

Nevada Early Intervention Spring Family Newsletter

May – June 2019 Volume 9 No 3

Message from Part C's State Family Resource Coordinator, Information & Referral...

Dear Parents/Families,

In May and June we have an opportunity to celebrate both "Mother's Day" & "Father's Day".

...Like any parent, when you find out your child has a disability the first thing you want is more information. You read books, do research on the internet, and ask questions.

One of the resources that we have available for **parents, professionals, educators, and staff** working with young children with disabilities and their families is the **Early Childhood Special Education Library** located in the IDEA Part C Office.

This FREE lending library contains hundreds of books,

DVDs, and other materials regarding children, families, disabilities, parenting, sibling relationships, working as a team, and early intervention practices.

As a part of Nevada's Central Directory—Project Assist, this library is available for use statewide to families, service providers and educators.

Check the new books on page 3 and find more listed in the catalog on the website at the bottom of page 3.

If you have questions, talk to your service coordinator or contact us at:

ProjectAssist@dhhs.nv.gov
or 1-800-522-0066

Sincerely,
Dan Dinnell



Cheryl, Eric, and Dan

NEVADA's EARLY INTERVENTION SERVICES

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Project ASSIST

1-800-522-0066

To receive the newsletter
electronically contact us!

ProjectAssist@dhhs.nv.gov

The Part C 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. (All items are subject to editing and review.)

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Dear Parents/Families,

An invitation to attend...

NEVADA'S EARLY INTERVENTION INTERAGENCY COORDINATING COUNCIL (ICC)

Nevada's **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. It is especially important to hear from families and we encourage you to participate. Meetings are usually held via video conference in Carson City, Elko, Las Vegas and Reno. The next meeting:

Thursday—April 11, 2019, at 9:00 a.m. (annual face-to-face meeting in Reno)

Always check the meeting agendas for locations, times and changes—posted at:

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

The ICC bylaws and membership can be viewed at

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

under **"Who is on the ICC?"**, click on **Current Membership**.

For information contact us at ProjectAssist@dhhs.nv.gov or 1-800-522-0066

Program Highlights!

Nevada's Children and Youth with Special Health Care Needs (CYSHCN) Program

The **CYSHCN** Program is funded by the Title V Maternal and Child Health (MCH) Block Grant, through the U.S. Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA).

According to HRSA, CYSHCN are defined as: *"Those who have or are at increased risk for a chronic physical, development, behavioral, or emotional condition and who also require health and related services of a type or amount beyond that required by children generally."* CYSHCN are a diverse group with wide ranging health concerns such as chronic and acute conditions, including emotional and behavioral health.



In Nevada, the CYSHCN Program provides resources and support to community agencies serving children from birth to age twenty-one. The CYSHCN Program funds a variety of community programs, linking families and providers to appropriate resources, and developing strategies to better serve children and families through a network of federal, state and local community and family-based partners.

Partnerships within MCH, with private and nonprofit agencies, universities, health departments, hospitals and providers, state and local entities facilitate efforts to accomplish the goals of the CYSHCN Program.

Title V MCH supports the **Nevada Children's Medical Home Portal**, which serves CYSHCN by addressing the information and resource access needs of families and children, clinicians, care coordinators, other healthcare professionals and educators. For more information on diagnoses and conditions, as well as available resources and services for parents, families, CYSHCN and providers, please visit the Nevada Children's Medical Home Portal at <https://nv.medicalhomeportal.org> or contact the CYSHCN bilingual helpline at 1-866-326-8437.

Larissa White, MPH, Health Program Specialist I

CYSHCN Program Coordinator

Phone: 775-684-3476

Email: lwhite@health.nv.gov

Web: [http://dpbh.nv.gov/Programs/Maternal,_Child_and_Adolescent_Health_\(MCH\)](http://dpbh.nv.gov/Programs/Maternal,_Child_and_Adolescent_Health_(MCH))

From the Lucile Packard Foundation for Children's Health—

Five Top Tips for Engaging Families in Advisory Roles | Advice from a Family Leader

Most parents of children with special health care needs would like to see improvements in the quality and efficiency of our complex health care system, and many are eager to help develop appropriate solutions to the multiple challenges they encounter when caring for their child. Family Advisory Committees are one venue in which families can share their knowledge and experience.

<https://www.lpfch.org/cshcn/blog/2018/11/29/five-top-tips-engaging-families-advisory-roles-advice-family-leader>

Nevada Parent Advocacy Initiative: By Parents, for Parents—It's all the insider information about Nevada's Early Intervention Services System in one common place. This project consists of a parent **Facebook** (www.nvparents.com/fb) support page for families with children in Early Intervention Services, information to give parents the basic knowledge they need to access and utilize services effectively, and a website that shares with everyone. **Early Intervention Parents Nevada** is a place for all parents of children with disabilities to connect. 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 at

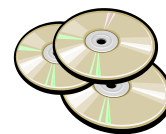
www.nvparents.com

Mother's Day is Sunday, May 12 / Father's Day is Sunday, June 16



For Families & Professionals —

FREE LENDING LIBRARY



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

Hundreds of books and DVDs are available for use statewide—
contact your service provider or coordinator.

Beyond a Parent's Love: Lessons Learned in Life-Planning for Special Needs Children, by Minoti Rajput – Planning for one's financial future can sometimes be difficult. Raising children also has its challenges. Now imagine how hard it is for parents of special needs children to plan not only for their retirement but for the long-term care of their children. Whether you're a family with a special needs child, or a practitioner who works with the families, Minoti, a Certified Financial Planner, provides essential guidance and perspective on how to navigate both the emotional and financial challenges.

What Matters: Reflections on Disability, Community, and Love, by Janice Fialka – a nationally recognized lecturer and author on issues related to disability, parent professional partnerships, inclusion, and raising a child with disabilities, has provided the keynote address and workshops at numerous national, state, and local conferences throughout the United States and Canada and conducts trainings for schools, organizations, and parent and advocacy groups. Here she shares a lifetime harvest of wisdom and practical guidance for families, educators, clinicians, and all the rest of us.

The Special Needs Parent Handbook: Critical Strategies and Practical Advice to Help You Survive and Thrive, by Jonathan L. Singer – A brief, compassionate guide to raising a disabled child. Singer is proactive and inclusive and discusses issues concerning necessary quality time and procuring suitable babysitters and medical care.

Special Brothers and Sisters: Stories and Tips for Siblings of Children with Special Needs, Disability or Serious Illness, by Monica McCaffrey and Annette Hames – There is a lot of advice available for parents of a child with a disability or illness, but very little about the important issue of educating their siblings about how they feel, and why they may behave differently from other children. These stories come with related tips to help siblings deal with some of the things that happen in their family lives.

Not What I Expected: Help and Hope for Parents of Atypical Children, by Rita Eichenstein PhD – With compassion, clarity, and an emphasis on practical solutions, Dr. Eichenstein walks readers through the five stages of acceptance. She helps readers understand their own emotional experience, nurture themselves in addition to their kids, identify and address relationship wounds including tension in a marriage and struggles with children (special-needs and neurotypical), and embrace their child.

Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children, by Gina Gallagher and Patricia Konjoian – They address the challenges, the heartbreak, and the touching victories of parenting children with disabilities today. The book is a valuable and insightful resource for any family member or friend of a child with special needs. It conveys a wealth of practical information with a warmth and compassion that helps parents realize they are not alone.

Early Intervention and Autism: Real-Life Questions, Real-Life Answers, by Dr. James Ball—explains what makes your child tick, how to get the most out of early intervention services, and how to choose the most effective treatment options.

A Cup of Comfort for Parents of Children with Special Needs: Stories that celebrate the differences in our extraordinary kids, by Colleen Sell, – A diagnosis of a child's special need can be extremely difficult for parents. However, every day, these children accomplish small victories and make great strides that improve their own lives—and brighten their parents' days.

A Cup of Comfort for Parents of Children with Autism: Stories of Hope and Everyday Success, by Colleen Sell – A collection of inspiring true stories that relates the strength, love, and devotion families like yours draw on daily.

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/>**

- ◇ May is Prader-Willi Syndrome Awareness Month / Better Hearing and Speech Month
- ◇ June is Child Vision Awareness Month / Tourette Syndrome Awareness Month

New to Disability?

Updated by Center for Parent Information & Resources this online page is written to give parents a quick roadmap to the disability world of help that's available in the United States and point them to disability resources on the CPIR website and beyond that may come in handy, now and as time goes by.

<https://www.parentcenterhub.org/new-to-disability/>

Navigating Life with a Child who has Special Needs

The subtitle of this January 2019 article in *Exceptional Parent* is "finding more joy on the journey." The article focuses on helping parents get organized, build their support team, make time for self-care, and seek professional therapy when necessary.

<http://www.ep-magazine.com/blog/navigating-life-with-a-child-who-has-special-needs-finding-more-joy-on-the-journey>

Vacation is coming. . . **FREE – All National Parks and Federal Recreational Lands Access Pass**



This is a lifetime pass for U.S. citizens (includes children)/permanent residents with permanent disabilities. Documentation is needed to obtain the pass. The pass in most cases provides free access to, and use of, Federal recreation sites that charge an Entrance fee, as well as possible discounts on other fees. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas, and pass holder + 3 others, not to exceed 4 adults, at per person fee areas. **The pass can only be obtained in person at the park or from a participating Federal recreation site or office.**

For more information, visit... <http://store.usgs.gov/pass/access.html>

FREE!!! Exceptional Parent (eParent)

Exceptional Parent Magazine provides practical advice, emotional support and the most up-to-date educational information for families of children and adults with disabilities and special healthcare needs, as well as to the physicians, allied health care professionals, and educational professionals who are involved in their care and development.

<http://www.eparent.com/>

FREE!!! Parenting Special Needs Magazine is an online, bi-monthly publication that is dedicated to helping the special needs community. It covers all the ages and all of the stages and all of the different disabilities, as well as providing an invaluable resource for the parents and caregivers of those with special needs.

<http://parentingspecialneeds.org/>

Project ASSIST is Nevada's early intervention services **Central Directory** for anyone seeking information about organizations, programs or agencies that may provide services and supports for young children with disabilities or delays, and their families. The Early Childhood Special Education Library is also a part of the Central Directory. It is a federal requirement that every state participating in Part C of IDEA have a Central Directory specifically for families in early intervention services. The purpose of the Central Directory is to provide information, research for resources, and referral services to inform and educate families of infants and toddlers with disabilities or special health care needs, and the general public, and to help improve outcomes for families and communities statewide. For information call **1-800-522-0066**, email ProjectAssist@dhhs.nv.gov, or visit the website below.

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

CPIR's Advocacy in Action: Guide to Local Parent Advisory Councils. The guide is an online road map to help bring stakeholders together, suggests strategies to help them engage in dialogue, and offers best practice tips and tools to help them work together to benefit the local community.

https://www.parentcenterhub.org/wp-content/uploads/repo_items/National_SEPAC_Guide_120218.pdf

EARLY INTERVENTION (EI) PROGRAM ACTIVITIES OR EVENTS FOR FAMILIES AND FRIENDS

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.
- **Jump Man Jump Motor playgroup** that is held every 1st & 3rd Mondays of the month.
- **Feeding group "Lil Tidbits"** is every 1st & 3rd Mondays at our clinic each month.
- **Social skills/Language playgroup** with Washoe County Library Story Time on the 2nd & 4th Fridays of each month.
- A parents **"Make and Take" night** where they can make some picture symbols/visual schedules, language cards etc. to take and use at home. Details on our website or facebook page www.aptkidsnevada.com

⇒ **Easterseals Nevada—Reno:**

- **Please join us at our next *Discover Your Way***—Specifically designed to meet the needs of children on the Autism Spectrum and with sensory and/or perception disorders. Admission is *FREE* for members, and remains the same for each Discover Your Way event at \$10 per child (1-17), and \$12 per adult (18+).
- **Playgroups** on Tuesdays at 1pm, for Ages 0-3. Come Join the Fun! \$15. Call ahead to reserve your spot at 775-434-0488

⇒ **Nevada Early Intervention Services—Carson City (775-687-0101):**

- A monthly **playgroup in Fallon** with the Parks and Recreation department.
- A monthly **music/speech and language group** in Carson City.
- We have a **donation closet** for our families. Contact us!

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

- A **Parent Support Group**. It is on the fourth Wednesday of each month. Please join us! Questions: paulacrاندell@adsd.nv.gov or 775-687-9748
- **Breastfeeding Circle** at NEIS — Every Wednesday from 5:30—6:30 pm. Contact Emily Chappell, 775-223-2127
- **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. Donate to our lending library. Meet, mingle, share, with your friends at the Continuum! Also, look for our collection bins around town! For further information, please call the Continuum's Early Intervention 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**

⇒ **Easterseals Nevada—Las Vegas:**

- **Playgroups** on Fridays. Come Join the Fun! Call Jodie Sipes at: 702-860-4914

⇒ **Kideology—Las Vegas:**

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

- **Yoga & Literacy Group** at Family to Family Connection, Cambridge Community Center: This biweekly class combines exercise and early literacy for young children. Interested families may contact their Developmental Specialist.
- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson**—Weekly, inclusive community playgroups include age-appropriate peer activities for families of infants and toddlers with diverse abilities to support child development.

⇒ **Positively Kids—Las Vegas:**

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

- **Milagros Escondidos** family support group, last Thursday of the month, at 6:30pm, 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

Family Survey!

Dear Parents/Families,

For families with over 6 months of service, you will be soon receiving, or already have, the annual family survey.

Every year the U.S. Department of Education requires all states to submit an Annual Performance Report (APR) in order to receive federal funding. As part of this APR states must provide information about families receiving early intervention services and family outcomes.

Nevada collects and reports information on three family outcomes related to receiving early intervention services. This report, following the perspective of family-centered services, covers families who are currently receiving early intervention services for at least 6 months and determines if families feel their providers have helped them:

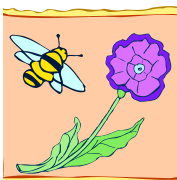
1. Know their rights under early intervention.
2. Effectively communicate their children's needs.
3. Help their children develop and learn

Please take the time to fill it out and turn it in. We want the best information possible about the ways in which early intervention services may or may not have helped your family.

The results of this survey will help guide efforts to improve services and outcomes for children and families across Nevada receiving early intervention services.

If you have questions talk to your Service Coordinator or call us at Project Assist, Toll Free: **1-800-522-0066**
or email: **ProjectAssist@dhhs.nv.gov**

Deadline to submit is April 22nd!



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>



Parents. . . want to make a difference in Nevada's early intervention system?!



We are looking for parents to represent Nevada families on the Nevada Early Intervention Interagency Coordinating Council (ICC). Specifically, we are looking for a parent who has experience with our State's early intervention services.

What is the ICC?

The purpose of the ICC is to advise and assist Nevada and the Early Intervention system in developing, implementing, and promoting a program of family-centered early intervention services for all eligible infants, toddlers and their families. The Governor appoints all members of the ICC for a three year term.

Why is it important for parents like me to serve?

You know what it feels like to have a child with a disability. You know what it feels like to have early intervention professionals in your home, working with you and your child. You probably have opinions about what worked well and what could have worked better. Your perspective is very important. As the ICC works with the State to make program changes, family input is an integral part of the process.

What would I be asked to do?

- ☐ Attend the 4 general meetings of the Interagency Coordinating Council, each year.
- ☐ Respond to email communications regarding the ICC
- ☐ Contribute information and your unique perspective regarding issues that impact Nevada early intervention programs

Would I be reimbursed for attending?

All parent members may receive a child care stipend for attending each of the 4 ICC meetings, as well as compensation and/or reimbursement of expenses for other meetings.

Am I eligible to apply?

You must be a parent/guardian of a child who has received early intervention services, now or in the recent past, with preference to parents of children currently in Early Intervention services.

If you are interested, contact your service coordinator or Nevada's IDEA Part C office.

Email ProjectAssist@dhhs.nv.gov or call **1-800-522-0066**

