



Family Education & Training (FET) Fall/Winter 2016 Schedule

SIGN UP TO FULFILL YOUR CHILD'S 2016 HCBS WAIVER REQUIREMENT BY:

1. Sending an email with the details below to FET@skipofny.org
 2. Faxing this registration form to 212-268-7667
 3. Calling Mariquit Reder at 212-268-5999 ext. 197 or Richard Walsh, Director of HCBS Waiver Program, at ext. 212, rwalsh@skipofny.org
- Please Note: The last FET class is on December 21, 2016. There will be no make-up sessions.

CLASS SIZE IS LIMITED TO THE FIRST 8 FAMILIES WHO RESPOND

PLEASE CHOOSE A 1ST AND 2ND WORKSHOP IN ORDER OF PREFERENCE

Child's Name:	
Parent's Name(s):	
Parent's Phone Number(s):	
1st-Choice Workshop Title:	Date:
2nd-Choice Workshop Title:	Date:

LOCATION:

**ALL WORKSHOPS ARE LOCATED AT
601 WEST 26 STREET, SUITE 522, 5th Floor
MANHATTAN (BETWEEN 11TH & 12TH AVENUES)**

September 2016

Thursday, September 8, 2016, 10AM—12PM

"Feeding"

with a SKIP of NY Behavior Specialist

A general primer on feeding issues for children with developmental disabilities. This presentation will define and discuss the treatments for PICA, taste aversions, food selectivity, and disruptive eating behavior. There will also be a limited discussion on dysphagia.

Tuesday, September 13, 2016, 10AM—12PM

"Future Needs Planning"

with lawyer Andrew Cohen and special care planner Mitchell Weisbrot

Learn about Estate Planning, Special Needs Trusts, Guardianship, and more so that you can make sure that your child will be taken care of no matter what the future brings. As parents of children with special needs, Mr. Cohen and Mr. Weisbrot will draw on both their personal and professional experiences to inform you.

Wednesday, September 14, 2016, 10AM—12PM

"Developing Language and Communication"

with a SKIP of NY Behavior Specialist

Learn how you can help your child develop the ability to take in new information and express wants, needs, and feelings more clearly. Behavior issues can arise from the frustration of not being able to communicate to others. This workshop will provide you with strategies to broaden language and communication capabilities.

Monday, September 19, 2016, 6PM—8PM

"Stress Management"

with a SKIP of NY Behavior Specialist

This workshop will explore the long term effects of holding stress in the body and explore ways to manage stress with new thought patterns, behavioral techniques and lifestyle changes.

Monday, September 26, 2016, 6PM—8PM

"Managing Behavior Using Token Economy Systems"

with a SKIP of NY Behavior Specialist

A look at how token economy systems are applied in the classroom and how that strategy can be carried over and used within the home. We will be discussing age-appropriate token economy strategies that can be used to motivate children to succeed at their goals. This talk will cover how to set up a cost-efficient token system, how to choose rewards, and how to effectively apply the token system at home.

Thursday, September 29, 2016, 10AM—12PM

"Developing Positive Behaviors"

with a SKIP of NY Behavior Specialist

Does your child act out at school, home, or in public? This workshop will explore typical causes for inappropriate behaviors from tantrums to physical aggression and more. Learn strategies to transform bad behaviors as well as how to develop a behavior plan for your child.

October 2016

Tuesday, October 4, 2016, 10AM—12PM

"Basic Advocacy"

with Dr. Paul Hutchinson, Director of Advocacy, of AHRC

Learn how to advocate and navigate through school placements, Committees of Special Education (CSEs), Individualized Education Plans (IEPs), and more. Also, learn how to prepare for IEP meetings (how to prepare, what to ask, etc.).

Thursday, October 6, 2016, 10AM—12PM

"Care for the Caregivers"

with a SKIP of NY Behavior Specialist

While providing love and safety for your child is your ultimate priority, caring for a child with special needs can be stressful and time-consuming. You may spend most of your time advocating for your child; however, who is advocating for you? This workshop will cover topics such as setting personal boundaries, utilizing time management skills, finding support and inspiration in the community, and relaxation techniques as a means to reduce stress and improve your quality of life.

Thursday, October 13, 2016, 10AM—12PM

"Considerations for Siblings of Children with Disabilities"

with a SKIP of NY Behavior Specialist

For those raising a child with special needs, it may not be as easy to attend to siblings in the same way as it is to attend to a child with special needs. This workshop will outline some concerns that siblings of children with special needs may have, outcomes from growing up with a sibling with disabilities, and activities and strategies you can utilize to ensure that siblings feel supported.

Monday, October 17, 2016, 10AM—12PM

"Future Needs Planning"

with lawyer Andrew Cohen and special care planner Mitchell Weisbrot

Learn about Estate Planning, Special Needs Trusts, Guardianship, and more so that you can make sure that

your child will be taken care of no matter what the future brings. As parents of children with special needs, Mr. Cohen and Mr. Weisbrot will draw on both their personal and professional experiences to inform you.

Wednesday, October 19, 2016, 10AM—12PM

"Using Reinforcement and Preference Assessments to Gain Compliance "

with a SKIP of NY Behavior Specialist

Have you ever been frustrated while trying to teach your children new skills or just to get them to do things you ask of them and they have not complied with your requests? In this workshop you will learn "how", "when" and "what" to use as reinforcement for your children so that you can start reduce tantrums and problem behaviors and start teaching them new skills.

Thursday, October 27, 2016, 6PM—8PM

"Introduction to Home and Community-Based Services (HCBS) Waiver"

with SKIP of NY

Family Education and Training (FET) is only one of the many HCBS Waiver services available to developmentally disabled individuals. This workshop presents an overview of OPWDD services such as Respite, Community Habilitation, Environmental Modifications, etc. and the role of the Medicaid Service Coordinator (MSC).

Friday, October 28, 2016, 10AM—12PM

"Behavioral Strategies to Manage Challenging Behavior during Medical Procedures"

with a SKIP of NY Behavior Specialist

Does your child frequently act out while at the dentist's or the doctor's? The purpose of this presentation is to help parents understand challenging behaviors and why they occur. You will learn easy, practical behavior strategies to reduce or prevent challenging behaviors, as well as age-appropriate replacement behaviors.

November 2016

Monday, November 7, 2016, 10AM—12PM

"Developing Positive Behaviors"

with a SKIP of NY Behavior Specialist

Does your child act out at school, home, or in public? This workshop will explore typical causes for inappropriate behaviors from tantrums to physical aggression and more. Learn strategies to transform bad behaviors as well as how to develop a behavior plan for your child.

Thursday, November 10, 2016, 10AM—12PM

"OPWDD Educational Services"

with Dr. Paul Hutchinson, Director of Advocacy, of AHRC and Elizabeth Marsh, LMSW, of SKIP of NY

Learn about educational services and options that are available for your child, including options offered through OPWDD. We will be discussing afterschool programs, weekend programs, respite, and more.

Tuesday, November 15, 2016, 10AM—12PM

"Future Needs Planning"

with lawyer Andrew Cohen and special care planner Mitchell Weisbrot

Learn about Estate Planning, Special Needs Trusts, Guardianship, and more so that you can make sure that your child will be taken care of no matter what the future brings. As parents of children with special needs, Mr. Cohen and Mr. Weisbrot will draw on both their personal and professional experiences to inform you.

Wednesday, November 16, 2016, 6PM—8PM

"Developing Language and Communication"

with a SKIP of NY Behavior Specialist

Learn how you can help your child develop the ability to take in new information and express wants, needs, and feelings more clearly. Behavior issues can arise from the frustration of not being able to communicate to others. This workshop will provide you with strategies to broaden language and communication capabilities.

Tuesday, November 22, 2016, 10AM—12PM

"Self-Injurious Behavior (SIB)"

with a SKIP of NY Behavior Specialist

Self-injury is a concern for many families of children with developmental disabilities. This talk covers the different types of self-injurious behavior and function-based treatment strategies. Treatment outcomes and ethical concerns will also be discussed. Attendees will learn risk factors for SIB, how to differentiate SIB from self-harm, and the most common treatment approaches.

Wednesday, November 30, 2016, 10AM—12PM

"Boundaries and Socialization"

with a SKIP of NY Behavior Specialist

Learn how to teach your child socialization skills while also maintaining boundaries necessary to interact with others appropriately. Topics include establishing personal space, how to behave towards a family member versus a friend versus a stranger, etc.

December 2016

Friday, December 2, 2016, 6PM—8PM

"Sleeping through the Night"

with a SKIP of NY Behavior Specialist

Often, children with special needs have difficulty when it comes to bedtime. These difficulties can range from sleeping through the night to staying in their own bed instead of sleeping with their parents. This workshop will provide you with evidence-based strategies to maximize the potential for bedtime success with your children.

Tuesday, December 6, 2016, 10AM—12PM

"Considerations for Siblings of Children with Disabilities"

with a SKIP of NY Behavior Specialist

For those raising a child with special needs, it may not be as easy to attend to siblings in the same way as it is to attend to a child with special needs. This workshop will outline some concerns that siblings of children with special needs may have, outcomes from growing up with a sibling with disabilities, and activities and strategies you can utilize to ensure that siblings feel supported.

Thursday, December 8, 2016, 10AM—12PM

"Journey to Adulthood: What Parents Need to Know about Sexuality"

with a SKIP of NY Behavior Specialist

The purpose of this presentation is to give parents the tools and ideas for navigating sexuality, self-care, and social skills for teens with developmental disabilities. Topics will cover task analyses for teaching self-care skills, social stories, and a five-point scale to build social skills, teach boundaries, and how to handle puberty.

Monday, December 12, 2016, 10AM—12PM

"Future Needs Planning"

with lawyer Andrew Cohen and special care planner Mitchell Weisbrot

Learn about Estate Planning, Special Needs Trusts, Guardianship, and more so that you can make sure that your child will be taken care of no matter what the future brings. As parents of children with special needs, Mr. Cohen and Mr. Weisbrot will draw on both their personal and professional experiences to inform you.

Thursday, December 15, 2016, 10AM—12PM

"Transition/Turning Five Process"

with Dr. Paul Hutchinson, Director of Advocacy, of AHRC

Offered specifically for families with children transitioning from preschool to kindergarten in

September 2016, this workshop will help prepare you for the process of transitioning at age five into Department of Education school age (5-21) classes. Learn how to navigate the Committee on Special Education meetings, serving as a team member creating the IEP and understanding school placements and more. Above we will discuss the knowledge and skills to become the best advocate for your child with special needs.

Monday, December 19, 2016, 6PM—8PM

"Basics on Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)"

with SKIP of NY

If your child is not eligible for SSI right now, he/she may be eligible when turning 18. This workshop presents the basics on SSI and SSDI, including the difference between them, the eligibility requirements, the application process, and the benefits.

Wednesday, December 21, 2016, 10AM—12PM

"Understanding Your Child's IEP"

with Dr. Paul Hutchinson, Director of Advocacy, of AHRC

The Individualized Education Plan (IEP) guides your child's learning for an entire school year, so it's important to know how to identify needs and have those needs met by the DOE. The workshop will prepare you for your child's IEP meeting with review and explanation of a mock IEP and a discussion of advocacy strategies. Please feel free to bring a copy of your child's IEP if you would like to review it with Dr. Hutchinson.

PLEASE NOTE:

Your child's 2016 FET requirement must be fulfilled by December 31, 2016 or you risk losing your child's HCBS Waiver, and possibly his/her Medicaid coverage if FET is the only HCBS waiver service that your child is receiving and if your child is not eligible for Medicaid without waiver. Please speak with your MSC regarding any eligibility questions.

Please remember that SKIP of New York will stop providing the FET waiver service by January 1, 2017, but your MSCs will assist with a smooth transition to another agency if you prefer to keep the service. The last FET class will be on December 21, 2016. There will be no make-up sessions.

If you know that you will not be able to attend the FET workshop you have registered for, you must notify us as soon as possible so that we can offer your space to another family. It is your responsibility to register for another FET workshop.