



IDAHO PARENTS UNLIMITED INC.

SERVING IDAHO FAMILIES WITH  
EXCEPTIONAL CHILDREN SINCE 1985

## The Parent Network April 2018

**Mission:** Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



[Click here to download a PDF of this newsletter](#)

Registration and location information for all events can be found on our website: <http://ipulidaho.org>

### Upcoming Events

\*Includes non-IPUL community events

#### Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

##### April: Success with the IEP

**In-Person:** Second Wednesday of each month

**Webinars:** Last Tuesday of each month

##### Success with the IEP - Webinar:

**Date:** April 24, 2018

**Time:** 11:00 am. and 9:00 p.m. MST

**Locations:** Webinar

Visit Idaho Parents Unlimited events calendar for location details and registration at:

<http://ipulidaho.org/events-calendar>

##### \*The Green Apple Project Autism Support Group:

**Date:** Second Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** 1630 23rd Ave, Suite 501, Lewiston, ID 83501  
(Free childcare available)

##### \*Safe Infant Sleep Class - Statewide Monthly Classes:

**\*Boise**

**Date:** Second Thursday of each month

**Time:** 5:30 - 6:15 p.m.

**Location:** Ada County Paramedics - 370 N. Benjamin Lane Boise, ID 83704

**\*Caldwell**

**Date:** Second Thursday of each month

**Time:** 5:15 - 6:15 p.m.

**Location:** West Valley Medical Center Indian Creek Room - 1717 Arlington Ave, Caldwell, ID 83605

**\*Coeur d'Alene**

**Date:** Third Thursday of each month

**Time:** 5:30 - 6:30 p.m.

**Location:** Heritage Health - 1090 West Place Coeur d'Alene, ID 83814

Register at [www.inwsids.org](http://www.inwsids.org) - Attendees will receive a Halo Sleep Sack at no charge

**\*Idaho Falls Parent Support Group:**

**Date:** Third Thursday of each month

**Time:** 9:30 - 11:30 a.m.

**Location:** Rehabilitative Health Services - 1675 Curlew Dr, Ammon, ID 83406

**\*Madison Cares Autism Parenting Support Group:**

**Date:** Third Thursday of each month

**Time:** Noon - 1:00 p.m.

**Location:** Madison Education Center - 60 W Main, Rexburg, ID 83440

Contact Deb Allen 208-359-3300 Ext. 3426

**\*Pocatello Parent Support Group:**

**Date:** Second Wednesday of each month

**Time:** 10:00 - 11:30 a.m.

**Location:** Amazing Glaze Doughnuts - 215 East Cedar Street, Pocatello, ID 83201

Join the Pocatello Support Group on Facebook for more details:

<https://www.facebook.com/groups/796698450427294/>

**\*Mom's Like Us Parent Support Group:**

**Date:** 1st and 3rd Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** Kootenai Medical Center MRI Conference Room - 2003 Kootenai Health Way, Coeur d'Alene, ID 83814

Contact Janell Woods at 208-818-3192 for details

**\*Epilepsy Support Group for Adults and Caregivers:**

June 7, 2018 6:00 p.m. (location TBD)

\*Epilepsy Support Group for Children:

May 3, 2018 6:00 p.m (location TBD)

July 5, 2018 6:00 p.m. (location TBD)

**\*Band Together Parent Support Group:**

**Meeting information can be found monthly**

at: <https://www.facebook.com/events/166216207453627/>

**Location:** 1420 South Blaine St, Moscow, ID 83843

**\*Courageous Kids Climbing:**

Contact Jeff at: [JeffRiechmann@cs.com](mailto:JeffRiechmann@cs.com) for locations and details

**\*Idaho Special Olympics:**

For details, contact: 1-800-915-6510 or visit: [www.idso.org](http://www.idso.org)

**\*CDA KROC Center Activities in North Idaho:**

Program scholarships are available.

<https://issuu.com/kroccda/docs/kroc-program-guide-winter2018?e=3057940/56428188>

\*Visit your local library for upcoming events in your area:

**North Idaho:**

[Coeur d' Alene Public Library](#)  
[Bonnets Ferry Public Library](#)  
[Post Falls Public Library](#)  
[Moscow Public Library](#)  
[Lewiston Public Library](#)  
[Orofino Public Library](#)

**East Idaho:**

[Portneuf District Library](#)  
[Marshall Public Library](#)  
[Larsen-Sant Library](#)  
[Bear Lake County Library](#)  
[Idaho Falls Public Library](#)  
[Madison Library District](#)  
[Fremont District Library](#)  
[The Community Library-Ketchum](#)

**Southwest Idaho:**

[Caldwell Public Library](#)  
[Emmett City Library](#)  
[Nampa Public Library](#)  
[Ontario Community Library](#)  
[Payette Public Library](#)  
[Weiser Public Library](#)  
[Boise Public Library](#)  
[Meridian Library District](#)  
[Mountain Home Public Library](#)  
[Twin Falls](#)  
[Kimberly Public Library](#)  
[Burley Public Library](#)

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[Parent Training and Information Center - IDEA Part D](#)



[School Lock-down Drills, Evacuations and Students with Disabilities](#)

Notifications from our children's schools announcing upcoming or completed lock-down drills and evacuation practice is an increasing occurrence to our students daily educational experience. In light of recent national school tragedies, it is time to revisit school procedures and take a closer look at the needs and

circumstances of our students with disabilities.

The attached video interview with a student who has autism, from Stoneman Douglas High School, shares his thoughts about the recent tragedy and how students with disabilities may have a harder time processing and reacting to crisis situations.

<https://www.youtube.com/watch?v=amXwzh1cL9U>

There are many things that parents can do to help teachers, caregivers, peer supports, and school administration ease the stress of crisis planning and during situations.

Below are links to sample emergency action plans, Idaho's Planning Guide, and other articles regarding crisis planning and students with disabilities.

[https://journals.sagepub.com/na101/home/literatur/publisher/sage/journals/content/tcxa/2014/tcxa\\_46\\_6/0040059914534616/20160804-01/images/large/10.1177\\_0040059914534616-table1.jpeg](https://journals.sagepub.com/na101/home/literatur/publisher/sage/journals/content/tcxa/2014/tcxa_46_6/0040059914534616/20160804-01/images/large/10.1177_0040059914534616-table1.jpeg)

To read the full article form Sage Publications, follow this link:  
<http://journals.sagepub.com/doi/abs/10.1177/0040059914534616>

More resources for parents to access and start planning:  
[https://www.washingtonpost.com/news/parenting/wp/2018/02/27/how-can-we-prepare-our-kids-with-special-needs-for-a-school-crisis/?utm\\_term=.b4b5729388a7](https://www.washingtonpost.com/news/parenting/wp/2018/02/27/how-can-we-prepare-our-kids-with-special-needs-for-a-school-crisis/?utm_term=.b4b5729388a7)

<http://www.marinschools.org/SafeSchools/Documents/EmergencyServices/MCOESpecialNeeds.pdf>

Idaho State Department of Education: Emergency Operation Planning Guide:  
<http://www.sde.idaho.gov/student-engagement/sdfs/files/emergency-ops/planning-guide/Planning-Guide.pdf>

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### [Family to Family Health Information Center - Idaho Family Voices](#)

The Idaho Division of Behavioral Health has launched a survey to learn from parents what avenues and methods they would prefer when accessing training about Youth Empowerment Services (YES). They have asked IPUL to share this link with parents and families. They are hoping parents will learn more about YES and the YES website, as well as looking forward to parent feedback so the training may be implemented to suit parents needs.

Parents can access the survey directly on this link <https://app.keysurvey.com/f/1201051/59c5/> or go to the YES website at <http://youthempowermentservices.idaho.gov/>, look under Parent and click on the red letters “Click here” for the survey. The last day to provide input on the survey is April 30, 2018.

#### **Idaho Health Care Plan Update**

The 2018 Idaho legislative session has come to an end, and once again, the health insurance coverage gap remained without a solution. Despite strong testimony in support of the Idaho Health Care Plan, the bill was sent back to committee without a vote on March 21, 2018.

Betsy Russell’s ‘Eye on Boise’ blog in the Spokesman-Review captured quotes from local leaders and advocates on their feelings about the situation. “It is incredibly disappointing that our Legislature wouldn’t even give the Idaho Health Care Plan a vote today,” said Neva Santos, Executive Director of the Idaho Academy of Family Physicians. “Multiple representatives fought for their constituents today before leadership decided they would kill this bill. Thirty-five thousand more Idahoans could have had health insurance, premiums could have been so much lower for folks that need that relief next year. Instead people will remain uninsured and health care costs will continue to rise.”

Jim Baugh, Executive Director of Disability Rights Idaho, said, “This is disappointing because we know many Idahoans with mental and behavioral health issues are living in the coverage gap. This plan could have been a way to help many Idahoans struggling with mental illness to buy health insurance, and get at least some of the treatment they need. It isn’t right that they have to face another year of suffering in the gap because leadership didn’t want to take a vote.”

Do you fall in the coverage gap? If you’re interested in sharing your health coverage story for next year’s legislative session, you can do so on the “Close the Gap” website: <http://closethegapidaho.org/> You can also visit the website to see how you can get involved even if you don’t fall in the coverage gap.

Source: <http://www.spokesman.com/blogs/boise/2018/mar/21/health-care-advocates-decry-house-move-kill-health-care-bill-without-vote/>

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Idaho Youth, this one's for you!  
Check out this awesome opportunity  
shared by the State Independent  
Living Council:

Idaho Youth Leadership Forum (IDYLF) is a career and civic leadership training program for high school juniors and seniors with disabilities. IDYLF provides young people with disabilities (delegates) the opportunity to learn full citizenship skills, including advocacy, leadership, community participation and employment skills.

The delegates are high school juniors and seniors from around the state of Idaho who have been chosen based on their application, interview and letters of recommendation. This program is a six day hands on program where the delegate will get a feel for college life.

Delegates leave IDYLF equipped with:

- Leadership plans to implement upon return to their community.

Academic and career goals.

- Work ethics and a belief that work is not only a right, but also a social obligation to reach his/her full potential.

- A resource development plan in order to attain continued or more complete independence through technology, community support peer mentoring.

The Youth Leadership Forum (YLF) was developed by the California Governor's Committee for Employment of Persons with Disability in 1992. Since then, more than 35 states, including the District of Columbia and Puerto Rico have implemented YLF in their state. YLF was highly successful in Idaho until 2012 when it was discontinued due to limited resources. We're excited for its return in 2018!

The Idaho Youth Leadership Forum (YLF) will take place at Boise State University July 8-13th. There is an application at the website below and you can get help with the application through the Disability Action Center in Post Falls (208.664.9896). If a student is not doing summer work through VR they really should apply to this program.

There is no cost for the program, all expenses are paid! Applications must be postmarked April 15, 2018.

YLF would like to have applicants from our region represented at the conference.

For more information and to apply, visit: <https://silc.idaho.gov/idaho-youth/>

Please pass the word on this opportunity!

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### [Opportunity for Parents of Children with Disabilities in Idaho to Advocate at the Federal Level](#)

There are many changes occurring at the federal level right now that may have an impact on children with disabilities and special health care needs. If these issues concern you and you would be interested in providing feedback to our congressional leaders in Washington, please note their contact information below:

#### **Washington DC Contact information:**

##### **Senator Mike Crapo**

239 Dirksen Senate Office Building  
Washington, DC 20510  
Phone: (202) 224-6142

##### **Senator James Risch**

483 Russell Senate Office Building  
Washington, DC 20510  
Phone: 202-224-2752

Fax: (202) 228-1375  
Website: <https://www.crapo.senate.gov/>

Fax: 202-224-2573  
Website: <http://www.risch.senate.gov/public/>

**Representative Raúl Labrador**  
1523 Longworth HOB  
Washington, DC 20515  
Phone: (202) 225-6611  
Fax: (202) 225-3029  
Website: <https://labrador.house.gov/>

**Representative Mike Simpson**  
2084 Rayburn House Office Building  
Washington, D.C. 20515  
Phone: 202-225-5531  
Fax: 202-225-8216  
Website: <http://simpson.house.gov/>

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## Idaho Contact Information / Office locations:

### Senator Mike Crapo:

**Boise:**  
251 E. Front St., Suite 205  
Boise, ID 83702  
Phone:(208)334-1776  
Fax:(208)334-9044

**Coeur d'Alene:**  
610 Hubbard, Suite 209  
Coeur d'Alene, ID 83814  
Phone:(208)664-5490  
Fax:(208)664-0889

**Idaho Falls:**  
410 Memorial Dr., Suite 204  
Idaho Falls, ID 83402  
Phone:(208)522-9779  
Fax:(208)529-8367

**Lewiston:**  
313 'D' St., Suite 105  
Lewiston, ID 83501  
Phone:(208)743-1492  
Fax:(208)743-6484

**Pocatello:**  
275 S. 5th Ave., Suite 225  
Pocatello, ID 83201  
Phone:(208)236-6775  
Fax:(208)236-6935

**Twin Falls:**  
202 Falls Ave., Suite 2  
Twin Falls, ID 83301  
Phone:(208)734-2515  
Fax:(208)733-0414

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### Senator James Risch:

**Boise:**  
350 N. 9th St., Suite 302  
Boise, ID 83702  
Phone:(208)342-7985  
Fax:(208)343-2458

**Coeur d'Alene:**  
Harbor Plaza  
610 Hubbard, Suite 213  
Coeur d'Alene, ID 83814  
Phone:(208)667-6130  
Fax:(208)765-1743

**Idaho Falls:**  
901 Pier View Drive, Suite  
202A  
Idaho Falls, ID 8402  
Phone:(208)523-5541  
Fax:(208)523-9373

**Lewiston:**  
313 D. Street, Suite 106  
Lewiston, ID 83501  
Phone:(208)7430792  
Fax:(208)746-7275

**Pocatello:**  
275 South 5th Avenue, Suite  
290  
Pocatello, ID 83201  
Phone:(208)236-6817  
Fax:(208)236-6820

**Twin Falls:**  
1411 Falls Avenue East, Suite  
201  
Twin Falls, ID 83301  
Phone:(208)734-6780  
Fax:(208)734-3905

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### Representative Raúl Labrador

**Coeur d'Alene:**  
1250 Ironwood Drive, #241  
Coeur d'Alene, ID 83814  
Phone:(208) 667-0127  
Fax:(208) 667-0310

**Lewiston:**  
313 D Street, Suite 107  
Lewiston, ID 83501  
Phone:(208) 743-1388  
Fax:(208) 888-0894

**Meridian:**  
33 E. Broadway Avenue, Suite  
251  
Meridian, ID 83642  
Phone:(208) 888-3188  
Fax:(208) 888-0894

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### Representative Mike Simpson

**Boise:**

**Idaho Falls:**

**Twin Falls:**

802 West Bannock, Ste 600  
Boise, ID 83702  
Phone:(208)-334-1953  
Fax:(208)-334-9533

410 Memorial Drive, Ste 203  
Idaho Falls, ID 83402  
Phone:(208)-523-6701  
Fax:(208)-523-2384

1341 Fillmore St. Ste 202  
Twin Falls, ID 83301  
Phone:(208)734-7219  
Fax:(208)734-7244

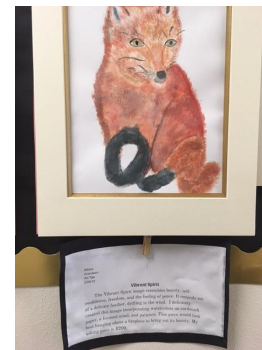
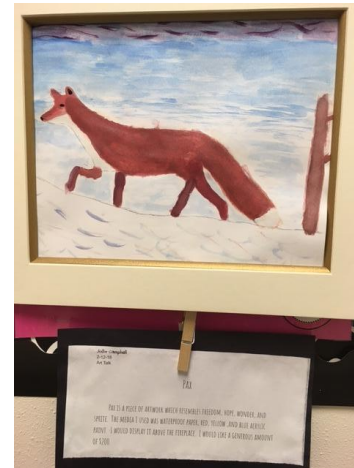
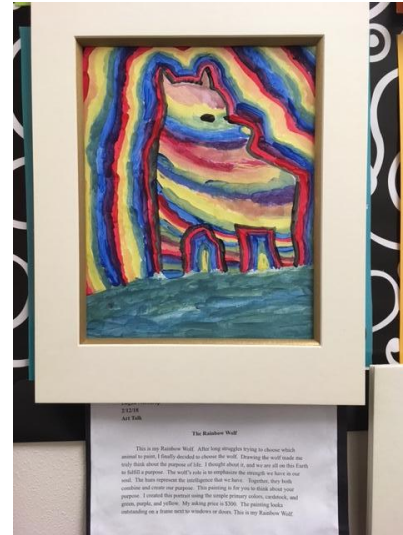
**Pocatello:**  
275 S. 5th Ave.  
Pocatello, ID 83201  
Phone:(208)-233-2222  
Fax:(208)-233-2095

## [VSA Idaho - The State Organization on Art and Disability.](#)

This winter in Notus Idaho, sixth grade students welcomed teaching artist Helen Grainger Wilson in a multi-day visual arts residency. Students learned methods and techniques for drawing and painting wildlife found in Idaho's native landscape such as the red fox shown in these photographs. Participants also produced self portraits from photographs in colored pencil, and they learned how to write a professional artist statement. This residency was tied to academic grade level curriculum for biology, English and arts and humanities state standards. Studies show arts integrated curriculum strengthens knowledge and memory in students, enhancing their artistic and critical thinking skills.

To learn more about IPUL's arts programs please contact [Heather@ipulidaho.org](mailto:Heather@ipulidaho.org).

For more about VSA International please visit VSA, The National Organization on Arts and Disability:  
<http://education.kennedycenter.org/education/vsa/>.



# Idaho Parents Unlimited Save the Date

## Idaho Parents Unlimited, Inc. Save the Date Monthly Workshop and Webinar Series 2017-2018

**Idaho Parents Unlimited, Inc.**  
Assisting Families of Children with Disabilities  
and/or Special Health Care Needs  
Serving Idaho Families Since 1985

**SAVE THE DATE**

**PARENT EDUCATION CALENDAR**  
Monthly Workshop & Webinar Series

August 2017	Success with the IEP
September 2017	Success with the IEP
October 2017	Bullying Prevention (parents & youth)
November 2017	Parent & Professional Collaboration
December 2017	Stop Spinning Your Wheels - Advocacy & Coordination Skills for Your Child's Special Health Care Needs
January 2018	Skills for Effective Advocacy and The Power of a Personal Story (Parents & Youth)
February 2018	Planning for a Healthy Transition (Parents & Youth)
March 2018	Getting and Keeping the First Job (Youth & Parents)
April 2018	Success with the IEP
May 2018	Positive Behavior Interventions and Supports
June 2018	Families are Important (Early Childhood focus)
July 2018	Support & Resources/ Parent Meet-Up

**DAY & TIME**

**In-Person Workshops -**  
2nd Wednesday/month  
6-9PM

**Webinars -**  
last Tuesday/month  
11AM & 9PM (mst)

**RSVP**

- 208-342-5884
- parents@ipulidaho.org
- www.ipulidaho.org

**BOISE** ←↔  
4619 Emerald, Ste. E

↔↔ **POCATELLO**  
A New Hope  
300 N. 7th Ave.

**COEUR D'ALENE** ←↔  
Kootenai Health Center  
2003 Kootenai Health Way  
(inside the cafeteria  
classroom 2)

**Register Early!**



**April 2018**

Success with the IEP

**May 2018**

Positive Behavior Interventions and Supports

**June 2018**

Families are Important (Early Childhood Focus)

**July 2018**

Support & Resources/ Parent Meet-Up

**Date:**

In Person Workshops - Second Wednesday of each month

Webinars - Last Tuesday of each month

**Time:**

In Person Workshops - 6-9 p.m. in all locations (Please note March's in-person workshop is canceled)

Webinars- 11 a.m. and 9 p.m. Mountain Standard Time

**Locations:**

**Boise:**

4619 E. Emerald Street, Suite E

Boise, Idaho 83642

**Pocatello:**

A New Hope

300 N. 7 th Avenue

Pocatello, Idaho 83201

**Coeur d'Alene:**

Kootenai Health Center

Inside the cafeteria, classroom 2

2003 Kootenai Health Way

Coeur d'Alene, Idaho 83814

**Registration:**

Call - 208-342-5884

Email - [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

Link to online registration - <http://ipulidaho.org/rsvp-for-monthly-workshops-here>

## IPUL Staff



**Angela Lindig**, Executive Director

**Amy Ireland**, North Parent Education Coordinator

**Brandi Shaffer**, East Parent Education Coordinator

**Sarah Tueller**, Southwest Parent Education Coordinator

**Heather Kirk Skinner**, Statewide Arts Education Coordinator

**Rosario Beagarie**, Bilingual Parent Education Coordinator

**Candace Garman**, Bookkeeper

**Bill Nuttycombe**, IT Specialist

## IPUL Board:

### North:

Lisa Richards Evans  
Darci Graves

### South Central:

Becky Novak

### Southwest:

James Turner  
Amber Mausling  
Dallas Gudgell  
Robert Rhodes

### East:

Jared White  
Alycia Birch

Join the IPUL Board of Directors! <http://www.ipulidaho.org>

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IPUL's parent education programming is always free to families. Consider making a tax-deductible contribution to assist us in assisting families who are raising exceptional children in Idaho. If making a cash contribution is out of reach right now, you can still help by making Idaho Parents Unlimited your charity of choice when shopping at Amazon.com or Fred Meyer thanks to their fantastic giving programs:

Donate to IPUL Here

#### Shop at AmazonSmile

and Amazon will make  
a donation to:

Idaho Parents  
Unlimited Inc

Get started

amazon smile



**Idaho Parents Unlimited, Inc.**

4619 Emerald St. Ste. E

Boise, ID 83706

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