



Partners for Success
**Family Support and Resource
 Center**

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2011 Parent Involvement Survey ... Coming Soon!

The Maryland State Department of Education (MSDE) will be distributing their 2011 Parent Involvement Survey beginning in April.

The Parent Involvement Survey will be available to parents of children age 3 through 21 who are receiving special education services through their local school system or have been placed in a non-public facility by the school system.

The survey is to determine how well your child's school is partnering with you and promoting parent involvement in your child's education. The survey was developed by the National Center for Special Education Accountability Monitoring (<http://www.monitoringcenter.Lsuhs.edu>). All states must collect this data as required under the Individuals With Disabilities Education Act (IDEA).

Parents can fill out the survey by hand and return it in a postage-paid return envelope, if you misplace the envelope please mail the completed survey to REDA International, Inc., 11141 Georgia Avenue, #517, Wheaton, MD 20902-4680.

You can also access the survey on the internet at <http://www.mdiepsurvey.com> or through your local school system's website. If you choose to complete the survey Online you will need the access code located on the back of the paper survey.

To be sure your answers are counted please use a blue or black pen or a #2 pencil to fill in ONE bubble for each question on the paper survey.

The survey is designed to be anonymous. A code number is used to track the school districts where the children attend school. Participation is completely voluntary, your child's services will not be impacted in any way if you decide not to complete the survey. We hope you will choose to complete the survey and have your opinions heard.

If you have more than one child receiving special education services you will receive a survey for each child. Please fill out each survey you receive.

If you have any questions about the survey, contact Pat Shamer at (410) 767-7548 or pshamer@msde.state.md.us

Deaf Community Night

May 13, 2011

Celebrate Deaf Community Night with Deaf Independent Living Association, Inc. (DILA) on Friday, May 13, 2011, as they cheer the Delmarva Shorebirds to victory against the Greenwood Grasshoppers at the Arthur W. Perdue Stadium, Hobbs Road in Salisbury. Game time is 7:05 p.m. Blankets will be given away to the first 1,000 ticket holders through the gate that night. Sign language interpreters provided. Tickets are \$4.50 per person for general admission, meal plans are available to add on to your general admission ticket, for an additional \$6.50 you will receive a hotdog, chips, and small beverage or for \$7.50 add a hamburger, chips and small beverage. Tickets must be purchased no later than May 6, 2011.

For more information contact Laura Jones at DILA at 410-742-5052 or visit their website at www.dila.org



Deaf Camp & ASL Camp

Manidokan Camp and Retreat Centers provides a beautiful 300-plus acre facility for Deaf Camp and ASL Camp. Manidokan is bordered by the Potomac River and the C&O Canal, and is only 20 miles West of Frederick. Deaf Camps, Inc., welcomes deaf, hard of hearing children ages 7 to 19 to attend Deaf Camp and children ages 8 to 18 to attend ASL Camp.

Camps will be held July 31 - August 5, 2011. Scholarships available. For more information visit www.deafcampsinc.org or call (443) 739-0716.

Plenty to Worry About: Children & Stress



By: Jennifer DeGeorge, Resource Specialist for the Described and Captioned Media Program

For the 19th consecutive year, the Health Resource Network has designated April as Stress Awareness Month. During this 30-day period, health-care professionals and health-promotion experts across the country join forces to increase public awareness about both the causes and cures for our modern stress epidemic. These experts teach that stress has many causes and affects people of all ages, from all walks of life.

What are causes and types of stress in children? Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and tension are numerous and varied, surprising adult providers and caregivers who often tend to view the world of children as happy and carefree. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about? Plenty!

Here are a few examples of concerns among children:

- Feeling rushed
- Taking tests, doing homework, writing papers, not getting good enough grades, changing schools
- Separation from family
- Being left out of a group, not getting along well with teachers, not being good enough at sports
- Health problems or becoming sick
- Personal harm from other children, family or others.

In order to help children deal with their concerns, caregivers and teachers must be able to identify the signs of stress. Some indicators include school avoidance, sleep disturbance, increase or decrease in energy level, and withdrawal from family and friends.

Where can you go for assistance?

One place is the Described and Captioned Media Program (DCMP)! DCMP has abundant and appropriate resources for any child, elementary through high school.

For your child's success in study skills and your learning how to teach those skills, try viewing [Developing Good Study Skills \(Part 1&2\)](#) and [Study Smarts: Skills & Strategies for Top Grades](#). To combat those stress-causing bullies, try [Ghosts in the Hall](#), which explores the all-too-common problem of bullying and offers suggestions on how to handle it and work toward a possible solutions. Also [Against Bullying Series \(Parts 1-3\)](#) explores understanding bullying, what it means to be a bystander, and better ways to communicate; and [Every Young person Has Challenges](#), in which 15 young people speak candidly about personal challenges they face, including grades, bullying and racism.

DCMP can also provide guidance on stress management:

- To encourage physical exercise, good nutrition, and staying active try [Exercise: It's Good For You](#). A healthy body depends on a whole family changing their lifestyle.
- To teach your child to problem-solve, you can view [Taking Control: Strategies for Coping With Stress](#). Issues covered include ways to manage stress, minimize distress, and prepare to survive anticipated stressful situations.
- To help foster a sense of positive self-esteem and personal responsibility, try [Families Growing Together: Doing Something Right](#), which discusses how parents' positive words and attention help build self-esteem and self-worth in their children.
- To demonstrate how one can develop the ability to "bounce back" after something negative happens, don't miss [Building Resilience](#), which discusses the importance for young people to build resilience so that they can recover from stress and trauma.

DCMP also has a clearinghouse of information that contains articles like [Hear Me](#), which examines the reasons why stress and abuse can be underreported; [Muffled Journey](#), which is the author's account of her life as a person who is hard of hearing and the stressors (and joy) therein. For more information about DCMP or to sign up for this free library of service visit their website at www.dcmp.org.

Military Families and Special Education

Military life presents some unique challenges, Military families and families working for the military relocate a lot. In addition, families have been experiencing long and more frequent deployments. During this time, children face difficult issues, including transfers in and out of schools, leaving friends and family, while often dealing with emotions about a parent who is deployed to other countries.

Moving is a hard reality of military life. As a result, families find themselves adjusting their lifestyle to accommodate these changes. Relocating and deployments can put stress on any family, but having a child with special needs complicates matters even more. Military families have to find local services and supports with each new move. When a family member is deployed, the parent left behind has to manage all of the parenting duties on their own.

There is help with programs such as the Exceptional Family member Program (EFMP) www.militaryinstallations.dod.mil. The EFMP assists families by addressing the family's special needs. This includes any special medical, mental health, developmental or educational needs.

Preparing for Deployment

Communicating your needs and working with the command is extremely important and will give you the confidence to deploy without fear. Engage early with the military support community such as Army Community Support (ACS) to help you as you prepare to deploy.

Before leaving for deployment, take lots of pictures and video of you with your child so he will have constant visual reminders of you.

Talk with your child about how things will be different while you are gone. Social stories are a good preparation tool for children. Allow your child to spend time with the caregivers he will be with while he still have opportunities to come home to you and share concerns about staying with someone else. Let your child know you are listening and take each concern seriously, even if to you some of them may seem trivial.

In children, it is common for fear and depression to be expressed as anger and aggression. If you notice this, talk with a psychologist. If this goes unaddressed, these behaviors may worsen while you are gone.

Deployment is hard on the child as well as the parents and spouse. Pre-deployment can last up to a year with long hours of preparation and training. Single parents in the military have the added stress of needing to designate long and local short term care providers for times of deployment. Often, grandparents or other family members become the long term care providers. The child will usually go and live with this caregiver during deployment, sometimes creating a difficult transition for a child with special needs. The long term care providers may not have the knowledge of how to cope with the challenges of your child, schools, IEPs, and other services your child needs. Set aside as much time as you can to train the caregiver in your child's routines, and introduce them to your child's doctors and specialists.

Communication & Support

Communication throughout the deployment is essential and possible with the internet, phone banks, and old fashion letter writing. Communication will give the long term care provider or spouse the necessary support during tough times. It Family Readiness Groups (FRGs) and other military support groups can really make an enormous difference especially when a spouse doesn't have any family in the area. Counseling is available by military chaplains for families and soldiers especially during the pre-deployment and re-deployment phase.

Coming Home

Many people think after deployment is over that life just goes back to normal, but there is usually a long adjustment period for the entire family. Even if you have left visual reminders of your life together, it will still take time for your child to adjust to the change in the actual physical family dynamics.

Routines and predictability can be critical for some children. Be aware that while you were away, your child's routine may have changed. Before you come home, ask your child's other parent or caregiver about routines, rules and rituals that your child will be expecting you to adhere to.

If adjustment feels overwhelming for you, your child, or other members of the family, seek the help of a counselor or therapist.



See Page 4 for a list of resources available for Military Families.

Family Support and Resource Center

8169 Old Montgomery Road
PO Box 894
Columbia MD 21044
Phone: 410-480-4597 (v/tty)
Fax: 410-480-4598
E-mail: partners@msd.edu

A statewide support service for families with children who are Deaf or Hard of Hearing and the professionals who support them



Camp Sharp 2011

Summer communication program for deaf and hard of hearing children

The Gallaudet University Hearing and Speech Center is hosting Camp SHARP. The program provides an intensive, language-rich, communication-accessible, and enjoyable environment for deaf and hard of hearing children to improve their spoken language skills. The children will have opportunities to develop and enhance their spoken English skills and have their sign language skills reinforced through child-centered, play-based activities. Skill areas addressed include speech, listening, expressive and receptive language and literacy. The summer services are offered between June 20 and July 29, 2011.

For more information contact Andrea Handscomb at (202) 448-6967 or at andrea.handscomb@gallaudet.edu

Save the Date for these Upcoming Workshops

May 2, 2011

Cochlear Implant Parent Workshop
CI Manufacturers technical assistance
Maryland School for the Deaf-Columbia Campus
12:00 - 2:00 pm
For more information contact Jennifer Mertes
(410) 480-4570 or Jennifer.mertes@msd.edu

May 6, 2011

Carrying Learning Over Into The Home
10:00 am - 12:00 pm
Western Pennsylvania School for the Deaf Outreach Center
3820 Hartzdale Drive
Camp Hill, PA
For more information contact Jessica Marks
(717) 909-5577 or jmarks@wpsd.org

May 12, 2011

Cochlear Implant Family Support Group
Assistive Technology
7:00 - 8:30 pm
Maryland School for the Deaf - Columbia Campus
Denton (Main Building) - Multi Purpose Room
8169 Old Montgomery Road, Ellicott City, MD 21043

June 22 - 26, 2011

American Society for Deaf Children 2011 Biennial Conference
Maryland School for the Deaf - Frederick Campus
Frederick, Maryland
For more information contact Erin Buck
(301) 360-2054 or erin.buck@msd.edu

For more information about any of the workshops listed please contact the Family Support & Resource Center at 443-277-8899 (v/text) or (410) 480-4597 or Cheri.Dowling@msd.edu

Resources for Military Families

Family Support Centers (FSC)

FSC's can connect you with the Exceptional Family Member Program. This will ensure that your child's medical and educational needs will be considered as a duty station is selected.
www.militaryinstallations.dod.mil

New Parent Support Program

This program assists expectant and new parents through a variety of services.
www.militaryhomefront.dod.mil

Family Advocacy Program (FAP)

FAP sponsors activities and services to include public awareness briefings, individual and couples counseling, crisis intervention, support groups, stress management and other well-being workshops.
www.militaryinstallations.dod.mil

Relief Societies

Relief societies exist to help families with unexpected problems or financial emergencies.

Army Emergency Relief Society

www.aerhq.org

Navy/Marine Corps Relief Society

www.nmcrrs.org

Air Force Aid Society

www.afas.org

Military One Source

Provides information, referrals, and assistance to the military community
www.militaryonesource.com