



Family Support Resource Center

Serving Families and Educators
of Children with Disabilities in Kent County

Family Support Network
Preschool Partners
Partners for Success

What is the Family Support Resource Center?

We are an information and support resource for families and educators of children who receive special education services through Kent County Public Schools, including infants, preschoolers, and students who remain in high school until age 21. We are part of a network of centers around the state, supported by the Maryland State Department of Education.

Who are the children?

About 13% of Kent County students receive special education services. Their disability may be obvious, such as a physical disability, or hidden, such as a learning disability like dyslexia. The majority spends most of their time in a general education classroom but may spend varying amounts of time each week with one or more specialists – for occupational therapy or extra reading help, for example. Other specialists may visit the home of an infant experiencing developmental delays or the preschool of a toddler who has difficulty speaking.

The **Family Support Resource Center** assists families of these children by offering programs, resources, and other assistance that can help them to become effective partners with specialists and teachers in the education decision-making process.



Autumn 2018

Autumn in Kent County is marked by honking geese, falling leaves, and Parent-Teacher Conferences. We hope that the school year is off to a

good start and that you have set up regular communication with teachers to keep up with your child's progress and share any concerns you may have.

In the next months, Kent County's Special Education Citizens' Advisory Committee and the Family Support Resource Center are presenting two programs for families of students who receive special education services. Learn about **"Uncovering the Pain Underlying Your Child's Anger and Silence"** with licensed psychologist Dr. S. Ileana Lindstrom on **Thursday, October 25**. Parents new to or confused by the world of special education should plan to attend the program **"Individualized Education: How Does the Special Education Process Work?"** on **Thursday, November 15**, to learn about the steps involved in developing and implementing an IEP. See inside for more information.

We hope to see you at these or future programs, or schedule a visit to ask questions or browse the Family Support Resource Center resource library.

- **Nancy Martin**
Parent Coordinator

Physical Location:
Kent County Middle School
Room 117
Contact Us:
410 778-5708
fsupport@kent.k12.md.us

Mailing Address:
Family Support
Resource Center
Kent County Middle School
402 East Campus Ave
Chestertown, MD 21620

Office Hours:
Monday – 10:00 AM-12:30 PM
Tuesday – 11:00 AM-3:30 PM
Wednesday – 9:30 AM-12:30 PM
Thursday – 12:30-4:00 PM
Other hours by appointment

Team:
Nancy Martin, Parent
Wendy Keen,
Supervisor of Special
Education

Kent County **Family Support Network** helps families meet the needs of infants and toddlers with disabilities or developmental delays, birth to age three, by providing parent support as well as practical information about the benefits of early intervention services.

Kent County Public Schools' **Pre-school Partners/Partners for Success** provides parent support; and helps families gain the skills and knowledge that will enable them to function as equal partners in the education decision making process for their children and youth, ages three to twenty-one, who have disabilities or delays.



Eastern Shore LEADers Training - Now Accepting Applications -

The LEADers Program provides parents with the information they need to be involved in special education and health-related issues around the state. This program also gives families the tools they need to be a voice for their own children and other children in the community.

Topics covered include:

- Special education law & regulations
- Tests & measurements
- SMART standards-based IEPs
- 504 Plans
- Dispute resolution
- Discipline under IDEA
- Health & the IEP
- Developing a leadership plan

Who Should Apply?

Applicants must be family members of children with disabilities living on the Eastern Shore who want to better understand special education and health-related issues. Applicants must also want to make a difference in the lives of other children with disabilities in Maryland. To apply, go to <https://www.surveymonkey.com/r/853TBNT> or contact Bonnie Larrimore at 410-928-2079 or bonnie@ppmd.org.

Applications are DUE by November 16, 2018.

Requirements

Participants are required to attend **ALL** sessions and provide feedback on their leadership activities after the training. As an applicant, you are dedicated to promote change in special education and health by using the skills you learned. Follow-up sessions will be offered after the program ends to support applicants in their efforts.

Free: This program is funded by the Maryland Developmental Disabilities Council.

Location: Chesapeake College, Higher Education Center, Wye Mills.

Dates: Saturdays, Jan. 26, Feb. 16, Mar. 9, Apr. 6, May 4, May 18 (June 1 & 8 snow dates) – 9:00 AM-4:00 PM.

You are invited to a Parent Workshop

Uncovering the Pain Underlying Your Child's Anger and Silence

Presented by
Dr. S. Ileana Lindstrom
Licensed Clinical Psychologist



Thursday, 25 October

5:30 PM

Meet & Greet with Special
Education Supervisor Wendy Keen
5:00 PM

Kent County Middle School Media Center

- Learn about the building blocks of the brain.
- Begin to understand what is at the root of our children's more challenging behaviors, such as angry outbursts and aggressiveness, as well as withdrawal and silence.
- Learn helpful ways of interacting with our children that effectively communicates to them our love and compassion.
- All of this information can contribute to our ability to provide our children with a strong foundation for learning and academic competence, healthy relationships, increased self-esteem, and more!

**Pizza and Childcare are available with
RSVP to the Family Support Resource
Center at 410-778-5708 or
fsupport@kent.k12.md.us**

Sponsored by the Special Education Citizens'
Advisory Committee (SECAC) of Kent County

How to Add Happiness to your Life

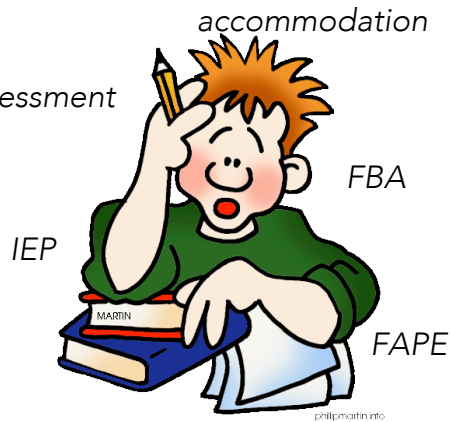
1. Practice *reflection* of what is going well
2. Create a daily *check list*
3. Do random acts of *kindness*
4. *Unplug* from the screens
5. *Get moving*
6. *Reconnect* with loved ones
7. Find a good *read*
8. Get artsy and *create* something
9. Be out in *nature*
10. Practice *positive thinking* – change your self-talk



Source: www.ellduclos.blog

Individualized Education: How Does the Special Education Process Work?

- Has your child been identified with a learning disability?
- Does the special education system feel like a maze?
- Are you confused by all the jargon and abbreviations?



Come get your questions answered and become a better-informed partner in your child's education.

THURSDAY, NOVEMBER 15
5:30 PM

Kent County Middle School
Media Center

Light refreshments available

*For more information contact the Family Support Resource Center
at 410-778-5708 or fsupport@kent.k12.md.us*

Opportunities to Provide YOUR Input to Benefit Students in Kent County

Parents are invited to join one (or both) of two groups dedicated to improving services for Kent County children with disabilities. The Infants and Toddlers Program receives input from the Local Interagency Coordinating Committee (LICC), which meets four times during the school year.

The Special Education Citizens' Advisory Committee (SECAC) advises school leaders about programs for students receiving special education services and sponsors regular workshops and presentations on topics suggested by parents. By working together and sharing suggestions or concerns, families and educators can make our schools into caring communities where everyone succeeds and belongs.

For more information about upcoming meetings, contact the Family Support Resource Center at fsupport@kent.k12.md.us or 410-778-5708.

**FREE
Webinar...**



Supplemental Security Income (SSI) for Young Adults

Wednesday, October 31 – 12:00 PM

Join Michael Dalto of High Note Consulting, LLC, to discuss Supplemental Security Income (SSI), Medical Assistance and work for young, disabled adults. SSI recipients can go to work, but need to understand the program's work incentives and the impact of work on their personal circumstances.

Mr. Dalto has delivered presentations on benefits and work incentives to thousands of people with disabilities, family members and professionals since 1989. He created state certification for Maryland benefits counselors and provided training and technical assistance for the certification. He also oversaw benefits counseling for the PROMISE project, a research grant that served youths who receive SSI and their families.

Register at:

<https://register.gotoweinar.com/register/633753044082066627>



October is National Bullying Prevention Month

Bullying and Harassment

Bullying is an ongoing concern for many parents, especially those with children with special needs. The speakers at last month's SECAC-sponsored parent program provided an overview of current statistics: overall, 25 to 30% of students report being bullied, with peak rates in middle school. They mentioned one encouraging study that found that when bystanders intervene, bullying stops within 10 seconds 57 percent of the time.

The most effective prevention strategies seem to be those that involve the entire school community—students, families, administrators, teachers, and staff such as bus drivers, nurses, cafeteria and front office staff—in creating a culture of respect. Since the Challenge Day program was introduced in Kent County schools a few years ago, reports of bullying and harassment have dropped substantially.

However, parents and educators need to remain vigilant for signs of bullying and take action if you become aware of it. Students can be reluctant to provide information, not wanting to be a 'snitch', but encouraging student peer support against bullying helps to build a community that can stand up to unfair, hurtful behavior.

There is a form to report Bullying, Harassment and Intimidation available at each school and in the Student Services section of the KCPS web site. Always keep a copy of the form before turning it in, also keep notes of any conversations you have with school administrators and e-mail them a copy for their records.

A good web site for anti-bullying information and resources is www.stopbullying.gov. The National Bullying Prevention Center's web site is www.pacer.org/bullying.



In the arena of human life, the honors and rewards fall to those who show their good qualities in action.

-- Aristotle



Bullying Books in the FSRC Lending Library

We have a number of books in our library that address the issues of bullying and self-esteem. They include:

It's Okay to be Different by Todd Parr (ages 1-6)

The Smallest Girl in the Smallest Grade by Justin Roberts (ages 3-7)

Spaghetti on a Hot Dog Bun: Having the Courage to Be Who You Are by Maria Dismody (ages 4-11)

Cliques, Phonies & Other Baloney by Trevor Romain (ages 8-13)

Speak Up and Get Along! Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself by Scott Cooper (ages 8-12)

The Survival Guide to Bullying: Written by a Teen by Aija Mayrock (ages 9-12)

Easing the Teasing: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying by Judy Freedman (parents & teachers)

Bullied: What Every Parent, Teacher, and Kid Needs to Know About Ending the Cycle of Fear by Carrie Goldman (students, parents, teachers)

Parents (and teachers) are welcome to borrow books so that you can help your child to develop helpful and appropriate reactions to teasing or bullying.



Family Support Resource Center Lending Library

All parents and educators are invited to stop by our office and browse our collection of books covering diverse topics from ADHD, autism and other learning disabilities, to dealing with bullying, parenting and teaching children with special needs. We also have advice and resources to guide you through the sometimes-confusing IEP process.