



Family Matters

WINTER EDITION

December • January

• February 2008-2009

“FULL INCLUSION, FULL LIVES”

Looking back and looking forward

Written by Keith Keller, Supervisor Children with Special Needs Unit I

As 2008 draws to an end, it gives us a chance to look back and reflect on some of our accomplishments and also a time to look forward to 2009 to plan for the future.

Major changes occurred in our service delivery system in 2008. La Crosse County began offering mental health services to youth under the Comprehensive Community Service Program (CCS), and in addition to that program Crisis Stabilization Program was expanded. La Crosse County also expanded the use of the Children's Long Term Support Waiver Program.

La Crosse County in collaboration with providers and the Coalition of Children with Differing Abilities sponsored a number of special events and training opportunities in 2008.

At the end of 2008, **Larry Winter** Supervisor of Children with Special Needs Unit II, left to take a new position as **Director of Chippewa County Human Service Department**. We would like to take this time to thank Larry for the work he did here at La Crosse County in expanding service options for children and youth. We would also like to wish him the best of luck in his new job.

La Crosse County has completed the recruitment process for filling the vacancy created by Larry's departure. We would like to announce and welcome **Kristine Buehler** as the new supervisor of Children with Special Needs Unit II. Kristine is currently a Support and Service Coordinator in that unit and will begin her duties as Supervisor in mid January 2009.

As we look forward to 2009, our goal is to continually expand support and service options for children and families. We are, however, keenly aware of the difficult economic times we face. The State of Wisconsin is facing major budget deficits. The impact of these budget deficits is yet unknown. Counties, in general, are dependent on the state for funding programs for children and families. La Crosse County will continue to be aggressive in trying to capture any new funding that may become available; however, we may be forced into a situation of reducing services due to funding cuts. Whatever the future holds, our goal is to continue to work collaboratively with families and providers to provide the highest quality of services possible.

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Partner Picture

Various resources located on the Web

Thank you to Vicky Shanley, Family Advocate, for putting together these resources.

Want to know more about La Crosse County Children with Special Needs Unit, resources, or trainings?
Check us out at

<http://www.co.la-crosse.wi.us/HumanServices/fc/docs/specialneeds/index.htm>

Looking for Advocacy and Support

WI Family Ties	http://www.wifamilyties.org/
CESA #4	http://www.cesa4.k12.wi.us
Independent Living Resources	http://www.ilresources.org/

Information about special education law, education law, and advocacy for children with disabilities that is accurate and reliable

Wrightslaw	http://wrightslaw.com/
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Want to keep track of medications, print out schedules, get reminders, and make lists of your child's medications that show a picture of what each medication looks like? And it's free!

MedActionPlan	https://secure.medactionplan.com/mymedschedule/index.htm
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Online books for all age readers. You can even write your own!

Tar Heel Reader	http://tarheelreader.org
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Online games, educational and free!

Quia activities & quizzes	http://www.quia.com/pages/havefun.html
Java Games	http://aplusmath.com/Games/index.html
Funbrain	http://www.funbrain.com/index.html
School Express	http://www.schooexpress.com/
Coloring pages	http://www.coloring-page.com
Quiz Hub	http://quizhub.com/quiz/quizhub.cfm

PECS and Visual Schedules

Do2learn	http://www.do2learn.com/
Internet Picture Dictionary	http://pdictionary.com/english/browse.php?bm=74&db=pd
PECS Downloads	http://www.childrenwithspecialneeds.com/downloads/pecs.html

Bullying

Stop Bullying Now	http://www.stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=preventions
Connect with Kids	http://www.connectwithkids.com/

Partner Picture Continued

Fact Sheets

WI Dept. of Public Instruction <http://dpi.wi.gov/sped/ebdmhfacts.html>

Sensory Processing Information and ideas for sensory diets

Sensory diet activities <http://www.sensorysmarts.com/diet.html>

Sensory Integration: Tips to Consider

<http://www.iidc.indiana.edu/irca/Sensory/sensoryIntegrate.html>

Sensory Processing Disorder

<http://www.sensory-processing-disorder.com/heavy-work-activities.html>

Mental Health Coalition of the Greater La Crosse Area

For resources go to their website <http://mentalhealthlacrosse.org/>

YWCA APRO program (Adaptive Physical Recreational Opportunities)

APRO along with NASA (North American Squirrel Association) are again having adaptive ski events for this season.

NASA has also acquired a brand new adult mono-ski this past fall. They also have a variety of adaptive ski equipment.

Adaptive Downhill Skiing

At Mt. La Crosse

February 1st and March 1st 11:00am to 2:00pm

For more information please contact Lisa Mathson 781-2783 or Dave Conklin 781-0616

Special Olympics Upcoming Activities

2009 Crazy Crafters Craft Club Held Thursday nights from 4 to 5 PM \$4 per session

Drama Club Practices begin Wednesday April 8th and will be held once a week.
Will also be having a talent show held August 30th and it is FREE

Fantastic Voyages Kalahari Indoor Amusement Park February 22nd cost is \$43 for participant
Ed Sullivan's Supper Club March 13th cost is \$29 for participant
Henry Villas Zoo in Madison April 19th cost is \$20 for participant

Open Events

Valentine's Day Party	February 12th	6-8PM	\$7 is cost for participant
Hairspray-The Broadway Show	March 18th	7-10PM	\$26 is cost for participant
Harlem Globetrotters	April 9th	6:30-9:30PM	\$12.50 cost for participant

Outdoor Club

Ice Skate & Pizza	February 8th	5-7PM	\$7 is cost for participant
Album Encounters	March 3rd	6:45-8PM	\$3 is cost for participant
Hiking at Hixon Forest	April 18th	12-2:30PM	\$3 is cost for participant

Summer Sports: Aquatics, Athletics, Powerlifting, and Soccer all start in March, call for more information

For more information please call 608-789-7596 or go to <http://www.cityoflacrosse.org/index.asp?NID=257>

Many of these events have registration deadlines

Tips

Simple Recycling A to Z

Aerosol Cans. These can usually be recycled with other cans, as long as you pull off the plastic cap and empty the canister completely.

Backpacks. The American Birding Association accepts donated backpacks, which its scientists use while tracking neotropical birds. You can go to www.aba.org

Batteries. When you recycle batteries it keeps hazardous metals out of landfills. Many stores, like RadioShack and Office Depot, accept reusable ones, as does the Rechargeable Battery Recycling Corp. (www.rbrc.org)

Beach Balls. They are not recyclable but you could donate them to a thrift store or a children's hospital.

Books. Hard cover books can be recycled if you remove the hard covers and recycle just the pages. Paperbacks can be tossed in with other paper. You can also give books away, to the local thrift stores, possibly hospitals, or your local library.

Cell Phones. The Wireless Foundation refurbishes old phones to give to domestic-violence survivors. For other cell phone charities, go to www.recyclewirelessphones.com. Less than 20 percent of cell phones are recycled each year.

Compact Fluorescent Light Bulbs. They contain mercury and shouldn't be thrown away. Ikea and Home Depot operate CFL recycling programs. Check out local stores to see if they will recycle fluorescent light bulbs.

Computers. Some manufacturers take back computers for recycling. Check www.mygreenelectronics.com for a list of vendors or donate them to a charitable organization. Some places like Best Buy will take them too.

Crayons. Send them to National Crayon Recycle Program (www.crazycrayons.com) which melts down crayons and reforms them into new ones. Leave the wrappers on so they can tell the colors apart.

CROCS. The manufacturer recycles used Crocs into new shoes and donates them to underprivileged families. Mail them to: Crocs Recycling West, 3375 Enterprise Ave., Bloomington CA 92316

DVDs, CDs, & Jewel cases. You can swap for a disc from another person at www.zunafish.com. If you just want to get rid of it without it going to a landfill all can go to www.greendisk.com for recycling.

Eyeglasses. Plastic frames can't be recycled, but metal ones can. Just put them in the scrap metal bin. BUT they can always be given to those who can't afford them. You can donate them to www.neweyesfortheneedy.com. Sunglasses in good condition can also be donated, check out your local eye glasses stores.

Formal Wear. You can donate to many places such as Goodwill or Salvation Army or local clothes closets. You can also go to www.operationfairydust.org or www.catherinescloset.org.

Hearing Aids. The Starkey Hearing Foundation (www.sotheworldmayhear.org) recycles used hearing aids any make or model. The Lions Club also accepts hearing aids (& eye glasses). Go to www.donateglasses.net/hearingaids.html.

Videotapes, cassettes, & floppy disks. These are not recyclable, but you can send tapes to ACT (www.actrecycling.org) which employs disabled people to clean, erase, and resell videotapes. You can also send these items to www.greendisk.com.

Wheelchairs. Go to www.lifenets.org/wheelchair which acts as a matchmaker for people who need them.

*Don't forget to check out your local recycling center. * **Medications can be recycled there.**

For a bigger list of items check out this article at <http://abcnews.go.com/GMA/SmartHome/story?id=5998756&page=1>

Awesome Activities

Winter 2009 Hoops for ALL Basketball

Program Dates: Monday February 2 through Wednesday April 1, 2009

When: Mondays and Wednesdays from 5:00-6:00 PM

For: Kids with special needs ages 8-15 years (Maximum enrollment is 25 kids)

Focus: Development of basic basketball skills, physical fitness, social interaction, and modified game play.

Where: Mathy Boys and Girls Club located on Viterbo University's Campus (811 8th St. La Crosse)

Cost: One year membership fee of \$10.00 is required for all Boys and Girls Club non-members, along with \$20.00 Hoops for ALL program fee that includes the 8 week basketball program and a t-shirt.

Registration: Sign-up at the Mathy Boys and Girls Club or by phone (608) 784-6062 starting Monday January 12, 2009

Staffing: Staff is trained and prepared to meet the needs of children with special needs in adapted basketball.

Program Conducted by: Boys and Girls Club of Greater La Crosse and UW-La Crosse, Department of Exercise and Sport Science (Active and Healthy Lifestyles for Children and Youth with Disabilities)

www.uwlax.edu/activeandhealthylifestyles/

For more information contact:

Sarah Wendland, Director of Mathy Boys and Girls Club (608) 784-6062 or

Tanya Shull, UW-L Hoops for ALL Coordinator (608) 785-8695

(shull.tany@students.uwlax.edu)

YMCA

Winter 2009 Outdoor Physical Activity Program for Kids with Disabilities

Registration begins week of January 12th.

Ages 5-18. Learn how winter can be fun with outdoor physical activity through development of basic skills for sledding and snowshoeing. The program is designed to develop physical fitness and social interactions.

This program is for kids with disabilities, siblings, and non-disabled peers. Staff is trained to meet the needs of kids with disabilities in adapted snowshoeing and sledding. Maximum enrollment is 20 participants, so sign up fast!

Program starts the week of January 19th and ends the week of March 9th. Program is available at the YMCA in La Crosse and the YMCA in Onalaska.

You can contact the YMCA with any questions La Crosse YMCA 608-782-9622 or Onalaska YMCA 783-9622

To check out their full Winter Program go to <http://www.laxymca.org/>

*Financial assistance is available for YMCA memberships and programs

Radical Resources



AblePlay

Play products for children with special needs

AblePlay is a toy rating system and website that provides comprehensive information on toys for children with special needs so parents, special educators, therapists and others can make the best choices for the children in their lives with disabilities.

AblePlay breaks down information into disability categories: physical, sensory communicative, and cognitive, in order to help parents and professionals get more customized information. AblePlay gives a snapshot of the evaluated toy. There is a comprehensive product review that gives a wealth of information about the product and its use for children with special needs.

Check out their website <http://www.ableplay.org/index.asp>

You can also contact them at info@ableplay.org or 773-528-5766

Markell Shoe Company

Markell Shoe Company began as a family shoe store specializing in comfort shoes, shoe corrections and orthopedic prescriptions. They have been distributing orthopedic footwear, appliances, and orthotic devices for over 40 years.

In the past, Markell Shoe Company focused on children's shoes, but today the company has expanded its line to include a wide variety of adult comfort products.

Markell Shoe Company is a family owned business. Personal attention, technical expertise and dedicated service are hallmarks of Markell's reputation in the medical footwear industry.

For more information you can go to <http://www.markellshoe.com/home.html>

M.J. Markell Shoe Co.

P.O. Box 246 Main Station

Yonkers, NY 10702—0246

Phone: 914-963-2258 or info@markellshoe.com



*Birth
To 3*

*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.

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, please contact:

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

Trainings

Nonviolent Crisis Intervention Training

Participants will receive training in determining levels of disruptive behavior as well as successful nonverbal and verbal techniques for controlling disruptive behavior. Instruction includes demonstration and practice of personal safety techniques to avoid injury to both staff and acting out individuals. Safe physical restraint and transport techniques will be covered on the second day. Participants should wear comfortable, loose-fitting clothing and tennis shoes. Participants are encouraged to attend in teams of 2 to 4 people.

2-Day Training February 16 & 17, 2009 Day 1: 8:30-3:30 Day 2: 9:00-1:00 (filling up fast)
April 22 & 23, 2009 Day 1: 8:30-3:30 Day 2: 9:00-1:00

- Audience: Parents, staff from schools, agencies, facilities or businesses who need to manage disruptive individuals
- Workshop is limited to 30 people
- Fee is \$160 per person and includes lunch, refreshments and workbook materials
- One graduate credit through Viterbo University available. For credit information contact Tracy Herlitzke at therlitzke@cesa4.k12.wi.us or 608-786-4838.

One-Day Refresher course

This course is a refresher for staff who have previously been certified in Nonviolent Crisis Intervention developed by the Crisis Prevention Institute. We will be reviewing the crisis development model, the verbal escalation continuum as well as practicing personal safety techniques, team control and transport techniques. Completion of this course will recertify individuals for an additional three years. Participants are encouraged to bring their Nonviolent Crisis Intervention participant workbook from their earlier training. Participants should wear comfortable, loose-fitting clothing, and tennis shoes.

Date is January 20, 2009 From 8:30-3:30

- Audience: Parents, staff previously certified in Nonviolent Crisis Intervention
- Fee is \$120 per person and includes lunch, refreshments and handouts

*** All trainings held at CESA #4 923 E. Garland Street West Salem, WI**

<http://www.cesa4.k12.wi.us/workshops/chronological.htm>

Registration questions contact Donna Elsen, Program Assistant delsen@cesa4.k12.wi.us or 608-786-4854

Introduction to the SCERTS Model

Using the SCERTS assessment process to design educational programming for students with Autism Spectrum Disorder

Objectives of training:

- Identify the steps for administering the SCERTS curriculum-based assessment as a method of establishing a baseline and providing a meaningful measure of progress over time.
- Identify how the SCERTS curriculum-based assessment can be used to guide the development of objectives in social communication and emotional regulation.
- Identify how the SCERTS curriculum-based assessment can be used to design and implement educational programming to meet goals & objectives, including examples of strategies used.
- Identify essential practices for effective implementation of a team approach for the most effective implementation of the SCERTS model.

* Everyone is welcome to this training

Dates April 22 & 23, 2009 Day 1 8:00 registration Day 1 & 2 8:30 to 3:30
Location: CESA #4 923 E. Garland Street West Salem, WI Questions contact Beth Naas (608.786.4841)
<http://www.cesa4.k12.wi.us/workshops/chronological.htm> Fee is \$175 before 2/22/09 \$200 after 2/22/09

FAMILY MATTERS
ATTN: SUSAN BECKER

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

RETURN SERVICE REQUESTED

Announcements

save the Date

Taming the Spirited Child: Strategies for Parenting Challenging Children without Breaking Their Spirits

Thursday April 2, 2009

Time 4:30-6pm or 6:30-8pm

FREE at the Radisson

More information to come

Presentation by Dr. Michael Popkin

Founder of Active Parenting Publishers

Go to this website for more information

<http://www.activeparenting.com/aboutdr.htm>

April is Child Abuse Prevention Month

Mayoral Proclamation events during April 1st

La Crosse	9:00 am Health & Human Services Building Auditorium
La Crescent	11:00 am Elementary School
Holmen	11:00 am Location yet to be determined
Onalaska	1:00 pm City Hall
West Salem	1:00 pm Boys and Girls Club (location not confirmed)

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.

