



family @ linkages

NEWSLETTER

A way to connect families of children and youth with special needs in Michigan with information, education and support

As this the first edition of the Michigan Family-to-Family Health Information and Education Center's (F2FHIEC) Newsletter we welcome you to learn about us. We are a grant funded program made possible by a grant through the U.S. Department of Health and Human Services, Health Resources and Services Administration. This grant program was established by the Family Opportunity Act of 2005, amended by the Patient Protection and Affordable Care Act of 2010. Michigan F2FHIEC operates within the Children's Special Health Care Services Family Center for Children and Youth with Special Health Care Needs. We are fortunate to have forty-five state agencies and organizations as partners. Our website: www.bridges4kids.org/f2f lists our partners and links you to their websites so you can learn about them. If you have questions or are in need of information, education and support we can be contacted through our toll-free Family Phone Line: (800) 359-3722.

➤ Transition to Adulthood



On October 1, 2011, Michigan Rehabilitation Services (MRS) rolled out "Youth Transition Services— Frequently Asked Questions." This is a document that guides educators and MRS staff in the provision of collaborative transition services to students who are referred from secondary education to MRS to obtain job training, vocational support services, and employment. Certain updates are included in the document. For example, a student is now allowed to exit secondary education with a career pathway job goal. This allows the student and MRS more planning time to determine a specific job goal for the student.

There also are questions added this

year regarding social security, specifically, how student social security benefits may be impacted by employment. In addition a new section was added that includes LINKS to many resources that provide information about Transition. The document is available to access in two places:

- <http://mi-top.cenmi.org>
- www.michigan.gov/lara/0,4601,7-154-25392_31371--,00.html

If you have any questions about MRS, please feel free to contact Cynthia Wright at wrightc1@michigan.gov or by phone at (517) 241-3957.

➤ Michigan ASD State Plan Development

Michigan's Plan for Individuals with Autism Spectrum Disorder State is nearing completion and should be on the ASD Development Plan website: <http://www.asdplan.cenmi.org/> for public input in January 2012.



➤ Upcoming Events

MTSA Annual Conference — "Transition the Next Generation"
 March 14th, 15th, & 16th 2012
 Frankenmuth, Michigan
Michigantsa.com

➤ Michigan Family-to-Family Health Information and Education Center (F2FHIEC) Trainings

Michigan F2FHIEC partners with two organizations to sponsor/deliver trainings in January. The partners are: the **Michigan Alliance for Families** and the **Michigan Developmental Disabilities Council**.



Michigan Alliance for Families

provides information, support, and education for families who have children (birth through 26 years of age) who receive (or may be eligible to receive) special education services. Contact Michigan Alliance for Families if:

- You have a question about your child's special education program
- You would like information about your child's disability
- You want to talk to another parent
- You are interested in finding a workshop near you

1-800-552-4821 or
info@michiganallianceforfamilies.org



Michigan Developmental
Disabilities Council

The Michigan Developmental Disabilities Council (DD Council)

is a group of 21 Michigan citizens. Members are appointed to the Council by the governor. They come from across the state and are:

- people with disabilities;
- family members, mentors, guardians and advocates of people with disabilities; and
- professionals from state and local agencies who assist people with developmental disabilities.

Members operate the Council by providing advice and consent to its committees and staff. People throughout Michigan depend on the DD Council getting results, and its members work diligently on behalf of those people.

The Council holds public meetings throughout the year, generally in the Lansing area. To learn more about the Council, call the office at **(517) 334-6123**.

Everything My Child Needs to Know About Sexuality But, I Was Afraid to Tell!

is based on sixteen areas of sexuality, which should be part of every individual's learning on this topic. Basic body parts to abuse and exploitation will be covered. It will be factual, but fun, with many real life stories that illustrate the perils of having too little, or the incorrect information in this area. Examples will be given that help you get ideas and make a plan to meet the needs of children and their families. There will be no off limit topics, since this presentation will be geared toward teaching teens through adulthood. So come ready with your questions and be prepared for open, and frank, and fun discussion.

- **Workshop Fee: \$10 (Includes Meal)**
- **SBCEUs or SWCEs: \$15**

- **January 23, 2012 from 9:00 am – 3:00 pm at Greater Kalamazoo United Way, 709 South Westnedge Avenue, Kalamazoo, MI 49007 (269) 343-2524**
- **To register for this session visit <http://www.gifttool.com/registrar/ShowEvents?ID=1862> or call (313) 557-8780.**

Individualized Education Program (IEP) the Basics: What you need to know!

will help you get ready for your child's next IEP. We will focus on the connection between Present Level of Academic Achievement and Functional Performance (Present Level), Goals and Objectives, Accommodations/Modifications and Supports/ Services. You will be provided with tools and strategies to help you feel more confident during your child's next Individualized Education Program (IEP) meeting.

- **Workshop Fee: FREE (Includes Meal)**
- **Training Dates/Times/Locations**
January 17, 2012 from 10:30 AM - 1:30 PM at Detroit Public Library-Jefferson Branch, 12350 East Outer Drive, **Detroit**, MI 48224 (313) 481-1760

January 17, 2012 from 5:00 PM- 8:30 PM at The Arc Dearborn, 22450 Park Street, **Dearborn**, MI 48124 (313) 945-0044

January 25, 2012 from 1:00 PM- 4:00 PM at Detroit Public Library-Jefferson Branch, 12350 East Outer Drive, **Detroit**, MI 48224 (313) 481-1760

To register for this session visit <http://www.gifttool.com/registrar/ShowEvents?ID=1862> or call **(800) 552-4821**.



Young Children Early On® Michigan



Key Practices for Early On Training:

This training will focus on partnerships with families and strategies for support. Key Practices will address how to meet requirements while building relationships with families, what does family-centeredness look like in practice and what is most important in your work with families.

Building on the content addressed in the online *Early On* 101 training, this full-day, face-to-face training offers the opportunity to reflect on the complexity and promise of providing effective support to diverse families who are receiving *Early On* services. Practical strategies which promote parent-professional partnerships will also be explored through the training of the Dance of Partnership: Why do my feet hurt? Participants will gain an understanding of the unique dimensions which complicate this partnership—from the dual perspectives of parent and provider. The facilitators use mini-lectures, video clips, reflection, and interactive learning activities to ensure a lively and thoughtful experience and exchange of ideas.

Training Information:
(866)334-5437 (EOT&TA)

Early On® Michigan Foundation Created

In spring of 2011, the Early On® Michigan Foundation established an interim founding Board of Directors, filed Articles of Incorporation, approved operating bylaws, and submitted an application to become a non-profit 501(c)3 organization. The purpose of the Early On® Michigan

Foundation is to increase the state's capacity to serve infants and toddlers with developmental delays or established conditions and their families who are eligible under Part C of the Individuals with Disabilities Education Act. The Foundation will disburse grantfunds with the aim of enhancing the quality of service provision and supporting improved outcomes for eligible infants and toddlers and their families. Foundation funds will be raised through a range of activities including special events, direct contributions, corporate sponsorship, and sales of resources and/or materials. Upon raising funding adequate to meet its primary purposes, and as funding allows, the Foundation will provide grants in several areas, including, but not limited to: Direct Service Provision, Public Awareness and Outreach, Research-Based Practices, Personnel Training, and Family Involvement. Funds will be granted to service providers and others committed to enhancing the provision of services or increasing the number of eligible infants and toddlers served, according to the criteria set by the Foundation Board of Directors.

www.EarlyOnFoundation.org

Michigan Interagency Coordinating Council Meeting

- **Location:** State Board of Education Room, Hannah Building, Lansing, MI 9:30 A.M. – 3:30 P.M.
- **Next Meeting:** Friday, February 10, 2012

Michigan Collaborative Early Childhood Conference (MCECC) 2012



*Michigan Collaborative
Early Childhood Conference*

- **January 25–27, 2012**
- **Hyatt Regency Dearborn, Dearborn, Michigan**

The Michigan Collaborative Early Childhood Conference (MCECC)

is a conference for the Michigan early childhood community, including teachers, staff, and administrators in the Great Start Readiness Program, Head Start, *Early On*®, Project Find, Early Childhood Special Education, Even Start, Great Parents, Great Start and child care.

For More information Contact:
(800) 336-6424

MDCH Adds Severe Combined Immunodeficiency (SCID) to Newborn Screening

On October 1st 2011, Michigan's Newborn Screening Program (NBS) began screening babies for Severe Combined Immunodeficiency (SCID). Newborn screening uses a tiny sample of a baby's blood to test for rare, hidden disorders such as SCID that are difficult to diagnose, but may affect a child's health and development.

SCID affects both males and females. Babies with SCID appear healthy at birth, but if the disorder is not detected, infants can become sick quickly when exposed to common infections. SCID causes critically low levels of the white blood cells which protect the body from infection.

Newborn screening helps make the diagnosis of SCID before a serious infection causes health problems, or possibly becomes fatal. Babies with SCID have the best chance of being cured through a bone marrow transplant if they are diagnosed and treated in the first few months of life.

To learn more about SCID and related primary immunodeficiency disorders, visit www.info4pi.org.

To learn more about newborn screening in Michigan, contact the **MDCH Newborn screening follow-up program** at **(866) 673-9939**, **NewbornScreening@Michigan.gov** or visit www.michigan.gov/newbornscreening.



Assisting Families in Preparing for Disasters

Families often turn to pediatricians for guidance and advice on how to prepare their children for a disaster or emergency or how to cope after one has occurred.

The Family Readiness Kit: Preparing to Handle Disasters was created to assist families in preparing for a disaster or emergency and protect families in the event of a recovery. This kit provides facts sheets on how to deal with a variety of emergencies or disasters. In addition, several resources (eg, tips on creating a disaster plan, disaster supply list, child identification card) are included. The kit is available in English and Spanish.

<http://www.aap.org/family/frk/frkit.htm>

► Association for Children's Mental Health Update

The Association for Children's Mental Health (ACMH) has been hard at work trying to promote its vision for all Michigan children and youth with emotional, behavioral, or mental health challenges and their families to live in a safe, welcoming community with access to needed service and supports. Over the last year, ACMH has been hard at work developing and leveraging collaborations with state and local agencies to promote Systems of Care for children and youth with emotional, behavioral, and mental health challenges and their families. Some of the priority activities ACMH is currently focusing on are:

► **Parent Support Partner Certification Program** ACMH and the Michigan Department of Community Health, in partnership, have developed and implemented a statewide project to enable local Community Mental Health Service Providers to provide Medicaid-billable Parent-to-Parent Support. Parent Support Partners, parents/caregivers of youth with mental health challenges, are partnered with families whose youth are currently involved in the public mental health system to support, assist, and equip them with the skills, knowledge and abilities necessary to meet the day-to-day challenges of raising a child with mental health needs. To date, ACMH has trained four Cohorts of family members from over 14 counties and has three additional cohorts scheduled for fiscal year 2012. **The next Cohort of trainees will take place Jan. 17-19, 2012 in Lansing, Michigan.**

► **Family & Youth Empowerment** Through annual Parent and Youth Leadership Camps, ACMH supports upcoming family and youth leaders

from across the state to develop strong communication and advocacy skills, teach them how to get involved in legislative processes, and empower them to become change agents in systems reform efforts. Family and youth leaders who attend the ACMH Parent & Youth Leadership Camps, go on to use their experiences to educate, inform, and shape the services, supports, policies, and legislation affecting their youth and families. Youth Organizers (Y.O.), ACMH's statewide Youth Advisory Council, currently has over 15 active youth members. This council is currently developing a statewide resource guide for youth, scheduling anti-stigma presentations in local schools to begin in the Spring, and recently performed a live skit about the daily struggles youth face at the Statewide ACMH/System of Care Conference in front of over 400 conference attendees. Youth Organizers also informs policy makers about the importance of youth voice and leadership and regularly provides feedback to state level agencies around policy issues. **Youth Leadership Camp will take place in June 2012 and Parent Leadership Camp will occur in August 2012.**

► **Support for Military Families** ACMH has recently begun conducting outreach, education and support activities focused on Military Families. ACMH added a page on the website dedicated to resources available to support Military Families, has a dedication section in the ACMH newsletter, and hosts educational sessions, most recently at the Statewide ACMH/ System of Care Conference, dedicated to the unique support needs of Military Families.

► **Expanding Access to Family Support** ACMH has recently expanded its ability to provide peer-delivered Parent Support services in Michigan by initiating 3 new collaborations with local Community Mental Health Service Providers. Shiawassee County CMH, Muskegon County CMH, and Network 180/Community Family Partnership have all contracted with ACMH to ensure families in their communities have access to peer-delivered Parent Support and ACMH resources. **Please visit the www.acmh-mi.org for contact information for all of the ACMH sites statewide.**

⇒ Preparing for the Holiday Season

Holidays can be a difficult time for families of children with special needs. The hustle and bustle of festive events can disrupt schedules and create additional stress. But it doesn't have to. Preparing for the season can make it much tolerable and enjoyable.

To help families survive the holidays AbilityPath.org developed **Holiday Survival Guide for Families with Special Needs**. The guide includes valuable tips and things to consider.

<http://www.abilitypath.org/tools-resources/links--resources/holiday-survival-guide.html>

▶ PATH Workshops

Do you or someone you care for have a long-term health condition such as diabetes, arthritis, asthma, high blood pressure or fibromyalgia? If so consider signing up for a PATH (Personal Action Toward Health) workshop near you!

PATH is Michigan's name for the nationally recognized Stanford Chronic Disease Self Management Program (CDSMP). It is a 6-week, interactive workshop intended to help people with chronic or long-term health conditions (and their caregivers) become more active and effective managers of their own health. Throughout the six weeks, participants learn ways to manage pain, increase energy/decrease fatigue, safely engage in physical activity, utilize relaxation techniques and guided imagery to enhance well-being, and communicate more effectively with family, friends and healthcare providers, and so much more! Workshops are led by trained facilitators, many of whom have chronic conditions themselves, and can relate to the challenges of not feeling well.

Workshops are free (or low-cost) for participants, taught in comfortable community-based settings, and feature a healthy snack at each meeting. Find a workshop near you from the list below. For more information about PATH, visit www.MiHealthyPrograms.org or call (517) 335-7992.

◆ **Mercy Community Physicians**

632 North Avenue,
Battle Creek, MI 49017
CALHOUN County

PATH Workshop

Begins: Tuesday, January 3, 2012
Ends: Tuesday, February 7, 2012
Time: TBD
Contact: Susan Prough
Phone#: 269-969-6145

◆ **American House — West Bloomfield**

5859 W. Maple Road,
West Bloomfield, MI 48322
OAKLAND County

PATH Workshop

Begins: Tuesday, January 3, 2012
Ends: Tuesday, February 7, 2012
Time: 2:30 PM
Contact: Teresa Wiley
Phone#: 248-649-2891, x 225

◆ **Oakland Psychological Clinic**

1455 S. Lapeer Road,
Lake Orion, MI 48360
OAKLAND County

PATH Workshop

Begins: Saturday, January 7, 2012
Ends: Saturday, February 11, 2012
Time: 10:00 AM
Contact: Teresa Wiley
Phone#: 248-649-2891, x 225

◆ **Burton Senior Center**

3410 S. Grand Traverse,
Burton, MI 48529
GENESEE County

PATH Workshop

Begins: Monday, January 9, 2012
Ends: Monday, February 13, 2012
Time: 3:00 PM
Contact: Dawn Earnesty
Phone#: 989-758-2514

◆ **Munson Community Health Center**

550 Munson Ave.,
Traverse City, MI 49686
GRAND TRAVERSE County

Diabetes PATH Workshop

Begins: Monday, January 9, 2012
Ends: Monday, February 13, 2012
Time: 1:00 PM
Contact: Linda Cronk
Phone#: 989-344-3279

◆ **Tanglewood Park**

560 Seminole Rd,
Muskegon, MI 49456
MUSKEGON County

PATH Workshop

Begins: Tuesday, January 10, 2012
Ends: Tuesday, February 14, 2012
Time: 1:00 PM
Contact: Kim Scheffler
Phone#: 231-733-8641

◆ **Mid-Michigan Physicians**

1540 Lake Lansing Road,
Lansing, MI 48912
INGHAM County

PATH Workshop

Begins: Wednesday, January 11, 2012
Ends: Wednesday, February 15, 2012
Time: 1:30 PM
Contact: Jane Braatz
Phone#: 517-699-1864

◆ **Barclay Physical Therapy — Shelby Clinic**

51517 Van Dyke,
Shelby Twp, MI 48316
OAKLAND County

PATH Workshop

Begins: Wednesday, January 11, 2012
Ends: Wednesday, February 15, 2012
Time: 10:00 AM
Contact: Teresa Wiley
Phone#: 248-649-2891, x 225

◆ **Hope United Methodist Church**

26275 Northwestern Hwy,
Southfield, MI 48076
OAKLAND County

PATH Workshop

Begins: Thursday, January 12, 2012
Ends: Thursday, February 16, 2012
Time: 2:30 PM
Contact: Teresa Wiley
Phone#: 248-649-2891, x 225

◆ **Faith Lutheran Church**

37635 Dequindre, Troy, MI 48083
OAKLAND County

PATH Workshop

Begins: Tuesday, January 17, 2012

Ends: Tuesday, February 21, 2012

Time: 6:30 PM

Contact: Teresa Wiley

Phone#: 249-649-2891, x225

◆ **Center for Excellence**

(The Guidance Center)

13111 Allen Road,
Southgate, MI 48195
WAYNE County

PATH Workshop

Begins: Wednesday, January 18, 2012

Ends: Wednesday, February 22, 2012

Time: 2:00 PM

Contact: Jennifer Thompson

Phone#: 734-785-7714

◆ **Northview Senior Center**

5255 Grand River Dr., SE,
Grand Rapids, MI 49525
KENT County

PATH Workshop

Begins: Friday, January 20, 2012

Ends: Friday, February 24, 2012

Time: 10:00 AM

Contact: Emily Henning

Phone#: 616-949-9938

◆ **University Lutheran Church**

1020 S. Harrison Rd,
East Lansing, MI 48823
INGHAM County

PATH Workshop

Begins: Thursday, January 26, 2012

Ends: Thursday, March 1, 2012

Time: 6:00 PM

Contact: Jane Braatz

Phone#: 517-699-1864

◆ **Ingham Regional Medical Center**

— **Pennsylvania Camp**

2727 S. Pennsylvania

Lower Level D&E,

Lansing, MI 48910

INGHAM County

PATH Workshop

Begins: Wednesday, February 22,
2012

Ends: Wednesday, March 28, 2012

Time: 1:30 PM

Contact: Jane Braatz

Phone#: 517-699-1864

Celebrating the 10th Annual Michigan Fatherhood Conference!



NURTURING MEN — Thriving Children
A Practitioner's Network
www.michiganfatherhood.org

CREATING A LEGACY

... the smallest moments make the biggest impact

Date: February 17, 2012

Time: 9:00 AM – 3:30 PM (Registration 8:15 AM)

Place: CenterPointe Church

214 E. Brooks Street

Howell, MI 48843

Cost: \$45.00 (A continental breakfast & lunch are included)

\$10.00 for CEUs

This year's conference is one that you will not want to miss! **The 10th Annual Michigan Fatherhood Conference** will feature the award winning actor, singer and writer Mr. Daniel Beaty performing his Spoken Word Poetry during which he will treat the audience to his most recognized poetry including "Knock, Knock" and "Connect Re-Connect."

The 10th Annual Michigan Fatherhood Conference will also include great workshops for fathers, professionals and anyone who supports positive outcomes for children! To obtain a registration packet contact **Pam Jaymes** at **734-323-9037** or by email at **michiganfatherhoodconference@gmail.com**



Learning and Developmental Disabilities and Toxic Chemical Exposure

What's the Connection?

What Role Do Toxic Chemicals Play in Child Development?

A child's developing brain, body, metabolism, and behavior make them uniquely vulnerable to harm from toxic chemicals.

- Exposure begins in the womb through the mother's exposures to toxic chemicals. Infants ingest chemicals through breast milk, formula and contact with their environment.
- Rapid brain development in the fetus, infants and young children make them more susceptible to harm from chemicals that may impair brain function and development.
- For their weight, children eat, drink and breathe more than adults — so pound for pound they take in a greater quantity of toxic contaminants. A small exposure translates into a big dose.
- Children put things in their mouths and spend a lot of time on the floor and ground, so they may ingest chemicals from toys, containers, dirt and dust on a regular basis.
- Alcohol and nicotine are the most well-known and preventable causes of behavioral, learning, and developmental disabilities.

It is especially important for pregnant women and women considering pregnancy to take precautions to minimize toxic exposures.

Which Chemicals Should I Be Most Concerned About?

While there are an estimated 80,000 chemical compounds registered for use in the U.S., only a very small fraction have been tested for potential toxic effects. Of those chemicals, the following have been conclusively shown to affect the developing nervous system and cause a wide range of learning and developmental disabilities:

- Alcohol
- Lead
- Mercury
- Manganese
- Arsenic
- Solvents
- Polychlorinated Biphenyls (PCBs)
- Polybrominated Diphenyl Ethers (PBDEs)
- Polycyclic Aromatic Hydrocarbons (PAHs)
- Pesticides
- Nicotine and Environmental Tobacco/Cigarette Smoke

How Can We Protect Our Children From Toxic Chemicals?

There are many ways that we can eliminate or lessen the exposure of our children to toxic chemicals. You can make a difference by:

- keeping children away from alcohol and cigarette smoke.
- avoiding alcohol if you are pregnant or trying to conceive.
- looking for toys that don't contain lead and other harmful materials (see www.healthystuff.org).
- using products that are PBDE-free* (see www.healthystuff.org).
- storing chemicals and solvents (such as paint thinners) out of the reach of children.
- keeping kids away from areas being treated with chemicals and/or pesticides.
- using water and air filters to minimize exposure to lead, mercury, and other contaminants.
- using the fish guide to determine safe levels of consumption (see www.michigan.gov/fishandgameadvisory).

To learn more about limiting exposure and how toxic chemicals can affect your family, visit www.minddisrupted.org (see "Mind, Disrupted" report) and www.iceh.org (see "Consensus Statement on Environmental Agents Associated with Neurodevelopmental Disorders"). We would like to recognize the group behind "Mind, Disrupted" and the Collaborative on Health and the Environment's Learning and Developmental Disabilities Initiative for their amazing, detailed reports. Their work provided the framework and knowledgebase for this document.