



KPFC

Quarterly Newsletter

Volume 10; Issue 3

January 2012

Inside This Issue:

KPFC Updates	2
Dates to Remember	3
Getting Accommodations at College	4
Early Childhood Spotlight	6
School-Age Children Spotlight	7
Transition-Age Youth Spotlight	7
KPFC Dads	7
Helpful Resources	8
2011 Award Winners	9

♥ *KPFC's vision* is that all families raising youth and children affected by behavioral health challenges will achieve their fullest potential.

♥ *KPFC's mission* is to empower families affected by behavioral health challenges to initiate personal and systems change.

KPFC
207 Holmes Street
Frankfort, KY 40601
PHONE: (502) 875-1320
FAX: (502) 875-1399
TOLL FREE : (800) 369-0533
Website: www.kypartnership.org
email: kpfc@kypartnership.org

We've Made Some Changes!

KPFC has made changes that we hope you find helpful and exciting. Listed below, are some of the improvements that we have made:

- We have redesigned our website and added new features in an effort to make it easier to locate information, resources, events, and news. You will be able to utilize the search feature and filter your results as they relate to your location, age of your child etc. We encourage you to go to our site and give it a test drive! www.kypartnership.org
- We have updated our logo. The new logo reflects our history as a family organization as well as our commitment to cultural diversity. In addition, we have changed the color to **green**. In the 1800's the color green was used to brand people who were labeled "insane." The children's mental health community decided to continue using green, but with a completely different focus. Now we use green as a sign of growth, recovery, and strength!
- We have updated our vision and mission. Please give them a glance over to the left of this page.
- We have added two pages to our quarterly newsletter. We will use the additional space to focus on Early Childhood, School-Age Children, Transition-Age Youth, and the Dad's Movement. Each focus area will have a turn being highlighted with a full page article.

We hope you like the new additions and welcome your feedback. Please take a few minutes to visit our website and also "like" us on Facebook to tell us what you think!

Happy New Year from the Staff at KPFC!



KPFC's Board of Directors

Officers:

Jim Reed-Chair, Adanta Region
Michelle Hickman-River Valley Region
Teresa Howard-Secretary, Cumberland River Region
Tim Bailey-Vice-Chair, Dept. for Juvenile Justice
Patty Dempsey-Treasurer, Advocacy Agency

Honorary Board Members:

Phillip Patton, Sr., Warden, St. Andrews Episcopal Church
Colonel Robert E. and Mrs. Cora Jane Spiller, Glasgow, KY

Board Members:

Rachel Bingham-Administrative Office of the Courts
Beki Blevins-FIVCO Region
Eve Cates-Four Rivers Region
Ken Cude-Private Child Care Facility
Tal Curry-Early Childhood Representative, Department of Public Health
Michael Denney-Office of Family Resource and Youth Services
Steve Liles-Bluegrass West Region
LeeAnn Morrison-KY Center for School Safety
Shaun Murphy-Kentucky Dept. of Education
Allie Caleb Rigsby-Youth Representative-FIVCO Region
Peggy Roark-Bluegrass East Region
Capplin Sadler-Youth Representative, Salt River Region
Heidi Schissler Lanham-Protection & Advocacy
Christy Sheridan-Seven Counties Jefferson Region
Herbert Susenbach-Lake Cumberland Region
Sonya Westerman-River Valley Region
Brad Williams-Youth Representative, Northern KY Region
Lonnie Williams-Pennyroyal Region
Anna Winchell-Lincoln Trail Region
Gayle Yocum-Department for Community Based Services

STAFF:

Carol W. Cecil, Executive Director
Laura Beard, SEED Lead Family Contact
Janet Boughter, Training Coordinator
Mary Chicoinesmith, Office Support Staff
Patti Elam, Regional Family Contact
Barbara Greene, Project Coordinator
Mike Karman, SEED Lead Family Contact
Julie Neace, Regional Family Contact
Carmilla Ratliff, Youth Empowerment Specialist
Kate Tilton, Program Coordinator
Joy Varney, Associate Director

KPFC is supported by grants from the Substance Abuse and Mental Health Services Administration, the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities, Kentucky System to Enhance Early Development, and by private and agency donations.

Thank You to the Following Donors

Arvin and Susan Davis made a donation in honor of Carol Cecil
 Ken and Barbara Whelan made a donation in honor of their grandchildren

Come Join KPFC for a Free Training and Luncheon on Creating a System of Care

KPFC will be holding four special trainings across the state of Kentucky. Participants will learn how to create a System of Care that supports children with emotional and behavioral difficulties. **Who should attend:** Anyone who works in one of the systems mentioned below or is a parent or teenager that receives services from one or more of these systems. Contact Carol Cecil at cwcecil@kypartnership.org or (800) 369-0533 to register. Space is very limited. Sign up early!



Date	Location	Lunch Provided by
February 9, 2012	Plaza Hotel, Ashland, KY	Pasta Buffet from the Plaza Hotel
March 1, 2012	Country Inn & Suites, Paducah, KY	Quizno's
March 8, 2012	Hampton Inn, Somerset, KY	Sonny's Barbecue
April 19, 2012	Comfort Suites Hopkinsville, KY	O'Charley's



Dates to Remember



Step Up for Kids Regional Conference Jan 13

Held in Northern Kentucky, advocates, policymakers, community leaders, and others who care about children will gather to discuss the issues currently facing Kentucky's kids and families and how to raise their voices in their community and Frankfort in order to make positive changes. For more information contact KY Youth Advocates at (502) 895-8167 or go to www.kyyouth.org.

Kentucky Summit to End Child Abuse Deaths Jan 14

Join national experts, state government leaders, child welfare professionals, advocates, and others who work on child and safety issues as they tackle this complex and compelling issue in a focused and action-oriented manner. Contact KY Youth Advocates at (502)895-8167 for details.

More Than Shared Classrooms Jan 14

Michael Remus presents this workshop in Florence which will cover strategies for educating students with disabilities. Contact the Arc of Kentucky for more information (800)281-1272.

How to Influence Public Policy in Frankfort Jan 23

Sheila Schuster presents on the importance of legislative advocacy for health and mental health professionals, consumers and others. The advocacy process itself will be described from the perspective of an experience lobbyist and psychologist. This training will be held in Frankfort. Go to www.kpa.org for the registration brochure or call (502) 894-0777 for more information.

874K Coalition Advocacy Days in Frankfort

Seven Counties and Communicare	Jan 31
Bluegrass and NorthKey	Feb 29
All Other Regions	Mar 15

Help with transportation and lodging may be available. If you would like information about the Advocacy Action Network's events please call (877)894-0222, go to www.advocacyaction.net, or email Sheila Schuster at advocacyaction@bellsouth.net.

Children's Advocacy Day Feb 16

Children's Advocacy Day at the Capitol is an effort to unite advocates from across the state to raise their voice on behalf of children's safety, health, education and economic well-being. To register for this event go to www.kyyouth.org or call (502)895-8167.

KPFC Leadership Academy Mar 16-18

KPFC is coming to Western Kentucky for the next Leadership Academy! The training will be held at Kenlake State Park in Hardin, Kentucky and is for:

- ◆ **Parents/primary caregivers** of children with emotional, behavioral, mental health, and/or substance use disabilities
- ◆ **Young adults (16-24 years old)** that have an emotional, behavioral, mental health and/or substance use disabilities. These transitional-age youth must be at least 16 years old and be able to participate in the group process (IMPORTANT: All young adults under 18, or who are over 18 and have a guardian, must have a parent or guardian that will attend the conference with them).

The cost of the Leadership Academy is free to all participants. To register, contact the KPFC office at 800-369-0533 or kpfc@kypartnership.org.

Kentucky Family Peer Support Specialist Core Competency Training Apr 22-27

KPFC is offering a week-long training in Lexington for parents who are interested in receiving in-depth training to provide family peer support to other families that have similar stories. To be eligible you must:

- Have successfully completed the Leadership Academy,
- Submitted a Kentucky Family Peer Support Specialist Core Competency Training application and all the required documents, and
- Be approved as an appropriate candidate for the Core Competency Training.

The training focuses on Motivational Interviewing, Leadership Skills, Professional Roles and Responsibilities, Wraparound Model, and Professional Boundaries. If you are interested, please contact the KPFC office at 800-369-0533 or kpfc@kypartnership.org.

Arc of Kentucky Conference Apr 27-28

Mark your calendar! Come join the ARC of KY for two days of educational opportunities and networking! The conference will be held in Louisville, KY. For more detailed information, please visit www.arcofky.org or call (800)281-1272.

Children's Mental Health Awareness Day May 9

Save the date and be sure to look in our April issue for information about events and activities!



Getting Accommodations at College: Tools for School

TRANSITIONS RTC

If you are having trouble with school due to mental health, your school is obligated to provide extra supports and services to help you succeed. These supports and services are called accommodations and they can make a difference! Your school may also make some modifications to the courses at your request.

What Accommodations or Modifications Can I Ask For?

What Do I Need In the Classroom?

- Preferred seating
- Breaks allowed during class
- Voice recorded lectures
- Classmate acts as a note-taker
- Text and syllabus available in advance
- Class materials available on computer
- Frequent feedback on ongoing class work
- Alternate formats for assignments

What Do I need During Exams?

- Exams in alternate formats such as written, oral, or electronic
- Extended time for test taking
- Exams given one-on-one
- Breaks allowed throughout test
- Testing in a room with limited distractions
- Allow exam to be taken in 2-3 sessions throughout the span of a few days

What Do I Need Completing Assignments?

- Extended time to complete assignments without lateness affecting grade
- Advance notice of assignments
- Textbook available on tape
- Assistive technology available for assignments
- Working in pairs on in-class assignments
- Help with assignments during hospitalization

In General?

- Reduced course load (being a full time student without having to be signed up for the normally required 12 credits)
- First choice for signing up for classes to make a less stressful schedule
- Textbook given in different format (on computer/on tape)
- Incomplete given instead of failure if relapse occurs
- Assistance with filling out financial aid/registration forms
- And more!

How Do I Get Accommodations?

1. **Find the disability services center** on your campus (typically called “disability services”). If there is no disability services center on your campus you can find out through your school’s student support services whom to contact. Set up a meeting with someone there to find out about services.
2. **Get a signed note** from your psychiatrist or doctor that says what mental health condition you have (some schools may require different types of documentation). Only provide the minimum medical information that the school requires in order for you to qualify. Bring the note to disability services.
3. **Tell the person at disability services** what accommodations you feel you need. You can go to your doctor or others to get suggestions on what accommodations would work for you.
4. **Decide.** Someone at disability services will use the accommodations suggested to approve the services and modifications.
5. **Notify teachers.** Depending on the school, you or the disability services staff will provide your professors with your accommodation letter. The accommodation letter will not disclose your specific diagnosis, but will state that you have a disability that entitles you to receive modifications.
6. **Revise.** You can go back and make changes to your accommodations at any time. You may need different ones depending on the classes you take.

What About Confidentiality?

You will have to tell disability services about your mental health. Check with them about their privacy policy as this varies by school, but most will assure confidentiality at your request. Your teachers will know you have a documented disability, but that’s all.

References:

Souma, A., Rockerson, N., Burgstahler, S. (2009). DO-IT. Academic Accommodations for Students with Psychiatric Disabilities . Retrieved January 28, 2011, from <http://www.washington.edu/doiit/Brochures/Academics/psych.html>.

Virginia Commonwealth University. (2009). Going to College. Getting Accommodations. Retrieved January 28, 2011, from <http://www.going-to-college.org/campuslife/accommodations.html>.

Canadian Mental Health Association. (2004). Your Education Your Future. Academic Accommodations. Retrieved January 28, 2011, from <http://www.cmha.ca/youreducation/accomodations.html>.

Center for Psychiatric Rehabilitation. (n.d.). What Accommodations Support School Performance? Retrieved January 28, 2011, from <http://www.bu.edu/cpr/reasaccom/educa-accom.html>.

Visit Transitions RTC online at <http://labs.umassmed.edu/transitionsRTC>

Visit Voices4Hope online at <http://voices4hope.wikispaces.com/>



Suggested Citation: Costa, A. (2011). Getting Accommodations at College: Tools for School. Transitions RTC, Tip Sheet 2. Worcester, MA: UMMS, Dept. of Psychiatry, CMHSR, Transitions RTC. This publication can be made available in alternative formats upon request through TransitionsRTC@umassmed.edu

The contents of this tip sheet were developed with funding from the US Department of Education, National Institute on Disability and Rehabilitation Research, and the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (NIDRR grant H133B090018). Additional funding provided by UMass Medical School’s Commonwealth Medicine division. The content of this tip sheet does not necessarily reflect the views of the funding agencies and you should not assume endorsement by the Federal Government.



Early Childhood Spotlight

Early Childhood... a natural extension of KPFC's mission

KPFC exists to provide support for parents who have children with behavioral health challenges. Our focus has expanded in the past few years to include early childhood—with the firm belief that the earlier the intervention, the more positive the outcome!

We have been able to get heavily involved through our association with Kentucky's System to Enhance Early Development (KY SEED). KY SEED is a \$9 million, six year cooperative agreement between the Substance Abuse and Mental Health Services Administration and the Kentucky Division for Behavioral Health and is committed to supporting Kentucky's further development of its system of care for children **age birth to 5** who have social, emotional, and behavioral needs and their families.

KPFC is a core partner with the SEED initiative **ensuring that family voice is heard at the practice, program and policy levels**. Some recent efforts on our part to this end include:



Early Childhood Family Conference

48 Parents/caregivers and 52 children along with 32 staff members made up our conference attendance this year. The conference was a huge success thanks to the collaborating efforts of KPFC staff, Youth Council members, SEED staff, Public Health, Childcare, First Steps, DBHDID staff and KY-SPIN. This October event provided parents an opportunity to attend trainings and networking events while childcare and activities were provided on site. Families also had a chance to recreate together at a fall festival. This was our second Early Childhood Family Conference and with your support, we hope to make this an annual event!

Nurturing Parent Groups

KPFC along with KY SEED hosted Dr. Stephen Bavolek founder of Parenting the Nurturing Way and Family Development Resources, who trained 71 participants in Lexington, KY in September of this year. 10 of those participants were family members. Participants agreed to a commitment to provide Nurturing Parent groups over the next year. KPFC will be the central data collection site for the programs.



We are very proud to have new parents and caregivers joining our movement and are very excited to be providing much needed resources via our website, trainings, and conferences!

School-Age Children

- **Kentucky Department of Education: 2011-2012 Guidance Document for Individualized Education Program (IEP) Development** The "Guidance Document for Individual Education Program (IEP) Development" provides clear, concise instructions and best practice examples for Admission and Release Committee (ARC) members including chairpersons, teachers, related service providers and parents. This document introduces numerous concepts and provides hyperlinks to more comprehensive discussions, resources and training materials. www.education.ky.gov/NR/rdonlyres/E9304BA1-8618-
- **Another Good Resource for Caregivers** navigating special education issues is Protection and Advocacy's Partners in Advocacy: A Guide to the IDEA Process which can be downloaded from their website at www.kypa.net under their "publications" tab.



Transition-Age Youth

- **New Youth Video!** Rob Morton, collaborated with the KPFC Statewide Youth Council to create a video about strength and resiliency. Go to the YouTube website at www.youtube.com and use the search words "kpfc you are the world" and then click on the **Official "You Are The World" Music Video**. You can also visit the youth section of our website to view the video at www.kypartnership.org.
- **KPFC Youth Leaders go to Washington, D.C.** - In November, nine Kentucky youth had the opportunity to travel to Washington, D.C. for the Federation of Families for Children's Mental Health conference. The conference provided diverse training opportunities for youth leaders and advocates.



KPFC Dads

KPFC has initiated new opportunities for dads to get engaged. With the addition of Mike Karman as Lead Family Contact, it seemed like a good time to ramp up our efforts toward a population who may see things in a different way.

D.A.D. "Dads Are Different"

Dads experience the challenges of parenting (and the unique challenges of parenting special needs children) in a different way. In the coming year we will have our first fatherhood retreat (which is full at this time). Following the retreat, we will be working diligently to expand opportunities for dads to network together and provide peer support for each other in a way that they will design.

KPFC Dads

It is not flesh and blood but the heart
which makes us fathers



Resources

- ⇒ **The "Action Signs" Project** provides an easy to use toolkit to help parents, educators and health professionals identify children at behavioral and emotional risk. Despite well-documented levels of emotional and behavioral concerns in the nation's youth, studies have repeatedly shown that up to 75 percent of youth with mental health disorders such as ADHD, bipolar disorder, anxiety, and eating disorders are usually not identified, and youth do not receive the care they need. Visit www.samhsa.gov/newsroom and go to their article entitled *Mayo Clinic partners with advocacy organizations to create tools to help recognize youth mental health disorders*, published on October 25, 2011.
- ⇒ **Student-Directed IEPs** As a student, you can get more involved in your individual education program (IEP) meetings. Learn more about speaking for yourself, planning for coursework, and setting postsecondary goals in this video. Go to www.hdi.uky.edu/sf/media/Student_Directed_IEP.wmv.
- ⇒ **Fetal Alcohol Spectrum Disorders (FASD): A Guidebook for Kentucky Families 2011** This is a great new resource for families with children who have FASD. This resource was created by Debbie Lorence, the social worker on the staff of the FASD clinic associated with the Weisskopf Child Evaluation Center in Louisville. To download a copy of the guide, go to: <https://louisville.edu/childevaluation/clinical-genetic-services-1/fetal-alcohol-spectrum-disorders-clinic.html>.
- ⇒ **Facebook Provides First-of-a-Kind Service To Help Prevent Suicides** SAMHSA and the National Suicide Prevention Lifeline are collaborating with Facebook to help those in crisis. In partnership with the National Action Alliance for Suicide Prevention, Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the Nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the "Report Suicidal Content" link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an email from Facebook encouraging them to call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.
- ⇒ **A Youth Guide to Treatment and Treatment Planning: A Better Life** This "workbook" provides strategies to engage young people in the treatment planning process and offers significant insights into strengths-based treatment planning. This new document is a follow up to the highly successful Youth Guide to Wraparound: Your Life, Your Future. Go to <http://www.cmhnetwork.org/news/youth-guide-to-treatment-treatment-planning-a-better-life> to download a copy of the guide.



Your Feedback About Managed Care is Needed!

The Kentucky Mental Health Coalition would like feedback about Kentucky Medicaid Managed Care. Please share any experience you, a family member, or an individual you serve has had with the Managed Care Organizations (MCOs). By calling (800)242-9867, your feedback will help to address problems and to improve information and services. Additional ways to communicate problems or concern include contacting the Advocacy Action Network by emailing advocacyaction@bellsouth.net or by calling toll free at (877)894-0222; contacting the Kentucky Association of Regional Programs (KARP) at (859)272-6700; or by calling Protection and Advocacy at (800)372-2988.

AND REMEMBER!!!!

If you are unhappy with the MCO that you or your family member has been assigned, you may request to change to a different organization, but the deadline to switch is January 31, 2012. After that, members will have an opportunity to switch MCOs annually, similar to private health insurance open enrollment. For more information about changing MCO's or other frequently asked questions go to the Medicaid Managed Care in KY website at <http://medicaidmc.ky.gov/Pages/index.aspx> or call them at (855) 446-1245.



Parent

2011 Parent and Professional Award Winners



Professional



Board Member Michelle Hickman (left) presents Sandy Brigner with her award.

In Honor of Libby Fernandez Outstanding Parent Leader Award recipient: Sandy Brigner

Sandra Brigner has been the FIVCO Regional Interagency Council's parent representative for over two years. She regularly dedicates her time to attend the RIAC meetings and to work one on one with other parents on school issues. Sandra is the parent of a child with Asperger's Syndrome; she has a firsthand knowledge of the unique needs of families who must learn how to navigate the system of care. She also makes herself available for parent support group meetings, volunteers at the IMPACT summer groups, and utilizes her gift of organizing. After researching information about Asperger's Syndrome, Sandra started her own separate support group for parents of children with autism spectrum disorders-- PEACE for Autism. Recently she agreed to take over the creation of the regional parent newsletter while remaining in school to finish her degree; her goal is to work with children who are diagnosed with severe emotional disorders and wants to focus on early childhood.



Board Member Gayle Yocum (left) presents Mary Molsky with her award.

In Honor of Betty Triplett Outstanding Professional Award recipient: Mary Molsky

Mary Molsky is the coordinator for the "functional mental disabilities" class at Beaumont Middle School in Lexington and founder/sponsor of the "Gummy Bears Club." The Gummy Bear Club provides opportunities for students without disabilities and those with disabilities to interact. With the club's motto, "Look with your hearts," students have become advocates not only for inclusion of special needs students but also for change in their communities. Due to her tireless efforts and generous spirit, several other area elementary, middle and high school clubs based on the "Gummy Bears" model have been introduced. Many founders and supporters of the additional clubs cite Ms. Molsky as the catalyst for their clubs. The students without disabilities and those with disabilities create friendships that extend beyond the classroom, ensuring future friendships beyond the middle school environment.

Kentucky Partnership for
Families and Children, Inc.
207 Holmes Street, First Floor
Frankfort, KY 40601

NON PROFIT
U.S. POSTAGE
PAID
Lexington, KY
Permit No. 1478

**You can make a difference for children and their families
by supporting
Kentucky Partnership for Families and Children, Inc.**

Easy Ways to Help KPFC

Purchase a \$5 Kroger gift card for \$5. Use this Kroger card as a Kroger debit account. All of the purchases you make on this card, Kroger donates 4% of your amount to KPFC. Contact KPFC's office to obtain a Kroger card.

Make a cash donation in the amount of:

\$10 \$15 \$25 \$50 Other

Make a donation in memory or in honor of a loved one. Amount enclosed: \$25 \$50 Other

___ In honor of _____ OR ___ In memory of _____

If you are a state employee, you can write KPFC in on your Kentucky Employee Charitable Campaign application; this will allow you to donate a small amount out of each paycheck to KPFC.

For more information about how to include KPFC in your will, contact the KPFC office.

**Please send this form along with your check or money order payable to KPFC to:
KPFC, 207 Holmes Street, First Floor, Frankfort, KY 40601**

Your donations are tax deductible!