

Fall 2013
September - December



Family Workshop Series

The St. Louis Arc Family Workshop Series is designed to provide in-depth information on topics related to supporting family members with developmental disabilities.

Workshops are free and take place at the St. Louis Arc Centene Family Center located at 1177 N. Warson Rd., St. Louis, MO 63132. Childcare and respite care are **not provided**. Donations are always gratefully appreciated.

For more information about the Workshop Series or to register, please either go to www.slarc.org and click on "View Our Calendar," email Brienne Smith at bsmith@slarc.org, or call 314-817-2216.

ADVANCE REGISTRATION IS REQUIRED. Please arrive at least 15 minutes before the workshop starts to sign-in.

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<p>Tuesday September 10 6:30-8:30 pm</p>	<p>Crisis Intervention Team (CIT)</p>	<p>Wednesday September 11 6:30-8:30 pm</p>	<p>Intro to ABA</p>	<p>Tuesday September 17 9:00 am-3:30 pm</p>	<p>IDEA Boot Camp</p>
<p>Do you have a plan if your family member with developmental disabilities become aggressive, and you are unable to calm them down? Have you ever had to call the police for assistance? The purpose of the St. Louis Area Crisis Intervention Team (CIT) is to provide effective intervention to people with developmental disabilities or mental illness and their families. Learn how to plan ahead for emergencies and how to use the CIT in a mental health emergency.</p> <p>Presenter: Sergeant Jeremy Romo, CIT Coordinator, St. Louis County Police Department</p>		<p>Applied Behavior Analysis is a methodology backed by years of research and successful outcomes for children with Autism Spectrum Disorders. This workshop will define ABA and dispel common misconceptions, allowing parents and professionals to make educated decisions about appropriate therapy. Topics include how ABA can help at any age, how it can be used to target both beginning and advanced skills, and how ABA can complement other therapies.</p> <p>Presenter: Debra Bryant, President, ABA Consulting Services, LLC</p>		<p>This is a multi-topic training that includes Special Education Law, Understanding the Individualized Education Program Process, and Disagreement Resolution Processes. There will be a one-hour break for lunch on your own.</p> <p>Presenter: Lori Williams, Training and Resource Coordinator - MPACT</p>	
<p>Thursday September 19 6:30-8:30 pm</p>	<p>Residential Options</p>	<p>Thursday September 26 6:30-8:30 pm</p>	<p>Positive and Effective Strategies to Address Problem Behaviors</p>	<p>Tuesday October 1 6:30-8:30 pm</p>	<p>Respite Care Options</p>
<p>Many people are thinking about and preparing their family member with developmental disabilities for residential care. The need for residential care is growing at a time when funding for traditional care options is not keeping pace. This workshop will address a variety of residential and funding options, as well as how to prepare your loved one for the transition from family home to residential services.</p> <p>Presenters: Shannon Grage, Community Living Coordinator, St. Louis Tri-County Regional Office Kelly Griffon, Community Living Coordinator, St. Louis County Regional Office</p>		<p>Learn new ways to understand why your loved one with a disability is having problem behaviors and develop simple strategies to help them handle the world around them. Sharon Spurlock has been a resource for families and staff with concerns about challenging behavior for more than 20 years. Her person centered approach to understanding behavior and easy intervention strategies will provide many new ideas. This workshop is intended for those caring for a teen or adult with a developmental disability.</p> <p>Presenter: Sharon Spurlock, Director of Family Support and Quality Enhancement - St. Louis Arc</p>		<p>Respite care provides intermittent breaks for those who provide ongoing care to someone with a developmental disability. It can be used for a few hours, a day, a weekend or other short-term periods of time. Services can be provided in the individual's natural home, in a facility-based program, or in the community. Find out how to locate, hire, and utilize respite providers.</p> <p>Presenter: Ann Mangelsdorf, Assistant Director of Family Support and Advocacy - St. Louis Arc</p>	
<p>Wednesday October 2 6:30-8:30 pm</p>	<p>Developing Healthy Relationships</p>		<p>Tuesday October 8 6:30-8:30 pm</p>	<p>Special Needs Trusts</p>	
<p>Families will receive information to assist them in teaching positive social skills, appropriate public/private behavior, appropriate sexual expression and skills to protect their family member against abuse. This workshop will be a combination of lecture and group discussion and is designed for anyone caring for a teen or adult with a developmental disability.</p> <p>Presenter: Jessica Naslund, Education Program Coordinator, YWCA Metro St. Louis</p>		<p>Find out how to plan for the financial security of an individual with developmental disabilities, while preserving benefits such as Medicaid and Social Security Income.</p> <p>Presenters: Lynn Carter, Executive Director - Midwest Special Needs Trust Michael E. Chiodini, Special Needs Financial Advisor - MetLife Bhavik R. Patel, Attorney - Sandberg Phoenix & von Gontard P.C.</p>			

Tuesday
October 22
6:30-8:30 pm

State and Federal Benefits

Medicaid, Medicare, Social Security, SSI – Find out who is eligible, what the differences are between the programs, and how to access the appropriate contacts in order to apply for services.

Presenter: Bhavik R. Patel, Attorney - Sandberg Phoenix & von Gontard P.C.

Wednesday
October 23
6:30-8:30 pm

Sensory Integration Issues

Find out what sensory integration means, types of problems, how people with disabilities are impacted, and what parents and caregivers can do to help their family member be successful. This workshop is geared towards parents and caregivers of people under the age of 15 with developmental disabilities.

Presenter: Brittany Musick, Pediatric Occupational Therapist, St. Louis Arc

Thursday
October 24
10:00 a.m.-1:00 pm

Bullying Prevention

This training contains an overview of the dynamics of bullying, including what bullying is, what the types of bullying are, who is bullied, and why children are bullied. Other topics include steps to intervene in bullying behavior, how to encourage students who witness bullying to take action, the role of the school, and laws and policies.

Presenter: Lori Williams, Training and Resource Coordinator - MPACT

Tuesday
October 29
6:30-8:30 pm

Preparing for Employment

This workshop will provide information about preparing for employment, funding options available and services in the community to help support individuals with developmental disabilities in the world of work.

Presenters:
Megan Fitzgerald, Employment Resource/Youth Transition Coordinator, St. Louis Regional Office
Brian Hubler, Director of Supported Employment and Transition Services, St. Louis Arc

Tuesday
November 5
6:30-8:30 pm

Guardianship vs. Power of Attorney

When your child turns 18, they become a legal adult. As an adult, they have the legal ability to sign a contract, make decisions about their education, and who can be present in their IEP meeting. Because of HIPAA privacy rules, a doctor can no longer share the health information of an adult without their consent. Caregivers of individuals with developmental disabilities must make some important decisions once their child becomes a legal adult.

Presenter: Misty Watson, Attorney - Danna McKitrick, P.C.

Wednesday
November 6
6:30-8:30 pm

Recreation Council of Greater St. Louis

The Recreation Council of Greater St. Louis serves as a “clearinghouse” for information on a variety of recreation and leisure activities and programs. Come and learn what is available in your community for persons with developmental disabilities.

Presenter: Susan Fleming, Executive Director, Recreation Council of Greater St. Louis

Thursday
November 7
6:30-8:30 pm

Young Children and Touch Technology Applications

This hands-on workshop will help you get the most from your iPad. It will cover how to use simple applications to help your family member with a disability learn to use and navigate the iPad. It will also present examples of apps that will help improve communication, fine motor skills, as well as social skills. This session will focus on apps for young children.

Presenter: Debra Bryant, President, ABA Consulting Services, LLC

Tuesday
November 12
6:30-8:30 pm

Teens - Adults and Touch Technology Applications

This session will focus on apps for teens - adults and will help you get the most from your iPad. This workshop will cover how to use simple applications to help your family member with a disability learn to use and navigate the iPad. It will also focus on and present examples of apps that will help improve communication, fine motor skills, as well as social skills.

Presenter: Debra Bryant, President, ABA Consulting Services, LLC

Wednesday
November 13
6:30-8:30 pm

Is College In Your Future?

The panel will provide information about local college options, how college is different from high school, how to prepare for and choose a college, discuss the changing role of families once students are in college, and offer strategies for families and students on how to navigate those differences.

Presenters:

Martie Buck, *Program Coordinator, Student Development and Counseling, Lewis and Clark Community College*
Ann Marie Schreiber, *Specialist, PLB Grant, St. Louis Community College*
Sharon Spurlock, *Director of Family Support and Quality Enhancement - St. Louis Arc*
Ann Wilkins, *Director, SUCCEED Program, University of Missouri - St. Louis*

Thursday
November 14
6:30-8:30 pm

Basic First Aid for Home Emergencies

This class is for anyone who would like to know more about how to handle medical emergencies that may arise at home or in the community with your family. There will be a combination of lecture and hands on practice for situations such as allergic reactions, animal bites, electrical shock, burns, choking, bleeding, falls, bruising, bone breaks, etc.

**Please note, this is not a first aid certification class.*

Presenter: Ronnie Herman, *CFO, COO , Instructor - Advantage Emergency Medical Training*

Tuesday
November 19
6:30-8:30 pm

Home Alone Skills

How do you know whether or not your family member with developmental disabilities is safe to be alone at home? For how long? How can you increase their skills so that they are able to spend more time being safely alone in their home? This workshop will cover how to determine whether or not your family member can be on their own, for how long and what areas families can focus on to help individuals increase their independent living skills.

Presenter: Tracy Thomas, *Coordinator of Residential Services, St. Louis Arc*

Tuesday
December 3
6:30-8:30 pm

Planning Ahead: Estate Planning

Learn ways to plan financially for your family. Topics will include avoiding probate, estate tax planning, creditor protection, wills, and planning for the distribution of property and assets, including charitable giving. This workshop is for anyone who is caring for a family member with a developmental disability of any age.

Presenter: Bhavik R. Patel, *Attorney - Sandberg Phoenix & von Gontard P.C.*

Thursday
December 12
6:30-8:30 pm

ABA: How to Make the Plan Work

A therapeutic program in Applied Behavior Analysis can make significant improvements to a child's life. However, parents are an essential piece of the child's success. This workshop will discuss what to expect when beginning an ABA program and how to make it the most successful for a child.

Presenter: Debra Bryant, *President, ABA Consulting Services, LLC*

Support and Networking Groups at St. Louis Arc

Dads Group

9/11, 10/15, 11/13, 12/10

5:30-7:30 PM

Get together in an informal setting with other dads who understand the unique challenges of raising a child with a disability. Locations to be determined. For more information please contact Mark Keeley at mkeeley@slarc.org or 314-817-2269. **RSVP's are strongly encouraged.**

Sibshops/Teen Sibshops

9/18, 10/16, 11/20, 12/18

6:00-8:00 PM

Being the sibling of a person with a developmental disability can be a good thing, sometimes a not-so-good-thing, and many times, somewhere in between. Sibshops (ages 5-10) and Teen Sibshops (ages 11-15) are lively, fun, and active celebrations of the many contributions made by brothers and sisters of kids with special needs. For more information please contact Ann Mangelsdorf at amangelsdorf@slarc.org or 314-817-2275.

Transition Families

9/19, 10/17, 11/21, 12/19

6:30-8:00 PM

Come network with other families of transition age students (ages 14-21) with developmental disabilities and learn about resources for future services, funding, and family supports. Activities will be available for your transition age family member. For more information please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Caregivers of Adults who are 40 -years-old and older

9/27, 10/25, 11/22

10:00-11:30 AM

Meet caregivers who are supporting a person with a disability who is 40 years old or older. Get resources and plan for changes that may occur as you and your family member age. Recent topics include how to secure funding for your family member and available services for aging adults. For more information please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Capable Kids and Families® Playgroup

1st Friday and 3rd Saturday

10:00-11:30 AM

The playgroups are open to any families with young children. Our age guidelines are birth - six years of age, but older siblings are also welcome to join us. The playgroups offer families a non-structured opportunity for fun play and connections with others. Families are welcome to drop in anytime during the noted times. In order to protect the health of others, we respectfully request all participants to be fever and symptom free from illness for at least 24 hours. For more information please contact Julia Schaffner at capablekids@slarc.org or 314-817-2247.

Asperger Syndrome Moms Support Group

9/21, 10/19, 11/16, 12/21

10:00 AM -12:00 PM

This group is open to mothers who have a child with Asperger syndrome or similar diagnosis. The group meets on the third Saturday of every month. For more information please contact Jean Haase at thrboyzfam@charter.net or Sharon Spurlock sspurlock@slarc.org or 314-817-2222.

Meet Up Groups:

Friendship Fusion

Tuesdays, October 1 - November 19, 2013 6:00-7:00 PM

This program is designed to help children ages 7-12 work together as a team, while learning social skills and developing friendships. It incorporates the Superflex curriculum and philosophies from Scott Bellini's books. For more information, please contact Gabrielle Kerlick at 314-817-2250 or gkerlick@slarc.org.

Teens with Asperger Syndrome Meet Up Group

9/27, 10/25, 11/29, 12/27

6:00-8:30 PM

The teen meet up group is open to all teenagers with Asperger syndrome or similar abilities, and their families who want an opportunity for socializing and making connections. The group meets on the last Friday of every month at St. Louis Masonry Centre, 1429 S. Big Bend, Richmond Heights, 63117. For more information please contact Bre Ward at bward@slarc.org or 314-817-2226.

20 Somethings with Asperger Syndrome Meet Up Group

Event dates and times vary

Join other people in their 20's with Asperger Syndrome at a monthly social activity. This club will provide a comfortable environment to make friends, enhance social skills, and have fun in a safe and supportive space. Events will be low or no cost at the St. Louis Arc Centene Family Center and around town. For more information please contact Gabrielle Kerlick at gkerlick@slarc.org or 314-817-2250.

Friday Family Fun Nights

The St. Louis Arc offers a series of family-friendly activities on the last Friday of each month. These events are an opportunity for families of all ages and abilities to get together for fun at the St. Louis Arc Family Center. Some events will have a small fee. Visit our online registration site at www.slarc.org for more information.

September 27, 2013 Craft Night **October 25, 2013** Bingo
December 7, 2013 Drop In Shop

Unless otherwise noted, all groups meet at the St. Louis Arc Centene Family Center located at 1177 N. Warson Rd., St. Louis, MO 63132. Advance registration is required. Please visit www.slarc.org to register online.

September 2013

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October 2013

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November 2013

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December 2013

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15	16	17	18	19	20	21
22	23	24	*25	26	27	28
29	30	31				

**The St. Louis Arc Family Center will be closed on the following dates: September 2, November 28, November 29, and December 25*

For more information about the Workshop Series or to register please either go to www.slarc.org and click on "View Our Calendar," email Brianna Smith at bsmith@slarc.org, or call 314-817-2216.

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Please arrive at least 15 minutes before the workshop starts



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