

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

The following is a list of our more popular workshops by general topic. Each of our workshops typically runs 90 – 120 minutes, with some exceptions. If there is a topic you are interested in that does not appear on the list, please contact us to discuss your needs.

To arrange for a workshop, please contact us at info@pncrny.org or call [640-3320](tel:640-3320).

Special Education Process and Effective Communication

Overview of the Special Education Process

This training is for parents and professionals that are new to the special education process. Topics will include: special education regulations, services that children ages birth to 21 are entitled to, how to work with the special education team, and a description of the Individualized Educational Plan (IEP) and what it should include. This workshop can be customized to focus on a specific age group (e.g., early childhood, pre-school, or school age).

Does My Child Need Special Education? IEPs, 504 Plans and Response to Intervention

Are you concerned that your child is falling behind or struggling at school? Do you suspect that your child may not learn as quickly or in the same way as other students? Has your child been diagnosed with ADHD or another **disability** that impacts learning? In this workshop, participants will learn about the options available to address the needs of students who are struggling at school.

Anatomy of the Individualized Education Program

This training is for parents who want to gain a better understanding of an Individualized Education Program (IEP). This workshop takes participants through each section of the IEP and provides information on what the New York State-required content is for each section. The training also discusses the IEP as a strategic planning document emphasizing how the IEP is developed; that the parent is part of that process and how each section builds upon the next in order to guide instruction for the coming year. Participants will gain an understanding of the CSE/ CPSE process in general and the meaning of frequently used terminology in special education.

The Scoop on Special Ed Services & Extended School Year

Participants will gain a practical understanding of the services and placement options in the special education continuum. Examples include: self-contained and integrated classrooms, consultant teachers, 1:1 and shared aides, counseling, social skills groups, resource rooms, related services and parent training. Participants will also learn about testing, homework and other accommodations, and the ins and outs of extended school year services.

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

Graduation Options and Transition for Students with Disabilities

Learn about the graduation and diploma options available to students with disabilities; including the new Career Development and Occupational Studies Credential (CDOS), and the Skills and Achievement Commencement Credential (SACC). Discover the essential, but often overlooked skills needed for life after high school and how to use your student's IEP transition plan to achieve them.

Progress Monitoring: What Does it Mean and what do Parents Need to Know?

Progress monitoring is the process of evaluating student performance using assessments on a repeated basis to determine how well a student is responding to instruction. Information gained from progress monitoring is essential to developing quality IEP goals, and planning and delivering effective intervention. Specific examples of progress monitoring will be shared.

Special Education Record Keeping Workshop

This interactive workshop is for parents, guardians and advocates of children with special needs. Bring your child's educational records including: evaluations, quarterly reports, report cards, copy of IEP, etc. The PNCR will provide binders, tabbed page dividers, 3-hole punch and cover page. During this workshop, participants will learn which documents are important to keep and will organize them into a useful binder that they can add to in the future.

Accommodations and Modifications for Students with Disabilities

For many students with disabilities, the key to success in the classroom lies in having appropriate accommodations, and modifications made to instruction and other classroom activities. Some adaptations are as simple as moving a distractible student to the front of the class or away from the pencil sharpener or window. Other modifications may involve changing the way material is presented or the way that students respond to show they are learning. In this workshop we will discuss the difference between modifications and accommodations, and will talk about ensuring that necessary accommodations and modifications are part of the students Individualized Education Program.

Starting Off On the Right Foot: Working with Your Child's Educational Team

The research is clear, when parents and schools work together, kids are more successful. This workshop will highlight essential elements of effective communication that are critical for positive home/school relationships. Participants will learn simple, practical steps for working with their child's educational team to build effective communication and more effective IEPs. The focus will be on the prevention of conflict and how to address conflict when it does arise. Learn how to be a more confident player on your child's educational team.

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

Preparing for Your CSE Annual Review Meeting

This training will give parents of students with disabilities the tools and tips they need to help prepare for their child's Annual Review CSE Meeting. This training will also cover all sections of the IEP and how they relate to the CSE meeting.

Disability Specific and Special Interest Topics

Understanding Specific Learning Disabilities

In order to be successful, students with Learning Disabilities need to learn to be strategic learners/thinkers. In this workshop participants will develop an understanding of learning disabilities and characteristics that are often present in students with learning disabilities. We will explore strategies for supporting students and will discuss the need for academic accommodations and modifications for students with LD.

Understanding the Impact of Depression on Students with Disabilities: How Can We Help Them in School?

A recent study shows that approximately 50% of students who are eligible for special education services could be diagnosed with depression. Depression and other mood disorders have a significant impact on a child's performance by affecting memory, recall, motivation, task completion, social relationships, and other academic areas. This training will provide an overview of the symptoms of depression in children and teens, and the impact of depression on the child's school performance. We will also look at classroom accommodations that may be helpful in working with children and teens who struggle with depression. Finally, we will talk about the role that self-esteem plays in children with disabilities and the ways that parents and professionals can help boost self-esteem.

Helping Your Child with ADHD Improve Performance in Class Work & Homework

This training will provide an overview of skills that children with ADHD often struggle with, such as, organization, focus, time management, task completion, etc. Strategies will be discussed for supporting the child through accommodations and teaching new skills to assist with school performance and homework tasks. Parents will be provided with checklists, sample forms, and other handouts that will serve as useful tools in working with your child's school.

Just for Parents: What you need to Know if you Suspect your Child has a Disability or is Newly Diagnosed

In this workshop, parents of children birth through school age will learn (in plain language) what do if they suspect their child has a disability. Parents will learn about the various supports that are available as well as the process for understanding special education services.

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

This is Not the Life I Imagined: Grief & Coping Skills for Parents of Children with Disabilities

When a child is diagnosed with a disability, the whole family is affected. Parents of children with disabilities often experience “chronic sorrow” that is described as a long-term form of grief that begins at the time of a child’s diagnosis and recurs at various times throughout the child’s life. This training will provide an overview of the grief cycle, focusing on the impact of grief on the family. In addition, information will be provided on coping mechanisms that can be helpful in dealing with stress related to caring for a child with a disability.

Bullying in School and Special Considerations for Students with Disabilities

We all know that the impact of bullying can be devastating, particularly for students with disabilities. This workshop will provide an overview of bullying in school and special considerations for students with disabilities including strategies used by schools to prevent bullying, federal and state laws that address bullying and what parents can do if they are concerned their child is being or has been bullied.

Understanding Challenging Behavior: Part 1

Too often, behavior challenges related to student disability can interfere with learning. This workshop will give participants an understanding of Functional Behavioral Assessments (FBA) and Behavior Intervention Plans (BIP). How do I know if my child needs an FBA and what is involved in the process? AND what if it doesn't work?

Understanding Challenging Behavior: Part 2

In Part 2 of this workshop will look more closely at challenging behavior. We will discuss specific strategies for modifying the environment and teaching new behaviors to children both at home and in school. We will work in groups to analyze specific behaviors and develop strategies to address these behavioral challenges.

Leveling the Playing Field: Helping Foster Children Achieve Success at School (A Training for Foster Parents)

Children in the foster care system have faced many stressors in their lives. Frequent moves, delays in putting appropriate academic services into place, lack of family support, frequent out-of-school appointments, and other factors put foster children at greater risk for academic struggle and failure. Statistics show that at least 50% of children in foster care have some sort of developmental delay and 60% drop out of school before graduation. This training will provide information about the educational challenges faced by foster children and some supports that can be put in place. Information about transition planning for children in the special education system will also be provided.

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

Providing Homework Help for Students with Learning Disabilities

This workshop will help parents create a toolbox of resources to help kids with the organization and completion of homework. We will also discuss the role that executive functioning plays in homework skills, and will provide parents with resources for assessing their child's executive functioning skills and understanding the type of homework environment that best suits their child's learning style.

Understanding Fetal Alcohol Syndrome and the Impact on Children at School

This presentation will include current research-based information related to the impact that prenatal alcohol exposure has on the body and brain and the implications that this has for children at school. Best practice strategies for school-based interventions will also be provided.

Providing Educational Supports for Children Exposed to Trauma

This training was developed for foster parents, adoptive parents, kinship caregivers and parents of children who have been exposed to violence or traumatic events in the home or the community. The following topics will be addressed in this training:

- Overview of the impact of trauma on the brain, body and learning process.
- Physical & emotional signs of distress that might be seen in a classroom.
- Brief overview of 504 Accommodation process
- Supports and accommodations that can be provided in the classroom setting.
- Steps for beginning the evaluation process for children who are not yet classified in special education.

New York State Vetted Workshops and Trainings

Training of the Parent Member of the Committee on Preschool Special Education (CPSE) and Committee on Special Education (CSE)

This training was developed for use by the Special Education Parent Centers and Regional Special Education Technical Assistance Support Centers (RSE-TASC) to promote quality special education services for all students with disabilities. The modules contained within this training are intended to provide CPSE and CSE Parent Members with a best practices approach to the CPSE/CSE process and their role as a Parent Member that is consistent with State law and regulation. The goals of this training are for Parent Members to have:

- A greater understanding of the role and requirements of a Parent Member and the special education process; and
- Techniques and strategies to fulfill the Parent Member role in a meeting

***Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals***

Effective Communication Between Schools and Families is the Key to Success

This training was developed to promote quality special education services for all students with disabilities. The modules contained within this training are intended to help families and school personnel to build their communication skills and their role as a team member that is consistent with State law and regulation. The goals of this training are:

- Participants will understand both their role and the student's role in Special Education process
- Participants will understand the barriers that interfere with effective communication and strategies to overcome the barriers
- Participants will gain a basic understanding of the essential elements of effective communication
- Participants will learn about strategies and tools that will establish and maintain effective collaboration between families and schools.

Helping Parents and School Districts Become More Effective Partners

Special Education Mediation: A Collaborative Option for Resolving Disputes

This two-hour informational session will offer attendees an opportunity to look at conflict differently, learn about tools and resources to enable people to communicate more effectively and meet representatives from organizations available to assist parents and schools with communication issues. This program will also educate attendees on dispute resolution options, in particular mediation and other collaborative processes.

Attendees will leave the program with:

- Practical tips and tools for effective communication Information on programs developed to assist parents and schools in conflict resolution
- Resources for information, advice and support

This workshop is provided in collaboration with the New York State Dispute Resolution Association (NYSDRA).

Transition for Families: Preparing for Life After High School

This training was developed for use by the Transition Specialists of the Regional Special Education Technical Assistance Support Centers (RSE-TASC) and the New York State Special Education Parent Centers. The information contained within this module is intended to advance parent and family collaboration with Committees on Special Education (CSE) toward successful student transitions from school to adult life. Parents and family members of transitioning youth with disabilities will understand the links between successful transition planning, services and post-school outcomes.

The goals of this training are to ensure that parents, family members and students can work with their CSE to collaboratively:

- Assess their child's strengths, interests, and needs
- Establish measurable post-secondary goals and annual goals; and
- Identify appropriate transition services and coordinated activities.

Parent Network of the Capital Region
2014 Training/Workshop Offerings for Parents and Professionals

Coming Soon! Common Core Learning Standards and Students with Disabilities: Myths and Realities!