



# SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

## NEWSLETTER

SUMMER 2013

Events

### Table of Contents

Wine+Design Save the Date	1
The Affordable Care Act in California: "Covered California"	2-3
Parent Mentor Program	3
Calling All Parent Leaders	4, 11
PULL - OUT SECTION Our Services & Events	5-8
Universal Design for Learning	9
Thank You!	10-11
Annual Report Summary	11
SFCD Board & Staff	12

Support for Families of Children with Disabilities is a nonprofit, support, resource and networking organization for families of children with special needs and the professionals who work with them. All services are free of charge including resources, phone-line, drop-in center, support groups, workshops & family gatherings.

### Save the Date!

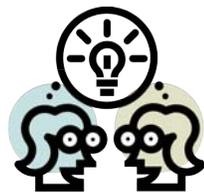


### Gala and Auction

**Friday, October 4, 2013 6:00pm - 10:00pm**  
**The Galleria at San Francisco Design Center**

Wine, Cocktails, Hors d'Oeuvres, Dinner  
 Awards Ceremony, Auction, Entertainment

#### Have a Connection?



You can help SFCD raise funds to help more kids and families. Our annual fundraising event, **Wine+Design**, is set for **Friday, October 4, 2013**. We are looking for items that we can include in our live, silent, and eBay auctions to raise funds for our programs and services. Some examples:

- ◆ Wine: to auction or for guests at the event
- ◆ Travel: hotels, air transportation, vacation homes...
- ◆ Special/Unique experiences: "Behind the Scenes" tours, celebrity items
- ◆ Sports tickets
- ◆ Restaurant certificates
- ◆ Theater, Music, Opera, Ballet tickets or certificates
- ◆ Electronics
- ◆ Jewelry
- ◆ Home décor
- ◆ Spa experiences
- ◆ Other ideas??

**Please contact Jan Watson with your ideas:**

415 282-7494 ext 104; [jwatson@supportforfamilies.org](mailto:jwatson@supportforfamilies.org).

## The Affordable Care Act in California: "Covered California"

by Pip Marks, Family Voices of CA Manager



The Affordable Care Act (ACA) is a long, complex piece of legislation that is attempting to reform the healthcare system. California's name for the new Affordable Care Act is "**Covered California**".

### What is Covered California?

The ACA/Covered California is meant to be simple and affordable for individuals and families to purchase high-quality health insurance and to access financial assistance to pay for coverage.

Legal residents of California without access to affordable health insurance through their employer or another government program will be eligible to purchase health coverage through Covered California.

More importantly, Covered California is meant to make it more affordable to get high-quality health insurance that can't be canceled or denied because of a pre-existing medical condition or if you get sick.

Through **Covered California**, both individuals and small businesses can compare different health insurance plans. Individuals can learn if they qualify for federal financial assistance that can lower the cost of health insurance. They will also be able to find out if they are eligible for health programs like Medi-Cal. In addition, employers with fewer than 25 full-time workers will be able to find out if they qualify for a small business tax credit that can help cover the cost of providing employee health care.

### Health Insurance Offered Through Covered California

Covered California will also offer "Qualified Health Plans" that are the same high-quality health plans available on the private market today. These Qualified Health Plans are guaranteed to provide essential levels of coverage and consumer protections required by the ACA. These plans will be offered in categories based on the percentage of covered expenses paid by the health plan.

The health plan choices offered by Covered California will be as good as you can get anywhere – even if you are not eligible for a subsidy. Health insurance companies must

offer the same products at an identified price whether they are offered through Covered California or in the open market.

**FVCA**

In addition to these traditional health plans, Covered California will offer what is called "catastrophic coverage," which helps protect a person from financial disaster in the event of a serious and expensive medical emergency.

Catastrophic coverage is not designed for day-to-day medical expense such as doctor visits, prescription medicines or even emergency room visits. It is designed to cover excessive medical bills that occur above the limit that you would be able to manage financially.

Covered California will provide catastrophic coverage those up to age 30, or those individuals who can provide a certification that they are without affordable coverage or are experiencing hardship.

### Levels of Coverage: Comparing Plans

Starting in January 2014, all health insurance newly sold will fall under four basic levels of coverage: **Platinum, Gold, Silver, and Bronze**. This ranking system will make it easy to compare different health plans.

As the cost of plan increases in value, so does the percent of medical expenses that a health plan will cover. These expenses are usually incurred at the time of health care services – when you visit the doctor or the emergency room, for example. The health plans that cover more of your medical expenses usually have a higher monthly payment but you will pay less whenever you receive medical care.

You can choose to pay a higher monthly cost so that when you need medical care, you pay less. Or you can choose to pay a lower monthly cost so that when you need medical care, you pay more. You can choose the level of coverage that best meets your health needs and budget.

### How Much Will it Cost?

The cost of health insurance depends on how much coverage you choose to purchase and whether you qualify for financial assistance like tax credits that can be paid to the private health plan you choose through Covered California to lower your monthly payment. Covered California is the only place where you can use these tax credits to

make insurance more affordable. Many Californians who have lower incomes will also benefit from lower costs in whatever plan they choose.

### Enrollment Periods

*Enrollment in health plans through Covered California will begin in late 2013 and continue until March 31, 2014.* You must purchase health insurance during this open-enrollment period in order to obtain coverage in 2014.

If you do not enroll during this period, you will not be assured a health plan will cover you – either through Covered California or in the private market. If you have a life-changing event such as the loss of a job, death of a spouse or birth of a child, you are eligible for special enrollment within 60 days of the event. The next open-enrollment period will be in October 2014 for coverage in 2015.

For more information about Covered California please visit [www.coveredca.com](http://www.coveredca.com) (available in many languages, including English, Spanish and Chinese.)

*Permission for this article was received through the Covered California website.*

***Pip Marks is the Manager of Family Voices of California, a statewide collaborative of locally-based parent run centers working to ensure quality health care for children and youth with special health care needs. To sign up for our statewide listserv or free monthly webinar trainings, please visit [www.familyvoicesofca.org](http://www.familyvoicesofca.org).***

### ***More Resources about Covered California***

- Calculate the potential cost: [www.coveredca.com/calculating\\_the\\_cost.html](http://www.coveredca.com/calculating_the_cost.html)
- FVCA Webinar Recording: "The Affordable Care Act and Exchange – What are the Specifics?" [www.familyvoicesofca.org/node/126](http://www.familyvoicesofca.org/node/126)
- California Health Benefit Advisers, LLC: [www.cahba.com](http://www.cahba.com)
- "Tracking ACA Implementation in California," California Healthcare Foundation: [www.chcf.org/tracking-aca](http://www.chcf.org/tracking-aca)

## A Big Congratulations to Our New Mentors!

Support for Families is happy to announce that during this past school year, the Parent Mentor Program hosted an eight month training session for both the English and Spanish speaking parents seeking to improve their Special Education knowledge and self-advocacy skills.

Our **seventeen** newly trained mentors received training on what Special Education is and is not, who is eligible, the types of services that can be provided, timelines, the six principles of IDEA, placement, procedural safeguards, least restrictive environment, inclusion, etc.

Congratulations mentors, you're a wonderful group of parents and we appreciate your enthusiasm, energy, knowledge and time. Your participation in this program, allows our agency to help serve a number of families in need. We can't do it without your help!

### ***Interested in becoming a mentor...***

We encourage you to participate in our upcoming Special Education Series scheduled to begin in September. This training offers English and Spanish speaking parents the opportunity to learn about their rights and responsibilities under the Individuals Disability Education Act (IDEA) and to learn how to navigate this system with the support and knowledge of sharing with other parent mentor volunteers.

The Parent Mentor trainings are FREE. Limited childcare is available with pre-registration. To learn more about the Parent Mentor Programs, please call Joan or JoAnna:

**Joan E. Selby** (English)

Phone: (415) 282-7494, Ext. 113

Email: [jselby@supportforfamilies.org](mailto:jselby@supportforfamilies.org)

**JoAnna Van Brusselen** (Spanish)

Phone: (415) 282-7494, Ext. 141

Email: [jvanbrusselen@supportforfamilies.org](mailto:jvanbrusselen@supportforfamilies.org)

*Note: Registration with Joan (English) or JoAnna (Spanish) is required. Thank you.*

**PMP**

## Calling all parent leaders...

by Joe Goyos, Education Manager

What exactly is a parent leader? Are you one or would you like to be one? Do you ever (or could you ever):

- Get together with other parents to start a new program or group in your community
- Help a friend or neighbor to read a confusing school or doctor's letter
- Talk to a new parent about your experiences

If you answered yes to any of these questions, chances are that you are or have begun the process of becoming a **Parent Leader**. The Georgia Department of Education defines a parent leader as one who is able to "provide support to parents, students, teachers and constituents in their community with the objective of obtaining positive outcomes for their kids and in turn the children of others."

Studies show that children benefit when their caregivers are involved in educational and health decisions, so all parents should consider getting involved in their child's medical and educational issues.<sup>1</sup> There are several avenues for parents who want to take on a greater role, including school level, district level, citywide, and state-wide leadership opportunities. Here are some examples of places where you can get involved:

**Support for Families Parent Mentor Program:** This program trains families to be parent leaders. For more information visit our website, call us or check out page 3 of this newsletter. [www.supportforfamilies.org](http://www.supportforfamilies.org), (415)282-7494

**San Francisco Unified School District Community Advisory Committee for Special Education (CAC):** The CAC's purpose is to advocate for effective Special Education programs and services, and advise the Board of Education on priorities in the Special Education Local Plan Area (SELPA). Meetings are held monthly at Support for Families on the 4th Thursday of every month from 6:30-8:00. [www.cacspedsf.org](http://www.cacspedsf.org)

**The Parent Advisory Council (PAC):** The San Francisco Board of Education created the PAC as a formal way to include parent perspectives in the district's decision-making process. PAC members actively reach out to engage families in district policy discussions and to represent parent concerns to district leaders. The PAC also supports parents to participate in school site and district-level governance. The PAC holds a regular meeting once each month during the school year. Meetings are open to the public and dates are posted on their website. [www.pacsf.org](http://www.pacsf.org)

**Parents for Public Schools (PPS):** For more than 12 years, PPS – San Francisco has been assisting families and working to ensure quality public schools for all children in our city. They help

1 Epstein, J. (2001). "School, family, and community partnerships: Preparing educators and improving schools."

parents at each stage of the journey, from introducing them to the enrollment lottery process, to developing parent leaders in the schools and at the district, to improving systems at SFUSD and much more. They work to ensure that the full range of parent voices from every community is part of policy-making at the District and Board of Education. [www.ppsf.org](http://www.ppsf.org)

**Parent Teacher Groups (PTA/PTO/PTSA):** PTA (Parent Teacher Association) and PTO (Parent Teacher Organization) are very similar groups. However, the PTA is supported by a state and national PTA and so funds are also sent to these offices to help sustain the program. A PTO is local and does not pay dues or other fees to a national organization. PTSA (Parent Teacher Student Association) adds student representation to their group. Check with your school to find out what groups they have and meeting times. California State PTA website: [www.capta.org](http://www.capta.org)

**School Site Council:** The school site council is a group of teachers, parents, classified employees, and students (at the high school level) that works with the principal to develop, review and evaluate school improvement programs and school budgets. The members of the site council are generally elected by their peers. For example, parents elect the parent representatives and teachers elect teachers. Each school has one so check with your child's school about meeting days and times.

**Area Boards on Developmental Disabilities:** Area Boards were created by state law in 1969. The mission of the area boards is to protect and advocate for the civil, legal, and service rights of individuals with developmental disabilities, and to ensure that their services and supports are of the highest possible quality and designed to increase the independence, inclusion, productivity and self-determination of each individual throughout their lifetime. Area boards are federally funded affiliated offices of the CA State Council on Developmental Disabilities. The area board for the SF Bay Area is Area Board 5. [www.sccd.ca.gov/areaboard5.htm](http://www.sccd.ca.gov/areaboard5.htm), 510-286-0439

**San Francisco Unified School District's Board of Education:** The Board of Education is responsible for establishing educational goals and standards; approving curriculum; setting the District budget, which is independent of the City's budget; confirming appointment of all personnel; and approving purchases of equipment, supplies, services, leases, renovation, construction, and union contracts. Meetings are held every 2nd and 4th Tuesday of the month at 555 Franklin St, San Francisco 94102. [www.sfusd.edu/en/about-sfusd/board-of-education/overview-and-members.html](http://www.sfusd.edu/en/about-sfusd/board-of-education/overview-and-members.html)

**Family Voices of California (FVCA):** FVCA is a statewide collaborative of locally-based parent run centers working to ensure quality health care for children and youth with special health care needs. FVCA provides information and a forum for parent centers and families to advocate for improved public and private policies, building partnerships between professionals and families, and serving as a vital resource on health care. [www.familyvoicesofca.org](http://www.familyvoicesofca.org) ...Continued on page 11

For more information about these groups or how to get connected to them, call our warmline at (415) 920-5040 and one of our Community Resource Parents will help!



## SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

A support and resource organization providing services for families of children with disabilities

### Our Services

#### CALL US:

(415) 920-5040

#### EMAIL US:

info@supportforfamilies.org

#### VISIT US:

1663 Mission Street  
7th Floor  
San Francisco, CA 94103

#### GO TO OUR WEBSITE:

[www.supportforfamilies.org](http://www.supportforfamilies.org)  
to get the latest information  
on workshops, events and  
new resources.



[facebook.com/  
supportforfamilies](https://www.facebook.com/supportforfamilies)

#### Phone Line/Drop-in Center

Get individualized information, referrals, and answers to all your questions from Support for Families staff, who are parents themselves. Staff will follow up to make sure you get the answers you need. Staff speak English, Spanish, and Cantonese. Caregiving for children available 4:30-8:30 p.m. Tuesdays and Thursdays.

#### Resource Library

Access more than 3,500 books, videotapes, DVDs and a toy lending collection for families and professionals. Visit the library catalog online at: [www.supportforfamilies.org/library.html](http://www.supportforfamilies.org/library.html). On-site computer access and hands-on assistance is also available.

#### Support Groups

Come to a support group to find solutions to challenges, learn advocacy skills, and explore resources. Support groups provide a network for families to gain strength by sharing experiences with peers.

#### Volunteer Parent Mentors

Find a match with a trained volunteer Parent Mentor based on a shared issue, condition and or situation.

#### Educational Workshops and Clinics

Learn about resources, rights, and responsibilities in monthly parent/professional workshops and weekly small-

group clinics. Care giving for children and interpretation services are available with advance reservation for clinics and workshops.

#### Case Management

Get peer support from parents or a professional consultation from mental health clinicians who can help families and professionals access mental health and other services for children.

#### Family Gatherings

Socialize and network in a fun relaxed atmosphere at quarterly events, such as our annual ice-skating party and Halloween party.

#### Newsletter

Read the quarterly newsletter in English, Spanish, or Chinese to find articles of interest to families and professionals.

#### MISSION STATEMENT

The purpose of Support for Families is to ensure that families of children with any kind of disability or special health care need have the knowledge and support to make informed choices that enhance their children's development and well being. Through fostering partnership among families, professionals and the community, our children can flourish.

#### BOARD OF DIRECTORS

Christian Dauer, President  
Laura Lanzone, Vice President  
Chris Dehner, Treasurer  
Jim Riley, Secretary  
Eileen Boussina  
Jane LaPides  
Judy C. Chen  
Laurie Strawn  
Michelle Foosaner  
Laura Lanzone  
Goli Mahdavi  
Diego Valderrama

#### EXECUTIVE DIRECTOR

Juno Duenas

### How You Can Help

All services and events, even childcare, are always free of charge to encourage participation by all families. With the demand for services greater than ever, your donations help make this possible. A gift to Support

for Families means that families of children with special needs will be better prepared to help their children—and that more children with disabilities will live their lives with dignity and opportunity.

Send a check to the address below or give online at [www.supportforfamilies.org/help.html](http://www.supportforfamilies.org/help.html). Every gift can help make a difference in the life of a child with special needs.

#### INSIDE

Support Groups	6
Parent-Professional Workshops	7
Calendar of Events	8
Upcoming Special Events	8



## Support Groups

**All support groups are free of charge.** Childcare is provided unless otherwise indicated and must be reserved in advance. If you are interested in participating in any of these groups, call (415) 920-5040 or e-mail us at supportgroups@supportforfamilies.org for more information.

**Asperger's Group:** For families who have children with Asperger's Syndrome. Meets: Quarterly on Thursdays, 6:30p.m. - 8:00p.m. (Next date 6/20)

**Autism Group:** Meets 4th Tuesday evening of the month, 6:30 p.m. - 8:30 p.m. (ON HOLD for summer months.)

**Cantonese SFGD Group:** For Chinese-speaking families of children with special needs. Meets: every 2nd Saturday of the month, 1:00p.m. - 3:00p.m.

**Children with Cerebral Palsy Peer Group:** A group for children with Cerebral Palsy. Meets the 4th Tuesday of the month, 5:30p.m. - 6:30p.m.

**Parents of Children with Cerebral Palsy Group:** A group for parents/caregivers who have children with Cerebral Palsy (concurrent with Children's Group). Meets the 4th Tuesday of the month, 5:30p.m. - 6:30p.m.

**Chinatown Child Development Center:** For Chinese-speaking families of children with special needs. Meets: Every 3rd Monday of the month, 9:30 a.m. - 12:00 p.m.

**Down Syndrome Support Group:** For parents and caregivers of children with Down Syndrome. Meets the 2nd Tuesday evening of the month, 6:30 p.m. - 8:30 p.m.

**Foster Parent Support Group:** For foster parents of children with special needs. Meets the 1st Thursday of the month, 6:00 p.m. - 7:30 p.m.

**Living with Loss: Loss, Hope and Healing:** A group for parents and caretakers of medically fragile children and children facing life

threatening illness. Contact our warm-line for more information.

**Mission Head Start Group:** For Spanish-speaking families of children birth to five with special needs. Meets 2nd Wednesday of the month, Sept - May, 9:30 a.m. - 11:00 a.m.

**Parent Toddler Playgroup:** A group for parents/caretakers and their children ages 18-42 months with disabilities or special health care needs. Please contact the Warmline if interested and/or to find out dates of next session.

**Parents of Transition Age Youth with Special Health Care Needs and Disabilities:** Join us for information, resources and support for the issues we and our youth face as they reach adulthood. Meets 1st Tuesday of the month, 6:00 p.m - 8:00 p.m.

**Prader-Willi Group:** For families of children with Prader-Willi Syndrome. Meets quarterly on Saturdays, 10:00 a.m. - 1:30 p.m. (Next date 9/21)

**Preemie Parent Support Group:** A group for parents of preemies in all stages of their development. Meets the 3rd Thursday of the month, 4:00 p.m. - 6:00 p.m.

**Sibling Support Group:** A group for siblings of children with disabilities and/or special health care needs. Meets 1st Tuesday of the month, 6:30p.m. - 8:30p.m.

**Spanish Parent Support Group:** A group for Spanish-speaking parents of children with disabilities, special health care needs, and behavioral challenges. Meets 2nd Wednesday of the month, 10:00am - 12:00pm.

**Tuesday Night Group:** A group for parents who have children with a disability or special health care needs. Meets two Tuesdays per month, 6:45 p.m. - 8:30 p.m.

**Please contact the Support for Families Warmline at (415) 920-5040 or supportgroups@supportforfamilies.org for information about support groups being offered or if you are interested in a group on a specific issue. We have staff who speak English, Spanish, and Cantonese.**





## Clinics and Parent-Professional Workshops (PPWs)

Workshops and Clinics are **FREE** and held at **Support for Families of Children with Disabilities** at 1663 Mission St, 7th Flr (between Duboce Street and South Van Ness Avenue). Please note that workshop and clinics begin promptly.

**\* Reservations are required.** \* Sign up early—space fills up fast! To attend a workshop or clinic, reserve childcare, and/or interpretation services, you must call at least one week in advance: **(415) 920-5040**.

### WORKSHOPS

#### How to Help Youth with Disabilities Get Jobs!

*Wednesday, June 12; 1:00pm - 3:00pm*

This workshop is for youth with disabilities, parents and family members of youth with disabilities, and managers or staff of programs serving youth with disabilities. The vast majority of hiring takes place in the hidden job market, which is where only a few people know about the job opening. Very often, this world is closed to youth with disabilities. This workshop will show you how to access the hidden job market and help youth beat the competition. You will get valuable pointers about how social capital plays a critical role in the hiring process. *Presenter: Larry Robbin, Executive Director of Robbin and Associates*

#### Making Plans: What parents of children with disabilities need to do now for their child's future

*Friday, June 21; 10:00am - 12:00pm*

This is a free financial planning workshop for parents of children with disabilities. No matter what the age or disability, all parents face many serious questions about how to best prepare for their child's future when they are gone. This workshop will give you a clear understanding of what the special needs planning process is, and how planning now for your child's financial and legal needs will bring you peace of mind and a sense of empowerment. This workshop brings information and understanding to a subject that is often overwhelming for many parents. All attendees will leave with practical steps they can implement immediately to begin planning their child's future. *Presenter: Ken Prodder, CFP®, ChFC®, ChSNC™, Certified Financial Planner*

#### IEP and Behavioral Concerns

*Saturday, August 10; 8:30am - 12:30pm*

#### Top 10 Tips for Fostering Social Success

*Friday, September 13; 10:00am - 12:00pm*

#### Yes, iPads/Apps Can Help Individuals with Special Needs

*Saturday, September 14; 8:30am - 12:30pm*

#### Using Sign Language with All Children and an Introduction to Signing

*Wednesday, September 18; 10:00am - 12:00pm*

This workshop will show that American Sign Language (ASL) and signing is beneficial and fun for every child. We will discuss the benefits of signing for children who can hear as well as for those who may have hearing challenges. Some basic ASL will be taught as well as tools for teaching your child. *Presenter: Teri Voorhes, Advanced Signing Time Instructor*

### CLINICS

*For dates/times of clinics, see Calendar of Events on back page.*

#### Individualized Education Program (IEP) Clinics

*Presented by Support for Families.* Learn about Special Education law, the IEP process, what to do when things aren't working, and how to become a more active and effective team member.

#### Child's Rights in Child Care and After School Care

*Presented by Anna Levine, Child Care Law Center Staff Attorney.* All children need and deserve quality inclusive child care. For children with disabilities, however, obtaining this care can be a challenge. Child care and after school providers don't always understand their responsibilities under the law and families don't always know their rights. This training will give an overview of the Americans with Disabilities Act, a federal law that prohibits discrimination and requires accommodations for children with disabilities.

#### Transition to Adult Services Clinic

*Presented by Support for Families.* Learn about special education transition services for children age 16 and over and how to effectively participate in the development of your child's transition plan.

#### Skills for Effective Parent Advocacy Clinic

*Presented by Support for Families.* The workshop will provide information on advocacy, which is speaking up for oneself and for others. Participants will also learn about the skills needed to be an effective advocate. In addition, we'll discuss the specific ways you can apply these skills and make a difference.



*Our annual Information and Resource Conference (IRC) on 3/23 at John O'Connell HS in SF was a resounding success! The free event included morning and afternoon workshops; keynote speakers; and an exhibitor fair.*



# Calendar of Events

## June 2013

June 6	4:00pm - 6:00pm	IEP Clinic - Cantonese
June 8	8:30am - 4:30pm	Parent Mentor Program (PMP) Parent-to-Parent Training - English
June 12	9:30am - 1:30pm	PMP Parent-to-Parent Training - Spanish (Part 1)
June 12	1:00pm - 3:00pm	Help Youth with Disabilities Get Jobs!
June 13	4:00pm - 6:00pm	IEP Clinic - English
June 14	5:30pm - 8:30pm	Movie Night
June 18	4:00pm-6:00pm	Skills for Effective Parent Advocacy
June 18	6:00pm - 8:00pm	Childcare and the Law
June 19	9:30am - 1:30pm	PMP Parent-to-Parent Training - Spanish (Part 2)
June 20	4:00pm - 6:00pm	IEP Clinic - Spanish
June 21	10:00am - 12:00pm	PPW: Making Plans: What Parents of Children with Disabilities Need to Do
June 27	4:00pm - 6:00pm	Transition to Adult Services
June 27	6:30pm - 8:30pm	Community Advisory Committee (CAC) Meeting

## July 2013

### **NO CLINICS OR WORKSHOPS IN JULY**

July 4 SFCD CLOSED Holiday

## August 2013

Aug 1 4:00pm - 6:00pm IEP Clinic - Cantonese

Aug 7	10:00am - 12:00pm	Skills for Effective Parent Advocacy
Aug 8	4:00pm - 6:00pm	IEP Clinic - English
Aug 10	8:30am - 12:30pm	PPW: IEP and Behavioral Concerns
Aug 15	4:00pm - 6:00pm	IEP Clinic - Spanish
Aug 22	4:00pm - 6:00pm	Transition to Adult Services

## September 2013

Sept 2	SFCD CLOSED	Holiday
Sept 5	4:00pm - 6:00pm	IEP Clinic - Cantonese
Sept 12	4:00pm - 6:00pm	IEP Clinic - English
Sept 13	10:00am - 12:00pm	PPW: Top 10 Tips for Fostering Social Success
Sept 14	8:30am - 12:30pm	PPW: Yes, iPads and Apps Really Can Help Individuals with Special Needs
Sept 17	10:00am - 1:00pm	PMP Special Education Series - English
Sept 18	10:00am - 12:00pm	PPW: Using Sign Language with All Children and an Introduction to Signing
Sept 18	5:30pm - 8:30pm	PMP Special Education Series - Spanish
Sept 19	4:00pm - 6:00pm	IEP Clinic - Spanish
Sept 26	4:00pm - 6:00pm	Transition to Adult Services
Sept 26	6:30pm - 8:30pm	CAC Meeting

For more information on any of these events, please call us at (415) 920 - 5040 or visit us at [www.supportforfamilies.org](http://www.supportforfamilies.org).

## Family Special Events this Summer!



### Next Friday Night Movie Night: "The Adventures of Tintin"

June 14, 2013

5:30pm - 7:30pm

1663 Mission St, 7th Flr, SF, CA 94103

Join us for a free family-friendly movie while munching on fresh-popped popcorn, pizza, and healthy snacks in our offices. Refreshments for kids and adults will be provided. Our playroom will open too! Doors open at 5:30pm, movie starts promptly at 6pm. **To register, call 415-920-5040.**

*Movie Nights*

### Family Access Art Workshop & Impressionists on the Water Tour

Saturday, July 20th, 11:00am-1:00pm

Legion of Honor, 100 34th Avenue, San Francisco, CA 94121

Please call us at 415-920-5040 to register. For questions about Access Programs at the FAMSF, contact Rebecca Bradley, [rbradley@famsf.org](mailto:rbradley@famsf.org) | 415. 750-7645



Our biggest family special event of the year, Access to Adventure, was a major success! It was a beautiful day on Saturday, May 4 at the Music Concourse Bandshell at Golden Gate Park. Cohosted by Support for Families and SF Recand Park, this free annual event included performances (including Steppin' Out dancers, above), over 30 exhibitors with accessible activities, a raffle, and a free lunch.

### Family Access Art Workshop and Gallery Adventure Contemporary Jewish Museum, 736 Mission St, SF, CA 94103 Sunday, August 11th, 2013 2:00-4:00PM

Families with children of all ages and abilities are invited to join a hands-on art workshop and an interactive multi-sensory tour of the Beyond Belief: 100 Years of the Spiritual in Modern Art exhibition at the Contemporary Jewish Museum. Come as a family and create your very own miniature 3-D sculpture and explore the world of modern art in the CJM gallery! This program is presented in partnership with the Contemporary Jewish Museum.

## Universal Design for Learning

### *Creating a Foundation to Support the Learning of All Children*

What is Universal Design for Learning? UDL, as it is sometimes abbreviated, has its origins in the field of architecture. After the Americans with Disabilities Act and similar legislation were adopted, buildings began to be retrofitted with ramps, elevators, etc. to accommodate individuals with disabilities. Later findings showed that many others, such as mothers with strollers and elderly people, also benefitted from the changes. Architects soon realized that it was much more economical to build accessibility into the designs of new buildings rather than to retrofit the changes at a later date.

In the early 90's educators began to realize that there are similarities between individuals accessing buildings and children accessing learning through books, (e.g., altering font size, increasing page contrast, and using audio, read-aloud, or video). And similar to designing accessible components in new buildings, they found that it was more cost effective to apply UDL strategies in creating environments, curriculum, activities and an assessment system that meets the needs of the greatest number of children during their design than waiting to make changes later.

Universal Design for Learning, then, is an approach used in many classrooms that allows children to create, explore, and manipulate materials that will foster learning. Because children bring a variety of learning styles, strengths and needs into a classroom, teachers need to create experiences for children that allow them to access the curriculum in as many ways as possible. UDL is comprised of 3 elements which allow teachers to frame learning experiences and classroom environments so they are accessible to all children.

#### **“Multiple Means of Representation”**

In order to support the many ways children learn, teachers need to introduce and share concepts in formats that make sense to the children. You might begin a discussion with your team by asking how everyone is currently relaying information to the children. It gives you a starting point from which you can move out in many directions. You might think in terms of the five senses to reach learners in different ways. Be aware that multiple formats are most effective when they are presented simultaneously; still, not all formats are needed every time or in every activity. The learning goals may be embedded across activities and daily routines, but it is important that somewhere, somehow, sometime, children can experience what they are supposed to be learning in different formats.

#### **“Multiple Means of Action and Expression”**

The second element of UDL refers to the opportunities that we give to children that allow them to show us what they know and what they are able to do in different ways. We want an

accurate picture of children's understanding of con **Inclusion**  
Then we need to allow children to show us what they know in ways that work for them but also allow us to get a more accurate assessment of their knowledge and skills.

Giving children multiple means of expression is not just about having many ways for children to share what they have learned. It's also important to give them options as they begin to organize and evaluate for themselves by setting goals and monitoring their progress. On the National Center on Universal Design for Learning (NCUDL) website you can read more about these executive functions.

#### **“Multiple Means of Engagement”**

This element of UDL focuses on building children's motivation and interest in a concept by providing the children with choices on how they want to engage in the concept and at what level and by helping them engage for a sustained period of time and be persistent in their learning efforts.

Just as children have preferred learning styles, they also have preferred ways to engage with activities. And these “rules of engagement” change with the type of concepts involved and as the children's interest in the activity changes. Teachers need to be prepared to support all different kinds of learning preferences. It is important to remember, however, that one of the most powerful interest motivators is the relevance the concept has to the child's personal life. A child who lives in an Ohio city is likely to be interested in cars, buses, and trucks, because he or she sees them every day and rides in them to go to and from home on a daily basis. A child living on a farm in Ohio might also be interested in cars and trucks, but also tractors and other farm vehicles because they are used by adults nearby, and the child sees them often. You can use that interest to motivate children to learn multiple concepts that are connected to transportation and vehicles—for example, math, language, and science.

It is not only important to be relevant and interesting. It is also important that all learning activities and areas connect with the concepts you are teaching—for example, people use different kinds of vehicles and transportation— so that the concept persists across time and place. Activities need to vary on levels of challenge and support so that some self-regulation is being encouraged. The longer a child is able to engage with a concept, the more connections and deeper the learning can occur.

***More information about Universal Design for Learning, including a video and checklist, can be found at [www.northampton.edu/Early-Childhood-Education/Partnerships/Building-Inclusive-Child-Care/Special-Education-Related-Resources.htm](http://www.northampton.edu/Early-Childhood-Education/Partnerships/Building-Inclusive-Child-Care/Special-Education-Related-Resources.htm)***

*Adapted with permission from the Ohio Resource Center's Resources for Early Childhood (REC), Early Childhood Building Blocks: Universal Design for Learning in Early Childhood Inclusive Classrooms by Julie Bertling, Merrie Darrah, Diana Lyon, and Sarah Jackson, all rights reserved, copyright 2013, [rec.ohiorc.org](http://rec.ohiorc.org).*

# Thank you!

Support for Families gratefully acknowledges gifts from the following individuals, groups and businesses received February 1, 2013 through April 30, 2013. We apologize for any omissions or misspellings; please contact us so we can correct our records.

## General Donations

### Companies, Businesses, Groups

AAA Community Safety  
Foundation  
Ara & Edna Dumanian  
Foundation  
Bill Graham Foundation  
Harold L. Wyman  
Foundation  
P.E.O. Sisterhood

### Individuals:

Nersi Boussina  
Beatrice Chierici  
Lori Chun  
Catherine Dauer  
Lee Fisher  
Susan Heller  
Francoise Herrmann  
Masae Kunikane  
Maureen Lo  
Susan Monson  
Amy Nguyen  
Tanya Solomon  
Weihong Yang

### Tributes and Memorials:

*In Honor of Barbara  
Carlson's Birthday:*  
Peter Bingham

*In Honor of Juno  
Duenas:*  
Babette Holland

*In Memory of Albert  
Moisio:*  
Deidre & Robert  
Hayden

### Workplace Gifts (2012 Campaigns):

Nersi Boussina, Morgan  
Stanley  
Jeffrey Garrison, United  
Airlines  
Rodolfo Ibarra, AT&T

Michel Kapulica,  
Ernst&Young  
Goli Mahdavi, Bryan  
Cave LLP  
Angela Wong, Chevron

### For the Kaiser Half Marathon & 5K:

The Pamakid Runners  
Club

Brian Afu  
Lani Akeroyd  
Lisa Altman  
Michael Anderson  
Jacqueline Arevalo  
Frank Arnold  
Richard Attarzadeh  
Nazy Avondo  
Trish Bascara  
Jeremy Beall  
Jillian Benabou  
Azar Benedict  
Janine Biehler  
Adam Bradberry  
Matt Briley  
Christina Brown  
Megan Burch  
Olga Campbell  
Erica Carty  
John Casanova  
Irene Catolico  
Joy Chaplin  
Jeff Charon  
Suzanne Cooper  
Grace Crivello  
Yvonne Crowley  
Jack Darling  
David Dernham  
Kathryn Dolinsky  
Rachel Dusek  
Rachel Ellis  
Elaine Escalante  
Romaine Fairley  
Cecilia Farris  
Debbie Fimple  
Misty Foglietta-Flynn  
Natalie Fusselman  
Mike Gemmer  
Todd Ghosh

Arun Gilliford  
Mary Glasgow  
Molly Gochuico  
Carmelo Gonzalez  
John Gradney  
Susan Gupta  
Rahael Gurung  
Sher Guzman  
Kathy Hall  
Christian Harper  
Whitney Heilemann  
Danuta Hemp  
Jason Henry  
Patricia Hooten  
Roger Hui  
Yee Tung Ivery  
Melanie Jain  
Anurag Jeremy  
Julie Jow  
Janet King  
Ramona Kobert  
Paige Kolli  
Srinivas Korycinski  
Carol Kunkel  
Ryan Kuroda  
Teruko Lamb  
Susan Lambert  
Andrew Larsen  
Connie Le  
Michael Lewis  
Anthony Lewis  
Natalie Limbrick  
Peter Liu  
Arthur Loevner  
Kirk Lopez  
Ashley Macias  
Diana Macwilliams  
Kenneth Madrinan  
Maritess Maib  
Suzanne Malone  
Charles Malone  
Ian Mani  
Laura Mazur  
Jordan McClure  
Peter Mcdevitt  
Amy Mcenhill  
Marilyn Mcgill  
Laura Mcleod  
Conrad Mccpartlan  
Michael Merk  
Katherine Mills

Jeffrey Miyashita  
Nami Moreira  
Maria Navarrette  
Lisa Neifach  
Kevin Ngando-Agbor  
Joan Nguyen  
Bao Ninan  
Elizeba Nixon  
Maggie Noland  
Beth O'brien  
Joseph Onsrud  
Stein Otte  
Amanda Overson  
Aubrey Palermo  
Tomas Panganiban  
Grace Pape  
Barbara Parker  
Jennifer Parulkar  
Kalyani Patterson  
Shelia Peterson  
Jeffrey Pfeifer  
Jan Pham  
Kevin Pomerantz  
David Pullela  
Suresh Rader  
Geoffrey Rasing  
Ron Reddick  
Mariah Reyes  
Stephanie Riley  
Suzi Rodden  
Tim Rogers  
Greg Romig  
Matt Saba  
Katrina Schapira  
Paul Schraner  
Erika Schriner  
Mary Sellers  
Jacqueline Shiau  
Peter Silva  
Sonia Skowronek  
Tomasz Slattery  
Kerry Somera  
Andrew Soto Vega  
Carlos Stout  
Lynne Marie Su  
Sophie Sullivan  
Maegan Taghinia  
Armin Thies  
Tara Toncheva  
Dafina Tong  
Marlo Touch

Sambath Turner  
Jonathan Turner  
Natasha Tyner  
Krishna Viado  
Patricia Warner  
Kirsten Warran  
Montira Welch  
Laura Wiessinger  
Gary Wilson  
Mark Wolfe  
Shannon Wong  
Cheuk Wong-Chan  
Margaret Wood  
Mona Chierici Wood

### For the Information & Resource Conference:

Provident Credit Union

Jonathan Alba  
Michelle Betancourt  
Gregory Cutcher  
Sandy Feifer  
Catherine Gilmore  
Amber Lam  
Lillian Lim  
Karen Liu  
Albert Lou  
Timothy McCabe  
Stephanie McNab  
Ronan O'Neill  
Wilma & Fernando  
Orozco  
Linda Owczarz  
Leslie Owyang-Chin  
David Rauch  
Dalia Rosendo  
Linda Siker  
Helen Siu  
Elisa Sotomayor  
Linda Stevens  
Christopher Tam  
Annaliza Underdown  
Sara Watson  
Jane Yung

**Development**

## For the Family Voices of CA Health

### Summit:

CA Children's Hospital Association  
California HealthCare Foundation  
Cowger & Associates  
Health Net of California, Inc.  
Lucile Packard Childrens Hospital  
Lucile Packard Foundation for Children's Health  
Memorial Health Services  
Miller Children's Hospital  
Patient & Family Center  
Care Partners Inc.

Greg Cutcher  
Leonardo Martinez  
Anthony Pallitto

### In-Kind Donations

Sift Cupcakes & Desserts  
SF Giants  
Italfoods  
Jill Kimbrough

### Vehicle Donations:

Teofilo Esperanzaz, Jr.  
Karen Wilsey

### For Access to Adventure:

Aquarium of the Bay  
Bay Area Music Therapy  
California Academy of Sciences  
Dandelion Magazine  
FLAX Art & Design  
Frequent Flyers  
Trampoline  
Kijeong Jeon Designs  
On the Level Walking  
Tours  
Players Sports Grill

## Support for Families Annual Report Summary

The Support for Families Annual Report for 2012 is now available on our website and at the Support for Families offices!

Our 30th Anniversary issue summarizes SFCD's growth as well as the major accomplishments of the past year. Some highlights:

- In 2012 Community Resource Parents (CRPs) provided individualized information and support to **792 families** and **377 professionals**, making more than **8,000 phone, e-mail or in-person contacts**.
- Support for Families provided **396 workshops**, trainings, and clinics in 2012 on a wide variety of topics based on needs expressed by families. Attendance totaled more than 2,600 parents and professionals.
- **101 active volunteer Parent Mentor volunteers** provided individualized assistance and outreach.
- More than 400 other volunteers contributed 4,000 hours of services.
- **284** (unduplicated) family members and professionals attended one of the **18 Support Groups** active in 2012.

In follow-up surveys, families told us about the **impact** of Support for Families on their lives:

- *96% reported that they felt **less isolated, less stressed** and/or better prepared to solve problems.*
- *92% obtained **appropriate information** about options, services, laws or resources.*
- *96% felt **better prepared to advocate** for their child's needs using positive parent-professional collaboration.*
- *92% believe their child received **more appropriate services** because of the information or help they received at Support for Families.*

The report includes some wonderful family photos taken by Veronika Gulchin and Jessica Hobbs, and quotes from families about how Support for Families has helped them. Our Annual Report also summarizes the agency's finances. (The complete annual audited financial statement is available at our offices.) And we are honored to list the names of more than 500 individuals, couples, groups and businesses who made gifts to Support for Families in 2012 to sustain our work!

Please visit the SFCD website ([www.supportforfamilies.org](http://www.supportforfamilies.org)), stop by the Family Resource Center, or call the office to request a copy of the 2012 Annual Report.

### "Calling all parent leaders" p. 4 cont...

**Hospital Family or Patient Advisory Councils:** Most hospitals have Family/Patient Advisory Councils. At council meetings, patients and families of patients participate in helping shape how hospitals interact with families. These groups also give input about the hospital's service delivery, provide feedback about policies and procedures, assist in planning for new facilities and services, and participate in the education of health care professionals and hospital personnel. Family Advisory Councils have helped shape hospital policy in the area of patient visitation, medication management and employee/physician education about family-centered care. Check with your hospital about when their group meets and how to get connect with that group.

**The State Interagency Coordinating Council (ICC):** The council is comprised of parents of children with disabilities, early intervention service providers, health care professionals, state agency representatives, and others interested in early intervention. The ICC provides advice and assistance to DDS regarding the statewide system of early intervention; about achieving the full participation, cooperation and coordination of appropriate public agencies in the state; and a forum for public input. [www.dds.ca.gov/EarlyStart/ICCOverview.cfm](http://www.dds.ca.gov/EarlyStart/ICCOverview.cfm)





**SUPPORT FOR FAMILIES  
OF CHILDREN WITH DISABILITIES**  
1663 Mission Street, 7th Floor  
San Francisco, CA 94103

**NONPROFIT ORG.  
US POSTAGE  
PAID  
SAN FRANCISCO, CA  
PERMIT NO. 1887**



## SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

### All services are free of charge:

- Phone Line & Drop-In Center
- Information & Resources
- Resource Library
- Support Groups
- Parent Mentor Program
- Educational Workshops
- Family Gatherings
- Short-term Counseling
- Community Outreach
- Website: [www.supportforfamilies.org](http://www.supportforfamilies.org)

This NEWSLETTER is published quarterly in English, Spanish & Chinese. If you have a question or comment, email us: [info@supportforfamilies.org](mailto:info@supportforfamilies.org)

### Support for Families

1663 Mission Street, 7th Floor  
San Francisco, CA 94103  
T: 415.282.7494  
F: 415.282.1226

### Family Resource Center Warmline, Information, and Referral

1663 Mission Street, 7th Floor  
San Francisco, CA 94103  
T: 415.920.5040

*Support for Families strives to present families and professionals with a wide range of views and options in its materials and trainings.*

*The materials and trainings are not necessarily comprehensive, are not meant to be exhaustive, nor are they an endorsement of the author and/or presenter.*

*If you would like to offer feedback or if you know of additional resources, speakers and/or materials that may be helpful, please contact us at [info@supportforfamilies.org](mailto:info@supportforfamilies.org).*

### Board of Directors

Christian Dauer, President  
Laura Lanzone, Vice President  
Chris Dehner, Treasurer  
Jim Riley, Secretary  
Eileen Boussina  
Jane LaPides  
Judy C. Chen  
Laurie Strawn  
Michelle Foosaner  
Laura Lanzone  
Goli Mahdavi  
Diego Valderrama

### Executive Director

Juno Duenas

### Staff

#### Family Resource Center

**Nina Boyle**, Family Resource Center (FRC) Program Director  
**Elaine Butler**, Librarian  
**Michelle Cochran**, Caregiving Services Coordinator  
**Joe R. Goyos**, Education Manager  
**Karen Haney-Owens**, Community Resource Parent  
**Sydney Hoover**, Program Coordinator  
**Robert Ingram**, Financial Administrator  
**Patricia LaCocque**, Mental Health Social Worker  
**Bill Lewandowski**, Operations Director  
**Dennis Lockett**, Community Resource Parent  
**Felix Lopez**, Community Resource Parent/Education Coordinator  
**Yen Luu**, Case Manager  
**Teri Lynes**, Volunteer Manager  
**Nora Martin**, Information and Resource Manager  
**Kevin Mulligan**, PRRS Data Administrator/IT Manager  
**Christine Reina**, Community Resource Parent  
**Paula Reina**, Community Resource Parent

**Joan Selby**, Parent Mentor Program Coordinator

**Sarath Suon**, Special Events Manager  
**Dori Tanaka**, Community Resource Parent

**Kristine Thai**, Education Coordinator  
**Linda Tung**, Administrative Coordinator  
**JoAnna Van Brusselen**, Parent Mentor Coordinator

**Jan Watson**, Development Director  
**Diana Wong**, Mental Health Clinician  
**Lisa Yee**, Community Resource Parent

### SF Inclusion Networks

**Zulema Rubalcava Barron**, ASQ Specialist

**Ann Carr**, Demonstration Site Manager  
**Vanessa Chen**, Inclusion Coach  
**Dee Hayden**, Director

**Judy Higuchi**, Coaching/TA Manager  
**Jennifer Hernandez**, Inclusion Coach  
**Ana Vanesa Plasencia**, Data Specialist  
**Deborah Rollfs**, Inclusion Coach  
**Sonia Valenzuela**, Family Involvement Manager

**Iris Willow**, Project Coordinator

### Family Resource Center Network of California (FRCNCA)

**Susan Roddy**, Director, Prevention Resource and Referral Services (PRRS)  
**Debbie Sarmento**, Coordinator

### High Risk Infant Interagency Council (HRIIC)

**Mark Walden**, Director

### Special Needs Inclusion Project (SNIP)

**Alison Stewart**, SNIP Manager  
**Rion Hoffman**, Inclusion Coach

### Family Voices of CA (FVCA)

**Pip Marks**, FVCA Manager  
**Allison Gray**, Leadership Project Coordinator