



Family Matters

FALL EDITION
September • October
• November 2008

“FULL INCLUSION, FULL LIVES”

Family Matters Newsletter September 2008

By Larry Winter Children with Special Needs Unit II Supervisor

The summer is a time for rest and relaxation for all of us. I anticipate in the fast paced society we live in this becomes more difficult to accomplish. With the passing of summer we are faced with the coming of autumn. For some reason this time of year happens to be my favorite. Less humid days and crisper evenings allow us to turn off the air conditioning and let the natural area seep into our homes. The seasons are a reminder of the process of change and we in the world of special needs have been busy supporting children and families make the transition from summer activities to school programming. I would like to share with you some of the buzz going on in the Family and Children’s Section regarding children with special needs.

One recent activity that was sponsored by the Mental Health Advisory Committee for La Crosse County was a focus group for caretakers to come and express their opinions about the system of mental health support for children. There were a total of four individuals that participated. The following is a list of items they voiced:

- Trained Respite Providers for Children with Special Needs.
- Community needs to recognize where parents are at and then move forward in supporting them.
- Use person centered planning. Social workers blaming parents because they are not parenting the right way-this is a stigma issue. Mental Health diagnosis is not caused by poor parenting.
- When parents come forward to adopt a child, they need more training on mental health issues, Social worker support is necessary and services need to be made available.
- Adoptive, biological and foster parents need support on-going.
- Pediatricians need a deeper knowledge base to identify children with mental health challenges.
- Crisis needs to work on response time.
- Community needs education, knowledge and services for children with attachment issues.
- Early identification and intervention.
- More stabilization resources.
- Professionals need to increase knowledge and skill base regarding children’s mental health.
- Service providers are under trained when serving families.
- The courts blame me for not parenting right or the best I could.
- Reached out to police and delinquency but let child go because more of a mental health issue.

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One theme that really stopped me in my tracks was when these caretakers spoke about their perception that social workers blame them for not parenting the right way. I paused and reflected for a moment to evaluate myself and must admit although I may not verbally say it I certainly think it at times. Whether we are social workers, other providers or community members it is an important area for each of us to consider in our interactions with children with special needs and their families. Although this comment came from the caretakers of children with mental health issues, it certainly may apply to caretakers who have children with developmental and physical disabilities as well.

La Crosse County has many strengths in relation to supporting and serving children with special needs. I am always humbled by the challenges caretaker’s face as well as those of us who support them. Please join me in always making a conscious effort in thinking about the words and actions we use to support caretakers, give them the framework to help in supporting their children and assist them in moving forward. Have a great fall and enjoy an apple or two or three!!!!

Partner Picture

Special Needs Resources:

Resources for parents who have questions about Special Needs topics can be found at the following places:

Resource Libraries:

Hours:

John Bosshard Memorial Library

1720 Henry Johns Blvd.
Bangor, WI 54614
(608) 486-4408

Monday 10:00-8:00
Tuesday 3:00-6:00
Wednesday 10:00-8:00
Thursday 3:00-6:00
Friday 10:00-5:00
Saturday 9:00-1:00

Campbell Area Library

Campbell Town Hall
2219 Bainbridge Street (French Island)
La Crosse, WI 54603
(608) 783-0052

Monday 1:00-5:00
Tuesday 2:00-6:00
Wednesday 1:00-5:00
Thursday 3:00-8:00
Friday 9:00-12:00
Saturday 10:00-2:00

Holmen Area Library

103 State Street
PO Box 220
Holmen, WI 54636
(608) 526-4198
Administrative Office: (608) 526-9600
Hours: 8:30-4:30 Monday-Friday

Monday 10:00-8:00
Tuesday 1:00-8:00
Wednesday 10:00-8:00
Thursday 10:00-8:00
Friday 10:00-5:00
Saturday 9:00-2:00

Onalaska Public Library

741 Oak Ave South
PO Box 248
Onalaska, WI 54650
(608) 781-9568

Monday 9:00-9:00
Tuesday 12:00-9:00
Wednesday 9:00-9:00
Thursday 9:00-9:00
Friday 9:00-5:00
Saturday 9:00-2:00

Hazel Brown Leicht Memorial Library

201 Neshonoc Road
West Salem, WI 54669
(608) 786-1505

Monday 10:00-8:00
Tuesday 1:00-8:00
Wednesday 10:00-8:00
Thursday 1:00-8:00
Friday 11:00-5:00
Saturday 10:00-1:00

La Crosse Public Library

800 Main Street
La Crosse, WI 54601
(608) 789-7100
www.lacrosselibrary.org

Monday 9:00-9:00
Tuesday 9:00-9:00
Wednesday 9:00-9:00
Thursday 9:00-9:00
Friday 9:00-5:00
Saturday 9:00-5:00
Sunday 1:00-5:00

North Community Library

1552 Kane Street
La Crosse, WI 54603
(608) 789-7102

Monday 12:00-8:00
Tuesday 12:00-8:00
Wednesday 12:00-8:00
Thursday 10:00-5:00
Friday 10:00-5:00
Saturday 10:00-5:00

South Community Library

1307 S. 16th Street
La Crosse, WI 54601
(608) 789-7103

Monday 12:00-8:00
Tuesday 12:00-8:00
Wednesday 12:00-8:00
Thursday 10:00-5:00
Friday 10:00-5:00
Saturday 10:00-5:00

Partner Picture Continued

Family Resources

Braeden's Library (Books and Toys)
1500 Green Bay Street
La Crosse, WI 54601
(608) 784-8125
www.laxfamilyresources.org

Monday 8:30-5:00
Tuesday 8:30-5:00
Wednesday 8:30-5:00
Thursday 8:30-5:00
Friday 8:30-3:00

Chileda

1825 Victory Street
La Crosse, WI 54601
(608) 782-6480 ext. 222
Contact person: Diane Hietpas
Director of Special Education
www.chileda.org

Monday 9:00-3:00
Tuesday 9:00-3:00
Wednesday 9:00-3:00
Thursday 9:00-3:00
Friday 9:00-3:00

(Books, videos, DVDs, journals, magazine articles)

* Call ahead to use the library because it is used for some classes.

* Can make an appointment for the library for different hours.

WI Family Ties

Provides on-line resources for parents.
<http://www.wifamilyties.org/index.html>

Gundersen Lutheran

John and Nettie Mooney
Health Resource Center
East Building (next to the Founders Building)
1900 South Avenue
La Crosse, WI 54601
(608) 775-5995

Monday 8:00-4:30
Tuesday 8:00-4:30
Wednesday 8:00-4:30
Thursday 8:00-4:30
Friday 8:00-4:30

* do not have to be a patient to check out a resource

Mooney Center East Library

Please call the John and Nettie Mooney Health Resource Center for information.
This desk does not always have someone there. (608) 775-5995

* do not have to be a patient to check out a resource

Stanic Cancer Resource Library

Founders Building
1900 South Avenue
La Crosse, WI 54601
(608) 775-1186

Monday 8:00-4:30
Tuesday 8:00-4:30
Wednesday 8:00-4:30
Thursday 8:00-4:30
Friday 8:00-4:30

* do not have to be a patient to check out a resource

John and Nettie Mooney

Health Resource Center Onalaska
Onalaska Clinic
3111 Gundersen Drive
Onalaska, WI 54650
(608) 775-1665

Monday 8:00-4:30
Tuesday 8:00-4:30
Wednesday 8:00-4:30
Thursday 8:00-4:30
Friday 8:00-4:30

* do not have to be a patient to check out a resource

Franciscan Skemp Health Care

Family Health Clinic
815 10th Street S.
La Crosse, WI 54601
(608) 784-6648

Monday 8:00-5:00
Tuesday 8:00-5:00
Wednesday 8:00-5:00
Thursday 8:00-5:00
Friday 8:00-5:00

* do not have to be a patient to check out a resource

For a copy of this resource and further information please visit our website: <http://www.co.la-crosse.wi.us/HumanServices/fc/docs/>

Tips

10 Tips for a Successful School Year

(By Pat Howey, Advocate taken from Wrightslaw)

1. Help your child deal with transitions.

Plan to take your child to visit the new school or classroom before the first day of school.

2. Reread your child's IEP (if they have one).

Do you understand what the school agreed to provide? Do your child's teachers understand what they are to provide? Is the IEP SMART? (Specific, measurable, action works, realistic, and time-specific)

3. Meet with your child's teacher (s) to discuss your child's special needs.

Take a picture of your child to the meeting. Teachers are more likely to take a personal interest in your child and remember your child's special needs if s/he has seen a picture of your child.

4. Take extra copies of your child's IEP to the meeting with the teacher (s).

Never assume that teachers have had time to read your child's IEP before school begins. Teachers have many things to do as they prepare for the first day of school. Leave a copy of your child's IEP with each teacher.

5. Make a list of important things about your child.

Make a list of the five most important things about your child that the teacher needs to know. Explain why they are vital and leave a copy with each teacher.

6. Prepare to deal with potential problems early.

If your child is in general education classes, prepare for the teacher (s) who wants to see how your child "gets along" before making any changes in the way they run their classrooms. Teachers often take this position because they want to give their students a fresh start. You may need to explain why your child may fail unless the teacher understands his/her unique needs and provides the necessary services, accommodations and supports.

7. Resolve old Concerns and Issues.

If you have concerns or issues that were not resolved during the last IEP meeting, request another IEP meeting immediately. Try to resolve any issues or concerns before your child begins to have problems this year.

8. Get a new assessment.

Consider getting your child's skills tested very early in the school year. Where are your child's skills on standardized educational achievement tests? Use these scores as baseline data. You can compare these scores with scores obtained at the end of the year to measure your child's progress.

9. Go to your school's open house.

This will give you another chance to meet the teacher (s) and maybe learn the classroom rules.

10. Get a bound notebook.

Use the notebook as a "contact log" to send messages to teachers.

These are helpful tips for everyone. There may be some work at the beginning of the year, but that extra work may prevent problems during the school year.

For more information go to <http://www.wrightslaw.com/howey/10tips.sch.yr.htm>

9 Ways to Boost Your Child's Attitude Before the Bus Arrives (By Jackie D. Ifago-Te'O, Bridges4Kids taken from Wrightslaw)

- | | | | |
|-----------------------|-----------------------------|----------------------------|-------------------------|
| 1. Plan Ahead | 2. Get a Good Night's Sleep | 3. Rise and Shine: Parents | 4. Rise and Shine: Kids |
| 5. Time to Get a Grip | 6. Talk to Them | 7. Laugh with Them | 8. Feed Them |
| 9. Hug Them | | | |

For the full article go to <http://www.wrightslaw.com/info/advo.tips.attitude.jigafoteo.htm>

Radical Resources



New Classes for Parents and Caregivers

Parents are the best playmates and teachers. WEAP offers information sessions for parents and caregivers of newly diagnosed children with autism and related disorders. We look forward to working together to help each child reach their potential!

- Sessions:** Thursdays September 25 – October 30
5:30– 7:00 p.m. (each session 1 ½ hours)
Parents are encouraged to attend all 6 classes, but this is not required
- Fee:** Being a new program to the La Crosse area, classes will be **FREE**. Future classes will be offered for a minimal charge.
- Location:** Classes will take place at the Onalaska WEAP clinic, located next to Menards
- Format:** Information will be presented through lecture, group discussion and demonstrations. Sessions will be tailored to the participants' needs
- Registration:** Call 608 288 9040 ext 237 or email cwilkins@wiautism.com . Registration is required 2 days prior to session

Fall 2008

Sept 25 Communication

- Discuss how ASD affects your child's communication and social interaction
- Learn strategies to teach joint attention, requesting and commenting

Oct 2 Social Interaction

- Learn strategies to join in your child's play and encourage interaction in a way that is fun for you and your child.

Oct 9 Teaching time

- Learn the basics of ABA (Applied Behavior Analysis) and DTT (Discrete Trial Teaching)
- Identify target skills and potential reinforcers for your child

Oct 16 More Teaching time

- Learn how to break skills down into easy to teach steps
- Participants are invited to bring video of their child's learning and play sessions for discussion



Oct. 23 Daily living skills/Activity Schedules and other Visual Supports

- Discuss strategies to teach basic self-help skills. Skills will include: following routines, dressing, toilet training. Discuss benefits of adding structure and predictability into learning environment
- Video demonstrations and samples of activity schedules will be provided

Oct 28 Peer Interaction

- Learn to organize successful play dates for your child.
- Precursor skills, qualities to look for in a peer, play environment and coaching techniques will be discussed. We will also discuss the use of social stories and video modeling to teach social skills, communication, and appropriate behaviors. Participants will learn how to develop appropriate social strategies for their children.



Trainings



Midwest **AUTISM** Conference



Putting the Pieces Together

October 19-21, 2008

Hosted by: **The University of Wisconsin-La Crosse Continuing Education and Chileda**

Participants will explore the best educational and treatment practices for school, home, and community environments. Session speakers emphasize how these practices are applied within their organizations, schools, families, and community. Parents and guardians are welcome to attend.

Throughout this event, you can attend any of an array of sessions covering:

- Visual Structure
 - Teaching Social Skills
 - Vocational Preparation
 - Sensory Integration
 - Communication Options
 - Early Diagnosis and Intervention
 - Positive Behavior Strategies
 - Biomedical Treatments
 - Biomedical Treatment Options
- And other best practices of teaching and working with individuals with autism

DATES: Sunday October 19th through Tuesday October 21st.

Parent evening is Sunday October 19th.

COST: \$195 (includes opening reception, continental breakfasts, refreshment breaks, closing lunch and instructional materials)

Sunday evening only: \$15 (includes opening reception and keynote presentation)

Monday only: \$115 (includes continental breakfast, refreshment breaks and instructional materials)

Tuesday only: \$115 (includes continental breakfast, refreshment breaks, closing lunch and instructional materials)

LOCATION: Conference will be held at in the La Crosse Center, South Side, La Crosse, WI

For more information or to register: 608.785.6504 or toll-free 1.866.895.9233

<http://www.uwlax.edu/Conted/mac/index.html>

Children Come First Conference

Finding What Works

Wisconsin's Child and Adolescent Behavioral Health Conference

Includes a full track for children, youth, & siblings

Anyone can attend!

DATES: November 9-11, 2008

WHERE: Kalahari Convention Center

WI Dells

Circles of Life

DATES: April 30 & May 1 2009

WHERE: Marriott Madison West
Madison, WI



Changing lives with Assistive Technology

Topics will cover a broad spectrum of technology as it is being applied to all disabilities and age groups in education, rehabilitation, vocation, and independent living.

DATES: October 16-18, 2008

Preconference Workshops: October 14-15

WHERE: Minneapolis MN

The conference will span across two hotels, the Sheraton Bloomington Hotel and the adjacent Hotel Sofitel. All official conference activities will be held at these two hotels located just 10 minutes west of the Minneapolis-St. Paul International Airport.

REGISTRATION FEE:

Registration	Sept. 11	Oct. 2	Oct. 16
Standard Rate	\$420	\$455	\$505
Student Rate	\$285	\$455	\$505
Parent Rate	\$285	\$455	\$505
Group Discount (5 or more)	Deduct \$20 per person	Not Available	

For more information go to

<http://www.closingthegap.com/conference/>

Other Information

**Birth
to3**

Do you have any questions about your child's development?

A great deal of learning takes place in a child's first three years. Families who have children with developmental delays or disabilities may need extra support to help their children reach their developmental milestones. The Birth to 3 Program offers free evaluations for children ages 0-3 years old. If you would like to speak to someone about the program please call Kristi, Susan or Bethany at 781-1035.

[Check out this new website!!](#)

The M.O.R.G.A.N. Project was created with love BY parents of a child with special needs, FOR parents of children with special needs. "It is our hope that through this project, we can help other family caregivers to be able to better care for their own kids with special needs, by providing support, assistance and small grants. We have been extremely fortunate to have found a wonderful support group, and many exceptional parents of special-needs children to share our experiences with. We also recognize that not all family caregivers of children with special needs have been as fortunate as we have been, and this is our opportunity to help others."

* To find out more visit: www.themorganproject.org

**HAPPY
HALLOWEEN**

La Crosse County Human Services and the La Crosse Radio Group are sponsoring a Halloween costume drive from now until October 20th for any family or foster parent working with the Family and Children Section. Donations of any new or gently used costumes or accessories can be delivered to Rhonda Rude on 3rd floor of the Human Services Building located at 300 N. 4th St. in La Crosse.



On Wednesday October 22nd, families are invited to select a costume at no cost for their children. You do not need to have donated a costume to receive a costume. Costumes will be available first come first serve from 9am-5pm in the basement auditorium of the Human Services Building. Please contact Rhonda Rude at 789-4834 if you have any questions.

Don't forget to check out Special Olympics

Downhill Skiing starts Tuesday December 9th from 6pm to 9pm cost \$25

Halloween Party Friday October 24th 5:30pm to 8pm at City Brewery cost \$10

Bull Riding Saturday November 8th 7:30pm to 10pm at La Crosse Center cost \$22

Christmas Party Friday December 12th 6pm to 9pm at City Brewery cost \$10

Rotary Lights Parade and Pizza Friday November 28th meet at 4pm at 7th and King cost \$9

Old-Fashioned Christmas in December Sunday December 7th at Norskadalen cost \$17

For many more fun activities contact Park and Recreation at 789-7596 or <http://www.cityoflacrosse.org/index.asp?NID=257>

FAMILY MATTERS
ATTN: SUSAN BECKER

La Crosse County Human Services
300 4th St N
La Crosse, WI 54601

RETURN SERVICE REQUESTED

Announcements

A Special Thank You

A Special Thank You goes out to the Chileda Foundation and the Franciscan Sisters of Perpetual Adoration for their recent grants. Your contributions to the Family and Children's Section at La Crosse County Human Services is greatly appreciated. 2008 funds have been awarded to children with special needs in La Crosse county. This provides these children with an opportunity to enhance their communication and interpersonal skills, and be integrated into our community during the summertime.

By your generous contribution, you have brought smiles to the children and their families.

On behalf of them and us, THANK YOU!!

Don't Forget about the Family Advocate:

If you are a parent of a child with special needs and would like some extra support, have any questions about the special education process or IEPs, you may have please contact:

Vicky Shanley 608-783-4009
shanley5@charter.net
WI Family Ties



Going Green

If there is anyone who receives this newsletter through the mail but does not read it or would prefer to receive it over email please contact Susie Becker at either 785-6284 or becker.susan@co.la-crosse.wi.us.

