



# SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

## NEWSLETTER

SUMMER 2015

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Support for Families of Children with Disabilities is a nonprofit support, resource, and networking organization for families of children with disabilities, concerns, and special health care 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!*

# wine + design 2015

**Friday, October 9, 2015 | 6:00 pm – 10:00 pm**  
The Galleria, San Francisco Design Center

a fundraiser benefit for  **SUPPORT FOR FAMILIES  
OF CHILDREN WITH DISABILITIES**

**Join us for a great party for a great cause!**

Individual reservations: \$150/person  
Sponsorship packages start at \$500

*For more information, contact:*

Nazmin Bishop: 415-282-7494 x132; nbishop@supportforfamilies.org  
Or visit [www.supportforfamilies.org](http://www.supportforfamilies.org) for updates!

### 2015 Information & Resource Conference Another Success!



Over 800 people participated in our Information & Resource Conference on March 21 at John O'Connell High School as presenters, volunteers, exhibitors, or attendees. Over 440 parents, professionals, and community members attended 27 morning and afternoon workshops, visited 85 organizations in the exhibitor hall, gathered resources, and listened to keynote speaker Frances Stetson of Stetson Associates. For photos and select presentation slides, visit [www.supportforfamilies.org](http://www.supportforfamilies.org).

## Education

## When You're Gone: Practical Planning for Your Child's Future

by Shannon des Roches Rosa & Nick Homer, Miceli Group

A lot of us parents like to put our hands over our ears and shout LA LA LA LA LA when asked to think about formulating a life care plan, because that means we're envisioning the future of our children with special needs without us at their sides. But denial and avoidance do both us and our children a disservice. The time to think about planning for our children's future is now -- the earlier we start, the more comprehensive our planning will be. And the steps involved are both more involved yet less daunting than you may think.

The following summary is based on a 2010 SEPTAR.org presentation given by Nick Homer, a Special Care Planner from MassMutual's general agency in San Jose, Miceli Financial Partners Wealth Management and Insurance Services (MFP). While the following information is critical, it is not official advice but rather a primer on how to get started and what to look for. Once you're ready to take action, you should consult with professional special needs financial planners, and lawyers who specialize in special needs trusts.

### What is a Life Care Plan?

**Life care plan:** takes into consideration the life, needs, and goals of people with special needs. It's about taking care of an individual with a disability after their parents are gone, and ensuring quality of life for that individual and their remaining family in all areas of life. The goal is to create a flexible roadmap for the person in question's life: If any new therapies, medications, government benefits, etc. emerge, the plan needs to be able to adapt.

### Misconceptions About Planning for Your Child's Future "It's not affordable."

But if you sit down and talk, that is helpful. Many special needs financial planning agencies do not charge fees for preliminary consults and advice.

### "Someone will help financially."

People who are waiting for a benefactor will put their faith in grandparents who say, "Don't worry about it, we have money, property, business, we'll take care of your child." So people don't plan for the unexpected, like a parent with stroke or Alzheimer's who then

needs to direct their assets towards their own care. If that happens and you haven't done planning for your child because you were waiting on grandma or grandpa, you've lost a lot of time.

### "Trust accounts are only for the wealthy."

But anyone who owns property or has assets can set up living trust that avoids probate and allows your assets to be passed onto your heirs.

### "Everything will be taken care of in the will."

A will is an important legal asset, but it only says what will happen to your assets at death, who be the guardian of your children, and who will be the custodian of your money (guardian and custodian are not always the same person).

### "Siblings will provide care."

Sometimes parents leave everything to a typically developing sibling, assuming they'll take care of their sister or brother with special needs. But what if a sibling isn't financially savvy, or falls in with someone who's not financially savvy? Or gets divorced and the ex takes half of the money intended for the sibling with a disability?

### Components of a Life Care Plan:

- Life care plan vision
- Letter of intent
- Guardian/conservator
- Financial and support services
- Special needs trusts

### Ten Comprehensive Life Care Planning Steps (Money is only part of it!)

- 1) Address Primary Issues.
  - What will my child do for schooling?
  - Are we working on a diagnosis?
  - Conservatorship -- lining up benefits like MediCal? What about family issues, do we have family in the area, do we have family members who "get it"?
  - Need communication throughout process, discussions between legal professionals, parents, doctors, etc. will make planning process easier, so can avoid mistakes.

### 2) Create a Life Care Plan vision

What you see happening with your child as they learn and grow. Some people assume their child will live with them forever. Others know that it may not be possible due to increasing behavioral challenges, strength, size.

### 3) Choosing Guardians/Conservators

Often spouses have different ideas. Planners can help you prepare for best and worse possible outcomes (what if very best auntie marries a loser who doesn't get your kid?).

### 4) Identifying Financial Resources

Whatever money/assets you have. 401ks, government benefits, inheritances, etc. compared to your monthly and annual costs that will recur after you die.

### 5) Have to Plan for Your Own Retirement, As Well!

Best thing you can do for your kids is to plan to be personally financially secure in the future.

### 6) Letter of Intent

- The personal side to the plan.
- Tells the caregiver how to step in and be the parent, take care of the child.
- Talks about what your child is like, what the caregivers will need to know, what their quirks and routines are, what soothes them, doctors, medications, therapies, allergies.
- It's not a legal, binding document, but it sets a precedent and will hold up in court.
- It's a living document and will change. Recommend that it gets update with each IEP.
- Many people keep Letters of Intent on flash drives (some medical jewelry now includes flash drive pendants).

### 7) Will

It is a legal document that establishes who takes care of kids, who watches over the money. But it will not avoid probate, will go in front of judge, will be public information. Goes along with the trust.

### 8) Special Needs Trust

- Designed to ensure that adult children with disabilities never get disqualified from government benefits.
- Needs to be stand-alone from any other living trust you may have.
- Trust is irrevocable in your child's name once funded. But the trust owns the assets, not the child.
- You need to go to someone who has designed one.
- It doesn't have anything in it -- it will be funded upon your death.
- What are the criteria for establishing that a child qualifies for a special needs trust? Diagnosis is not required. All that needs to happen is parent draws up SN trust with lawyers.

- Your other children can be beneficiaries as well, or a charity if there's any surplus.
- You can gift to the trust.
- If child has more than \$2,000 in their own name, they do not qualify for government benefits.\*

### 9) Whole Family Meeting

- Once you've gone through the process, you want to have whole-family meeting.
- Send out a letter to relatives who might designate your child as a beneficiary, saying "We're not asking for anything, but if you don't set this up the right way, it'll screw things up."
- Also make sure guardians know they're going to be guardians.
- Recommend naming a corporate trustee to handle all the financial aspects, investments, cash management, bill paying, and not the actual caretaking.
- Caretaking can be a separate legal role (where the Letter of Intent comes in).

10) Review Life Care Plan Periodically. Life changes, life happens.

**\*Important Update:** In December 2014, the President signed the ABLE Act into law. The ABLE Act allows eligible individuals and families to establish ABLE savings accounts that will not affect their eligibility for SSI, Medicaid and other public benefits and does not count toward this \$2,000 cap. The ABLE account will, with private savings, "secure funding for disability-related expenses on behalf of designated beneficiaries with disabilities that will supplement, but not supplant, benefits provided through private insurance, Medicaid, SSI, the beneficiary's employment and other sources." However, the IRS and Department of Treasury have just begun the process of establishing the rules and regulations for individuals and banks to follow. Banks will then need to implement those rules and regulations. By mid-to-late 2015 these rules should be in place and you'll be able to open an ABLE Account. **For more information, call Support for Families at 415-920-5040 or visit [www.supportforfamilies.org/resources.html](http://www.supportforfamilies.org/resources.html) for more resources around special needs financial planners, special needs trust attorneys, and life care planning options.**

*Reprinted with permission from Miceli Financial Partners & Thinking Person's Guide to Autism. 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.*

## FVCA

## Project Leadership: Effecting Change, One Parent at a Time

by Allison Gray, Family Voices of CA (FVCA) Project Leadership Coordinator

FVCA Project Leadership launched its pilot training program in 2013 with a grant from the Lucile Packard Foundation for Children's Health and received continued support from the foundation for a second year of trainings. As of February 2015, a total of 78 family members of children and youth with special health care needs (CYSHCN) have graduated from the program in San Diego (Exceptional Family Resource Center), San Francisco (Support for Families), and Alameda (Family Resource Network) Counties.

Families of CYSHCN have had significant real-world experiences that could help make health care policies and administration more family-centered and culturally competent. However, many lack the training and experience to make their voices heard. FVCA Project Leadership was designed to increase the capacity of families to partner in the development and oversight of services, systems, and programs upon which they and their children depend.

Project Leadership provides families with convenient, locally focused training; ongoing support and mentoring; linkages to involvement opportunities; and information to assist them to become effective public policy advocates. The curriculum introduces parents and caregivers to the nuts and bolts of advocacy in a seven-session training series. Parents explore how the legislative process works, tell their story in a way that translates their personal experiences into systems-wide action, learn strategies for identifying and participating in leadership activities, and recognize and apply the value of having a parent network and mentoring connections. Training sessions are dynamic and interactive, offering parents the opportunity to learn with and from one another.

Today, many of the family members who have graduated from this training and mentoring program are participating on various health-related boards and committees, meeting with legislators, giving legislative testimony at the state level, and telling their stories to the media.

- Committee involvement examples include CCS of Alameda County Family Centered Care Committee, CRISS Council (Children's Regional Integrated Service

System), CCS Title V Needs Assessment, CCS Redesign Technical Workgroups, UCSF Benioff Children's Hospital Oakland Family Advisory Council, Help Me Grow Family Advisory Council, the San Francisco Mental Health Board, the Center for Youth Wellness Advisory Council, the Alameda County Committee on Children with Special Needs, San Diego Head Start Policy Committee; and the Transition Training Committee for San Diego County.

- 16 graduates attended FVCA Health Summit and Legislative Day this year. Additional graduates have been active in contacting their legislators by phone or email to address current issues affecting children with special health care needs such as changes to IHSS, the future of the CCS program, and the ABLE Act.
- Four parents have provided testimony at State Senate /Assembly Committee hearings. Others have testified at the local level to the San Francisco Board of Supervisors and San Francisco Juvenile Justice Commission.
- Three parents have been featured in media by San Francisco CBS Local, NBC Bay Area, Kaiser Health News, the Oakland Tribune, and the San Jose Mercury News.

Parents have said:

- *I really believe this experience is life-changing for the unexpected role I've found myself in of a mother of a special needs daughter...I am proud to be a Project Leadership alum and am excited to see what we all do with our empowered voices.*
- *Project Leadership helped build my confidence to advocate for my child and other children with health care needs. It also gave me the strength and confidence to continue pushing to get services and make sure programs continue happening for children.*

**FVCA is pleased to announce that the Lucile Packard Foundation for Children's Health will be continuing support for a third year of Project Leadership focusing on expansion of the training throughout the state, development and implementation of a train-the-trainers workshop, and ongoing mentoring of current graduates. Please contact [agray@familyvoicesofca.org](mailto:agray@familyvoicesofca.org) for more information.**

**In fact, Support for Families will host Project Leadership through the Parent Mentor Program (PMP) this fall - see page 9 for more information and how to sign up!**



## SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

Providing services for families and professionals of children with disabilities

### Our Services

**CALL US:**  
415-920-5040

**EMAIL US:**  
info@supportforfamilies.org

**FAX US:**  
415-282-1226

**VISIT US:**  
1663 Mission Street  
7th Floor  
San Francisco, CA 94103

**HOURS:**  
Monday, Wednesday, Friday  
9:30am-4:30pm  
Tuesday, Thursday  
12:30pm - 8:30pm

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

**FIND US ON:**



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



[twitter.com/supportforfams](https://twitter.com/supportforfams)

**Phoneline/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, DVDs, and a toy lending collection for families and professionals in our onsite library. Visit the library catalog online at: [www.supportforfamilies.org/library.html](http://www.supportforfamilies.org/library.html). On-site computer access and assistance is also available. The library is open during drop-in center hours and during on-site workshops and special events.

**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 professional consultation from social workers.

**Family Special Events**  
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

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#### 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.

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## Support Groups

**All support groups are free of charge. Groups are located at Support for Families unless otherwise indicated.** Childcare can be provided unless otherwise indicated but MUST be reserved in advance. If you are interested in participating in any of these groups, or if you are interested in a specific issue, call (415) 920-5040 or e-mail us at [info@supportforfamilies.org](mailto:info@supportforfamilies.org) for more information. We have staff who speak English, Spanish, and Cantonese.

### Autism Support Group

Meets the 4th Tuesday of the month, 6:30pm - 8:30pm.

### Cantonese-Speaking Parents Support Group

Meets 2nd Saturday of the month, 1:00pm - 3:00pm.

### Cerebral Palsy Peer Group

Currently on hold. Call 415-920-5040 or email [cppeergroupsf@yahoo.com](mailto:cppeergroupsf@yahoo.com) for current status.

### Cerebral Palsy Parent Support Group

Currently on hold. Call 415-920-5040 or email [cppeergroupsf@yahoo.com](mailto:cppeergroupsf@yahoo.com) for current status.

### Chinatown Child Development Center (CCDC) Group

For Cantonese-speaking families of children with special needs. Meets at the CCDC on the 3rd Monday of the month, 9:30am - 12:00pm.

### Down Syndrome Support Group

Meets the 2nd Tuesday of the month, 6:30pm - 8:30pm.

### Living with Loss: Loss, Hope and Healing

A group for parents/caretakers of medically fragile children and children facing life threatening illness. Call 415-920-5040 for information.

### Mission Head Start Group

For Spanish-speaking families of children birth to five with special needs. Meets 3rd Wednesday of the month, 1:00pm - 2:30pm at Mission Head Start, 362 Capp St, SF.

### Prader-Willi Group

Meets quarterly on Saturdays, 10:15am - 1:30pm.

### Preemie Parent Support Group

Parents of new preemies, as well as of older children who were preemies, are welcome. Meets 3rd Thursday of the month, 7:00pm - 8:00pm.

### "Sibshop" Sibling Group

A recreational group for siblings of children with disabilities or special health care needs to have fun and share experiences. Tentatively meets on the third Saturday of the month from 10:00am - 1:00pm; call 415-920-5040 for more information.

### Spanish-Speaking Parent Support Group

Meets the 2nd Wednesday of the month, 10:00am - 12:00pm.

### Transition-Age Parents Group

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, 6:00pm - 8:00pm. (No meeting July or August.)

### Tube Feeding Support Group

For parents of tube fed babies and young children (and those who may be at risk). Meets the 4th Tuesday of the month, 7:00pm - 8:15pm.

### Tuesday Night Group

A group for parents who have children with disabilities or special health care needs. Meets the 2nd and 4th Tuesdays of the month, 6:45pm - 8:30pm.





## Clinics and Parent-Professional Workshops (PPWs)

Workshops and Clinics are **FREE** and held at **Support for Families (SFCD)**, 1663 Mission St., 7th Floor, San Francisco (between Duboce St. and S. Van Ness Ave.).

**Pre-registration is required.** To attend, reserve child-care and/or interpretation services, you must register at least one week in advance by calling **415-920-5040** or emailing **info@supportforfamilies.org**.

### **WORKSHOPS**

#### **Safe Start: Child Safety Training**

**Thursday, June 11, 2015; 6:00pm - 7:30pm**

SafeStart's mission is to reduce the incidence and impact of violence on children in San Francisco. Come learn about the many ways a child may be impacted by violence. The workshop will help you identify signs and symptoms to look for and understand how to help families support their children and reduce further exposure. The training will also review services available to support families provided by the SafeStart Program and other agencies in San Francisco. *Presenter: Jimi Gilroy*

#### **Music Therapy: Using Music to Enrich the Lives of Individuals with Special Needs**

**Saturday, June 13, 2015; 8:30am - 12:30pm**

*8:30am: check-in, light breakfast served; 9am: workshop begins.* What is music therapy? How does music therapy help your child? Music therapists use music to achieve non-musical goals such as increasing vocalizations, improving language development, improving social skills, improving fine/gross motor skills, increasing attention span, etc. Music therapists will explain how music therapy can be an effective tool to help your loved one achieve his or her goals as well as providing helpful tips that can be used at home. *Presenters: Ian Wilkerson, MT-BC, NMT and Julia Beth Runkle, MT-BC, Founder/Music Therapist, Bay Area Music Therapy*

#### **Improving IEP Meeting Outcomes**

**Tuesday, June 16, 2015; 6:00pm - 8:00pm**

A former Director of Special Education will teach you the ins and outs of the IEP process. Her experience will provide valuable insights into many aspect of the IEP process that previously unexplained. Some topic covered will be: "How to properly prepare for your IEP," "How to control the meeting so you are in charge," "The inside secrets of every district," "What you need to know but 'they' don't tell you," "Who to take with you" and many more. *Presenter: Martina Sholiton, founder and CEO of PACES (Parental Advocacy for Children in Exceptional Situations)*

#### **Parent Professional Workshop: TBD**

**Saturday, August 8, 2015; 8:30am - 12:30pm**

#### **Social Security Overpayments**

**Tuesday, August 18, 2015; 6:00pm - 8:30pm**

Has Social Security told you that it paid you or your child too much and now you have to pay them back? Learn what overpayments are, how to avoid them, and what to do when you receive one. This workshop will cover both SSI and SSDI. *Presenter: Katie Spielman, Attorney, Office of Clients' Rights Advocacy, Disability Rights California*

#### **IEP Development & Dynamics: Making Sure Your Voice is Heard**

**Saturday, September 12, 2015; 8:30am - 12:30pm**

*8:30am: check-in, light breakfast served; 9am: workshop begins.* The purpose of this training is to provide parents and professionals with the information needed to advocate for the special education programs and services for their children with disabilities or the children they serve through the Individual Education Program (IEP) process. Training topics will include: basic special education rights, referral procedures for special education assessment including the SST process, and parent rights in the IEP process with a special list of helpful IEP and advocacy hints outlining effective advocacy techniques. *Presenter: Joe Feldman, Executive Director and Founder of Community Alliance for Special Education*

#### **Limited Conservatorship: Protecting Your Loved One with a Developmental Disability**

**Thursday, September 17, 2015; 6:00pm - 8:30pm**

Conservatorship is an important step for family members of a developmentally disabled individual transitioning into adulthood. Learn how a limited conservatorship can protect your loved one through his or her lifetime. This workshop will cover an overview of what conservatorship entails and the steps necessary to establish a conservatorship through the courts. *Presenter: Alexis Lynch, Attorney*

### **CLINICS**

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

#### **Individualized Education Program (IEP)**

*Presented by SFCD. Offered in English, Spanish, and Cantonese.* 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.

#### **Transition to Adult Services**

*Presented by SFCD.* 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.



## Calendar of Events

### June 2015

June 4	6:00pm - 8:00pm	IEP Clinic - Cantonese
June 4	11:00am - 3:30pm	SFIN Training: Early Childhood Inclusion - The Foundations
June 5	5:30pm - 7:30pm	Movie Night
June 10	9:30am - 1:30pm	PMP: Parent to Parent Part 1 - Spanish
June 11	4:00pm - 6:00pm	IEP Clinic - English
June 11	6:00pm - 7:30pm	Safe Start Workshop
June 13	8:30am - 12:30pm	PPW: Music Therapy
June 16	6:00pm - 8:00pm	Improving IEP Outcomes Workshop
June 17	9:30am - 1:30pm	PMP: Parent to Parent Part 2 - Spanish
June 18	4:00pm - 6:00pm	IEP Clinic - Spanish
June 25	4:00pm - 6:00pm	Transition to Adult Life
June 25	6:30pm - 8:30pm	CAC Meeting
June 27	8:30am - 4:30pm	PMP: Parent to Parent - English

### July 2015

July 2	CANCELED	<del>IEP Clinic - Cantonese</del> CANCELED
July 4	SFCD CLOSED	Holiday
July 9	CANCELED	<del>IEP Clinic - English</del> CANCELED

July 16	CANCELED	<del>IEP Clinic - Spanish</del> CANCELED
July 23	CANCELED	<del>Transition to Adult Life</del> CANCELED

### August 2015

Aug 6	6:00pm - 8:00pm	IEP Clinic - Cantonese
Aug 8	8:30am - 12:30pm	PPW: TBD
Aug 13	4:00pm - 6:00pm	IEP Clinic - English
Aug 18	6:00pm - 8:00pm	Social Security Overpayments Workshop
Aug 20	4:00pm - 6:00pm	IEP Clinic - Spanish
Aug 27	4:00pm - 6:00pm	Transition to Adult Life Clinic
Aug 27	6:30pm - 8:30pm	CAC Meeting

### September 2015

Sept 3	6:00pm - 8:00pm	IEP Clinic - Cantonese
Sept 7	SFCD CLOSED	Holiday
Sept 10	4:00pm - 6:00pm	IEP Clinic - English
Sept 12	8:30am - 12:30pm	PPW: IEP Dynamics
Sept 12	11:00am - 1:00pm	Family Access Day at the de Young
Sept 15	5:30pm - 8:30pm	PMP: Project Leadership - English
Sept 16	9:30am - 1:30pm	PMP: Project Leadership - Spanish
Sept 17	4:00pm - 6:00pm	IEP Clinic - Spanish
Sept 17	6:00pm - 8:30pm	Limited Conservatorship Workshop
Sept 24	4:00pm - 6:00pm	Transition to Adult Life Clinic
Sept 24	6:30pm - 8:30pm	CAC Meeting

For more information or to register for 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

### Movie Nights

#### Last Movie Night of the Season!

#### "Cloudy with a Chance of Meatballs 2"

Friday, June 5

5:30pm - 7:30pm

SFCD, 1663 Mission St 7th Flr., San Francisco CA 94103

Families are invited to watch a movie, munch on yummy snacks, and enjoy the playroom here at our main office.

#### FAMILY ACCESS DAY at the de Young Museum: Gallery Tour and Art Workshop

Saturday, September 12

11:00am-1:00pm

de Young Museum, 50 Hagiwara Tea Garden Dr, SF 94118

## JOB OPPORTUNITIES: Family Resource Specialists (Bilingual Cantonese or Bilingual Spanish)

Support for Families is looking for Cantonese-speaking and Spanish-speaking parents of a children with special health care needs, disabilities, and/or a child who has an IEP for 2 Family Resource Specialist (FRS) positions.

The Support for Families FRS staff members are all parents of children with special needs and come from varied educational and work backgrounds. Intensive training is provided to new staff, and continues for all FRS staff on an ongoing basis.

If you are a parent of a child with special needs, please don't hesitate to contact us if you have an interest in, or questions about, these FRS positions.

**Email us at [jobs@supportforfamilies.org](mailto:jobs@supportforfamilies.org) or go to [www.supportforfamilies.org/jobs.html](http://www.supportforfamilies.org/jobs.html) for more information on how to apply.**

## "Triple P" Positive Parenting Program in Spanish at SFCD

Triple P is a 10 session Positive Parenting Program, a family intervention for parents with preadolescent children up to age 12. It provides an active skills training process to help parents acquire new knowledge and skills. The program addresses 1) What is positive parenting? 2) Causes of child behavior problems, 3) Helping children develop, and 4) managing misbehavior (including family survival tips).

"Learning in a group provides parents with a setting which includes support, friendship and constructive feedback from other parents," SFCD facilitators and staff members, Patricia and Roxana, say. "It also provides opportunities for parents to normalize their parenting experience through peer interactions." This program also includes 3 sessions of Triple P Pathways which teaches how to develop specific coping strategies and for managing difficult emotions that can arise from stress while parenting.

Here are some comments from some of our participants in our Spanish Triple P group:

- *Yo he aprendido mucho para poder ayudar a mi hijo; es muy bueno y recomiendo a las personas que es fantástico* ("I have learned a lot about how to help my child... [the program] is very good and I recommend it to others; it is fantastic!")
- *Que es una reunion y ayuda muy grande para todos los padres como mejorar una comunicacion con nuestros hijos que es lo mas importante para nosotros como padres. Gracias!* ("It is a meeting where we learn a lot about communicating better with our children which is the most important to us. Thanks!")
- *Muchas gracias al programa Triple P! Me ha ayudada a como ser una mejor madre educando a mis hijos en una manera positiva y en cada clase aprendi de algunos errores que cometemos sin darnos cuenta como padres* ("Thanks so much to the Triple P program! It has helped me to be a better, more positive mother to my children and in every class we learn about mistakes we have made because we were not aware of them").
- *Es muy buen programa en el que he aprendido muchas estrategias ademas de reconcer mis errores como madres y ser mejor; ademos de concer otras mamas y compartir experiencias; me siento en familia y gracias a todo el personal que hacen el esfuerzo de ayudarnos en especial a Roxana y Patricia.* ("It is a great program in which I have

learned strategies and have learned to recognize my mistakes and to do better as a mother. It is great to get to know other mothers and share experiences; I feel like I am with family; and thanks to the facilitators, Roxana and Patricia, who have put in the effort to help us learn.")

- *Como madre, he adquirido muchas estrategias y habilidades; me encanto!* ("As a mother I have learned many new strategies and abilities. I am so happy!")

We hope to provide another Triple P Parenting Program series in the near future!



## Parent Mentor Program (PMP) Curriculum Change

Starting this fall we will be offering Project Leadership instead of the customary Special Education Series!

Project Leadership will prepare families with the skills and tools needed to partner and engage in all levels of public advocacy on behalf of children with special health care needs. The Project Leadership curriculum introduces parents/caregivers to the nuts and bolts of advocacy in an eight session (3 hours each) training series. (*Go to page 4 of this newsletter to read more about Project Leadership.*)

We are not abandoning the Special Education Series. Moving forward we will alternate from year to year offering the Special Education Series one year followed by Project Leadership the following year. We welcome new parents as well as existing parent mentors. **Space is limited, so please send any questions to:**

- Joan Selby, [jselby@supportforfamilies.org](mailto:jselby@supportforfamilies.org) (English)
- JoAnna Van Brusselen, [jvanbrusselen@supportforfamilies.org](mailto:jvanbrusselen@supportforfamilies.org) (Spanish)

## Access to Adventure returns with lots of FUN - and superheroes!

Golden Gate Park was filled with lots of FUN and excitement on Saturday, May 2nd - thanks to everyone who attended our annual spring festival, Access to Adventure! Kids got to participate in cool activities like stomp rockets and music play and everyone got to enjoy free treats and groove to some great live entertainment. We thought this day couldn't get any better until two of our favorite super heroes, Batman AND Spiderman, showed up! We can't wait to see who will surprise us next year!

*Steppin' Out Dancers*



*Photo Credit: ChengCheng Huang*

## 2014 Annual Report Summary

Some highlights from our Annual Report:

- In 2014 Family Resource Specialists provided information and support to 778 families and 262 professionals, making more than 5,800 phone, e-mail or in-person contacts.
- Support for Families provided 602 education events in 2014. Attendance at our educational events for parents and professionals totaled 3,537.
- More than 380 volunteers contributed more than 3,400 hours of service.
- 283 (unduplicated) family members attended one of the 22 Support Groups active in 2014.
- Total attendance at Family Events exceeded 1,000 children, youth, and adults.

Support for Families continues to obtain feedback from the families using our services. For example, in surveys from our Support Groups in 2014 families told us about the impact of Support for Families on their lives\*:

- 80% reported that they increased their knowledge of their child's special needs.
- 100% reported that they felt more supported.
- 98% reported that they increased their knowledge of

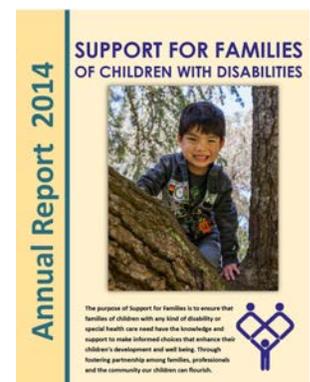
resources or services for their children.

- 86% learned strategies to advocate more effectively for their children.
- 98% reported that they had opportunities to express their feelings and share with other parents.

As one parent wrote: "I am glad to have a place to go where I can share my experience with others without feeling strange or judged. I am thankful for this group."

The report includes 2014 data on the families we served, photos of some of our events, and a summary of our finances. (The complete annual audited financial statement will be available later this year). And we are honored to list the names of more than 500 individuals, couples, groups and businesses who made gifts to Support for Families to sustain our work! Please visit [www.supportforfamilies.org](http://www.supportforfamilies.org), stop by the Family Resource Center, or call us to get a copy of the Report.

*\*Based on 44 families who responded to surveys. Percentages are those that agreed or strongly agreed with the statement.*



# Thank you!

## Donations received Feb 1, 2015 through April 30, 2015

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

### Businesses, Groups, Foundations

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## SFCD is Seeking New Board Members!

The Support for Families Board of Directors is looking for energetic people who want to ensure that San Francisco families of children with disabilities have the support and information they need to enhance their children's well being and development. Although we are specifically seeking board members who have expertise in Media/Public Relations and/or Fundraising, we are very open to hearing from other well-qualified candidates.

**To be considered, email [boarddevelop@supportforfamilies.org](mailto:boarddevelop@supportforfamilies.org) for more details.**

*Support for Families values diversity and we strongly encourage family members, professionals, people with disabilities, language and ethnic distinct communities, and other traditionally underserved communities to apply.*



**SUPPORT FOR FAMILIES  
OF CHILDREN WITH DISABILITIES**  
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## 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).*

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