



The Learning Disabilities Association of Maine

Toll Free: 1-877-208-4029 or 207-465-7700 Fax 207-465-4844

E-MAIL: info@ldame.org Web: www.ldame.org



Friends of LDA of Maine,

Here is our E-NEWS for October which we hope you will find both informative and useful. We update our web site weekly with new information and resources to serve you our customer so check often on resources on learning and attention disabilities.

If you have an item about learning or attention disabilities that you believe may be helpful to others please let us know.

Thank you!

DISCLAIMER: Any information or list provided by us is non inclusive and does not imply an endorsement or recommendation of LDA-ME; we encourage readers to do that for themselves.

LIST SERVE: Please advise us at anytime if you wish to be removed from our "Friends of LDA-ME" list serve.



The place where "Gaining Empowerment Allows Results!"

The GEAR Parent Network & the Youth Alternatives Family Center

collaboratively sponsor a

PARENT SUPPORT GROUP

For parents who have children with special behavioral, emotional, or mental health needs.

We are a gathering of parents, grandparents and foster parents who have children with special mental health needs. We come together to share our experiences, knowledge, challenges and successes with other parents. We use parenting education, some referral services and a lot of emotional support. We offer no guarantees—only hope, sharing, caring and perhaps some helpful suggestions.

First Wednesday of every month, 6:30-8:30pm

at

The Youth Alternatives Family Center, 50 Lydia Lane, South Portland

Laurie Cavanaugh toll free at 1.800.264.9224 or

Deb Dunlap at 207.874.1175

Call 874-1175 or visit youthalternatives.org.

GEAR (Gaining Empowerment Allows Results!)

is a Parent-to-Parent Network of Information & Support For Parents of Children with Special Needs and is a program of Crisis & Counseling Centers, funded by the Department of Health & Human Services.

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THRIVES WELCOMES LINDA GOLDING

Linda Golding has recently joined the THRIVE System of Care Team as the new Social Marketing Coordinator. Linda comes with nearly thirty years of experience in education, both as a classroom teacher and as an administrator. Linda's special interest has always been working with Students with Disabilities. One of her positions was as the Principal at McMahon Elementary School which houses four classrooms for students with Emotional Disabilities. This provided her

with daily contact with not only the students, but also parents, teachers and other providers of these students. The work at THRIVE seems a natural extension of this work in education. In the role as Social Marketing Coordinator, she will have the opportunity to promote the concept of trauma informed service to providers in Androscoggin, Franklin and Oxford counties. She can be contacted at 782-5783 ext. 204, or emailed at lgolding@tcmhs.org.

THRIVE YOUTH ACCEPT NATIONAL ECCO AWARD

A team of 22 Thrive members made up of community youth, family, as well as professionals ventured down to New Orleans, LA for the "Enhancing Resiliency and Healing: Trauma-Informed Services and Supports from August 1st to the 3rd. At this conference a Public Service Announcement created by Thrive youth and donated by FOX was a contender for the top three positions for the coveted national youth outreach ECCO Award. This PSA was written by youth, acted, and directed by youth. The purpose of the PSA was to dispel stigma attached to mental health diagnosis and treatment. It reached over 400,000 households in the U.S. and was aired during primetime hours.

The winners were decided through a voting by the attendees of the conference. At the conclusion of the conference it was announced that the Thrive PSA had achieved first place. The award, beside national recognition of a job well-done included a personalized plaque, which members of the Thrive Youth Leadership Group were proud and grateful to accept.

For more information or to view the PSA, visit www.thriveinitiative.org, or call 182-5783 ext. 202..

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Make sure to check out the Events page of the LDA of Maine Website for upcoming workshops and conferences.

<http://www.ldame.org/events.html>

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Open attachment to see the SCHIP letter to President Bush.
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Make sure to open the attachment about Maine Parent Federation's "Celebrating the Family" conference from November 2-3, 2007 at the Samoset Resort in Rockport, Maine.
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New Website for Selling & Buying Used Assistive Devices and Adaptive Equipment
www.getATstuff.com

Augusta, Maine:

A new web resource has been launched by the Maine CITE Program, the state's Assistive Technology Program.

www.getATstuff.com will help families, people with disabilities, seniors and the public to buy and sell used assistive technology and adaptive equipment. The site is designed to get devices that are no longer being used into the hands of people who want them and could benefit from them. Items can be listed *for sale or free*.

The site has many equipment categories for items related to vision, hearing, mobility, environmental adaptations, computers, recreation, sports, and adapted vans/vehicles.

"I think that people in Maine will really benefit from this new resource" said Eric McVay of Hampden. "I went to www.getATStuff.com and found a new mouse for my computer. This new website will help people with disabilities get more devices and equipment."

Visit www.getATstuff.com to browse or to list your own items for sale.

For more information contact the Maine Cite Coordinating Center at 207-623-3195 or www.maine cite.org

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Be sure to open the attached flyer for workshop entitled "The Future of Health Care in Maine: It's Not About the Money," which is being held Wednesday, November 7, 2007 at the Charles A. Dana Health Education Center, Maine Medical Center in Portland, Maine.

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<http://www.nichcy.org/training> is a resource which provides PowerPoints and materials for training on IDEA. Some modules are still being added. The module that was just added is discipline.

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<http://www.wlearning.com/> is a website where you can download materials that include twenty home and community activities for adults and children birth to three that encourage early language and literacy development. They are appropriate for children with disabilities, as well as children who are developing typically.

Each of the twenty activities includes an activity description, and hints for making the activity fun and developmentally appropriate. In addition to the activities, you can download an activity checklist that helps parents and caregivers notice their children's skills, and also cues adults to examine and grow their own interactions with children.

The materials are specifically designed to address the three key skills of 1) language development, 2) sounds and rhythms, and 3) general book and print awareness.

BOTH LINKS CAN BE FOUND ON OUR WEBSITE AT <http://www.ldame.org/parents.html>. We update the website weekly.

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PROJECT ADVANCE'S PARENT/GUARDIAN WORKSHOP
MONDAY, NOVEMBER 5, 2007
6PM-8PM



**Safety Planning with Families
of Individuals with Cognitive Disabilities**

This workshop is for parents/guardians of individuals with cognitive disabilities, autism, and/or brain injury who are concerned about sexual violence. The workshop has been designed to improve skills and knowledge of safety planning to prevent sexual violence, in-home hiring and support, and possible signs of sexual abuse and how to respond.

The workshop is free to Midcoast residents and will take place Monday, November 5th 6pm-8pm at Mt. Ararat High School in Topsham, Maine.

If your family is interested in participating in the workshop or would like to be notified of upcoming training dates, please contact Project Advance Coordinator, Alison Grey, at 725-2181, ext. 300 or email projectadv@sassmm.org.

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Coming to Waterville, Maine's Railroad Square Cinema
November 6-8, 2007
"Angels in the Dust"
Screening times 12:30 p.m. and 2:30 p.m. Tuesday, Wednesday, &
Thursday.

See attached flyer for more information.



From Maine Transition Network....

Dear Educator:

We're sending this email for two purposes:

First: to inform you of a new program of on-line courses designed to help special educators who hold conditional, transitional, or targeted need certificates obtain professional certification, and

Secondly: to draw your attention to a unique course in this series that is designed specifically for special educators who have taken at least 9 credits of special education coursework toward professional certification.

NEW PROGRAM: Go to

<http://www.mainesupportnetwork.org/newsinfo.htm> to obtain a brochure that explains SPARC (Special Education Alternate Route to Certification), a new program of on-line special education courses specifically designed to help special educators in Maine obtain professional certification. The program has been designed through a collaboration of some of Maine's most experienced special education professionals at UMF, the Regional Teacher Development Center network, the Maine Support Network, and the Western Maine Partnership. After a year of operation in Western Maine, SPARC has now received support from the MDOE to include special educators throughout all of Maine in SPARC. We hope you will encourage appropriate colleagues in your district to consider participating in this program.

UNIQUE COURSE: We also want to bring to your attention SED 512 Advanced Practicum in Special Education, which is being offered in spring 2008 through SPARC. Open only to individuals with at least 9 graduate credits in special education (not limited to SPARC course credits), this is much more than a course; it provides more

opportunities for additional support and involvement with experienced special educators than any normal course would. How?

- ***Coaching/Mentoring Support and Site Visits.*** Participants will work with a fully-certified, veteran special educator who will provide support and encouragement and who could become a very important link into the broader special education community. Visits with this colleague will be totally confidential, supportive, collegial, and not in any way evaluative, but they will provide very specific help in addressing real-life classroom and student challenges.
- ***Instructional Improvement Activities.*** Working with the course instructor, participants will identify instructional improvement areas in which the instructor can be of the greatest help in improving the participants' practice.
- ***Reflective Activities.*** Participants will spend time reflecting upon their work as a professional educator, and seek guidance and responses from both the instructor and their coach/mentor.
- ***Partner Support Activities.*** Participants will be paired on-line with one other special educator enrolled in the course. As partners, they will provide thoughtful feedback on activities and assignments throughout the course.

For additional information on the SPARC program, this course, or registration procedures, please contact Valerie Soucie at 778-7502 or email her at valerie.soucie@maine.edu.

Please pass this information on to friends and colleagues in Special Education.

Thank you.

Sincerely,

Dr. Kathryn Markovchick, *Executive Director*, Maine Support Network
Dr. Ray Glass, *UMF Faculty*, Special Education Department
Dr. Margaret Arbuckle, *Executive Director*, Western Maine Partnership

Dianna Gram, *Special Education Director/ Assistant Principal*
Vassalboro Community School, Union #52
Richard Barnes, *Executive Director, RTDC Network, USM Professor*
Educational Leadership
Pamela Wilson, *Director, UMF Office of Educational Outreach;*
Director, Western/Central Maine RTDC

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Employment—Making it work for ME!

Join us for a day of learning, discussion, and resource gathering about Employment for people with disabilities in Maine. Celebrate where we are and where we are heading!

You will leave with specific updated information about employment in Maine, including in-state changes and national best practices.

Location choice:

Bangor 11/7/07

Portland 11/8/07

November 7th - Spectacular Event Center - Bangor, Maine

November 8th - Best Western Merry Manor Inn - Portland, Maine

Time: 9:00–4:00

Registration begins at 8:30. Lunch provided.

Cost: \$20.00

You can register at www.employmentforme.org or complete the attached registration form.

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Working with Youth with Disruptive Behaviors

A Free Discussion / Support Group

With

Linda Riley

Linda Riley is a licensed clinical social worker at Good Will-Hinckley where she works with children & their families. She is involved with developing different approaches that best serve individuals' unique situations.

Possible Discussion Points:

- ◆ School/Parent Relationships
- ◆ Importance of Consistency
- ◆ Being Open & Flexible
- ◆ Judging & Blaming
- ◆ Establishing Parental Hierarchy in the Home
- ◆ Behaviors Resulting from: Domestic Violence, Substance Abuse, Physical Abuse, Verbal Abuse, Sexual Abuse, Mental Illness, Foster & Adoptive Care
- ◆ Establishing Positive Connections for Children within the Community, School, & Home

NOVEMBER 27, 2007

Session I: Teachers, Techs, Behavior Specialists & Case Mangers*

3:30 - 5:30 P.M.

Waterville Governor's / Ball Room

Session II: Parents & Case Managers*

6:00 - 8:00 P.M.

Waterville Governor's / Capitol Room

** Case Managers may choose which session to attend*

Register At: www.CMISforME.org

~Space is Limited~

Registration Deadline: November 20, 2007

Sponsored by Central Maine Inclusive Schools
Funded by DOE

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Early Investment

By [<mailto:bdnnews@bangordailynews.net>]BDN Staff

Saturday, October 13, 2007 - Bangor Daily News

While much state attention and resources have been devoted to K-12 and higher education as a means to improve the state's economy and quality of life, ensuring quality care before children enter the school system is just as important. A new commission aims to develop a comprehensive plan to ensure Maine invests resources where they can do the most good for young children and their families. It is an ambitious task with a fast-approaching deadline. By building on existing research and policies, the group can be helpful in directing state policy toward ensuring high quality child care and other resources for parents are available and affordable.

Presented with numerous bills on young children, the Legislature this summer created the Commission to Develop a Strategic Priorities Plan for Maine's Young Children. The commission, made up of lawmakers and representatives of child care agencies, business and academia, is to review existing reports, research and practices and develop a plan by Dec. 1. The group's next meeting is Wednesday.

The commission's charge also says it must "take into account the need for the state to receive the best return on the investment of tax dollars." Further, the commission's plan should prioritize programs - both new and existing - for investment and detail the expected outcomes, including a timeline, for these programs. It must also show what funding sources could be shifted to pay for these programs. This is a model of fiscal responsibility and prioritization that other task forces, no matter the issue they are reviewing, should follow.

Research shows that 90 percent of brain development occurs before the age of 5. The state now devotes many more resources to K-12 and higher education than the preschool years. One reason is that the payback for investments in early care is harder to quantify and happens decades after the initial investment.

However, according to Attorney General Steven Rowe, failure to invest in high quality early care results in \$300 million in increased special education costs, \$800 million additional substance abuse costs and \$1.2 billion in increased domestic violence costs annually.

This alone is reason to prioritize and make investments in this area. But there is also a direct benefit to the state's businesses and economy. Ensuring high quality child care is available increases worker productivity, cuts down on absenteeism and lowers turnover, reducing recruiting and training costs.

Despite these benefits, there is a shortage of child care, especially for low-income families. According to the Office of Child and Family Services, Maine meets the needs of a little more than a third of the children who are eligible for subsidized day care. More than 2,000 children are on a waiting list. The shortage is most severe for children under the age of 2.

Where care is available, little is certified as high quality and low wages mean high staff turnover at many facilities. By prioritizing spending needs for Maine's youngest residents and keeping them within the confines of the state budget, this group will have done a great service to children, families and the business community. The next challenge will be to turn those priorities into action.



Patient and Family Services

**Grand Rounds
2007/2008 Schedule**

Fall 2007:

October 3rd

“Effective Communication with the Deaf and Hard-of -Hearing”
Presented by Jan DeVinney, LCSW

November 7th

“Narrative Therapy with Elders”
Presented by Christine Dietz, DSW
Director of Geriatrics, Community Counseling Center

December 5

“Ethics Case Consultation: Process and Examples”
Presented by Frank Chessa, Ph.D.
Ethicist, Maine Medical Center

All rounds will be held on the first Wednesday of the month from
12:00 p.m. to 1 p.m. in Classroom 7, Dana Education Center, Maine
Medical Center.

CEU's will be available.

Winter-Spring 2008:

January 2, 2008

“Issues in Secondary and Vicarious Trauma”
Presented by David Pritchard, LCSW, Ph.D.

Feb 6th

“Finding Meaning After Loss and Trauma”
Presented by Shelley Cohen Konrad, LCSW,
Ph.D.

March 5th

“Emotional Legacy: Ethical Wills”
Presented by Jacob Watson, D.Min.

April 2nd

Panel Discussion: “Perspectives on Clinical Ethics and Social Work”
Presented by Frank Chessa, Ph.D.

May 7th

“The Left-Right, Front-Back, Up-Down Assessment of Cognition”
Presented by John Campbell, M.D.

All rounds will be held on the first Wednesday of the month from
12:00 p.m. to 1 p.m. in Classroom 7, Dana Education Center, Maine
Medical Center.

CEU’s will be available.

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Check out the attached brochure on trainings for those with
children and adolescents with behavioral issues being held
at Winthrop High School and sponsored as collaboration
between Winthrop Schools, Winthrop Cares, Crisis and
Counseling Center, and NAMI Maine.
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Workshops for Parents

Seasonal Affective Disorder

Seasonal Affective Disorder can affect adults, teens and
children. It’s estimated about 6 in every 100 people (6%)
experience SAD. One US study found the rates of SAD were

7 times higher in New Hampshire than in Florida, suggesting the farther we live from the equator the more likely we are to develop SAD. Join us for an educational and STRESSLESS evening learning about SAD and how to deal with it.

This workshop is being offered in 3 locations:

Wed Jan 2, 2008 6:30-8:30 p.m. in South Portland at the Family Center

Wed Jan 9, 2008 6:30-8:30 p.m. in Lewiston at Central Maine Medical

Wed Jan 23, 2008 6:30-8:30 p.m. in Norway at Stephens Memorial

Facilitated by parents for parents! We are a gathering of parents, grandparents and foster parents who have children with special emotional and behavioral health needs who are learning from our own experiences, sharing our knowledge, our pain and our successes with other parents. We use parenting education, some referral services and a lot of emotional support! We offer no guarantees, only hope, sharing, caring and perhaps some helpful suggestions. We have been there; we know how you feel and **You Are Not Alone!**

For more information about this workshop, please call:

Laurie Cavanaugh, Regional Parent Support Coordinator
Cumberland, Oxford, York and Androscoggin Counties
1-800-264-9224 or (207) 284-0033
Email: gearregionone@aol.com www.gearparentnetwork.com

***For professional staff there is a \$10 fee at the door or you may attend free-if you bring a parent!**

GEAR is a Parent-to-Parent Network of Information & Support

For Parents of Children with Special Needs



GEAR is a program of Crisis & Counseling Centers and is funded by the Department of Health & Human Services

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See attached Community Housing of Maine PDF to see apartment vacancies.

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The place where "Gaining Empowerment Allows Results!"

GEAR is a Parent-to-Parent Network of Information & Support For Parents of Children with Special Needs

Workshops for Parents
Positive Behavioral Interventions
Workshop

Do you worry about your child's well being? Do you sometimes feel like you are at the end of your rope?

Children with behavioral health needs do not come with a manual! The need to effectively understand and respond to these challenges is essential. This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. *Positive Behavioral Supports* emphasizes practical ideas about how to meet your child where they are at and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real life situations.

Space is Limited so register today at The Gear Parent Network @ 1-800-264-9224

Date: Wednesday November 14, 2007 from 6:30-8:30PM

Location: Central Maine Medical Center in Lewiston

We are a gathering of parents, grandparents and foster parents who have children with special mental health needs who are learning from our own experiences, sharing our knowledge, our pain and our successes with other parents. We use parenting education, some referral services and a lot of emotional support! We offer no guarantees, only hope, sharing, caring and perhaps some helpful suggestions. We have been there; we know how you feel and You Are Not Alone! For more information about this group, please call:

Laurie Cavanaugh, Regional Parent Support Coordinator for
Cumberland, York, Oxford and Androscoggin Counties
1-800-264-9224 or 284-0033
gearregionone@aol.com

***For professional staff there is a \$10 fee at the door or you may attend free-if you bring a parent!**



GEAR is a program of Crisis & Counseling Centers and is funded by the Department of Health & Human Services

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See attached information regarding workshop entitled
"Return Engagement: Home Ownership for people with
Disabilities: Moving from Information to Implementation"
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THE
PIER PROGRAM

OF MAINE MEDICAL CENTER

PRESENTS

What You Need to
Know About
Preventing Psychosis

Thursday,
November 8, 2007

3:00 - 5:00 pm
Charles E. Dana Health
Education Center

22 Bramhall Street
Portland, ME 04102

CEUs are available at no cost

For more information, see the attached flyer.

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Workshops for Parents
Sponsored by Maine Parent Federation & G.E.A.R. Parent
Network

An Update on The New Special Education Regulations

**There are changes in the Special Education
Regulations that you should know about!
Plan to attend this presentation to learn
about some of the changes.**

Date: Tuesday December 18, 2007 from 6:30-8:30 p.m.

Location: WINGS Office, 900 Hammond Street, Bangor

Date: Thursday, January 17, 2007 from 6:30-8:30 p.m.

Location: Mayo Regional Hospital, Boarstone Conference Room, Dover Foxcroft

For more information, open the attached flyer.

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Hello Members I received a call from Rep. Sawin Millett of the appropriations committee and he is trying to get a bill in this session to assist the State to be the Model Employer of employment of persons with disabilities. He is seeking our support to call the legislative Leadership to support this bill going in. At this time we just have a title and it is likely that we will be able to draft the language. This was nothing we asked him to do but after hearing the issues of last session he wanted to assist.

Below are the phone numbers of leadership and we need to call by Thursday of this week.

- Phone #'s
- Beth Emmons - 287-1500
 - Glen Cummings - 287-1300
 - Hannah Pingree - 287-1430
 - Sean Faircloth - 287-1430
 - Joshua Tardy - 287-1440
 - Carol Weston - 287-1505
 - Richard Rosen - 287-1505
 - John Martin - 287-1515
 - Elizabeth Mitchell - 287-1515
 - Robert Crosthwaite - 287-1440
-

Alpha One's Fall Workshop Series

"Holiday Stress"
Friday, November 16, 1:00 PM - 2:00 PM

Participants will learn to identify holiday stressors, learn how stress affects them emotionally and physically, and explore ways to simplify the holidays and spend less.

Presented by Suzanne Senechal-Jandreau; Women, Work, and Community.

All workshops will be held at the ACAP building next to WalMart, in Presque Isle. All are free and open to the public. For more information, to RSVP, or to request special accommodations, call Alpha One at 800-974-6466 or e-mail oranges428@yahoo.com.

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Thanks,
Laura Soule
Executive Assistant
Learning Disabilities Assoc. of Maine (LDA of ME)
PO Box 67
Oakland, ME 04963
Phone: 1.877.208.4059 or 207.465.7700
Fax: 207.465.4844
Web Site: <http://www.ldame.org>

Attachments

MISSION STATEMENT

The Learning Disabilities Association of Maine is dedicated to assisting individuals with learning and attention disabilities through support, education, and advocacy (SEA).