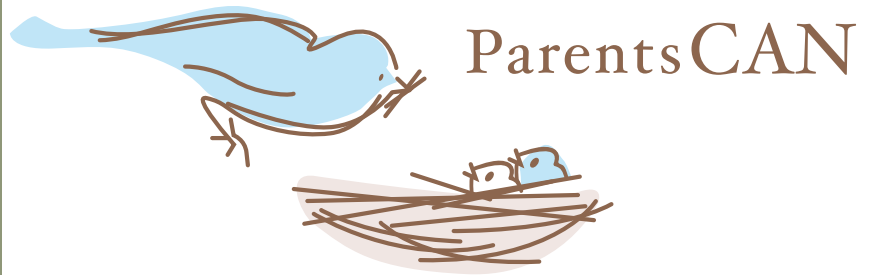


# ParentsCAN Advocate

January ~ June  
2017



Volume 12, Issue 1

## ParentsCAN New Services for Youth!

For the past 11 years, ParentsCAN has been helping parents and caregivers build their advocacy skills to become effective advocates for their child with special needs. We have provided parents with information about their rights and responsibilities, given families strategies to practice assertive communication, built parent/professional partnerships, given families tools to help them organize information, and opportunities to take on leadership roles in our community. These are all skills needed to help parents become successful advocates.

Our focus has been on helping parents be their child's best advocate. However, we realize that children grow up and regardless of a child having a disability or not, it is our role as parents to help our children develop their own self-advocacy skills. It is critically important for them to understand their own strengths and limitations, know how their disability affects their performance and to be able to communicate this to other people. It is never too early to start teaching your child how he or she can advocate for themselves.

For this reason we are proud to partner with the U.S. Department of Special Education Programs and with Parent Centers throughout the United States to bring Napa County youth information, tools and services to help them develop strong self-advocacy skills. Over the next 5 years, ParentsCAN will be working with self-advocacy experts across the nation, as well as local agencies serving youth, to develop meaningful opportunities for our youth to learn and practice self-advocacy. And some of this work starts with you.

Like many other important life skills, parents play a vital role in teaching their child self-advocacy skills. Knowing and exercising your own rights as a parent is the first step to helping your child become a strong advocate for themselves. We encourage you to take advantage of our workshops and classes to help you build your advocacy skills and when appropriate, bring your children. If your child has a special need, you may also want to involve them in the planning process of their IEP, and have them attend when appropriate.



## In this Issue

- **New Services for Youth**
- **How to Help your Child Learn Self-advocacy Skills**
- **Understanding your Health Insurance**
- **ParentsCAN Calendar**
- **Calling for Nominations for Parent Leadership Awards**
- **Save the Date!**

The Advocate articles are written or collected by ParentsCAN Advocates.

# ParentsCAN Advocate

Enero ~ Junio  
2017



## ¡Nuevos Servicios de ParentsCAN para Jóvenes!

Durante los últimos 11 años, ParentsCAN ha estado ayudando a padres y a proveedores de cuidado a desarrollar sus habilidades de abogacía para que puedan ser asesores eficaces para sus hijos con necesidades especiales. Hemos proporcionado a los padres información sobre sus derechos y responsabilidades, estrategias para practicar la comunicación asertiva, construido colaboraciones entre padres y profesionales, brindado herramientas a familias para ayudarles a organizar su información, y oportunidades para tomar posiciones de liderazgo en nuestra comunidad. Todas estas son habilidades necesarias para ayudar a los padres a ser asesores eficaces.

Nuestro enfoque siempre ha sido ayudar a los padres a ser el mejor asesor posible para sus hijos. Sin embargo, nos damos cuenta que los niños crecen e independientemente de que un niño tenga o no tenga discapacidad, es nuestro deber como padres, de ayudar a nuestros hijos a desarrollar sus propias habilidades de abogacía. Es también de suma importancia que ellos conozcan sus propias fortalezas y limitaciones, sepan cómo su discapacidad afecta su desempeño, y que sean capaces de comunicar esto a los demás. Nunca es demasiado temprano para comenzar a enseñarle a su hijo cómo él o ella puede abogar por sí mismo.

Por esta razón estamos orgullosos de asociarnos con el Dpto. de Programas de Educación Especial de los E.E. U.U. y con Centros para Padres a través de la nación para brindarles a los jóvenes del Condado de Napa con información, herramientas y servicios para ayudarles a desarrollar fuertes habilidades de auto-abogacía. Durante los próximos 5 años, ParentsCAN estará trabajando con expertos de auto-abogacía a través del país, al igual que con agencias locales que proveen servicios a jóvenes, para desarrollar oportunidades significativas para que nuestros jóvenes aprendan y practiquen la auto-abogacía. Parte de este trabajo comienza con usted.

Como muchas otras importantes habilidades de la vida, los padres juegan un papel importante en la enseñanza de habilidades de auto-abogacía a sus hijos. El saber y ejercer sus propios derechos como padre es el primer paso para ayudar a su hijo a ser un fuerte auto-asesor. Le invitamos a aprovechar nuestros talleres y clases, para ayudarle a fortalecer sus destrezas de abogacía y cuando sea apropiado, involucre a su hijo. Quizá quiera involucrar a su hijo en el proceso de planificación de su IEP, si es que tiene un plan de educación especial, y permitir que asista a las reuniones como sea apropiado.

- ¡Nuevos Servicios de ParentsCAN para Jóvenes!
- Cómo Ayudar a Su Hijo a Desarrollar Destrezas de Auto-Abogacía
- Comprendiendo su Cobertura Médica
- Calendario de ParentsCAN
- ¡Buscando Nominaciones para La Ceremonia de Padres Líderes!
- ¡Reserve la Fecha!

Artículos en esta Edición del Noticiero son escritos por el personal de ParentsCAN.

## Save the Date!

### Luncheon in Celebration of World Down Syndrome Awareness Day

**Saturday, March 25, 2017**  
**11:30am - 4:00pm**  
**St. Apollinaris Church Hall**  
**3700 Lassen Street**  
**Napa, CA 94558**

- Presentations
- Sibling Workshops
- Resource booths
- Childcare provided

Come share information with other families with children with Down Syndrome

Questions: Call Belinda at ParentsCAN  
 707-253-7444 x 201

### Want to raise resilient children?

ParentsCAN is hosting a **free** workshop for parents to focus on raising resilient children.

**Saturday, May 6th, 2017 9:00am-12:00pm**  
**Napa County Health and Human Services Agency**  
**2751 Napa Valley Corporate Drive**  
**Building 2, 1st floor, Napa**

In today's environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships and be prepared for future challenges. They need to be resilient in order to succeed in life.

It's not possible to protect our children from the ups and downs of life. Raising resilient children, however, is possible and can provide them with the tools they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood.

<https://ffcmh.org/awarenessweek/about>  
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

## ParentsCAN Calendar

January ~ June 2017



Our support groups and workshops are open to all residents of Napa County and are usually free of charge. Groups are held at our Family Center located at 1909 Jefferson Street in Napa unless otherwise noted.

Limited childcare is available upon request. For more information or to register for any of these classes or groups, please call (707) 253-7444 or email: [parents@parentscan.org](mailto:parents@parentscan.org).

### SUPPORT GROUPS AND TRAININGS

#### *Chromosome Connection*

**Mondays**  
**6:00-7:30pm**  
 1/9/17  
 2/6/17  
 3/6/17  
 4/3/17  
 5/1/17  
 6/5/17

#### *Challenging Behaviors*

**Wednesdays**  
**6:00-7:30pm**  
 1/11/17  
 2/8/17  
 3/8/17  
 4/12/17  
 5/10/17  
 6/14/17

#### *Rights & Responsibilities of Special Education and IEP Clinic*

**Fridays**  
**10:00am-12:00pm**  
 1/13/17  
 2/10/17  
 3/10/17  
 4/28/17  
 5/12/17  
 6/9/17

#### *Organization & Advocacy*

**Friday**  
**6:00-8:00pm**  
 2/10/17  
  
**Fridays**  
**10:00am-12:00pm**  
 2/24/17  
 3/31/17  
 5/26/17

## ¡Reserve la Fecha!

### Almuerzo en Celebración de la Concientización del Día Mundial del Síndrome de Down

Sábado, 25 de Marzo, 2017  
11:30am-4:00pm  
St. Apollinaris Church Hall  
3700 Lassen Street  
Napa, CA 94558

- Presentaciones
- Talleres para los hermanos
- Mesas de recursos
- Habrá cuidado de niños

Venga y aprenda acerca de recursos comunitarios y conozca a otras familias que tienen hijos con Síndrome de Down.

Preguntas: Llame a Belinda a ParentsCAN 707-253-7444 x 201

## ¿Quiere Criar a Niños Resistentes?

ParentsCAN ofrecerá un taller **gratuito** para padres de cómo criar a niños resistentes a los retos de la vida.

**El 6 de Mayo, 2017 9:00am-12:00pm**  
**Napa County Health and Human Services Agency**  
**2751 Napa Valley Corporate Drive, Edificio A, 1er piso, Napa**

En el ambiente de hoy, los niños y jóvenes necesitan desarrollar fortalezas, adquirir habilidades para hacer frente a los retos, recuperarse de las dificultades, y estar preparados para los desafíos del futuro. Necesitan ser fuertes para tener éxito en la vida.

No es posible proteger a nuestros hijos de los altibajos de la vida. Criar a hijos resistentes, sin embargo, es posible y les puede proporcionar las herramientas necesarias para que puedan responder a los retos de la adolescencia y la edad adulta y así puedan navegar exitosamente su adultez.

## Calendario de ParentsCAN Enero ~ Junio 2017



Los grupos de apoyo de ParentsCAN se ofrecen a todos los residentes del condado Napa y son gratuitos. Los grupos se realizan en nuestro Centro de Recursos ubicado en el 1909 de la calle Jefferson en Napa, a menos que se indique lo contrario. Llamenos si necesita cuidado de niños.

Para obtener más información por favor llame al (707) 253-7444 o por correo electrónico [parents@parentscan.org](mailto:parents@parentscan.org). La mayoría de los grupos y talleres son ofrecidos en Inglés y Español. Favor de ver el calendario en Inglés para obtener mas información sobre clases en Inglés.

### GRUPOS DE APOYO, TALLERES Y ENTRENAMIENTOS

#### *Derechos y Responsabilidades de Educación Especial con*

##### *Clínica de IEP*

*Miércoles*

*9:30-11:30am*

*1/10/17*

*2/1/17*

*3/1/17*

*4/5/17*

*5/3/17*

*6/7/17*

#### *Grupo de Apoyo para Padres de Hijos con Autismo*

*Miércoles*

*9:30-11:30am*

*1/18/17*

*2/15/17*

*3/15/17*

*4/19/17*

*5/17/17*

*6/21/17*

#### *Destrezas para Abogar Efectivamente*

*Jueves*

*9:30-11:30am*

*1/26/17*

*2/16/17*

*3/23/17*

*4/27/17*

*5/25/17*

*6/22/17*

#### *Grupo de Apoyo para Padres de Hijos con Comportamientos Difíciles*

*Viernes*

*6:00-8:00pm*

*1/6/17*

*2/3/17*

*3/3/17*

*4/7/17*

*5/5/17*

*6/2/17*

#### *Transición*

*Viernes*

*6:00-8:00pm*

*1/20/17*

*2/17/17*

*3/17/17*

*4/21/17*

*5/19/17*

*6/16/17*

#### *Grupo de Apoyo para Padres de Hijos con Síndrome de Down*

*Lunes*

*6:00-8:00pm*

*1/23/17*

*2/27/17*

*3/27/17*

*4/24/17*

*5/22/17*

*6/26/17*

## How to Help Your Child Learn Self-advocacy Skills

A great place to practice self-advocacy skills is in your child's Individualized Education Program (IEP) meetings. With your support, and the support of IEP team members, youth can participate in the following ways:

- Have your child come for just a few minutes, this may be just to meet and say hello to the IEP team members, or perhaps do a short self-introduction. Gradually build up the time your child spends at the meeting.
- Have your child write down their ideas, questions and concerns before the meeting.
- Practice or role-play with your child ahead of time what they might want to say in the meeting.
- Help them prepare and deliver a self-introduction.
- Have your child tell team members about their interests, strengths and desires for the future.
- Have your child explain to the team what it is like to have a disability.
- Ask the Special Education Teacher if the student can help write the agenda for the meeting.
- Work with the IEP team to co-develop goals.

If participating in the IEP in person is too overwhelming, have your child share their input with you or their special education teacher before the meeting. Share these thoughts and ideas with the team. After the meeting, review the meeting's events with your child. Including your child in the IEP planning and/or meeting process provides him/her with the opportunity to learn and practice important life skills. Some questions you might want to discuss with your child prior to the IEP meeting:

- What do you want to learn or work on this year?
- What are your special concerns for this school year?
- How do you learn best?
- What makes it easier for you to learn?
- What do you wish your teacher understood about you?

The special education law (IDEA) requires that a student be invited to their IEP meeting anytime transition services or needs are discussed (this is usually around age 16). Transition planning is making plans for your child's future and determining the skills they will need in three key areas: employment, postsecondary education and independent living. At the age of majority (18 in California) all parental rights transfer to your child and he/she is able to sign his/her own IEP. Therefore, your child needs as much practice in self-advocacy as possible before they turn 18. For more information regarding self-advocacy or transitional IEP please call our office at 707-253-7444.

## Understanding your Health Insurance



Your health insurance, whether it's Medi-Cal, private insurance through your employer, self-insurance or Covered California should be your first stop in accessing services for your child with special needs. You should understand what is covered, how to access it, and what to do if you are denied a service for your child.

All plans must cover medically necessary treatment. This means a service that is reasonable and necessary to protect life, to prevent significant illness or significant disability or to alleviate severe pain.

### *Covered services:*

- Comprehensive Medical Diagnostic Evaluations for mental health conditions, Autism Spectrum Disorders (ASD) and other developmental disabilities.
- Individual Applied Behavioral Analysis (ABA) therapy for those with an ASD diagnosis.
- Speech, Occupational and Physical Therapy for those with documented delays.
- Mental Health Therapy.
- Group interventions including speech, physiological and social skills.

### *What is not covered:*

- Treatments that are not medically necessary.
- Treatments without sufficient evidence base.
- Therapies for learning issues that benefit schools but not other environments.

If Speech and Occupational Therapy are deemed medically necessary, health plans must offer services beyond what the school district offers in an IEP for children over age 3.

Children and adults with developmental disabilities may qualify for Medi-Cal regardless of family income. The process to apply for Medi-Cal is called a waiver and usually involves Regional Centers or Social Security. Medi-Cal can be secondary insurance, can cover co-pays for medication and treatments (if/when provider accepts Medi-Cal).

Please call our office for more information. We can help answer questions about Medi-Cal or other health insurance coverage. We can also help you to find out if you qualify for a waiver or help with a claim review if your health provider has denied you a service that you feel is medically necessary .

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2751 Napa Valley Corporate Drive

Building A, 1st floor, Napa

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5/10/17

6/14/17

#### Rights & Responsibilities of Special Education and IEP Clinic

Fridays

10:00am-12:00pm

1/13/17

2/10/17

3/10/17

4/28/17

5/12/17

#### Organization & Advocacy

Friday

6:00-8:00pm

2/10/17

Fridays

10:00am-12:00pm

2/24/17

3/31/17

5/26/17

## Calling for Nominations for Parent Leadership Awards!

ParentsCAN will host a Parent Leadership Award event on Thursday, February 23, 2017. Please nominate a parent you know who has demonstrated leadership qualities so they can be recognized! *Nominees do not need to be parents of special needs children.*

At ParentsCAN, we recognize that parents are often in the best position to know what their families need. Over the past 50 years, largely due to parental involvement, tremendous progress has been made to ensure the rights of individuals with disabilities. It is because parents voiced their concerns and actively worked with decision makers that laws—such as the Individuals with Disabilities Education Act (which guarantees free and appropriate education to students with disabilities) have been established in our country.

Past awardees who have been nominated demonstrated parent leadership by:

- Volunteering at their children's school to coordinate parent meetings, family fun night and various classroom activities and events.
- Organizing an online fundraising campaign for a local family to raise funds to help the family with the expenses of their child's month long hospital stay.
- Building a volunteer team of Latinas to provide over 80 different classes and trainings for the parents of over 200 preschool and elementary schoolchildren in Napa.
- Learning to speak English, applying for and receiving citizenship, received a certificate for leadership achievements

Nomination forms are available by emailing [parents@parentscan.org](mailto:parents@parentscan.org) or they can be picked up at ParentsCAN, 1909 Jefferson Street, Napa. Questions? Email [lisag@parentscan.org](mailto:lisag@parentscan.org) or call (707) 253-7444 x110.

*Nominations are due by February 15, 2017.*

## ¡Buscando Nominaciones para La Ceremonia de Padres Líderes!

ParentsCAN será anfitrión de una Ceremonia para Padres Líderes el Jueves, 23 de Febrero, 2017. ¡Por favor nominen a un padre o madre que ha demostrado tener cualidades de liderazgo para que pueda ser reconocido(a)! Los nominados no tienen que ser padres de hijos con necesidades especiales.

En ParentsCAN reconocemos que los padres están en la mejor posición para saber lo que sus familias necesitan. Durante los últimos 50 años, en gran parte debido a la participación de los padres, se ha hecho un tremendo progreso para asegurar los derechos de las personas con discapacidades.

Esto es porque los padres expresaron sus preocupaciones y trabajaron activamente con los creadores de leyes, que las leyes—tales como la Acta para Individuos con Discapacidades (la cual garantiza la educación gratuita y apropiada a los estudiantes con discapacidades), fueron establecidas en nuestro país.

Los padres que han sido reconocidos en el pasado fueron nominados por haber demostrado liderazgo como padres al:

- Ser voluntarios en las escuelas de sus hijos para coordinar juntas para padres, eventos familiares y otros eventos y actividades en el salón de clase.
- Organizar una campaña en el internet para recaudar fondos para ayudar a una familia local a pagar los gastos de un mes de hospitalización de su hijo.
- Crear un equipo de voluntarias Latinas para proveer más de 80 clases y talleres diferentes a más de 200 padres con hijos en escuelas preescolares y primarias en Napa.
- Aprender a hablar inglés, aplicar y recibir la ciudadanía, continuar su educación y recibir un certificado por sus logros de liderazgo.

Solicite las formas de nominación escribiendo a [parents@parentscan.org](mailto:parents@parentscan.org) o recójalas de la oficina ParentsCAN, 1909 Jefferson Street, Napa.

¿Preguntas? Escriba a [belindar@parentscan.org](mailto:belindar@parentscan.org) o llame al (707) 253-7444 x201.

*Fecha límite para entregar las nominaciones es el 15 de Febrero, 2017.*





**Save the Date!**  
**¡Reserve la Fecha!**



Parent Leadership Awards  
Thursday, February 23, 2017

Ceremonia para Padres Líderes  
Jueves, 23 de Febrero, 2017

Luncheon in Celebration  
of World Down Syndrome  
Awareness Day  
Saturday, March 25, 2017

Almuerzo en Celebración de  
la Concientización del Día  
Mundial del Síndrome de Down  
Sábado, 25 de Marzo, 2017

Mental Health Event  
Saturday, May 6, 2017

Evento de Salud Mental  
Sábado, 6 de Mayo, 2017

ParentsCAN

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[www.parentscan.org](http://www.parentscan.org)



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