



Family Resource Network

Helping Families Meet the Challenge

Volume 14, Issue 3, Fall 2006



12th Annual Early Start Symposium Friday, October 27, 2006 DoubleTree Hotel, Modesto, CA

Building Blocks to Enhancing Our Children's Future

Region 9's highly regarded Early Start Symposium returns for its 12th annual offering. **Joanne Knapp-Philo, Ph.D.**, of Thousand Oaks offers a keynote presentation entitled "Language and Literacy for ALL Infants and Toddlers." Participants will have their choice of breakout sessions which include information on the CARS reading program, newborn hearing screening, early signs of autism, speech development, oral motor and feeding issues, home visitation and behavior.

Parent scholarships are available to parents whose children are receiving Early Start services in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. There are a limited number of parent scholarships for Region 9 parents whose children with special needs are ages 3 to 5. Contact FRN for details.

Parents who require respite to attend the Symposium are urged to contact their Service Coordinator immediately. Registration forms are available through your child's Service Coordinator, your child's Early Start service provider or through FRN. You can print a registration form from FRN's website, www.frcn.org, click on trainings, or call FRN at 209-472-3674.

Hope to see you at the Symposium!



FRN Presents its Saturday Series

A variety of different events will take place on Saturdays throughout the year. First up is our Special Parents group, which meets on **Saturday, September 30th from 9:30 to 11 a.m.** The topic will be **Strengthening Your Advocacy Skills.** We'll cover topics like problem resolution, letter writing and effective communication skills. These skills can be used to advocate with schools, insurance companies, etc.

On **Saturday, November 4th from 9:30 to 11:00** the topic will be **Surviving Holiday Stress.** We'll look at how families can create new holiday traditions that include their children with special needs.

Special Parents will meet at FRN's office in the Sherwood Executive Center, 5250 Claremont Ave., Suite 239, Stockton.

All Special Parent meetings are **FREE** and open to all interested parties. **Registration is required.** There will be certificates of attendance and a door prize! We regret that we are unable to provide childcare.



HOLIDAY OPEN HOUSE

Mark your calendars for **Saturday, December 2nd** for **FRN's Annual Holiday Open House.** It's from 11 a.m. to 1 p.m. at 5250 Claremont Ave, Stockton. Santa will be there, as well as craft activities and lots of food. There's no cost to attend, but please let us know if you're coming. Santa needs time to check his Naughty or Nice list. Please let us know how many adults and children will be attending.

Reservations are required for all FRN events. Call FRN at 209-472-3674 or 800-847-3030 or email us at FRNfamilies@aol.com.

News Flash: FRN is working on a Saturday offering of its workshop on "Financial and Estate Planning for Families Raising Children with Special Needs". Call FRN or check www.frcn.org for more info.

Family Resource Network Newsletter
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EDITOR: Ann Cirimele
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5250 Claremont Ave., Suite 239 Fax: 209-472-3673
Stockton, CA 95207
Email: FRNfamilies@aol.com website: www.frcn.org

**Congratulations to the winners of
FRN's recent drawing:
Meagan Feliciano
Marisela Price
Maria Garcia**



The recreational support group for non-disabled siblings, ages 7 to 14, has two upcoming events:
**Saturday, September 23, 2006
1 to 4 p.m.
at Valley Community Baptist Church
in Tracy.**

**Saturday, November 17 from 6 to 8:30 p.m.
at Quail Lakes Baptist Church in
Stockton.**

Meet other siblings who have the same kinds of issues. There are games, crafts, discussion activities, food and lots of fun!

Registration is required. Call 472-3674 or 800-847-3030 to get registration form.

Down Syndrome News

Central Valley Down Syndrome

Association's Spanish-language group meets the 2nd Friday of the month from 6 to 8 p.m. at the Community Center, 2413 3rd Street in Hughson. Call Maria at 845-8028 for information.

The Buddy Walk will be taking place in Modesto on 9/30/06. Contact Maria for more details.

The Brighter Side of Down Syndrome of

San Joaquin County meets at 6 p.m. on the 3rd Monday of each month at Walton Early Intervention Center, 4131 N. Crown Ave., Stockton. This group is open to any parent of persons (birth to adult) with Down Syndrome. For more information or to learn about the group's upcoming Buddy Walk, contact Marcella at 463-0608 or Jean at 933-7315 x 7740.



Autism Support Groups

The **Lodi** Autism Group, which meets at 7 p.m. on the 2nd Thursday of the month at Nichols School, will resume again in September. For information call Sylvia at 334-3025.

The **Modesto** FEAT subgroup meets the last Wednesday of each month at 9:30 a.m. at the Borders Book Store on Sisk Road. For info contact Suzanne at 545-2644.

The **Tracy** FEAT subgroup meets every Thursday at 9:30 a.m. at JavaMakers Café, 2179 W. Grantline Road, in the back conference room. For information contact Heidi at 209-832-3878.

Parents Helping Autistic Children Thrive and Succeed (PHACTS) meets in **Sonora** at 6 p.m. at the Senior Center on the 3rd Thursday of the month. For information contact Jennifer at 532-4304.



SAVE The Date
Saturday, February 3, 2007
FRN's 9th Annual Mothers
Retreat

Registration forms will be available in December. Call FRN for more details.



Calling All Tuolumne County
Parents!

Community Advisory Committee meetings will be held:

September 21 –goal setting meeting,
 October 26,
 January 25,
 March 29, and
 April 26

from 6:30 to 8 p.m. at the Tuolumne County Schools Office, 175 S. Fairview Lane, Sonora. Child care is provided as well as refreshments. For more info call 209-536-2040.

Want to Be
“In the Know” ???

FRN will email you up-to-the-minute information on news items, events, activities, trainings and other issues of interest to families raising children with special needs. FRN's newsletter is published only 3 times per year so email is a great way to keep up on important information. If you would like to be added to this mailing list, email your name and email address to FRNfamilies@aol.com.

Save a Tree?

If you'd like to get your newsletter online, just email your name and email address to FRN at FRNfamilies@aol.com.

Local Training Opportunities

September 13 - Building Bridges – Transitioning Your Child from the Early Start Program • Presenter: Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$15 fee for professionals, for reservations call 800-847-3030.

September 14 - Special Education Rights Workshop • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board Office, 2529 W. March Lane, #105, **Stockton**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

September 28 - Financial and Estate Planning Issues for Families of Children with Special Needs • Presenters: Frank Quacinella, Merrill Lynch and Mark Drobney, Attorney at Law • County Administration Bldg, 810 Court St., **Jackson**, 6:30 to 8:30 p.m., FREE, for reservations call 800-847-3030.

October 4 – Parental Rights and Advocacy in Special Education • Presenter: Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:00 a.m. to 2:30 p.m., scholarships for parents, \$35 for professionals, for reservations call 800-847-3030.

October 12 - Special Education Rights Workshop • Presenters: Area VI Board and Family Resource Network • Admin. Center, Room C, 810 Court St., **Jackson**, 6 p.m., FREE, reservations are required, for reservations call 800-847-3030.

November 2 - Special Education Rights Workshop • Presenters: Area VI Board and Family Resource Network • Doctors Medical Center, Room 1, 1441 Florida Ave., **Modesto**, 6 p.m., FREE, reservations are required, for reservations call 800-847-3030.

November 14- Building Bridges – Transitioning Your Child from the Early Start Program • Presenter: Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$15 fee for professionals, for reservations call 800-847-3030.

December 7- Special Education Rights Workshop • Presenters: Area VI Board and Family Resource Network • site TBA, **Tracy**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

Check FRN's website, www.frcn.org for updated information on trainings and events. Registration forms for FRN events are on the website.

Thank You Junior Aid of Stockton!!

FRN extends its sincere thanks to Junior Aid of Stockton for their generous donation of \$1,000 to purchase library resources. FRN purchased some new editions of popular books as well as many new resources. FRN is indebted to Junior Aid of Stockton for helping us keep our library resources current.

New FRN Library Resources

- 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders
- ADHD: A Complete & Authoritative Guide
- Believe in My Child with Special Needs! Helping Children Achieve Their Potential in School
- Breaking The Sphere of Silence and Fear (autism)
- Cheap Psychological Tricks for Parents
- A Chicken's Guide to Talking Turkey with Your Kids About Sex
- Children with Seizures
- The Dancing Dialogue: Using the Communicative Power of Movement with Young Children
- Discovery: Pathways to Better Speech for Children with Down Syndrome
- Disorganized Children (DVD)
- Early Start for Young Children with Autism/PDD
- Functional Behavior Assessment for People with Autism
- Guns A' Blazing (autism)
- Is This Your Child? Discovering & Treating Unrecognized Allergies in Children and Adults
- It's Never Too Early, It's Never Too Late – A Booklet About Personnel Futures Planning
- It's Too Much Work to Be Your Friend
- Mental Health Aspects of Autism & Asperger's Syndrome
- More Than A Mom: Living a Full & Balanced Life When Your Child Has Special Needs
- Music Therapy: Another Path to Learning & Communicating for Children on the Autism Spectrum
- Pain in Children & Adults with Developmental Disabilities
- Personal Hygiene? What's That Got To Do With Me?
- Pivotal Response Treatments for Autism: Communication, Social & Academic Development
- The Right Words at the Right Time
- The Rights Words at the Right Time, Volume 2
- Teaching Conversation to Children with Autism
- Understanding Sensory Dysfunction
- A Very Touching Book (Sex Education)
- The Worried Child: Recognizing Anxiety in Children & Helping Them Heal

FRN extends its thanks to Christine Jepson for the donation of the following resources on visual impairment:

- And Miles to Go
- Beginnings: A Practical Guide for Parents & Teachers of Visually Impaired Babies
- Learning Together: A Parent Guide to Socially Based Routines for Visually Impaired Infants
- Learning Play and Toys
- Reach Out and Teach

Many thanks also to Kellie Keefer for her donation of:

- The Language of Toys

FRN's entire library list is located on its website at www.frcn.org. FRN is happy to mail resources. To find out more about how to borrow resources from the library, call FRN at 800-847-3030 or log onto our website.



**FRN extends its thanks to the following
for their generous donations:**

*Sandra Abu-Diab
Emily Bauch
Roxanne Brown
Heide Fremel
Andriana Martinez
Stephanie Mason
Pat Machado
Andrea Moreno
Stacy Perez
Mariela Ramos
Dennis & Eroica Siazon
Mary Ann Taylor
Sharon Torres
West Lane Bowl*

**FRN thanks the following for their
donations to Operation: Birthday Wishes:**

*Fran Booker
Lori Michael
Joan O'Connor
Anonymous Donors
and
Marie Ausban and the Young Women's
Group from the Church of Jesus Christ of
Latter Day Saints*

**Thank you
United Way Donors
Paul Antigua
Thea Etheridge
Susan Perondi
Kathy Werner
and
Anonymous Donors**

**Many thanks to FRN's
Fabulous Volunteers:**

*Joe Cirimele
Tony Cirimele
Don Okura*

Asparagus Festival News

Many thanks to
Rosa Roddriquez
Roger Valdez
And

Connie Weiman

who donated their volunteer hours at the Asparagus Festival to FRN. These fantastic people raised over \$1,400. Anyone who is interested in donating their service hours to FRN for the Festival next April can contact FRN for details.

New Calaveras Support Group

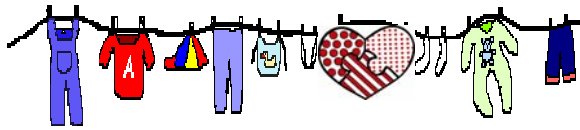
A new support group is starting in Murphys. The group is open to families of children with special needs including ADD/ADHD, Autism Spectrum Disorder, and mental health issues. The group is meeting the 2nd Thursday of the month at 6:30 p.m. For information contact Kyla at 728-8758.



This summer the American Film Institute identified the 100 most inspirational movies of the last 100 years. Several of the movies had central characters with physical, mental, developmental or health challenges. Listed below are the films and where they ranked on the list.

The American Film Institute's 100 Years 100 Cheers: America's Most Inspiring Movies

- 11: The Best Years of Our Lives (1946)
- 15: The Miracle Worker (1962)
- 17: One Flew Over the Cuckoo's Nest (1975)
- 20: Philadelphia (1993)
- 22: The Pride of the Yankees (1942)
- 33: City Lights (1931)
- 37: Forrest Gump (1994)
- 63: Rain Man (1988)
- 72: Dark Victory (1939)
- 93: A Beautiful Mind (2001)
- 99: Ray (2004)



Little Bits

Preemie Clothes Closet

Family Resource Network has "gently used" preemie infant clothes available to families of premature infants. The Preemie Clothes Closet is open Tuesday through Friday, 9:00 a.m. to 2:00 p.m. at FRN's office, 5250 Claremont Avenue, Suite 239, Stockton.

FRN gladly accepts all donations of gently used preemie-sized clothing. For more information contact FRN.

FRN thanks for **Nikii Moss** for her generous donation to *Little Bits*.



Project Rudolph

For the 3rd year in a row Project Rudolph will once again be delivering Christmas presents to adults living in local group homes. Volunteers will purchase and wrap gifts which Santa delivers to the group homes. The consumers at the homes just love having their pictures taken with Santa. If you'd like to donate to this year's Project Rudolph, please send your tax-deductible donation to FRN and identify it as funds for Project Rudolph. 100% of Project Rudolph funds will be spent on the gifts.



If we cannot now end our differences,
at least we can make the world safe
for diversity. *John F. Kennedy*

The Special Education Rights Workshop listed below will be conducted entirely in Spanish.

Entrenamiento en Español para la forma IEP (Programa de Educación Individual)

Presentado por Padres Ayudando a Padres, Inc

Patrocinado por Family Resource Network y La Oficina de Educación de San Joaquin

El taller será presentado solamente en español

SÁBADO, 16 DE SEPTIEMBRE, DEL 2006

9:30 AM – 1:30 PM

En las Oficinas de Educación del Condado de San Joaquín

2707 Transworld Drive, Salon Chartville, Stockton, CA

El entrenamiento es gratuito, pero se requiere que se registre con anticipación. Favor de llamar o mandar la forma de abajo antes del 10 de Septiembre del 2006. Si necesita arreglos especiales bajo el Acta de Americanos con Discapacidades, llame al Family Resource Network al 472-3674.

Por favor de mandan esta forma a:

FAMILY RESOURCE NETWORK, 5250 Claremont Ave, Suite 239, Stockton, CA 95207, FAX 209-472-3673

Nombre _____

Domicilio _____

Teléfono _____

Numero de personas quienes asistirán de su familia _____

How to Choose a Mental Health Provider

FRN extends its thanks to Support for Families (the FRN in San Francisco) for allowing us to reprint this information.

A good match between the therapist and your child and family is one key factor in successful therapy. You may have to talk to several different people to find someone with whom your child and family can feel comfortable.

Finding the Right Person

Remember that you have options in choosing your mental health professional. You may have preferences about age, gender, race, religious background, or other characteristics. As you ask for recommendations, let people know the characteristics that are most important to you.

* Ask friends and relatives who have used a counselor for their recommendations.

* Check with professionals you know and trust, such as your child's doctor, a pastor from church or rabbi from your synagogue, mental health workers, teachers or school counselors.

* You may want to talk with several providers to see if their approach is one that will work for your family.

* In public systems a counselor or other professional will be assigned to you. You may still ask questions to learn about the approach used, as well as the experience and training of the provider. If you don't believe the assigned provider is suited for your family, you may request a change.

Cultural competence is another important factor to look for when choosing a mental health provider.

This is what you can expect from a culturally competent professional:

- Respects the values, beliefs, traditions, customs, and parenting styles of the families they serve
- Understands the impact of socio-economic factors upon the family
- Considers the needs of the entire family such as child care for brothers and sisters and transportation issues
- Understands the impact of their own culture on the therapeutic relationship
- Communicates in the language the family speaks
- Understands how the family views the child's problems
- Encourages the family to help plan treatment and evaluate child's progress
- Is comfortable when the family discusses alternative treatments families might prefer (i.e. herbal medicine, religious healing)

CHOOSING A MENTAL HEALTH PROVIDER WORKSHEET

Name: _____

Address: _____

Phone: _____

Pre-appointment questions (to ask receptionist)

- * Is the therapist taking new patients?
- * What are your fees?
- * Do you consider charging on a sliding-scale basis?
- * Do you take insurance or Medi-Cal?
- * Does the therapist have experience with (child's condition)?
- * How long has therapist been in practice? What are therapist's credentials?

Questions for 1st appointment (to ask therapist)

- * What is your experience with children with (child's condition)?
- * What is your philosophy/approach on treating children with (child's condition)?
- * How has this approach been effective? What are the benefits and side effects?
- * Who sees the patients when you are not available?
- * How much information will you discuss with me about my child's progress?
- * What happens if you and I disagree on services/treatment?
- * How do you monitor the effects of medication that might be prescribed for my child?

Questions for after 1st appointment (to ask yourself/child)

- * Did I/my child feel comfortable with the therapist?
 - * Was therapist knowledgeable about my child's condition; did treatment options sound reasonable to me?
 - * Did I feel therapist respected me and valued my opinions?
 - * Did therapist listen to me and understand my concerns?
- Do my child and I trust the therapist?