. Meetings for support groups are held in all three counties. Call for meeting dates/times.

Statewide—Allan Williams, Dir. (302) 427-0787, Oya Alatur (888) 427-2643

Appoquinimink Special Education Support Group Parent mutual support group. Call for information.

New Castle County—Yvonne Coleman (302) 378-4574, yfcol@aol.com
Ellie Laws (302) 653-6375, elaws@aol.com

Arc of Delaware (Association for the Rights of Citizens with Mental Retardation in DE)

New Castle County—Self-Advocacy Group - DE People First. One meeting each month—date/time varies, please call for information. Employment, Housing, Friend-to-Friend. (302) 996-9400

Kent County—Mary Horn, Ofc. Mgr. (302) 736-6140

Sussex County—Need not be a member to receive services. Carol Reid Hall, Outreach Coordinator (302) 856-6019

Architectural Accessibility Board Reviews all construction plans and documents for state facilities, facilities that receive state funds, and state leased facilities in regard to accessibility issues.

Statewide—Dan Muterspaw (302) 739-5644

Autism Society of Delaware Support and information for parents of children with Autism/PDD. Meetings held the 2nd Tuesday of every month, 7:00 p.m. usually at Special Olympics Office (meet 4 times per year in Dover). Speakers, conference, public awareness efforts.

Statewide—Artie Kempner (302) 777-7273 delautism@aol.com

Brain Injury Association of Delaware

www.biausa.org/Delaware/bia.htm

New Castle County—Meets 3rd Thursday of the month (Jan-Nov) 7:00 p.m. at Christiana Care Health System Room 110. Margie/John Goodier (302) 378-3035, (800) 411-0505,

Kent County—Meets 2nd Tuesday of the month (Jan - Nov) 7:00 p.m. at Kent General Hospital Outpatient Therapy Facility. 560 S. Governors Ave., Dover. Rusty/Marilyn Sheridan (302) 653-9433

Sussex County—Meets the 4th Tuesday of the month (Jan-Nov) at Wesley United Methodist Church, 102 E. Laurel and Race Street, Georgetown, 7:00 p.m. Eve Tolley, Facilitator (800) 411-0505, (302) 537-5770,

CHILD, Inc. Statewide parent education, home visiting, and counseling. Promotes parental involvement in education. Specialized services for families experiencing divorce/separation or domestic violence.

Statewide—**WARMLINE (800) 874-2070**—confidential telephone support service for parents of children birth-18. Provides referrals to community services.

New Castle County—Lori Sitler, Dir. (302) 762-8989 lsitler@childinc.com

Kent County—(302) 674-8384

Sussex County—Kim Rodriguez (302) 424-0624, krodriquez@childinc.com

Children & Adults with Attention Deficit/Hyperactivity Disorders (CHADD) Greater Newark Chapter

Adult and parent Support Group meets 3rd Tuesday of the month 7:00 p.m. United Church of Christ (UCC), Main Street, Newark, DE (old police station). Meetings feature a speaker presentation and or group discussion. Presentation on ADHD to interested groups.

New Castle County—Ruth Wolfe (302) 737-5063 newarkchad@aol.com, www.chadd.org

Children & Adults with Attention Deficit/Hyperactivity Disorders (CHADD) Brandywine Valley Chapter

Meets 2nd Thursday of each month (except August & December) at DuPont Hosp. for Children, Rockland Rd., Wilmington. Newcomers at 6:45 with both the parent & adult support groups mtg. at 7:30 p.m.

New Castle County—Cindy Joye (302) 376-0900

brandyw_chadd@yahoo.com

Children & Families First Statewide private social service agency dedicated to improving the quality of individual, family, and community life through prevention, treatment, education and training services such as: Parenting Plus, Community Education, Special Needs Adoption, Parent & Child ADHD Group, Grandparenting Support Groups.

New Castle County—(302) 658-5177

Kent County—(302) 674-8384

Sussex County—(302) 856-2388

Client Assistance Program (CAP) Assists persons who are seeking or receiving rehabilitation services with questions and/or problems.

Statewide—Teresa Gallagher, Dir. (302) 698-9336, Melissa Shahan (800) 640-9336

Council for Exceptional Children (CEC), Delaware Federation

Advocacy and support to parents and professionals in the education of exceptional persons.

Statewide—Annette Maymar 302-684-8516

Delaware Assistive Technology Initiative (DATI) Statewide, information, referral, training & technical assistance, loan program. DATI fosters increased access to assistive technology devices and service for all Delawareans with disabilities. Provides information about products and services, advocates for more consumer-responsive laws and policies, and helps individuals locate sources of funding for assistive technology. DATI maintains 3 Assistive Technology Resource Centers (ARTC).

Statewide—Beth Mineo Mollica, (302) 651-6790, (302) 651-6794 TDD, (800)870-DATI, www.asel.udel.edu, dati@asel.udel.edu

Delaware Assistive Technology Resource Center Provides hands on access to the latest assistive technology and information resources.

Equipment is available for short-term loan.

New Castle County—Maureen Schweitzer (302) 328-2872, (302) 328-2905

Kent County—Hours of operation: 8:30 a.m.—4:30 p.m. Alma Cordero (302) 739-6885, (302) 739-6886 TDD

Sussex County—Hours -Monday to Friday 8:30 -4:30 Sandy Walls (302) 856-7946, (302) 856-6714 TDD, swalls@gt.esdel.org

Delaware Chapter of the American Society for Deaf Children

Affiliate of national organization. Goal is to distribute information, provide educational & emotional support.

New Castle County—Joanne Koston (302) 731-4879 Voice & TTY

Delaware Learning Resource System Educational materials for borrowing. Materials include all subjects and levels birth through adult—includes books, games, toys, videos, manipulatives, cassettes, software, etc.

New Castle County—Call for hours (302) 831-8148

Kent County—Hours Mon.-Thurs. 8:00 a.m.—7:00 p.m., Fri. 8:00 a.m.—4:00 p.m. Summer hours differ -please call first. Beverly Bresnahan (302) 672-1958, (302) 672-1959

Sussex County—Debra Lloyd (302) 855-1649, dlloyd@outland.dtcc.edu

Continued on page 9

Disabilities Law Program Provides free legal assistance to individuals with disabilities in civil areas of law.

New Castle County—Brian Hartman (302) 575-0660, (800) 292-7980

Kent County—Christopher White (302) 674-8503, (800) 464-4357

Sussex County—Patricia Shipe (302) 856-0038

Delaware Association for the Blind Provides services that improve the quality of life for individuals who are blind/visually impaired.

Statewide—(302) 655-2111

Delaware Association of Rehabilitation Facilities (DELARF)

Information and advocacy for adult service providers.

Statewide—Barbara McBride (302) 378-7460

Delaware Special Olympics Sports training for eligible participants in athletic pursuits; organized competitions.

Statewide—Ann Grunert (302) 831-4653

Delawareans with Special Needs, Medicaid Managed Care

Panel A parent run group which meets monthly to address health issues and services for our children.

Statewide—Gail Launay (302) 226-5232

Developmental Disabilities Council To assure that individuals with developmental disabilities receive services, supports, and other assistance and opportunities that promote independence, productivity and inclusion in the community. Meetings open to the public—call for times.

Statewide—Pat Maichle (302) 739-3333 TDD

Down Syndrome Association of Delaware, Inc. Support & information for families of a person with Down Syndrome. Call for information on meeting locations, dates and times.

Statewide—Marni Hansel, Outreach Director (302) 996-9400

Early Intervention Program (DMR) Offers developmental testing and care management. Is a member of the Child Development Watch Team.

Statewide—Nancy Colley, Director (302) 995-8576, ncolley@state.de.us

Easter Seal Society of Del-Mar Medical rehabilitation, independent living services, camping & recreation opportunities, vocational and educational services, other.

New Castle County—Sandra Tuttle, President (302) 324-4444

Kent County—Gary Cassidy, Director (302) 678-3353, (302) 734-2888

Sussex County—Cathy Anderson, Director (302) 856-7364

Educational Surrogate Parent Program Recruits, trains, and supports volunteers who represent children in state custody who receive special education services.

Statewide—Faith Moore (302) 577-3545, fmoore@state.de.us

Epilepsy Foundation of Delaware Educates and supports individuals with epilepsy and their families. Support groups are available. EFD increases awareness of epilepsy in the general community and facilitates prevention and management of epilepsy. Also provide educational programs for schools, workplaces and community groups to increase awareness of epilepsy.

New Castle County—Barbara Blair, RN (302) 324-4455, (800) 324-4514

Kent County—Support group meetings 2nd Monday of every month.

Donna Goldsborough, RN, MSN (302) 674-7135

dgoldsborough@kgh.bayhealth.org

Sussex County—Information and referral only Carol Hudson (302) 674-9857

Exceptional Family Member Program, Family Support Center

Assists military members who have family members requiring exceptional medical or special educational services. A mandatory enrollment/identification program for active duty personnel who have family members

with exceptional medical, psychological, developmental, or educational needs.

The program assists in assigning an active duty member to an area where his/her exceptional family member's special needs can be met. Office location Bldg. 263 Chad Street, 2nd Flr.

Statewide—Family Advocacy Office (302) 677-2711

Family Forum For families of children with developmental delays and disabilities—birth to five years.

New Castle County—(302) 577-4556

Kent & Sussex County—Sandy Ward (302) 422-1335, sward@state.de.us

Family Support Network For families of children/youth with mental/behavioral health needs. Meets monthly. picofdel@picofdel.org, www.picofdel.org

New Castle County—Vivian Nichols/PIC (302) 366-0152

Kent County—Earlene Jackson/PIC (302) 674-0184

Sussex County—Kim Beauchamp/PIC (302) 856-9880

FamQuest, Inc.—Personal development, training and coaching firm offering various programs for families and youth. Parents as Leaders (PALS) Program: Parenting program designed to assist parents in raising responsible and purposeful children. Topics include: What every child wants to know; attitude of a champion; your best discovery yet; keys to unlocking your child's potential. www.famquest.com

New Castle County—(302) 498-5191

Food Allergy Support Team of Delaware (FAST) Support group meets 1st Wednesday of each month at A. I. duPont Hospital for Children, Wilmington.

New Castle County—Katie Hamilton (302) 995-7123, Carol Youngdale (302) 235-1119

Governor's Advisory Council for Exceptional Citizens Provides advocacy for people with disabilities.

Statewide—Wendy Strauss (302) 739-4553

Governors Council on Deaf Equality Provides advocacy & information to members of the deaf community & their families.

Statewide—Kyle Hodges (302) 739-3673

Independent Resources, Inc. Resource center for individuals with disabilities and the communities in which they reside.

New Castle County—(302) 765-019, (302) 765-0194 TDD,

Lhenderson@IndependentResources.org

Kent County—(302) 735-4599

Sussex County—(888) 561-2120

Leukemia & Lymphoma Society Offers free educational materials - Leukemia, Hodgkin's Disease, Multiple Myeloma, Lymphoma. Patient Aid Financial Program.

Statewide—Sharon Schuh (302) 661-7300, (800) 220-1617, www.de.leukemia-lymphoma.org, schuh@de.leukemia-lymphoma.org

March of Dimes Birth Defects Foundation Offers programs, educational services, research, advocacy for the prevention of birth defects and the improvement of maternal and infant health.

Statewide—Cathy Kanefsky (302) 225-1020, www.modimes.org

Mental Health Association of Delaware Offers support, advocacy, and information.

Statewide—Diane Treacy (302) 765-9740, (800) 287-6423

National Multiple Sclerosis Society Offers information and lending library, assists in service referrals. Statewide organization, call main office for details.

Statewide—Sharon Saunders (302) 655-5610,

sharon.saunders@nmss.ded.org, www.skycon.com/mssdel

Nurses 'N' Kids at Home Provides "Prescribed Pediatric Extended Care" to medically/technologically dependent children; prescription from primary physi-

Continued on page 10

cian required. Statewide services available.
New Castle County—(302) 323-1436
Kent & Sussex County—(302) 424-4467

Parent Advisory Council For families of children/youth with mental/behavioral health needs. Meets at PIC office 3rd Tuesday of each month.
Sussex County—Kim Beauchamp (302) 856-9880. picofdel@picofdel.org, www.picofdel.org

Prader-Willi Syndrome Delaware Association Provides information and support to families, teachers, caregivers, and physicians. Meetings held monthly at varied locations and times. Call for details.
Statewide—Karen Swanson, RNC (302) 378-7385

Reading Assist Institute Support for parents of children with reading difficulties; lending library -Suite 910 in Community Services Building. Volunteer tutoring teams in local schools. Limited referrals for private tutoring. Teacher training center for research-based multi-sensory structured language instruction.
Statewide—Lisa Simon (302) 425-4080 Ruth Baxter, readinfo@projectassist.org

Spina Bifida Association of Delaware To promote the prevention of SB and to enhance the lives of all affected. Provides seasonal newsletter and social activities. Call for support group meeting dates/times.
Statewide—Karen Basara, www.angelfire.com/de/sbaofde, sbaofde@juno.com

State Council for Persons with Disabilities Provides advocacy for and reviews issues related to disability.
Statewide—Bob Osgood, Chairman (302) 739-3613, Kyle Hodges, Staff

Supported Employment Program, Division of Vocational Rehabilitation Provides services related to supported employment such as job coaching, training and follow-up services.
Statewide—Mike McGarrity (302) 761-8275

Tourette Syndrome Support Group Meetings held 3rd Wednesday monthly, 7:00 p.m., Aldersgate United Methodist Church, 2313 Concord Pk., (Rt. 202) Room 132, Wilmington.
New Castle County—Jean Deerlove (610) 274-2321, Joy D'Avanzo (302) 999-1916

United Cerebral Palsy of DE Offers support, advocacy, and referrals for children with Cerebral Palsy and other disabilities; operates a summer camp and client assistance program.
New Castle County—Marge Turner (302) 764-2400, Bill McCool
Kent & Sussex Counties—Carma Carpenter (302) 335-5626

University of DE Center for Disabilities Studies University affiliated whose mission is to enable people with disabilities to achieve their personal goals.
Statewide—Theda Ellis (302) 831-6974



Telling it like it is...Family Support Course

Family members of children with disabilities will teach a Center for Disabilities Studies (CDS) course on Family Support in the Spring of 2002.

Taught by *Dr. Phyllis Guinevan and Dr. Gary Mears*, course IFST Section 011 "Family Support, Self-Determination and Disabilities" provides a review of research and practices related to family support and disabilities.

Upon completion of this course, participants should be able to answer a set of critical questions about the following topics:

Philosophy of Family Support; Cultural Competence; Assessing Needs and Determining Supports; Identifying and Coordinating Resources; Skills for Working Together with Families; and Evaluating Family Support.

Family members who are interested in this course, but feel they need financial assistance, may contact Theda Ellis, Associate Director, CDS at the University of Delaware at (302) 831-4450.

I'm Glad I'm Me

By Phil Bolsta

I don't understand why
everyone stares

When I take off my clothes and dance down the stairs.

Or when I stick carrots in both of my ears,

Then dye my hair green and go shopping at Sears.

I just love to dress up and do
goofy things.

If I were an angel, I'd tie-dye
my wings!

Why can't folks accept me the
way that I am?

So what if I'm different and
don't act like them?

I'm not going to change and be someone I'm not.
I like who I am, and I'm all that I've got!



(Our thanks to Brittney Conley, age 8,
for submitting this poem.)

LEGISLATIVE UPDATES



The following information was compiled and edited by Marie-Anne Aghazadian. Please contact her at PIC should you have questions.

IDEA Reauthorization

The IDEA is up for reauthorization again in 2002. Although the IDEA is a federal law, it still has to be reauthorized by Congress every five years. In anticipation of the upcoming reauthorization, several actions have already been taken by both the President who formed a Special Education White House Commission, and the U.S. Department of Education Office of Special Education (OSEP) who set up public forums in a number of cities across the country from October through December.

The purpose of the White House Commission is to “collect information and study issues related to federal, state and local special education programs with the goal of recommending policies for improving the educational performance of students with disabilities”. The IDEA requires accountability and high expectations for students with disabilities. The Commission will have to grapple with the President’s education agenda that assures that No Child Be Left Behind, along with the pressures from states and local systems that the federal government contribute at least 40% of the cost of special education in the U.S. versus the 15% Congress is currently funding. The Commission is comprised of a group of individuals including educators and a parent representative, Cherie Takemoto, who is the Director of the Parent Educational Advocacy Center in Springfield, Virginia.

IDEA Forum

This past December 6, a team of educators and advocates from Delaware attended the public forum on IDEA held in Washington DC. It was a very interesting and enlightening experience for all of us. The core issues that parents, advocacy organizations and educators brought to the attention of the Office of Special Education Programs staff, including Robert Pasternak, USDE Assistant Director, were:

*Most everyone agreed that IDEA is a good law if implemented correctly and judiciously. *The overwhelming majority of people present also felt that the IDEA should be funded to it’s fullest, which is still only 40% of the overall cost of educating disabled children. *The growing shortage of Special Ed personnel was attributed in great part to the massive amount of paperwork, too many meetings and the litigious atmosphere in special education. *Parents stated they felt that they couldn’t trust the schools to follow through on their promises, which in turn creates a litigious atmosphere and more paperwork. *Several people expressed worries that decisions are often made based on fear, and that conflict resolution as the law intended, is broken and is being replaced by a siege mentality. *Other concerns revealed that laden IEP’s don’t necessarily mean progress, and that people are more concerned with procedures and legalities rather than with student progress.

If you have concerns about the implementation of IDEA, you can email Robert Pasternak at: robertpasternak@ed.gov

IDEA full funding fails in Conference

The amendment to the Elementary and Secondary Education Act (ESEA) that would provide mandatory full funding for IDEA has failed to pass in conference despite strong support for it in both the Senate and among disability and education groups such as the Council for Exceptional Children. It is anticipated that the issue of full IDEA funding will be brought to the fore front again during the reauthorization of IDEA.

Discipline amendments a “No Go” in ESEA

Both the Norwood and Sessions discipline amendments were rejected by the conferees. The Sessions (R-Alabama) amendment would have allowed school authorities to cease educational services or segregate

Continued on page 17

Mark Your CALENDAR For These Events

For weekly updates, please visit our website at www.picofdel.org

Delaware Events

1/08/2002 Tressler Adoption Services, 5143A W. Woodmill Drive, Suite 24, Woodmill Corp. Center, Wilmington **Love and Logic Parenting Classes** Series of classes on Tuesday evenings through February. Melissa Braune 302-995-2294

1/15/2002 Newark Chapter CHADD, 300 E. Main Street, Newark **Finding a Career That's Right For You**, Alfonso Mercatante, M.Ed. 302-737-5063

3/5/2002 Postlewhait Middle School, Dover **Delaware Alternative Portfolio Parent Information Night** 302-831-4690 www.dapaonline.org

3/7/2002 Wesley College, Dover **Delaware Federation Council For Exceptional Children Annual Convention "Building Delaware's Tomorrow Together"** Over 30 workshops to cover such topics as: early childhood, IDEA regulations, meeting state standards, and much more. 302-672-1963

3/12/2002 DelTech Stanton Campus **Delaware Alternative Portfolio Parent Information Night** 302-831-4690 www.dapaonline.org

3/19-5/14/2002 Dover State Fire School, Dover **Certificate Program for Vocational Support Professionals – Supported Employment Training** Series of six one-day sessions focusing on supported employment. Mark Bernstein 302-831-3458 mjberns@udel.edu

3/26/2002 Howard T. Ennis School, Georgetown **Delaware Alternative Portfolio Parent Information Night** 302-831-4690 www.dapaonline.org

4/24-25/2002 DTCC Stanton Campus **DE Partners in Justice I: A Conference to Increase Awareness of Victimization of Persons with Disabilities**

ties Co sponsored by DE DDC and ARC/DE Call 1-800-870-3284 or 302-651-6796 for more information

Elsewhere around the Country

1/9/2002 Ramada Inn, Philadelphia International Airport **PECS - The Picture Exchange Communication System Follow Up Training Workshop** 302-368-2515, 888-PECS INC, www.pecs.com

1/16-1/19/2002 Radisson Hotel Orlando, FL **ATIA 2002 Conference - Showcasing Excellence in Assistive Technology** 877-OUR-ATIA, www.ATIA.org

01/17-19/2002 Denver, Colorado **2002 Conference on School Reform and Inclusive Education** Outstanding speakers will present at this very informative conference on inclusive education. "There are schools...and then there are schools." 800-284-0251, <http://www.peakparent.org>

4/3-06/2002 New York Hilton Hotel and Towers, Sheraton New York Hotel and Towers, New York City **2002 International CEC Convention** Mark Chamberlain 302-739-4667, www.cec.sped.org

4/5/2002 Philadelphia Marriott, Philadelphia, PA **"In the Spirit of Sharing: Making the Connections"** 717-540-4722, www.parenttoparent.org

4/9-12/2002 Auckland New Zealand **World Forum on Early Care and**

Education 800-221-2864, www.ChildCareExchange.org

4/6/2002 Annapolis, MD (Broadneck High School) **Creating Social Understanding and Friendships** geared toward parents, families and educators of persons with Aspergers and high functioning Autism, www.theharbourschool.org

4/22-25/2002 Chicago area **9th Biennial National Conference - Family Support – THE TIME HAS COME!** 312-338-0900, www.familysupportamerica.org

4/29/2002 Crowne Plaza Manhattan Hotel, New York, NY **YAI International Conference on Developmental and Learning Disabilities** 212-273-6193, www.yai.org

7/10-14/2002 Marriott Wardman Park Hotel, Washington, DC **Training Institutes 2002 - Developing Local Systems of Care for Children & Adolescents with Emotional Disturbances and Their Families: Family Involvement and Cultural Competence** 202-687-5000, institutes2002@mindspring.com

PEP up your next parent meeting, teacher in-service or staff training with informative and interactive *PEP* sessions...
Parents and Professionals as Education Partners presented by PIC.
See page 16!



Parent Story *Cont. from page 6*

Alyssa's diabetes. We found him, he himself has diabetes and as a father, has a child with Down's Syndrome. The only thing, he was 2 1/2 hours away. However, because he employed the basic elements of a medical home, he was very supportive whenever we needed him, through the phone or the computer. The local pediatrician (we were on our third one) had possibilities of providing good care, however, his staff did not understand the significance of a child having diabetes. They would not prioritize Alyssa and so several times, she had to suffer through the emergency room when the doctor would have been willing to immediately admit her.

School staff also had to be trained by me on the needs of Alyssa. Most of the staff was willing to learn about the diabetes, although one speech therapist felt I was being over protective. The list goes on, of incidences that I know many families have had to endure. I believe I can handle my daughter's medical and educational issues, but it has always been the attitudes of others, especially professionals who are suppose to understand and support us, that I have had the most problems with. I have noticed that I have not been respected as a knowledgeable parent. Many times it has been assumed that I am the cause of my child's issues, especially behavioral. There are numerous times I have not been listened to and it has put Alyssa in danger.

Now, however, since moving to Delaware, I realize that what I had been searching for all those years was a Medical Home. Before coming to this state, I once again did intensive research. I specifically asked referrals to pediatricians who have a practice, which includes children with special needs. We

may not have a 'formal' Medical Home, but through the efforts of Dr. Patricia Scott, our pediatrician in Wilmington, I now know what I should have had ten years ago. Dr. Scott calls to discuss with me anything that is happening with Alyssa. We are now on a new adventure, trying to figure why out Alyssa is having seizures. Dr. Scott called me and explained in easy terms what I should discuss with the neurologist. Last year when I asked Dr. Scott about the school systems in the area, she spoke with her colleagues and gave me information to help me make an informed decision. From the first time I spoke with her, I felt that she respected my knowledge about Alyssa and truly listened to me. She takes the time to read lab reports and is actually involved in helping to find the best resources for my child. What she has done for me, as a parent, is to lessen my burden just a bit. She has taken some of the fear away because I know that I can get appropriate medical care at all hours of the day and that I WILL be listened to. When I discussed the Medical Home concept with Dr. Scott, she hesitated for a moment, because, as she told me, she and her partner, Dr. Matthew Gotthold "believe that this is what all pediatricians should be doing." And she's right, but sometimes because of the uniqueness of our children, it can be very difficult for many people, whether in the medical field or other to understand what is happening to our children. What I have found, is when someone doesn't understand and doesn't want to, it is easiest for them to blame the parents. However, I have seen in my own life that through persistent education, attitudes can change for the better. I believe that is what the American Academy of Pediatrics and other involved agencies are trying to do.

They are providing the education to teach about our families and to create through that knowledge an attitude of cooperation that extends throughout all of the principles involved with special needs families. As I have seen in the school setting, how successful my daughter is when all parties work together to focus on her needs, so shall we see it with the involvement of the medical component. I sincerely applaud those who have the vision to make a Medical Home setting a reality to all families like my own.

*“There is only
one pretty child
and
every mother
has her.”*

(Taken from a candy wrapper!)

DID YOU KNOW....?

❄️ **America's Telability Media** 2001-2002 edition includes more than 1,500 mass media resources that serve people with disabilities. The 390-page book is based on an annual nationwide survey which collects data on the growth and development of telability media and offers the only national view of America's newest field of journalism. America's Telability Media is available in print or on disk for \$40.00. Contact Telability Media, P.O. Box 1488, Columbia, MO 65205-1488. The directory is also available free of charge to anyone on the internet at www.freedomforum.org

❄️ The National Center on Education, Disability, and Juvenile Justice is offering **EDJJ Notes**, a free bi-monthly on-line newsletter. EDJJ Notes features critical information related to educating youth with disabilities in juvenile corrections. The newsletter is designed for educators, administrators, juvenile justice professionals, policymakers and parents. You can subscribe to the newsletter on the EDJJ web site at www.edjj.org

❄️ Ableware offers **Handwriting Exercises to Music** which is a fun, stress free method of acquainting children with the basics of printing and cursive writing and improving handwriting. Upbeat music helps children to develop a comfortable rhythm. Four levels allow you to match the program to your child's ability. A kit containing a lesson book and an audio cassette of musical selections costs \$19.95. Contact Ableware at (973) 628-7600 or visit their web site at www.maddak.com

❄️ ASL Access (<http://www.aslaccess.org>) is a non-profit organization that places **American Sign Language video collections** in libraries. The collection contains more than 200 videos including ASL lessons, translations of classic literature, children's stories, original ASL poetry, drama, humor, biographies, history, and videos on health and parenting. To learn more about ASL Access and the video collection, visit their web site or

call (703) 799-8777 voice or (703) 799-4896 tty.

❄️ The National Center on Physical Activity and Disability (NCPAD) is offering through its web site (<http://www.ncpad.org>) guidelines to consider before starting any kind of **exercise program, fact sheets on many popular activities, games, recreational pursuits and sports** that have been adapted to allow people with disabilities to participate as fully as they desire. The web site also offers research data, monthly features, its current newsletter and resource directories. You can also call (800) 900-8086 for more information.

❄️ Activities for **helping children learn while at home, tips for planning ahead for college, and steps toward becoming more involved in neighborhood schools** are among a number of resources parents and caregivers can access through the Information Resource Center (IRC) at the U.S. Department of Education. A central entry point into the Department, the IRC links families, schools and communities to information on student learning and provides updates on Department programs, funding opportunities, teleconferences and other events. The IRC is staffed with specialists with expertise in various fields of education that can provide assistance or contacts. The IRC is available Monday through Friday from 9:00 am to 5:00 pm (EST) by calling 1-800-USA-LEARN or you can be reached at www.ed.gov/offices/OIIA/IRC

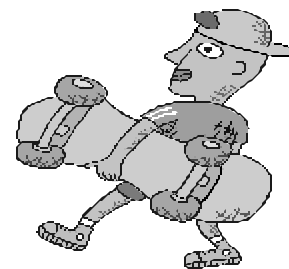
❄️ The **WatchMinder** is an assistive device that helps people with attention deficit disorders, learning disorders and chronic diseases such as diabetes and hypertension. This watch can be programmed as a medication reminder or to alert a person to change an activity. The watch has 16 daily alarms and has been useful for developing independent living skills and helping individuals self monitor. Call 800-961-0023 or visit adhelper@watchminder.com for more information.

❄️ **DE Prescription Assistance** is a state subsidized program available to Delawareans who need financial assistance to purchase costly medications. This program is funded with monies put aside from the tobacco settlement fund. For additional information, please call 1-800-996-9969, ext. 17.

❄️ **Deaf-Blind Perspectives** is a free publication and is published 3 times a year. This publication is an excellent resource for parents and professionals. Articles range from classroom settings to home and community settings. Submissions are from a variety of sources around the world. Contact: Deaf-Blind Perspectives, Teaching Research Division, 345 N. Monmouth Avenue, Monmouth, OR 97361 or (503) 838-8885 voice or (503) 838-8821 TTY.

❄️ Kids are creating the **biggest online collection of pictures and words celebrating tolerance and justice**. Children can submit drawings or an essay answering the question: "What kind of world do you want this to be? What does 'One World' mean to you?" Add to the mural today by visiting the web-site www.tolerance.com

❄️ 1-866-DE-MENTOR is a **free service for Delaware's mentoring programs** that are seeking new volunteers, and for prospective mentors wishing to learn more about mentoring and opportunities available. Delaware's mentoring programs already reach out to more than 7,000 children, but at least 10,000 more children could benefit from a one-on-one adult relationship with a caring mentor. Delaware will join the rest of the nation to support National Mentoring Month in January 2002.



BULLETIN BOARD

*Family Support Services Specialist
PIC Georgetown Office, Sussex County
year round 20/hour/week position*

PIC is a partner in the implementation of the Family Support Initiative and we are looking for an individual to provide outreach into the Hispanic community, families and organizations. This position requires the ability to speak Spanish. The ideal candidate must be familiar with local service and education systems. Strong preference will be given to a qualified candidate who also is the parent of a child with a disability. Please contact Marie-Anne Aghazadian for more information.

Delaware Alternative Portfolio Assessment (DAPA) Parent Information Nights

Does your child participate in the *Delaware Alternative Portfolio Assessment*? Would you like to learn more about it? You won't want to miss this opportunity to find out the answers to your questions!

Kent County – March 5, 2002
Postlethwait Middle School
New Castle County – March 12, 2002
DelTech, Stanton Campus
Sussex County – March 26, 2002
Howard T. Ennis School
Contact Janine Weber at 831-1052 for more information or view the DAPA website at dapaonline.org.

Save this date for the Annual PIC Family Conference

*April 23, 2002
Wild Quail Golf & Country Club,
Wyoming, Delaware (near Dover)*

Topics will include:

*Practical approaches for raising
responsible kids for families, school
and childcare professionals*

Putting children in charge of their behavior— discipline that builds self-discipline

Teaching social skills to children

*Family support...what does it really
mean for families?*

“Grand Time Off Saturdays”

Could you use a break?
Beginning Saturday, November 10, 2001
9:00 am—3:00 pm

Free Respite Child Care is available at
First Step Children's Center
Hanover Presbyterian Church
1801 Jefferson Street, Wilmington

You must be 60 years or older and caring full time for a child aged birth to twelve to participate in this once a month “Grand Time Off”

For more information or to register,
contact Linda Cox (658-5177)

PEP Sessions

PARENTS AND PROFESSIONALS AS EDUCATION PARTNERS

Please **register** by calling the Parent Information Center of Delaware at (302) 366-0152 in New Castle County, (302) 674-0184 in Kent County, (302) 856-9880 in Sussex, Toll-free for families (888) 547-4412.
Parent Information Center of Delaware, Inc. is federally funded—all PIC activities are open to the public.

Day/Date	Time	Topic	Location
Tuesday	7:00 p.m.	What is Special Education? Just the Facts! —Basic questions	Hodgson Vo-Tech
Tuesday 1/8/02	6:00 p.m.	Stress Management Raising children with special needs is never easy, learn some stress management skills that will help you and	PIC/DE Office 1046 S. DuPont Highway, Dover
Wednesday	4:00 p.m.	Bullying: What Can I Do To Prevent This? —Learn what your	Conrad Middle School
Tuesday	7:00 p.m.	Who is Parent Information Center of Delaware? —Learn about	Thomas Edison Charter School
Thursday	7:30 p.m.	Bullying: What Can I Do To Prevent This? —Learn what your	Highlands Elementary School
Monday 1/21/02	7:00 p.m.	Pharmacology, Understanding your children's medications and Living with Bipolar Disorder Learn valuable information relating to medications and hear an inspiring presentation about bipolar disorder-	Bear Public Library 101 Governor's Place, Bear
Monday 1/28/02	6:00 p.m.	School Discipline —Find out answers to questions you have about school disciplinary action, police involvement and more. Hosted by	Metropolitan Wilm. Urban League 100 W. 10th Street, Suite 710,
Friday	TBA	Who is Parent Information Center of Delaware? —Learn about	DE Division of Libraries
Tuesday	7:00 p.m.	Who is Parent Information Center of Delaware? —Learn about	Keene Elementary School
Tuesday	7:00 p.m.	Conflict Resolution —Explore a number of avenues for resolving	Claymont Elementary School
Wednesday 2/13/02	6:00 p.m.	Accountability and the Delaware State Testing Program —How will the DSTP affect my child? What is the Delaware Alternative	Conrad Middle School 201 Jackson Avenue, Wilmington
Monday 2/18/02	7:00 p.m.	Family Support Network —Become empowered by joining a support network of parents whose children have special education and men-	TBA
Thursday	9:00 a.m.	IDEA Essentials Find out basic facts about the IDEA, special	Delaware Youth and Family Center
Friday 2/22/02	1:00 p.m.	Section 504—What Is It, How Does It Apply to My Child? —Learn about the Rehabilitation Act of 1973 and support for	SOAR 405 Foulk Road, Wilmington
Thursday	9:00 a.m.	IDEA Essentials Find out basic facts about the IDEA, special	Child Development Watch
Monday	7:00 p.m.	Conflict Resolution —Explore a number of avenues for resolving	Lord Baltimore Elementary School
Tuesday	7:00 p.m.	Effective Communication for Better Advocacy —Learn effective	Claymont Elementary School
Monday 3/18/02	7:00 p.m.	Understanding the Medicaid Process Find answers to important questions about Medicaid services for your child. Hosted by the	To Be Announced New Castle County
Friday 3/22/02	1:00 p.m.	Behavior, Support Plans and the IEP —Learn how behaviors can be addressed in your child's IEP, what is positive behavior support, and	SOAR 405 Foulk Road, Wilmington

Legislative News (continued from page 11)

students for violations of the school code of conduct. The House Bill contained the Norwood (R-Georgia) amendment that allows for the cessation of educational services if a student with a disability violates the school code regarding use and possession of a weapon, illegal drugs or commits "aggravated assault and battery", which states could define. The many advocates who urged Congress to oppose the discipline amendments are in great part responsible for tabling two bills that could have had devastating effects on students with disabilities.

(Source: Alliance for Parent Centers Oct 2001 Newslines)

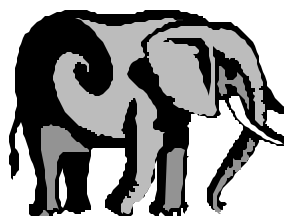
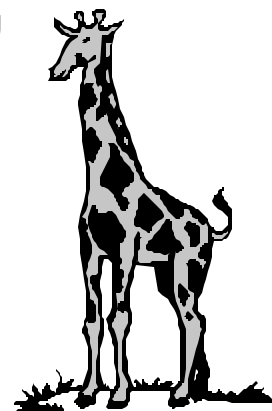
On a local note, did you know that Governor Minner has asked that departments cut their administrative costs by 2%? In addition to this cut in funds, departments will not receive any funding for new services. This could have a marked effect on new school constructions, new teaching positions and services for children and adults within the DDDS (Division of Developmental Disabilities Services-previously DMR). If your child is a potential client of the DDDS and is graduating this coming June, you should contact your DDDS representative and find out what (if any services) will be available for your child.

Remember...

If you have concerns about the implementation of IDEA, you can email Robert Pasternak, Asst. Director, OSEP
U.S. Dept. of Education
robertpasternak@ed.gov

Noah's Ark

1. Don't miss the boat.
2. Don't forget we're all in the same boat
3. Plan ahead - it wasn't raining when Noah built the ark.
4. Stay fit - when you are 600 years old someone might ask you to do something really big.
5. Don't listen to critics; just get on with what has to be done.
6. For safety's sake, travel in pairs.
7. Two heads are better than one.
8. Build your future on high ground.
9. Speed isn't always an advantage, after all the snails were on the same ark with the cheetahs.
10. When you are stressed, float awhile.
11. Remember amateurs built the ark, the Titanic was built by professionals.
12. Remember that the woodpeckers in the inside are a larger threat than the storm outside.
13. Remember, after the storm there's a rainbow waiting.



-- Anonymous

Look what's coming in 2002!

Numerous educational and fun activities are being planned by PIC for the New Year!
Check out p. 15 for an announcement about our conference in April.
See p. 16 for information about our "standing room only" PEP sessions.
And stay current with all PIC activities by visiting our new and user friendly website
www.picofdel.org

PIC PAGE - All about Delaware's Parent Training and Information Center

PIC welcomes Tracy Clark as Coordinator for the Sussex County Interagency Collaboration Team (ICT) This is a unique position for the Parent Information Center of Delaware. The Sussex county ICT is comprised of individuals representing school districts and human service agencies. The ICT meets monthly to review students who have been brought before the team and refer them for appropriate service options. The Sussex County ICT approached PIC to hire a full time administrative position for this group. Tracy's role in this position is to Chair the meetings, assist in providing service coordination for the children who are presented, and gather statistics on the cases presented. Tracy has worked in the child mental health field for over five years. She has been married for six years to David and they have a son, David, Jr., who is the wonderful age of three, and two black Labradors, Maggie and Mandy. Tracy comes to PIC with the personal experience of parenting a preemie. David was born at 28 weeks gestation weighting a mere 2 lbs. 9 oz. Despite a bleak outlook when first born, and with the help of various therapies, David is now doing great! He loves his preschool teachers and is singing his ABC's. Tracy is very excited about her new position and eager to help other parents who have children with special needs.

Best wishes to Ruth Anne Benson, our Support and Information Specialist, who left her position with PIC to be more available to her family. We hope that she will have less stress in her life, while callers will undoubtedly miss her gentle telephone manner.

Check us out! **Our website www.picofdel.org** has been revamped and has several new features that will help you access information faster and easier. Our lending library can now be searched by topic, title, etc. The same applies to the events section. Also, a number of pictures show you our staff and what the children we work so hard for, look like. So, log on and let us know what you think and how we can make a good thing even better!

PIC announces two new publications, the **FACT quarterly newsletter** and "**Just the FACTS**" monthly bulletin. Both publications provide the reader with valuable information about best practices when serving children with serious emotional disturbances in a community based and community driven system of care, as well as valuable and timely updates about the FACT (Families And Communities Together) Project. For more information, or to receive these publications, contact Vivian Nichols, FACT Parent Partner at PIC, Newark office.

PIC Board of Directors News...This past September, the PIC Board of Directors elected *Verna Hensley* as their new president. Verna has been a member of the PIC Board for two years and has given much of her time and talent to the organization's governing body. Verna, who was on staff with former Senator Bill Roth, is currently enjoying being an at home mom with her two children, Julia and Ryan.

Many heartfelt thanks go to *Stephen Spence, Esq.*, outgoing president, for his many years of expert legal advice.

The following officers and directors continue to make up the balance of the PIC Board membership: *Kevin Chong, Penny Deiner, Joe Farrell, Joan French, Joanne Koston, Pat Moeller, Martha Brooks* (ex officio) and *Mary Thomas* (our newest member).

We are always looking for capable and dedicated people to join the Board!

JOIN Parent Information Center of Delaware TODAY!

MEMBERSHIP FORM

Your membership with the Parent Information Center of Delaware shows that you believe our unique services are needed, are of quality, and truly benefit families of children with disabilities and professionals throughout Delaware.

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