



**Maine Parent Federation**  
*Since 1984 . . . because every family matters*

# Maine Parent Federation Workshop Descriptions 2015/2016

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All of the workshops in this booklet are developed with the interests and needs of families of children with disabilities and special health care needs in mind. Providers, educators, and other individuals who work with families can benefit from these workshops.

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## INTRODUCTION

Maine Parent Federation, Inc. (MPF) is a statewide organization that provides information, advocacy, education, and training to benefit families of children and adults with disabilities and special health care needs. In existence since 1984, MPF is physically located in Farmingdale, Maine, but assistance is available on a statewide basis.

Through our projects, individuals can receive information about specific disabilities, parenting issues, education, services, support groups, and other resources available to assist families and professionals within the home, school, and community.

The workshops outlined in this booklet are made possible through a variety of state and federal funding sources including:

- ❖ U.S. Department of Education, Office of Special Education and Rehabilitative Services
  - o Statewide Parent Information Network (SPIN)
- ❖ Maine Department of Education (MDOE)
- ❖ Children's Behavioral Health Services (CBHS)
- ❖ Substance Abuse and Mental Health Services Administration (SAMHSA)
- ❖ Health Resources and Services Administration (HRSA)

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## General Workshop Information

### Workshop Schedule

Please contact the MPF office or visit our website at [www.startingpointsforme.org](http://www.startingpointsforme.org) to check for workshops, conferences, or special events that may already be scheduled.

### Scheduling a Workshop

If you, your group, school, agency, or organization are interested in scheduling a workshop or would like more information about our workshops, please contact us at 1-800-870-7746 (Statewide), 207-588-1933 (Central Office) or email us at [parentconnect@mpf.org](mailto:parentconnect@mpf.org). Due to the many requests we receive for our workshops we respectfully request that you give us at least 30 days notice when requesting a workshop. We make every attempt to reasonably accommodate all requests. Please NOTE: *Registrations of less than 5 may require cancellation or rescheduling of the workshop.*

### Workshop Length

With the exception of the MPF Overview, all workshops are 1½ - 2 hours in length. We are happy to work with you to adjust the presentation time to meet your needs.

### Workshop Fees

There is **no cost** for parents or parent groups. MPF services are offered at no cost to parents and professionals.

There is a minimum \$100 fee for agencies, providers, or professional groups who request workshops unless otherwise noted.

### Donations

As a grant-funded, statewide non-profit agency providing education, support, advocacy, and training on behalf of all families with children as well as the professionals who support families, MPF welcomes donations at whatever level is affordable.

### Office Hours

**Monday through Friday 8:30 AM - 4:30 PM      Walk-Ins welcome**

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After hours please leave a voice mail or email us. We are interested in speaking with you and will make every effort to contact you the next business day.

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## Topic Area: Advocacy

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### BECOMING A GREAT LEADER!

A great leader is a great advocate! This workshop will help you gain the skills and knowledge to become a great leader in your community and/or at the state level. You will learn tips about advocating for you and your family, how to impact legislation, effective communication skills, and letter writing.

### Tips for Being Your Child's Best Advocate: Communication, Advocacy, and Conflict Resolution

We will take a close look at our advocacy skills and explore the various aspects of communication, conflict, and advocacy styles during this training. We will discuss effective communication; learn strategies to help us achieve successful communication outcomes, and explore other methods to resolve conflict.

## Topic Area: Special Education

### SPECIAL EDUCATION:

#### Answers to Frequently Asked Questions



Participants are encouraged to join in the discussion as we explore the current Special Education (SPED) Regulations, look at answers to some frequently asked Special Education questions, and review the legacy of SPED. You will receive a copy of the Maine Unified Special Education Regulations and learn how to navigate through them. This workshop gives participants a chance to discover and share strategies for making the most of the Individualized Education Program (IEP) or Individual Family Service Plan (IFSP) meetings. You are invited to share your own questions and insights.

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## TRANSITION TO KINDERGARTEN: A Natural Progression

You and your child may feel overwhelmed by this. Change and transition affects us all. Preparing for your child's transition to kindergarten is an exciting and, at times, chaotic journey. For parents of children with disabilities and special needs, the transition from Child Development Services (CDS) to public school can seem confusing and overwhelming.

Learn some of the changes to expect as you and your child move from the pre-school to the public school experience. Join us for this exciting workshop and discover how to orchestrate the transition process and feel more comfortable with the changes that will take place.



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## MAKING FRIENDS WITH THE IEP

IEP meetings, IEP Teams, the IEP, timeframes, notices, and evaluations can be confusing and overwhelming. Join us as we follow the IEP process and review common terms and definitions. Participants will have an opportunity to ask questions and will receive a copy of the Maine Unified Special Education Regulations. This workshop is designed for parents, foster parents, or anyone who has, or works with, a child between the ages of 2 and 20 years old who has an IEP or 504 Plan.

## Topic Area: Challenging Behaviors and Positive Supports

### WHY CAN'T JOHNNY B. GOODE AT HOME?



All children misbehave, but for some children that behavior is more frequent, intense, and challenging. During this workshop participants will gain an understanding about some of the causes of these challenging behaviors. Approaches that can be made at home that work for the whole family, not just for the child, will be covered. Strategies that can influence a child's behavior in positive

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ways will be discussed, and parents will learn some simple ways to take care of themselves.

## **Topic Area: Transition**

### TRANSITION PLANNING: The Middle School Years

This workshop is designed to help families who have children in grades 6<sup>th</sup> to 8<sup>th</sup> learn about, and plan for, transition early on. We believe that to help ensure a successful outcome after high school, you must begin planning early. This workshop will help you understand the transition process, learn who to contact and when for various services, and understand more about the adult options and choices that are key to a successful transition process. We will talk about the importance of having your child's interests and dreams about their future lead the way in their transition planning.

### TRANSITION PLANNING: The High School Years

All parents want their child to be the leader of his or her future, but how do you get there? If you have a child receiving special education services and they are approaching transition age (14 and up), or are already transition age, this is the workshop for you. During this workshop participants will explore ways to prepare for their child's future and learn how to involve their child in transition planning. You will also learn about the IEP requirements for transition plans and begin the process of developing a transition plan for your son or daughter. The information covered can be used to better understand and advocate for your child during transition planning at IEP meetings and in the future.

## **Topic Area: MPF Resources**

### MAINE PARENT FEDERATION OVERVIEW

Formed in 1984, Maine Parent Federation Inc. has evolved from a single project to multiple projects. Getting the word out about all the services and supports that MPF offers is of vital importance. We are dedicated to assisting people, families, and children to become all they desire through

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information and training. The MPF Overview is a great way to explore what our organization is doing to support families in Maine. Our knowledgeable staff offers resources to you, your family, and professionals across Maine. To find out more about our organization and the services we offer, call today and schedule this presentation. This workshop is presented at no cost to all groups.

*(Length based on individual/group needs)*

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## Topic Area: Health Care

### TRANSITIONING FROM THE CHILDREN'S HEALTH CARE SYSTEM TO THE ADULT SYSTEM

It is not as easy as you may think! How many families do you know whose adult family member is in their early 20's and still see a pediatrician? Come to this workshop to hear tips on planning for the transition, questions to ask, information to have ready, and ways to find a physician.

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#### WHAT IS A MEDICAL HOME?

A Medical Home is not a place; it is a process of communicating what your family needs and how you receive it.

It is a philosophy; it is how you want your family to be treated and what you expect from those who work with you and your family. Come to this workshop and start to develop a medical home plan for your family.

## Topic Area: Other

### BULLYING

During this interactive workshop we will take a closer look at what bullying is and isn't. We will provide tips to help prevent bullying, discuss what happens when we encounter bullying, and identify some of the outcomes from bullying. Parents, educators, and people working with children are welcome to come and discuss this very concerning topic, and share their experiences and solutions.

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### SUPPORT PARENT TRAINING



This training will prepare an experienced parent of a child with a disability or special health care need to support the parent of a child with a new diagnosis or health care need. You will learn about the Parent-to-Parent Support Program; the role of a volunteer support parent; useful communication skills; and how to access resources that can help families.

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