



Parent/Guardian Support & Resource Pages
Week Ending of September 25, 2020



CASE Collaborative Community News

Dear Parents/Guardians,

We had a good turnout this past Monday, 9/21, during our first Zoom Conference for parents/guardians at the CASE Collaborative Meet & Greet! Administrators and our lead School Nurse enjoyed the opportunity to introduce themselves and talk about our practices and priorities as they relate to student learning and safety during the unprecedented COVID-19 pandemic. It was a wonderful opportunity for me to put additional faces to the names of the families we support as the virtual format has allowed for greater participation for families. I am looking forward to having more opportunities to support families via these virtual forums. We are grateful for your participation, questions, and your support!

On a separate note, The ARC of Massachusetts is asking individuals and families to please respond to the Department of Public Health (DPH) Survey on COVID-19 Impact. The results of the survey will influence future responses to COVID-19. Share how COVID-19 has affected your life. The front page of this survey link <https://survey.jsi.com/s3/DPH-COVID-19> has a number of languages with which to begin responding.

Wishing all of you a wonderful weekend!

Be well,

Sue Campbell
Resource Assistant
CASE Collaborative



Community Workshops and Conferences



Parent-Friendly Tips for Managing Behavior in a COVID-19 World hosted by the Belmont SEPAC

When: September 29, 2020 | Tu 6:00 pm

Format: Virtually on Zoom

Since March, families have had to deal with many unexpected challenges due to COVID-19. With children now home for over five months, any demands and unknown situations can cause behavioral outbursts that are disruptive and frustrating.

* With what seems like constantly changing variables related to school reopening, the anxiety and stress for both parents and children only seems to be rising.

* It is integral that parents have the tools they need to anticipate and plan for transitions, new expectations, and unusual school experiences and social interactions.

* In this workshop, discuss parent-friendly proactive strategies to prevent and manage challenging behaviors and encourage the development of important life skills, such as self-advocacy, independence, and coping skills.

About the speaker: Lisa Gurdin, MS, BCBA, LABA, works with students, families, and school-based professionals as a Board Certified Behavior Analyst (BCBA) and Licensed Applied Behavior Analyst in Massachusetts. She has worked with students from preschool to age 22 with a range of special needs. To RSVP and for the Zoom Link, contact the Brookline SEPAC info@brooklinesepac.org



Managing Emotions and Expectations Around School

When: Pre-recorded

Format: Webinar

Everything You Want to Know About School and Anxiety

Whether children are returning full-time in person to school, part-time, or fully remote for their year, this uncharted territory for education has caused anxiety for kids and parents alike. Regardless of the environment they'll be learning in, it's important to manage the expectations of kids and help with their transition into a new school year. How can we help support them and lower their anxieties while also balancing work and parenting? Dr. Macht-Greenberg shares ways to support the new educational experience, methods to successfully balance the many demands that come with parenting, working, and teaching kids during a pandemic, and answers questions about child development and returning to school. Watch video here <https://home.mcleanhospital.org/webinar-24?>



Serving on Groups - Skill-building to Increase Civic Engagement and Strengthen the Capacity of Decision-making Groups.

When: Oct 6 & 20, Nov 3, 10, & 24, Dec 8, 2020 | Tues 7:30 pm to 9:30 pm

Format: On-line via Zoom

This is a FREE TRAINING to support participation in coalitions, municipal Boards and Commissions, advisory councils, and all types of decision-making and change-making groups.

Please apply using the form below by September 29, 2020. Space is limited.

TOPICS INCLUDE:

- *leadership
- *importance of family involvement and engagement
- *implication of serving on decision-making groups and significance of civic engagement
- *decision-making processes
- *tools for meetings and review of different roles
- *tips & strategies to manage group dynamics
- *cultural and linguistic competence
- *how to use data
- *resources to support participation as a family member and representative
- *preparing for meetings and
- *understanding budgets.

Please apply using the form below by September 29, 2020. Space is limited. Learn more and apply here

<https://mfofc.org/training/serving-on-groups/>



Tiny Signs, Big Connection

When: October 17, 2020 | Sat 10:00 am to 11:30 am

Format: On-line Event

The Boston Children's Hospital Down Syndrome Program and the Massachusetts Down Syndrome Congress are co-hosting a baby sign language workshop for newer parents! This workshop will provide an introduction to using American Sign Language vocabulary in order to facilitate communication with your little one. You'll learn when and how to start, what signs to start with, and strategies for incorporating sign language into your daily routine. We'll have fun learning how to add signs to songs you and your baby already know and love to sing! This workshop is geared for parents of infants and toddlers. *Lane Rebelo, LCSW, is the author of the bestselling Baby Sign Language Made Easy: 101 Signs to Start Communicating with Your Child Now and The Complete Guide to Baby Sign Language: 200+ Signs for You and Baby to Learn Together. She is the founder of Tiny Signs®, an award-winning baby sign language program. As a licensed social worker, Lane worked for many years with families in the Boston area. Lane began studying American Sign Language in 2006 after her first baby was born and was amazed by all she had to say. She lives with her husband and two children in MetroWest Boston. Please email Sarah Cullen at scullen@mdsc.org to receive information for the zoom link!

Setting Boundaries with Loved Ones



Please join us for a virtual workshop on learning how to set boundaries with loved ones. We all know it can be difficult to set boundaries with loved ones struggling with substance use disorder or mental illness, for example, but there are some tips and strategies that may help you and your family. Please join us for a virtual workshop to discuss these strategies and more.

Setting Boundaries with Loved Ones Virtual Workshop

Monday, October 5, 2020

7:30 pm-9:00 pm

****Via Zoom****

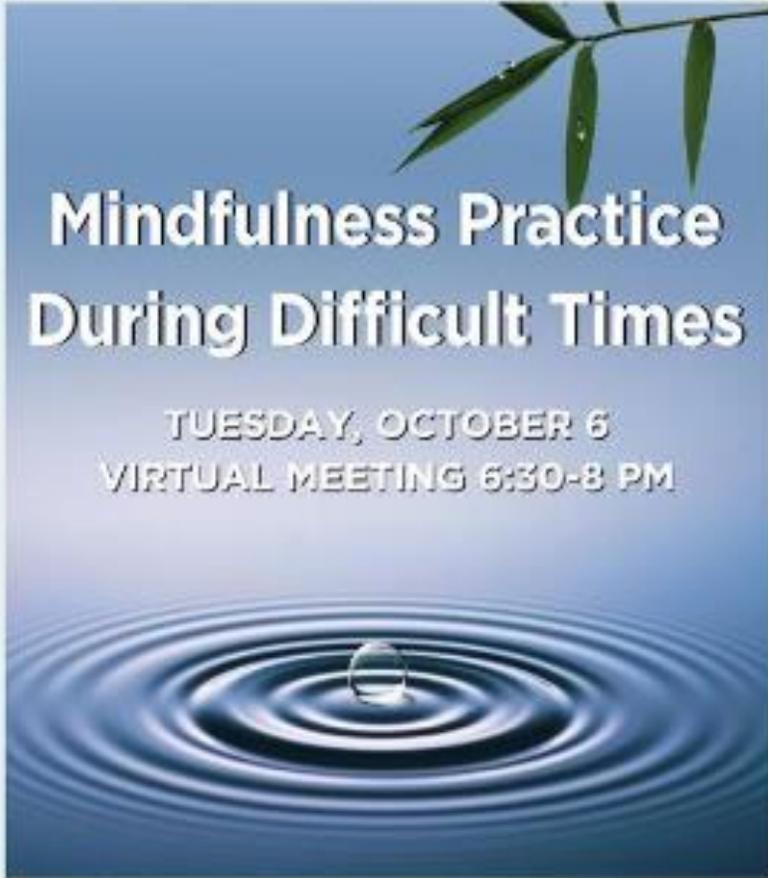
**Presenter: Jennifer Seaberg
Bay State Community Services**

You may register by clicking on the "Register Now" button below. Once the e-mail is received, you will be sent a confirmation e-mail that you are registered and you will receive the zoom link.

To Register email colleen.pritoni@state.ma.us



EDUCATION PROGRAM

A graphic with a blue gradient background. At the top right, there is a green leafy branch. In the center, there is a water droplet creating concentric ripples. The text "Mindfulness Practice During Difficult Times" is written in large, white, bold letters across the middle.

Mindfulness Practice During Difficult Times

TUESDAY, OCTOBER 6
VIRTUAL MEETING 6:30-8 PM

Rebecca Priest, LICSW and long-time practitioner of mindfulness meditation, will present an introduction to mindfulness, including a brief guided meditation. Her focus will be on coping during stressful times.

Open to 25 participants.

Free and registration required at
<https://nami-cambridgemiddlesex.org/events/current-events/>



Transition and Beyond (ages 14-22)

Fletcher Tilton PC
Attorneys at law

Housing & Supported Decision-Making

When: September 30, 2020 | Wed 6:00 pm to 8:00 pm

Format: Webinar

Who should attend: Individuals with special needs or disabilities, their families, and their advocates interested in exploring housing options. Families often ask, "Where will my child live when I can no longer care for them?" This webinar will review practical legal and planning tools you can use to prepare for residential and independent living, along with an overview of resources that may be available.

PROGRAM AGENDA

- Government Benefits that provide residential supports:
 - SSI, SSDI, CDB,
 - Section 8 and other HUD programs
 - SNAP
 - DMH/DDS
 - Mass Medicaid Waiver Programs
- Legal Tools that supplement or provide Residential Supports:
 - Guardianship
 - Powers of Attorney and Supported Decision Making
 - Special Needs Trusts
 - ABLE Accounts
- Forging a Public/Private Partnership to Maximize Options in the Community
 - Examples of public/private residential options
 - Group homes
 - Cooperatives
 - Shared living
 - Adult foster care
 - Supervised independent living

In lieu of tuition for this webinar, we ask that those who are able to do so make a voluntary \$25 donation to The Arc of Massachusetts to support their work on behalf of persons with disabilities. The Arc enhances the lives of people with intellectual and developmental disabilities (I/DD), including autism, and their families, by advocating for community supports and services that foster social inclusion, self-determination, and equity across all aspects of society. During this pandemic, The Arc stepped up its advocacy and education efforts. You can learn more about The Arc at thearcofmass.org. To donate, please visit: <https://thearcofmass.org/donate> You are welcome to attend this webinar for free regardless of whether you are able to donate to The Arc. To register visit

<https://register.gotowebinar.com/register/5352303165632786955>



Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities

As a student approaches the time to leave high school, it is important that preparations for adult life are well underway. For early transition planning and active participation in decision making to occur for students with disabilities, members of the planning team need to be well-informed about the student's abilities, needs, and available services. This guide highlights educational opportunities, credentials, and employment strategies designed to assist students with disabilities while in school to prepare for a meaningful postsecondary education and/or thriving career.

<https://www2.ed.gov/about/offices/list/osers/transition/products/postsecondary-transition-guide-august-2020.pdf>



Housing & Autism PowerPoint Presentations Available for your Reference

*Developing a housing strategy: because Mom and Dad living forever isn't a plan. Slides from a presentation at the 2017 Autism Society of America conference. <http://autismhousingpathways.org/wp-content/uploads/2017/07/ASA-FINAL-2017.pdf> Facilitator notes are here <http://autismhousingpathways.org/wp-content/uploads/2017/07/ASA-final-notes.pdf>

*Thinking about housing: Webinar, May 21, 2020. Please note, the bullet point on Slide 3 that says "250 of the FY19 Turning 22 class" should read "250 of the FY20 Turning 22 class".

<https://www.youtube.com/watch?v=YXtTx6CYdr0&t=3780s>



Special Needs Housing and Transition Group

When: See Upcoming Dates Below | Thu 7:00 pm to 8:30 pm

Format: Virtually via Zoom

Upcoming Speaker Schedule will be as follows:

*October 13 - DDS

*November 10 - MassHealth

*December 8 - Section 8

Here is the Zoom Link we will be using

(Note – you will need a Password to access the Meeting): Password: 529453

<https://umassmed.zoom.us/j/99870861709?pwd=bGcyNmNvMFRuYUJlVDZ0RnpYMndBUT09>

To subscribe to updates on upcoming workshops click here https://mailchi.mp/4d199937e30f/snht_subscribe



Community Support



PPAL's youth survey - Taking Steps into Adulthood. It's Complicated!

The survey compliments the parent/caregiver survey from the summer. We are looking for young people (14-27) to take our survey! There is a weekly raffle for a \$25 Amazon gift card! One day a teen wakes up on their 18th birthday and is supposed to take on everything -- their health care, their money, job searching and lots more. The reality is that most need a helping hand, at least for a while. We want to know how parents help - or not - and how much. And how do young people rate that help? Click this link and tell us! Takes about 15 minutes.

<https://www.surveymonkey.com/r/W2WB5HJ>

The Autism
Insurance
Resource Center

ABA Provider List in Massachusetts

The ABA Provider List is comprised of ABA Providers in Massachusetts for in-home services. The list also references Health Insurances accepted by the individual provider. Click on this link to view

<https://services.disabilityinfo.org/arica/SearchBAResult.aspx> Am I Covered? Am I Covered is an easy-to-use screening tool that determines if a person's insurance is subject to the Massachusetts Autism Insurance Law (aka ARICA) <https://amicovered.disabilityinfo.org/>



Expert Tips to Prevent Identity Theft and Cybercrime *Posted by Haddad Nadworny on Sat, Aug 22, 2020 @ 07:01 AM*

The Coronavirus pandemic has upended our lives on many levels. We do the best we can to stay on top of our finances, but stimulus checks, changes in tax filing dates, filing for unemployment benefits and other fallout of the pandemic have thrown us all a little off-balance and created a perfect breeding ground for scams and fraud. We were recently invited to a virtual presentation given by Jeff Lanza, a retired FBI agent, who offered specific practices to help prevent fraud and keep our personal information from being compromised. He has 2 handouts for the public containing very useful information and easy to follow tips that we are sharing with you today. To learn more and download the handouts visit <https://info.specialneedsplanning.com/blog-1/tips-from-an-expert-how-to-protect-against-identity-theft-and-cybercrime>



50 AND FORWARD:
CELEBRATING OUR HISTORY,
SHAPING OUR FUTURE

DDS OPEN ENROLLMENT FOR THE AUTISM WAIVER WILL BE HELD

OCTOBER 16th – OCTOBER 31st, 2020

Applications and information on the Autism Waiver are now available on the [DDS/Autism division website](#) and the [MAC website](#). Any enrollment forms submitted previously will be discarded. ***Families must apply again during this open enrollment period to remain on the waitlist.***

Applications MUST be postmarked or emailed between October 16th and 31st 2020

Important information on the Waiver:

- ❖ This crucial program allows MassHealth eligible children with autism to access intensive treatments and services in their homes and communities.
- ❖ The program is limited to children between the ages of 0-8 who are MassHealth eligible and at risk of residential placement now or at some point in the future.
- ❖ Eligible children are chosen for Autism Waiver services on a lottery basis and once chosen, receive intensive in-home therapies, services and supports for 3 years, or until the child reaches the age of 9. After 3 years the child is eligible for less intensive step-down services until age 9. The waiver also provides related support services such as community integration activities and respite.
- ❖ For the application go to: <https://www.mass.gov/lists/dds-autism-waiver-service-program-awp-open-interest-period-2020>
- ❖ Click this link to find your local Autism Center to get help filling out the application: <https://www.mass.gov/service-details/autism-support-centers-list>

For more information contact Johanne Pino at jpino@massadvocates.org, or 617-357-8431 x3234

25 Kingston Street, 2nd Floor Boston, MA 02111 617.357.8431 massadvocates.org

Massachusetts
Legal
Assistance
Cooperation





Fun Activities and Recreation

TEE UP FOR AUTISM - Virtual Golf Tournament
September 21 through October 16*
Cyprian Keyes, Boylston, MA

**\$75 per player
or
register a foursome for \$280**

Includes:
18 holes
Golf Cart (1 per player)
Driving Range
Callaway Scoring
Prizes for Top 3 Players

Join HMEA's Autism Resource Central for a socially distant charity golf tournament to raise funds for programs that support 3,800 families affected by Autism in Central, MA.

Golf at your own convenience* within the safety of a golf cart reserved just for you. * weekdays only



For full details and to register, visit:
www.autismresourcecentral.org/tee-up-for-autism



Online Adaptive Exercise with Dan Crowley

When: Starting Week of September 28, 2020 | Thu 6:30 pm to 7:15 pm

Format: Pre-recorded sessions

Starting the week of September 28th, we'll see the return of Adaptive Exercise every Monday evening from 6:30 PM to 7:15PM. Sessions will be recorded so we can post on the website and fans can exercise with Dave whenever they want. With cooler temperatures and the continuation of social distancing the probability of adding extra pounds this winter is high. Questions? Contact Sue Loring at 508-298-1605 or sloring@HMEA.org or visit the website at <https://www.autismresourcecentral.org/>



Virtual Lego Group

When: Mon & Wed 4:15 pm – 5:30 pm | Thu 6:00 pm to 7:30 pm

Format : Via Zoom

The return to school for Cid means that the Lego Group will have to be scheduled later so everyone can get home from school and log on for fun. Participants will need to have their own Legos. This activity is open to all! Log onto Zoom via the link posted on HMEA's Autism Resource Central here <https://www.autismresourcecentral.org/>



Family Support & Special Interest



Doug Flutie Jr.
Foundation for Autism



Spectrum of Sound presents a Disney Medley

Watch this epic Disney Medley performed by Spectrum of Sound, the Flutie Foundation's virtual choir made of autism self-advocates! This song was created and performed in celebration of the 21st annual, Disney-themed Flutie 5K, when Dougie Jr. virtually ran from his hometown in Natick, MA all the way to his favorite ride at Disney in Florida, the Buzz Lightyear Ride! Congratulations and thank you to all our runners and walkers who helped to get #Dougie2Disney and let's hear it for our incredible virtual choir, Spectrum of Sound! Watch video here **Click here to view video!**

<https://www.facebook.com/flutiefdn/videos/334772204609306> To learn more visit:

<https://www.flutiefoundation.org/spectrum-sound>



The Special Jake Book

Jake was playing on the play set and saw this boy with a book hanging from his neck. Jake's parents talked to the boy's mom to find out about it. She told them it was a PECS book. A PECS book is a book that has signs to tell what a kid is trying to say or what he wants. Read story here.

English: <https://www.paperturn-view.com/pyramid-group-management/the-special-jake-book?pid=NjY66780&v=2>

Spanish: <https://pecusa.com/download/Jake,%20el%20especial.pdf>



Hope and Healing Together

When a loved one needs extra support, it can mean big adjustments for everyone in the family. For military and veteran families, these transitions can mean a unique set of challenges. But no matter the caregiving situation, embracing a sense of family togetherness will help as old routines and responsibilities make way for new ones. Facing what lies ahead as a family means that everyone feels heard, understood, and valued. Check out the great resources here.

<https://sesamestreetincommunities.org/topics/family-caregiving/>



Atypical – Netflix Series (3 seasons) 2021 Season 4 coming soon

When a teen on the autism spectrum decides to get a girlfriend, his bid for more independence puts his whole family on a path of self-discovery. Starring: Jennifer Jason Leigh, Keir Gilchrist, Michael Rapaport Creators: Robia Rashid. Learn more and watch trailer(s) here <https://www.netflix.com/title/80117540> 30-day free trial also available on Netflix.



Ginsburg Remembered for Impact on Disability Rights by Michelle Diament | September 22, 2020

“Best known for standing up for women’s rights, U.S. Supreme Court Justice Ruth Bader Ginsburg also played an outsized role in ensuring the rights of people with disabilities, advocates say....” Read full article here <https://www.disabilityscoop.com/2020/09/22/ginsburg-remembered-for-impact-on-disability-rights/28999/>



Target, Disney Expand Costume Options for Those with Special Needs by Shaun Heasley | September 15, 2020

“With Halloween fast approaching, some major retailers are dramatically expanding the costume choices for kids and adults with disabilities. Target and Disney are introducing a slew of new costumes with special accessibility features such as open backs to make dressing easier, hidden openings for abdominal access and wheelchair-friendly fits.” Read more here <https://www.disabilityscoop.com/2020/09/15/target-disney-costume-options-special-needs/28962/>



Could Positive Parenting Decrease the Risk for Oppositional Defiant Disorder?

Why do some children with ADHD also show signs of oppositional defiant disorder — disrespecting authority, picking fights, and refusing to comply with adults? The answer is complicated and still unfolding, but an inverse relationship appears to exist between a positive, nurturing parenting style and a child’s defiant behaviors. Read full article here <https://www.additudemag.com/oppositional-defiant-disorder-adhd-parenting/>

***Please Note: These resources are provided for informational purposes only.
Please do your own due diligence and research.***