

Nevada Early Intervention Winter Family Newsletter

January - February 2017 Volume 7 No 1

Message from Part C's State Family Resource Coordinator, Information & Referral... Happy New Year!

Dear Parents/Families,

us at ProjectASSIST@dhhs.nv.gov.

As you start the new year, have you thought of getting more involved with your early intervention program? Would you like to "give back" to the program? Would you like to help another parent or child? Would you like to have input in local and state planning and policy decisions that affect young children with disabilities? There are lots of opportunities for you!

Your early intervention program may have a family support group or work with an organization that does. This is a wonderful way to "give back" to the program.

Nevada's Interagency Coordinating Council (ICC) was set up to advise and assist Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families. If you would like more information about meetings or how to submit public comments to the Council please contact

Nevada's ICC also has a Family Support Resource Subcommittee. This committee supports ICC activities and helps ensure the ICC responds to issues important to families, strengthens and broadens family involvement at policy and service levels, increases ICC communication with families, provides public awareness support, and identifies and supports efforts to improve early intervention services and programs within communities.

The IDEA Part C Family Newsletter provides opportunities for families to share by submitting articles, sharing their story, or including their child in a Family Spotlight, with a photo. (All items are subject to editing and review.)

If you have questions, please contact us at Project ASSIST: 1-800-522-0066 or ProjectASSIST@dhhs.nv.gov

Sincerely,
Dan Dinnell



Cheryl, Eric, and Dan

NEVADA's EARLY INTERVENTION SERVICES

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Email:

ProjectAssist@dhhs.nv.gov

To receive the newsletter electronically and to make sure you don't miss out on useful information, contact us!

Please enjoy the stories shared of families who have "been there and done that!" — See pages 2 & 3

Project ASSIST: <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>

Nevada's Early Intervention Interagency Coordinating Council (ICC) advises and assists Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families.

MEETING NOTICE

Date and Time of Meeting: **Thursday, January 12, at 9:00 a.m.**

Meeting will tentatively be held via Video Conference at the Following Locations:

- **Elko:** Nevada Early Intervention Services
1020 Ruby Vista Drive, Conference Room
- **Las Vegas:** Desert Regional Center
1391 S. Jones Blvd. [ask for directions at the desk]
- **Reno:** Nevada Early Intervention Services
2667 Enterprise, Conference Room

Check for updates. Meeting agendas and minutes are posted at:

<http://dhhs.nv.gov/Programs/IDEA/ICC/Meetings/>

It is especially important to hear from families and I encourage you to participate. If you would like more information about meetings or how to submit public comments, please contact us at ProjectAssist@dhhs.nv.gov or call Project ASSIST at 1-800-522-0066

The ICC membership can be viewed at <http://dhhs.nv.gov/Programs/IDEA/ICC/Home/>, under **"Who is on the ICC?"** and then click on **Current Membership**.

Been there, done that!

Building the Next Generation of Leaders. . . PARTNERS IN POLICYMAKING is a very intensive and innovative national model of leadership training, designed to teach parents and self-advocates the power of advocacy and to change the way people with disabilities are supported, viewed, taught, live and work. For information visit http://www.unr.edu/nced/projects/nced_pip

Elko NV—Partners in Policymaking Session # 4: Graduation!

"Our last Partners in Policymaking weekend, where we covered such subjects as *Parliamentary Procedure*, *Serving on Boards or Committees*, and *Tools for Planning your Future*, was in August and I have struggled for months now trying to find the right words to wrap up, say goodbye, and finalize our last Partners class. My emotions are so mixed, and there are so many thoughts running through my head and heart that settling them has been a challenge. My biggest worry is not in writing this up but rather in missing something or leaving someone out. Plus I don't like goodbyes and often feel that a goodbye is better left unsaid. That being said I would like to make the following statements about my experience in this class and to say thank you to all those who made this class possible.

"Alone we can do so little; together we can do so much." ~ Helen Keller

To those organizations that made this class possible, Thank you, it would not exist without you. For that I am personally grateful that I and others could benefit from this class. Thank You to. . .

Nevada Governor's Council on Developmental Disabilities
Nevada Center for Excellence in Disabilities
Northern Nevada Autism Network
Administration on Developmental Disabilities
Administration for Children and Families CFDA 93.630

"Do what you can, where you are, with what you have." ~ Theodore Roosevelt

I don't know how to say thank you enough to the two most upbeat, pleasant, passionate, caring people I have had the pleasure to meet. . .

Diana Rovetti and Travis Mills

You both made this class happen, organizing meeting rooms, hotel rooms, dinner plans, guest speakers, IT arrangements, communications, and much more. You two truly did so much more. Without you this class could not have happened. Thank you!

—continued on the next page—

If you are interested in volunteer activities, where you can receive knowledge, share information, gain skills and experience in advocating for others and your family, the NEVADA EARLY INTERVENTION INTERAGENCY COORDINATING COUNCIL (ICC) has a permanent **FAMILY SUPPORT RESOURCE SUBCOMMITTEE (FSRS)** that can always use parents and others who have a passion for supporting early intervention. For more information email ProjectAssist@dhhs.nv.gov or call 1-800-522-0066

Nevada's **Family Resource Centers (FRCs)** provide support, information, and referrals for individuals and families in need of assistance in accessing services and programs that will strengthen and support the family. **FRCs** collaborate with other private and public agencies, government agencies, schools, and faith-based organizations to assist families to obtain needed services. **FRCs** emphasize community based, collaborative services that are culturally competent, accessible, and flexible. The state is divided into 18 Service Areas. For more information or to find an FRC close to you, call: (702) 486-3527 (Las Vegas) or (775) 684-4000 (Carson City)

Or visit: http://dhhs.nv.gov/Programs/Grants/Programs/FRC/Family_Resource_Center/

"Education is the most powerful weapon which you can use to change the world." ~ Nelson Mandela

I, as a student and graduate of this 2016 Partners in Policymaking class, have been armed with many powerful insights, perspectives, experiences, and knowledge. I can't unlearn what I have gained from this class. I was given the tools to change the world, even if it is just in my little world. Each and every speaker had a profound effect on my life. Each of you touched my life and my families in some way. To all of our many "teachers", thank you for your time, your knowledge, your passion. I/we have gained so much.

"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one'." ~ C.S. Lewis

To my classmates, the quote above says it in so many more words. I entered this class a stranger to most. I left with a love, commonality, and friendship that no one can take away. When a person finds themselves in a class of people who share the same passion, caring, and struggles as you, it is hard not to bond. Each and every one of you has a special place in my heart and your stories have touched my life in so many ways. Thank you all for sharing your stories and lives with me."

Thank you, Thank you, Thank you,
Janina Easley, ICC Parent Representative



*"When you reach for the stars, you are reaching for the farthest thing out there.
When you reach deep into yourself, it is the same thing, but in the opposite direction.
If you reach in both directions, you will have spanned the universe." ~ Vera Nazarian*

The Early Childhood Technical Assistance (ECTA) Center—**Family-Centered Principles and Practices**

Family-Centered Principles are a set of interconnected beliefs and attitudes that shape directions of program philosophy and behavior of personnel as they organize and deliver services to children and families. Core to family-centered services is sensitivity and respect for the culture and values of individual family members and each family's ecology, as members define the people, activities and beliefs important to them. This page, <http://ectacenter.org/topics/families/famctrprin.asp>, presents an overview of family-centered principles and practices. It also contains links to resources that illustrate family-centered practice.

PACER Center's booklet ***EZ at 2: Simple Assistive Technology Ideas for Children Ages Birth to Three: A Guide for Increasing Young Children's Participation in Daily Activities and Routines.*** Divided into daily living categories such as "At Home," "Meal and Snack Time," etc., this guide for parents and professionals offers simple, do-it-yourself solutions for anyone who wants to help infants and toddlers with disabilities participate more fully in recreational and other daily activities.
<http://www.pacer.org/stc/pubs/EZ-AT-book-2011-final.pdf>

Nevada PEP, as the statewide Parent Training and Information Center, offers classes such as **"Families are Important"** for families to better understand Early Intervention, their Individual Family Service Plan (IFSP) and the Transition process from Early Intervention into the community or school districts. In **"Skills for Effective Parent Advocacy"** participants will learn the importance of advocacy and effective strategies to help children with disabilities. Communication techniques will help you feel confident advocating for children. For more information on these and other classes, contact PEP statewide at 1-800-216-5188 or visit their website at: www.nvpep.org/

Nevada Parent Advocacy Initiative —

By Parents, for Parents: It's information about Nevada's Early Intervention Services System in one common place and consists of a parent Facebook (www.nvparents.com/fb) support page, a place for parents of children with disabilities to connect and share, and a web page (www.nvparents.com) with information to give parents the basic knowledge they need to access and utilize services effectively. Please post your personal stories, questions about your child's development and/or disability, questions about Early Intervention programs, great parenting articles you've come across, community resources and events, etc.

Family TIES is Nevada's Family-to-Family Healthcare Information & Education Center, providing statewide support to families of children and youth with special health care needs by:

- Assisting families as they navigate public and private systems, including health systems and insurance plans,
- Assisting families in accessing services and resources for their children and in partnering with providers and caregivers,
- Working with families, health care providers, public and private agencies, and advocacy or support groups to promote family-centered care and medical homes for children with special health care needs,
- Promoting discussion and linkages among families, providers, managed care programs, and government to better serve the health care and related needs of children and families in Nevada.

For more information visit their web site at:
<http://www.familytiesnv.org/>

FREE.... Participation in the national **EARLY INTERVENTION FAMILY ALLIANCE (EIFA)** is open to *all interested* in supporting early intervention.

Keep informed! Obtain Answers! Impact Policies!

EIFA is a national leadership organization dedicated to improving outcomes for infants and toddlers with disabilities and their families.

Members can join the EIFA *list serve* to receive email alerts and participate in active discussions and share experiences on key topics. Web: www.eifamilyalliance.org

CARE CONSULTATION: Caregiver Phone or Email Support

A **FREE** information and support program for caregivers of individuals of all ages living with a chronic condition or disability. Consultants work with caregivers to identify and better understand issues of concern.

Care Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being. Offers support to empower, educate and improve the overall wellbeing of the caregiver. You don't have to leave your home to use **Care Consultation**. All sessions take place over the phone or email.

For information or enrollment, call
702-333-1556
or email
cgraham@nevadaseniorservices.org

Nevada's **Children and Youth with Special Health Care Needs (CYSHCN)** serves "...children who have or are at risk for chronic physical, developmental, behavioral or emotional conditions and who also require health and related services of a type or amount beyond that required by children generally", by working with families and across systems to develop strategies that promote quality well-being and support for those children and their families.

<http://dphh.nv.gov/Programs/CYSHCN/CYSHCN-Home/>

Social Security benefits for children with disabilities—A child with a disability who is younger than 18 years of age may be eligible for Supplemental Security Income (SSI). Have a look at SSA's *Child Disability Starter Kit*, which includes a fact sheet on the application process, a child disability interview preparation checklist and a Medical and School Worksheet. In English & Spanish -
http://www.ssa.gov/disability/disability_starter_kits_child_eng.htm

— For Families & Professionals —



EARLY CHILDHOOD SPECIAL EDUCATION LIBRARY

There are a great many things to learn... check them out!!!

Planning in the New Year?

"Laying Community Foundations for Your Child with a Disability" This practical guide shows families how to establish a network of people who can provide lasting relationships for their children, and the importance of beginning the process as early as possible in the life of their child. It emphasizes the need to begin now to build a caring community of people who will provide emotional support and guidance for your child throughout their life. Chapters discuss: • how to assess your child's needs & interests • how to navigate the human side of estate planning • how to foster long-term relationships for your child • where to look for potential relationships • how to ask people for a commitment • independent living arrangements.

"The Special Needs Planning Guide: How to Prepare for Every Stage of Your Child's Life" (includes **CD-ROM**) The authors (who also have family members with special needs) give parents a chronological guide for each stage of financial planning from birth to adulthood. Parents will get comprehensive advice and strategies on how to address: *financial factors—legal factors—government factors—family and support factors—emotional factors.*

"Breakthrough Parenting for Children with Special Needs: Raising the Bar of Expectations" A particularly useful guide to those just starting out on the journey of dealing with special needs... covers grief, hope, services & supports, understanding the law and inclusion, planning for the future.

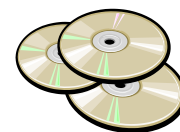
"Sleep Better! A Guide to Improving Sleep for Children with Special Needs, Revised Edition" Provides practical information on a variety of topics--from the basics of sleep and assessing sleep problems to strategies for change.

"The Early Intervention Guidebook for Families and Professionals: Partnering for Success" Specific components of early intervention evaluation and assessment, program planning, intervention implementation, service coordination, and transition are discussed in every chapter.

"Autism in the Family: Caring and Coping Together" Can parents provide the best support for their child with autism—and ensure that the whole family's needs are met? A practicing psychologist and father of an adult son with autism, Dr. Robert Naseef has both personal and professional expertise to share with overwhelmed families, weaving wisdom from years of clinical practice with candid first-hand insights on parenting a child from birth through adulthood.

"Understanding Your Special Needs Grandchild" This special resource offers grandparents the information they need to realize the valuable role they play in the lives of their grandchild, giving advice on how they can offer support to better their grandchild's self-esteem and quality of life, at home, and with others.

"Successfully Parenting Your Baby with Special Needs" (DVD) This video explains: Early Intervention; The Process of Diagnosis and Referral; How a Child is Evaluated; Creating an Individualized Family Service Plan; How to Access Available Resources and Services; Preparing for Transitions. This program was a winner of the Parents' Choice Award.



"Parenting Children with Special Medical Needs" (2 DVDs) Whether your child has allergies, asthma, a bleeding disorder, cystic fibrosis, diabetes, epilepsy, cancer, an injury, or any other health issue, you'll find essential parenting skills to help children of all ages cope well with challenges, adhere to medical requirements, and live a hope-filled life.

"Exceptional Parents" (DVD) It's hard enough to be a parent...but the demands are even greater when your child has a disability...which you slowly discover. Two truly exceptional parents share their stories on this episode of American Family.

"Toilet Training for Children with Special Needs" (DVD) Provides an overview of practical toilet training techniques and core principles for success.

With hundreds of books and DVDs available for use statewide, contact your service provider or coordinator. If you have questions or recommendations for the Library, send an email to ProjectAssist@dhhs.nv.gov

Catalog at: <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Special-Ed-Library/>

EI program information > http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES

*** contact your Developmental Specialist/Service Coordinator for more information**

⇒ ***Nevada Early Intervention Services—Elko:***

NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES

*** contact your Developmental Specialist/Service Coordinator for more information**

⇒ ***Advanced Pediatric Therapies—Reno:***

- **Community Play groups** every 2nd & 4th Friday, of each month. Lots of fun games and activities for the kids. For more information: 775-825-4744.

⇒ ***Easter Seals Nevada—Reno:***

⇒ ***Nevada Early Intervention Services—Carson City:***

⇒ ***Nevada Early Intervention Services—Reno:***

- **Family TIES** provides family support in filling out **Medicaid/SSI and other Social Services applications** every 2nd Monday from 10am-12noon at NEIS, by RSVP only! Call to RSVP: 775-823-9500
- **Friends of Special Children** - This non-profit has supported families at NEIS in so many ways both financially and physically. If you are interested, contact Gretchen Canepa at 688-0303 or GCanepa@adsd.nv.gov.
- **NEVADA Hands and Voices** meets at NEIS, usually the 3rd Thursday of every other month on the "odd" months, at 6:00 pm. Contact: 775-351-1959, or email: info@nvhandsandvoices.org

⇒ ***Therapy Management Group (TMG)—Reno:***

- **Inclusive Developmental Play Group** at Early Head Start. Call Melissa McGovern at: 775-525-4072.

⇒ ***The Continuum—Reno:***

- **Carousel Kids** is an inclusive childcare program. We also offer an intergenerational experience with elders from our onsite adult day program. For more information or to schedule a tour, phone: 775-829-4700.
- **Literacy Land**—FREE! Gently used books for children birth-5 years. Or donate to our lending library. Meet, mingle, borrow, share, read, enjoy with your friends at the Continuum! Also, look for our collection bins around town! For further information, please call the Continuum's Early Intervention department at (775) 221-8054 or email at info@continuumreno.com. Visit us at continuumreno.com

SOUTHERN NEVADA EARLY INTERVENTION SERVICES

*** contact your Developmental Specialist/Service Coordinator for more information**

⇒ ***Easter Seals Nevada—Las Vegas:***

- **Playgroups** on Fridays. Come Join the Fun! Call Jessica Hartley at: 702-329-0345

⇒ ***ISS Baby Steps—Las Vegas:***

- **Inspired Discoveries Playgroup** welcomes children 0-3 years old in an inclusive setting. Please join in our fun adventure! Call: 702-586-3100

⇒ ***Kideology—Las Vegas:***

⇒ ***Nevada Early Intervention Services—Las Vegas:***

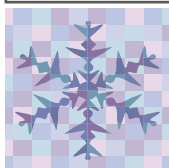
- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson**—Weekly, inclusive community playgroups include engaging, age-appropriate peer activities for families of infants and toddlers with diverse abilities to support child development. Interested NEIS families may contact their Developmental Specialist.
- **Sign Language class at University Medical Center (UMC)**—NEIS staff provide this bi-weekly parent education class on communication skills using sign language to promote understanding between toddlers and their families. All members of the family are welcome to attend. Interested NEIS families may contact their Developmental Specialist.

⇒ ***Positively Kids—Las Vegas:***

⇒ ***Therapy Management Group (TMG)—Las Vegas:***

- **Milagros Escondidos** family support group, last Thursday of the month, starts at 6:30pm, at East Las Vegas Community Center located at 250 N. Eastern Ave.
- **Inclusive Developmental Playgroups**. Thursdays at Family to Family & UNLV Preschool. Contact Robbi Lucero at: 702-335-1666 or rlucero@tmgnv.com

The Early Intervention Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (Subject to review & editing.)



Nevada's Central Directory website, filled with information and resources, includes a "Links" page with all kinds of useful local, state, and national websites.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>

