




Parent/Guardian Support & Resource Pages

Week Ending of October 9, 2020 



CASE Collaborative Community News

Happy October!

Halloween is one of the most universally celebrated holidays in the United States today. Each year, children pour over costume ideas, dream about the treats they will collect and enjoy fun, fall-themed activities at school. But Halloween is not easy for every child. Sensory issues and the added challenges associated with the COVID-19 pandemic can facilitate anxiety in parents on how to include their child in all the festivities.

I listed a few resources below that will hopefully spark some creative juices for a fun-filled and stress-free Halloween. Also, check out the additional 'socially-distant' October-themed activities you and your family may enjoy in the 'Fun Activities and Recreation' section.

The Center for Disease Control (CDC) has developed an interactive website to help families navigate Halloween this year. Be sure to scroll to the bottom of the page for the interactive interface offering lots of fun ideas corresponding to the color-coded risk assessment! I have also included a couple of resources regarding Halloween costumes. I hope you find these helpful!

Be Well, -Sue



Halloween Like We've Never Seen... Make it Safe & Make it Fun!

October is here and Halloween is right around the corner. Check out this website with an interactive map provided by the CDC to see the risk of trick-or-treating in your neighborhood as well as some additional ideas to make Halloween fun this year. The CDC interactive map is on their website so you can check out the risk levels for each county throughout the country. There are four risk levels: Green, Yellow, Orange, and Red. Green is the least risk, red being the most. They also have guidelines for which activities are recommended depending on the risk zone that the county is in. To learn more click on the following link <https://www.halloween2020.org/>



6 DIY Sensory-Friendly Halloween Costumes <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/6-diy-sensory-friendly-halloween-costumes>



Adaptive Halloween Costumes at Target. <https://www.target.com/c/adaptive-halloween-costumes/-/N-66yhm>



Community Workshops and Conferences



We are pleased to welcome back Karen Snyder, Children's Behavioral Health Initiative (CBHI) Court Monitor

When: October 13, 2020 | Tue 10:00 am to 11:30 am

Format: Virtual

Karen was appointed by Judge Posner in 2007 to monitor the CBHI remedy for the Rosie D class action lawsuit. She meets regularly with parents, family organizations, provider agencies and organizations to provide updates and status reports to the court. We welcome her again this year to give updates and to hear from you. Karen wants to hear from you!

*During COVID-19, how are CBHI services working for your family, especially for mobile crisis (MCI), in-home therapy, and intensive care coordination (ICC) services?

*What CBHI services is your family receiving in-person

PPAL's Statewide meetings are meant ONLY for parents/caregivers/family members/family partners of children with behavioral health needs. When signing up, please indicate in your email that you are a parent or a family member of a child with behavioral health needs. Register here

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehb7iu89fefa902&oseq=&c=2d9b13b0-4233-11e3-981d-782bcb740129&ch=2f471600-4233-11e3-9918-782bcb740129>



Lives in the Balance Children's Mental Health Conference

When: October 22, 2020 - October 23, 2020 | Thu & Fri 8:40 am – 4:15 pm

Format: Virtually via Zoom

Due to the pandemic, we're going virtual for our 10th Annual Summit! While that means we won't be gathering in person, it also means that a lot more people can participate. This Summit will feature keynote speaker (and Lives in the Balance Board member) Mona Delahooke, Ph.D., author of Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges. There will also be a wide array of breakout groups for parents and educators related to advocacy, Collaborative & Proactive Solutions, how to implement CPS within a PBIS framework, anti-racist work, eliminating the use of restraint and seclusion, and managing schools and families during a pandemic. Additional breakout group options will be added in the next several months, and you won't need to register beforehand to participate in a particular breakout group. As always, it'll be a day filled with ideas, information, and energy. Join us! Learn more and register here <https://www.eventbrite.com/e/lives-in-the-balance-10th-annual-summit-tickets-113831158058?aff=erelpanelorg>



Nourished Festival

Watch gluten-free cooking & lifestyle classes

Were you able to join us at the Online Festival? If not, no sweat! You can still browse exhibitor booths & watch presentation recordings here <https://online.nourishedfestival.com/tradeshow/session-schedule>



Asperger's/Autism 101 – A Workshop for Parents of Newly Diagnosed Children/Teens/Young Adults (through age 22)

When: October 15, 2020 | Thu 7:00 pm to 9:00 pm, Free

Format: Virtually via Zoom

This two-hour workshop will go over what you can expect raising a child/teen/young adult (through age 22) on the autism spectrum. We will cover core strengths and challenges, some ways to cope at home, advocating at school, transition planning, and more. REGISTRATION: is required to receive the meeting link in a confirmation email. If you do not receive the confirmation email, please check your spam folder. Registration closes 24 hours prior to the meeting date. Please register by Wednesday, October 14, 2020 here.

<https://secure.aane.org/site/Ticketing?view=Tickets&id=100366>

Q & A with Jim Ross for Parents of Children and Teens

When: October 27, 2020 | Tue 7:00 pm to 8:30 pm, Free

Format: Virtually via Zoom

Jim Ross from the Widening the Circle project at the Arc of Massachusetts will speak and answer questions about ways to help our children and teens foster friendships under COVID-19 conditions. Jim Ross has worked in human services for 40+ years supporting people with disabilities. This work includes summer camps, disability-related information and referral, founding and directing a non-profit human service organization and providing direct care. Jim is currently co-coordinator of Widening the Circle, an Arc of Massachusetts project dedicated to helping bring people with and without disabilities together in deep and meaningful relationships. Jim has a life-long interest in supporting people with disabilities to participate fully in community life. He believes that people with and without disabilities should be together wherever they live, learn, work and play. Two of Jim's children have disabilities themselves, making this work intensely personal for him. REGISTRATION: is required to receive the meeting link in a confirmation email. If you do not receive the confirmation email, please check your spam folder. Registration closes one day prior to the meeting date. Early registration is highly recommended due to limited capacity.

https://secure.aane.org/site/Ticketing;jsessionid=00000000.app20102a?view=Tickets&id=100802&NONCE_TOKEN=5AB8A1524209C6011509F0FBE63CD766

Building Meaningful Relationships – Friendship

When: October 29, 2020 | Thu 10:00 pm to 11:30 am, Fee \$10

Format: Webinar via Zoom

Connection and belonging are important to us all. For individuals with Autism/Asperger profiles, isolation can be an all too common experience. Navigating the complexities of relationships can present barriers to building and maintaining meaningful long-term friendships. How can we then break down these barriers and build true connections? Join this webinar and hear one adult's experience cultivating and maintaining meaningful connections in his life. Learn what worked, what was challenging, and the many lessons learned along the way. HOST: Ryan Walsh. Ryan is a senior sociology student at Westfield State University. He is also a musician that has studied a variety of instruments over the last fourteen years and is highly involved with music production. When he is not creating music with his friends, he enjoys playing video games in his free time. Ryan has been speaking with AANE since 2014 and always enjoys and appreciates the opportunity to speak on his experience. To purchase Tickets visit

https://secure.aane.org/site/Ticketing;jsessionid=00000000.app274a?view=Tickets&id=100759&NONCE_TOKEN=6724502285B9195CE95926B58484CBF6



Transition and Beyond (ages 14-22)



Survey on Health Care Transition of Persons with I/DD

Deadline: October 16th

A collaborative group is working to improve the health care transition of persons with I/DD to improve health access to adult healthcare. We are working with them and hope you can participate in this Massachusetts health care transition survey. All of us want to better understand what is happening for young adults in terms of their healthcare needs. If you are a guardian or parent of someone with ID/DD or ASD (or the individuals themselves), please complete this brief survey by Friday, October 16. Any questions may be submitted to nddtransitionsupport@childrens.harvard.edu. To access survey, click here <https://www.surveymonkey.com/r/NDDHealthcareSurvey>



Navigating the Transition Planning to Adulthood Timeline

When: October 22, 2020 | Thu 10:30 am

Format: Online

Planning a Life for a Special Needs Family Member in Massachusetts. This webinar is part of the Transition Boot Camp Fall / Winter 2020 Webinar Series to help guide and prepare individuals, caregivers, and professionals by providing information and resources for the transition into adulthood years for ages 14 – 22 and beyond.

* Are you lost in the transition maze? This webinar will address transition timelines while discussing state benefits and programs including:

- *age of majority
- *post-secondary education,
- *employment
- *adult services and more.

There will be time to share experiences and ask questions. This informational webinar is geared towards students ages 14 – 22 but is open to anyone who would like to learn more about Transition Planning into Adulthood. Presenter: Andrea Morris, Education & Outreach Manager, The Arc of Greater Haverhill-Newburyport

To register or for more information contact Andrea Morris: Andrea.Morris@TheArcofGHN.org or (978) 373-0552 x211



Legal Documents & Government Benefits

We want our children to have all the supports they are eligible for but the process is daunting. How do you apply for guardianship? SHOULD you apply for guardianship? So many acronyms and some hard decisions as our children on the spectrum come of age. Join us on October 22nd for a deeper dive into each of the documents you should be considering for your child. Conservator or Guardianship and should either be an option for your family? Medicaid, SSI, SSDI, and other available benefit programs. How and when to apply and what forms are needed. Post-secondary educational benefits will also be discussed.

Knowledge is power, so plan to join us when Moody Street will help demystify the oft times confusing documents on October 22nd at 7 PM in a special ZOOM session for parents of teens.

Register for Events at aww.autismresourcecentral.org for Fall 2020 or call 508-298-1610.



Community Support



The Fred Gaspari Fund for Families

When: The 2020 grant cycle will be open from Thursday October 1 through Thursday October 29.

The Fred Gaspari Fund for Families accepts applications from families in the greater MetroWest area who are caring for a loved one with an intellectual or developmental disability. Families benefit by applying funds towards anything that will help make caregiving a little easier. The family member must be living with the family or independently in their own home within the community. Eligible families may apply for up to \$500 for any need necessary to care for their family member. Family needs are broadly defined. Examples of past awards include, but are not limited to:

- *Buy an Intellikeys keyboard for family member
- *Pay for therapeutic horseback riding classes
- *Convert a bedroom into a therapy room
- *Fence in backyard for safety
- *Purchase shoes and leg braces
- *Hire someone to take a family member into the community for social activities

For eligibility requirements and application click on the following link https://www.autismalliance.org/news/fred-gaspari-fund-families-3?blm_aid=34829



The Daniel Braun Memorial Camp and Recreation Activities Scholarship Fund

When: Now Accepting Applications for Grant/Scholarship Funds

The Daniel Braun Memorial Camp and Recreation Activities Scholarship Fund provides financial assistance for enriching recreational activities. The grant is available to families and individuals with low to moderate incomes living in New England and New York. Many individuals with autism could benefit greatly from services and programs that cause significant financial expense for the average family or individual adult. Thanks to the generous support of the Daniel Braun Memorial Camp and Recreational Activities Scholarship Fund, AANE is pleased to provide financial assistance for a limited number of families who need help paying for these services. To learn more visit

<https://www.aane.org/resources/family-and-friends/family-grants-ny/>



You can help the Massachusetts Developmental Disabilities Council plot its course for the next five years?!

The MA DD Council wants to hear from you! MDDC is undertaking its 5-Year State Plan process to determine its priorities for the 5-year period beginning on October 1, 2021. Your input will help us identify important issues to address that affect people with developmental disabilities (DD) and their families living in Massachusetts. Please take a few minutes to fill out our online survey about current challenges if you are a person with developmental disabilities, family member or another stakeholder in the DD community.

Link to Survey in English:

<https://www.surveymonkey.com/r/63XQFKC>

Link to Survey in Spanish:

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



Fun Activities and Recreation



Fitness with Faith

When: October 13th, 20th, & 27th, 2020 | Tue 4:00 pm

Format: Virtually via Zoom

Back by popular demand, we have our low impact weekly fitness class for ALL AGES. Faith is back to college and will be leading this class from her apartment at Salve Regina University in Rhode Island. She is looking forward to seeing everyone again and having fun. Participants can choose the cool music and fun moves. This class will have you feeling good in no time. ALL AGES welcome. Join Zoom Meeting below, Meeting ID: 926 4024 8607, Passcode: 995531.

<https://advocates-telehealth.zoom.us/j/92640248607?pwd=Znp2cIRMZWWhODZYbVRBajhyRXdzQT09>



Fairy Fun at the Park

When: Daily, Oct. 1-18, dawn to dusk

Where: Francis William Bird Park, Walpole

Member families \$5; nonmembers \$10. Don your wings, grab your crowns and visit the park's Fairy Lane where gnomes, elves, and pixies dwell. On your way to the lane, collect natural treasures to use later on. As you walk down Fairy Lane, make sure to look for little decorated doors at the base of trees where fairies have already moved in. Once you've found a good spot, use your treasures for your own fairy home and wand. Take your wand home with you but leave your little house for the park's sprites to enjoy and others to see as the park's fairy village grows. This is a self-guided program. Families will receive a downloadable Fairy Fun Activity kit with a map and wand craft tutorial prior to the visit <https://buy.acmeticketing.com/events/483/detail/5f578aaa963e28180b98ac43> *This is not a disability specific event.



Virtual Program Offerings Continue Throughout the Fall! Halloween Dance Parties and More!

We will be continuing our virtual program offerings for individuals with disabilities throughout the FALL. Programs include Karaoke, Zumba, Yoga, Art, Tabata, Tigers Boot Camp, Outback with Carolee, Game Shows, Dance Parties, History Corner, Broad way, Spotlighters, Special Events and so much more. Sign up for one or all programs for \$50.00 per person for the 15-week session. Every weekend an email will be sent with the ZOOM link to the programs along with more information about the upcoming programs for that week. Check out their great line up of offerings here!

<https://newtonathletesunlimited.org/recreation-programs/>



Drive-Through Jack-O-Lantern Spectacular

When: October 1 – November 1, 2020 | see website for times & tickets

Where: Roger Williams Park Zoo, 1000 Elmwood Ave, Providence RI

Experience a spooktacular new way to celebrate the Halloween season! Citizens Bank presents a drive-through Jack-O-Lantern Spectacular at Roger Williams Park Zoo Thursday, October 1 – Sunday, November 1, 2020. Celebrate Special Places while staying safe inside your car enjoying thousands of intricately carved pumpkins as you immerse yourself in the sights and sounds of the Halloween season. Trail will be open nightly 6:30 – 11:00 pm. Gates will close at 10:30 pm. *Tickets are online sales ONLY and sold for each half hour. Jack-O-Lantern Spectacular is open rain or shine. NO REFUNDS OR RESCHEDULING. Visit www.rwpzoo.org/jols for ticket sales, safety guidelines, vehicle information, weather policy, and FAQ.



Halloween Trunk or Treat Event

When: October 30, 2020 | Fri 6:00 pm to 7:00 pm

Where: Autism Alliance Parking Lot, 1881 Worcester Road, Framingham, MA

Wear your costumes and come drive by for a socially distanced, sensory friendly Trick or Treating event. This will be a drive through experience. You will stay in your cars and drive up to our "houses" (the trunks of our cars), and we will hand out candy and treats for all of our Autism Alliance friends. We will limit the number of families registered, as we want to make this a fun, safe event for all. Please complete the application form here

<https://app.smartsheet.com/b/form/59052f1e062644a486c2c0dde9d321ad> and we will notify you if your family is registered.



'Trucktober' Event

When: October 17, 2020 | Sat 11:00 am to 5:00 pm

Where: Various Locations in Burlington MA

Join us for our 4th annual 'Trucktober' event! This year, we will be having multiple trucks in different locations around Burlington throughout the day. You can expect to see some local favorites as well as some delicious new food trucks at 3 locations! Chicken on the Road, Alex's Ice Cream, Cousins Maine Lobster and the Whoopie Wagon will be serving up tasty treats! This year pre-ordering your food is available for 3/4 trucks and strongly encouraged! *Chicken on the Road: Full menu only available at truck but you can pre-order 50-piece chicken bites (\$39) by emailing info@chickenontheroad.com. Must email by 10/15.

*The Whoopie Wagon: Order here <https://topsfield-bakeshop-inc.square.site/>

*Cousins Maine Lobster: Download the Cousins Maine Lobster app to pre-order. (no earlier than one week ahead).

**This is not a disability specific event



How to make Halloween Fun During COVID-19

In the past six months, COVID-19 has put a damper on many activities we take for granted, including summer vacations, school graduations, and now, it looks like Halloween is the next issue we face. As parents, we want our children to feel included at all times, and Halloween is often an area of concern. This year, more than ever before, it is up to us to get creative to ensure that our children have a fun Halloween. That is why we have put together this COVID -19 Halloween Guide to help you create a magical and fun experience for your entire family. Learn more here!

<https://magazine.parentingspecialneeds.org/publication/>

Gibson's Natural Pet
WORCESTER

HOWLOWEEN
PET COSTUME CONTEST

Enter the Gibson's Natural Pet Halloween Costume Photo Contest once per day between October 1st - October 20th!

Vote once per day starting October 21st - October 30th!

The photo with the most votes will WIN a \$100 Store Gift Card!

Good Luck! Telegram & Gazette

Enter Now!

Click on the following link to Enter <https://telegram.gannettcontests.com/Gibsons-Natural-Pet-Halloween-Costume-Photo-Contest/rounds/1/gallery>



Family Support & Special Interest



Virtual Family Support Group

When: 2nd Friday of the month from 12:00pm - 1:00pm.

Format: Virtually via Zoom

Family members meet to share joys and concerns of raising children on the autism spectrum.

Registration is not necessary – just Zoom by!

Join Zoom Meeting

<https://advocates-telehealth.zoom.us/j/96570817628?pwd=dkVrcUI1VkV3VWE3NWJTeHZpbXF2dz09>

Meeting ID: 965 7081 7628, Passcode: 851815. Any questions, email pmckillop@advocates.org



3 children's books to help explain elections to kids

School-aged children might not be eligible to vote in the upcoming presidential election, but the November elections can provide many opportunities to teach kids about how the U.S. government works. Through the election process, kids can learn about civics, the electoral process, current events, the historical context, and campaign politics. Because of the presidential election, it is also important to be mindful of differences of opinions and strong feelings.

Here are a few books for kids of all ages to help explain elections <https://www.baystateparent.com/news/20200930/3-childrens-books-to-help-explain-elections-to-kids>



The Survive to Thrive Sibling Support Group

Start Date: Thursday, January 14th (Skipping school vacation week February 18th)/10 weeks - 1.5 hours each week

Format: Virtually vis Zoom

Free. The Survive to Thrive Sibling Support Group is offered for youth who have siblings with mental health and behavioral health challenges living in the home. Ben Speaks' knows the wide-ranging impact that mental health issues can have on families and looks to serve as a resource to youth that are impacted by the stigma, volatility, and demands placed on families. Siblings of family members with mental health needs may experience challenges and disruptions in their own emotional growth and development. This group will provide these youth with a nurturing environment to share their unique experiences of having a sibling with mental health needs, engage in empowering and fun expressive activities, and develop their own skills and resources, so that they may thrive in face of the challenges that they and their families encounter. Group is open to youth ages 9-13 years old, living in Massachusetts, who have siblings that struggle with mental health and behavioral health issues living in the home. Group sessions will include opportunities for both open and themed discussions, expressive art activities, age appropriate learning about mental health challenges and their impacts on families, and empowerment skills to enhance emotion regulation and effective communication. Parents are invited to send a request for a Q & A regarding the Survive to Thrive here

<https://benspeaks.aidaform.com/survive-to-thrive-registration?fbclid=IwAROLY5W05eNQfT4huFp2RDzRiVi6HIkOa1XJLsLm2BY5o5IsqIPJOkZBCi8>

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