

Family Support Network of Region A Parent Link



Volume 2, Issue 3

Winter 2008

A Parent to Parent Program Serving Families of Children with Special Needs

Are you looking for resources for your child with special needs?

Your child may be eligible for services through your Smoky Mountain Center, your Local Management Entity (LME). Smoky Mountain Center is responsible for managing, coordinating, facilitating and monitoring the provision of *mental health services*, ***developmental disabilities*** and *substance abuse services* in our area. There are three services your child may be eligible for:

- **Targeted Case Management-*Developmental Disability Services****

Targeted Case Management is offered at no cost to person's with developmental disabilities and their families to help them receive services to meet their individual needs. Targeted Case Management provides: Assessment of the a person's need of any medical, educational, social or other types of services; Puts together all the information collected from the assessments and develops a Person Centered Plan. The Person Centered Plan is the action plan that addresses the determined need of the individual; Referrals and linking individuals to medical, social, educational providers and other programs and services; Follow-up and monitoring to ensure that the Person Center Plan is implemented as well as assisting the individual with navigating the service system.

- **Community Supports-*Mental Health Services***

Community supports may include: Education and training of caregivers; Prevention and therapy for your child; Assist with learning new skills to achieve life goals; Case Management to arrange and link person with services if needed

- **CAP-MR/DD Waiver Services-*Special Medicaid services for individuals with Developmental Disabilities***

(Community Alternative Program for individuals with Mental Retardation and/or Developmental Disabilities) CAPMR/DD offers specific Services in the community for children /youth who are in need of a level of care provided in an intermediate care facility (ICF-MR). It allows individuals the opportunity to be served in the community instead of residing in an institutional or group home setting. Some of the Services provided: Personnel Care; Respite Care; equipment and assistive technology needs, home modifications; diapers; Personnel Assistance; Specialized and generic training for individuals needs

To find out if your child may be eligible for services contact Smoky Mountain Center, you local LME at 1-800-849-6127 or by contacting a service provider to help assist you with the initial intake process. Please contact Family Support Network for a list of service providers 456-8631 ext.39 or e-mail julie@regionakids.org.

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Family Support Network is a program of Region A Partnership For Children and an affiliate of Family Support Network of North Carolina, serving Cherokee, Clay, Haywood, Graham, Jackson, Macon and Swain Counties and the Qualla Boundary.



CHECK OUT WHERE YOUR LOCAL SUPPORT GROUPS FOR CAREGIVERS OF CHILDREN WITH SPECIAL NEEDS ARE: CHEROKEE, CLAY, GRAHAM, HAYWOOD, JACKSON, MACON & SWAIN COUNTIES

Family Support Network of Region A

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Waynesville, NC 28786

828—456-8631 Ext 29

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www.regionakids.org

Program Coordinator

Julie Davis

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828-226-1198

FSN of Region A is an affiliate of Family Support Network of North Carolina

Haywood

Mom’s Morning Perk-Me-Up Fridays from 8:30-9:30am. We meet at Panacea Coffee House. When there is no school we do not meet!

Haywood support group meets the 2nd Tuesday of the month from 5:30-7:30 at New Covenant Church, Clyde Contact Michele Holden at 235-0993 or mommichele2030@bellsouth.net for more information!

NAMI Support Group meet the 3rd Thursday of the month at First United Methodist Church, Asbury room in Waynesville. 6pm

Relatives as Parents

1st & 3rd Monday of the month at 5:30 at Shady Grove Methodist Church, Jonathan Creek. Food & child care provided.

Jackson/Swain

Autism Support Group meets the 1st Friday of the month at Christ Fellowship Church, Cherokee. Contact Brandi West at 488-1526 for more information.

Jackson County Support Group— Meets the 2nd Friday of each month from 5:30-7:30 at the Jackson County Family Resource Center.. Contact Julie Davis at 456-8631 ext. 39 or julie@regionakids.org for more information.

Cherokee Support Group

Meets the 3rd. Tuesday of the month. Contact Kathy Norris at 497-3682 for details.

Support Group for people with food allergies and those trying a wheat-free diet Contact Karen White, nutritionist at WCU, at 227-2088 for more information.

Macon

Macon support group

Meets the 3rd Thursday of the month from 6-7:30. Refreshments and child care provided! Contact Ellen Hodgins at 828-421-7750 for more information.

Community Early Learning Groups

Opportunity for structured play with your child 0-5. Groups meet weekly. To find out the day & time the group meets in your county call 586-0661 or emma@regionakids.org or kristi@regionakids.org

(continued from pg.1)- Definition of Developmental Disability *(Defined by the NC Division of Health and Human Services/ Developmental Disabilities/ Substance Abuse-GS 122C-3(12a))*

"Developmental disability" means a severe, chronic disability of a person which:

- a. Is attributable to a mental or physical impairment or combination of mental and physical impairments;
- b. Is manifested before the person attains age 22, unless the disability is caused by a traumatic head injury and is manifested after age 22;
- c. Is likely to continue indefinitely;
- d. Results in substantial functional limitations in three or more of the following areas of major life activity: self-care, receptive and expressive language, capacity for independent living, learning, mobility, self-direction and economic self-sufficiency; and
- e. Reflects the person's need for a combination and sequence of special interdisciplinary, or generic care, treatment, or other services which are of a lifelong or extended duration and are individually planned and coordinated; or
- f. When applied to children from birth through four years of age, may be evidenced as a developmental delay

<p>NC assistive technology expo</p> <p>December 4-5, 2008</p> <p>North Raleigh Hilton</p> <p>This exciting 3 day expo is designed for those with disabilities and their families, professionals, and product vendors, employers and human resource managers. During this expo, you will learn about the latest in assistive technology devices, services, strategies and community resources</p> <p><i>For more information call 919-850-2787 or e-mail cwilliams@ncatp.org</i></p>	<p>Would you like to attend a conference or workshop?</p> <p>Family Support Network believes that learning about your child's special need and how to access services is very important. FSN has stipends available to help cover the cost of attending educational workshops/conferences. If you are interested please contact FSN of Region A for an application. 456-8631 ext. 39</p>	<p>WCD Expo/World Congress on Disabilities</p> <p>November 21-22, 2008</p> <p>Jacksonville, FL</p> <p>This conference is dedicated to improve the lives of individuals with disabilities as well as their families and professionals who work with them.</p> <p>During the course of this expo, there will be an expo that will feature the latest products and services used to improve the lives of those with disabilities as conferences, keynote speakers and special events planned throughout the two days.</p> <p><i>For more information go online www.wcdexpo.com</i></p>
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Workshops and Conferences

TEACCH Trainings

Nov. 18, 2008 Social Stories workshop

Nov. 19, 2008-Developing Social Skills in Children and Adolescents with Autism *Contact the Asheville TEACCH Center at 251-6319 for more information or to register. Registration \$30*

Understanding Early Intervention Strategies: A workshop for families of young children with Autism

Nov. 3, 2008, Hendersonville, Kanuga Conference Center from 8-3:30. *Contact Mary Kellogg at 919-743-0204 ext.55 or mkellogg@autismsociety-nc.org for more information.*

7th Annual Care of the Premature Infant/The Unexpected Journey

Nov. 7, 2008 at MAHEC in Asheville from 8-4:30. Registration \$105

For more information call 828-257-4475

58th Annual Conference on Exceptional Children-Creating Success One Child At A Time

Nov. 17-18th, 2008 Koury Convention Center, Greensboro, NC Registration \$100

For registration information call 919- 807-3969

WCD EXPO/World Congress on Disabilities

Nov. 21-22, 2008 at the Prime F. Osborn III Convention Center, Jacksonville, FL Registration \$150

For more information go online www.wcdexpo.com

Assistive Technology Expo

December 4-5, 2008 north Raleigh Hilton, Raleigh, NC Registration \$25 for families/\$150 professionals

For more information call 919-850-2787 or e-mail cwilliams@ncatp.org

RESOURCES

Tips to Share and Save-The Supermarket Survival Guide

Shopping with children is rarely a stress free event.

Try these tips to survive the supermarket challenge!

- Be clear with your children about the type of behavior you expect.
- Praise them when they demonstrate good behavior.
- Avoid shopping when your kids are hungry and/or tired.
- Be sure to change the baby's diaper or have older children use the potty before you go shopping.
- Pack a light snack and beverage for your child. Include a small toy or book.
- Make shopping a fun, learning experience! As you select items, talk to you child about colors, letters, and how the items are used.
- Try to shop at stores that are "family friendly" with child-sized carts, candy free checkout lanes, and children's play areas.
- Bring a shopping list with you. This will keep your shopping trip short and focused.
- Try to shop at times of the week that are less busy. Middle of the morning and early on the weekends are typically the slowest times.

MISSION OF FAMILY SUPPORT NETWORK

To enhance the lives of children in the seven western counties of North Carolina with, or at risk for, special needs by providing emotional support and information to the families who care for them, and by encouraging parent and professional collaboration in the design and delivery of services for these families.

Upcoming Support Parent Trainings!

November 7 Haywood County 10-3

January 10 Macon County 10-3

We are in need of parents of children with special needs who can offer support to another parent of a child with special needs. The unique support of a parent who truly understands what a new parent is going through can provide a sense of relief and support that no other individual can. Please join us to become a valuable support to another family. Call 828-456-8631 ext. to register for one of these upcoming

Support Parent Trainings!!!!!!



WESTERN NORTH CAROLINA DOWN SYNDROME ALLIANCE

The 1st Buddy Walk in was held at Smoky Mountain High School on October 22nd.

There was a great turnout of kids', families, friends and a host of volunteers.. After completing the walk all the children took part in fun activities. Melissa and Aubrey Greene-pictured here- take time out to pose and smile for the camera. This was wonderful event to help raise awareness and support children with Down Syndrome.

Camp/Enrichment Scholarship Opportunity

Thanks to a number of generous supporters and the Parrothead club of Asheville, the WNC Down Syndrome Alliance (WNCDSA) is pleased to present the second annual camp and enrichment program scholarship opportunity. This scholarship gives the WNCDSA the ability to expand their scholarship program to cover camps and enrichment programs for individuals with down syndrome. The scholarship can cover a variety of camps and enrichment programs from ballet lessons to horseback riding. This is an amazing opportunity for individuals with Down Syndrome and their families.



About the Scholarship

The Western North Carolina Down Syndrome Alliance mission is to help create a community that is educated, supportive and inclusive of individuals with Down Syndrome. The purpose of the Western North Carolina Down Syndrome Alliance Scholarship Opportunity program is to enable parents of children with Down Syndrome in Western North Carolina to choose camps or enrichment programs that fit their child's and family's needs. This scholarship program offers a stipend for tuition and one-on-one assistant combined up to \$1,000 for 2008 for each eligible child with Down Syndrome.

What does the Scholarship cover?

- This scholarship is available for children with Down Syndrome ages 3-17 in all Western North Carolina counties. These counties include Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania and Yancey.
- A \$1,000 stipend is available to cover tuition of camps or enrichment programs and a one-on-one assistant per child.
- Payments for tuition may be paid directly to the camp/enrichment program or reimbursed to the parent with a receipt and registration confirmation.
- Reimbursement for one-on-one assistants will be paid directly to the parents based on a detailed receipt to the camp/enrichment program..

To participate in this opportunity:

Families should send a complete and signed Camp-Enrichment Program Scholarship Opportunity Application to the

Western North Carolina Down Syndrome Alliance

P.O. Bo 421

Weaverville, NC 28787

Please contact Cynthia Reese at (828) 628-3138 or kohatsuk@bellsouth.net or

Kelly Davis at (828) 658-8255 or kellydavis62@charter.net

Go to www.wncdsa.org for more information about Western North Carolina Down Syndrome Alliance



**Family Support Network of
Region A Partnership for Children
116 Jackson Street
Sylva, NC 28779**

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Having trouble communicating with your child?

Please join us in our sign language class at the CDSA in Waynesville where you will learn the basic sign language skills to help you and your child communicate .

Child Developmental Services Agency in Waynesville

367 Dellwood Road, Building D

Every other Thursday night from 5:30-6:30

Our next class will be Thursday, November 13

Registration is required. To do this, please contact Julie Davis at 828-456-8631 ext. 39 or by e-mail at Julie@regionakids.org

Free textbook and materials will be provided for you and your child to use with the class.

