



The Parent Network February 2018

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



Registration and location information for all events can be found on our website:

<http://www.ipulidaho.org/> [Click here for a downloadable PDF of this newsletter!](#)

Upcoming Events

***Includes non-IPUL community events**

Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

In-Person: Second Wednesday of each month

Webinars: Last Tuesday of each month

Planning a Healthy Transition to Adulthood - Webinar:

Date: February 27, 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>

Parent Leadership Development Project 2018

Date: March 12-15, 2018

Location: Laclede, ID

Applications can be submitted at <http://ipulidaho.org/pldpif>

Deadline to apply is February 14, 2018 (Parent Leadership Development is currently full, however, we are accepting applications for a wait-list.)

***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 - Attendees will receive a Halo Sleep Sack at no charge

***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 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 - 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:**

Feb 1, 2018 6:00 p.m. (100 Warm Springs Ave., Boise, ID 83712)

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

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

***Epilepsy Support Group for Children:**

March 1, 2018 6:00 p.m. (Ceramica 1002 S. Vista Ave., Boise, ID 83705)

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

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

***Band Together Parent Support Group:**

Date: February 10, 2018

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

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

***Courageous Kids Climbing:**

Contact Jeff at: JeffRiechmann@cs.com for locations and details

***CDA KROC Center Activities for Individuals with Disabilities:**

Please note page 16 and page 31. Program scholarships are available.

<http://issuu.com/kroccda/docs/kroc-program-guide-fall2017?e=3057940/51820597>

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

North Idaho:

[Coeur d' Alene Public Library](#)

[Bonners Ferry Public Library](#)

[Post Falls Public Library](#)

[Moscow Public Library](#)

[Lewiston Public Library](#)

[Orofino Public Library](#)

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](#)

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](#)

Parent Training and Information Center - IDEA Part D

Differentiated Instruction - An Entire Classroom Approach



Differentiated instruction is an approach that general education teachers can use to benefit the entire classroom. Differentiated instruction is not the same as individualized instruction; rather, it is an approach that is used to cater to each student's unique learning style while keeping the learning goal the same. According to UMass/Dartmouth, educators can use different methods of instruction to accommodate all learners, including visual, auditory, and kinesthetic/tactile. This list may provide some helpful accommodations that educators and parents can use to accommodate their children's learning styles: <https://www.umassd.edu/dss/resources/facultystaff/howtoteachandaccommodate/howtoaccommodatedifferentlearningstyles/>

According to Understood.org (<https://www.understood.org/en/learning-attention-issues/treatments-approaches/educational-strategies/differentiated-instruction-what-you-need-to-know>): "Differentiated instruction can play out differently from one classroom to the next - and

from one school to the next. However, the key features of this approach are:

Small work groups: The students in each group rotate in and out. This gives them a chance to participate in many different groups. A group can include a pair of students or a larger group. But in all cases, it's an opportunity for students to learn from each other.

Reciprocal learning: Sometimes the student becomes the teacher, sharing what he's learned and asking questions of his peers.

Continual assessment: Teachers regularly monitor students' strengths and weaknesses (in both formal and informal ways) to make sure they're progressing well in their knowledge and mastery of schoolwork."

When a teacher implements differentiated curriculum in their classroom it creates different pathways of learning for every student, including students receiving special education. It is not meant to replace goals and objectives in the student's IEP, but to create opportunities to help the student meet their IEP goals and objectives in an inclusive environment. It allows students to learn from each other, and it creates an opportunity for students to show what they know in different ways.

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

Autism Insurance Reform for Idaho



Idaho is currently 1 of 4 states that do not offer private insurance coverage options for screening, diagnosis, and treatment for Autism Spectrum Disorder (ASD). Unfortunately, needed therapies are typically only covered by Medicaid, and many families in Idaho who have children diagnosed with ASD do not have access to Medicaid. Legislation has been introduced in Idaho to change state insurance laws to require private health insurance policies to cover the diagnosis and treatment of ASD.

Here is a link to the draft version of the Autism Insurance Reform Bill to help you learn more: [https://gallery.mailchimp.com/4bc64d63cb28957d9c1e04fa7/files/5f8574e5-8dae-4056-a36a-45e35ddd9ac4/Autism Insurance Reform Idaho 2018 V.2.pdf](https://gallery.mailchimp.com/4bc64d63cb28957d9c1e04fa7/files/5f8574e5-8dae-4056-a36a-45e35ddd9ac4/Autism%20Insurance%20Reform%20Idaho%202018%20V.2.pdf)

If you are interested in talking to your legislators regarding this issue, you can find their contact information located at the bottom of this newsletter, or by clicking this link: <https://legislature.idaho.gov/legislators/whosmylegislator/>

Please contact Idaho Parents Unlimited to learn how you can have a voice in these efforts.

Changes are on the Horizon for Children's Mental Health Services in Idaho



Many of you may already be aware of the new mental health system of care coming to the state of Idaho called Youth Empowerment Services (YES). Services that will be provided through the YES system of care are intended for families who have children with serious emotional disturbance (SED). The idea is for these services to be family-centered while focusing on the individual's strengths.

The YES Website provides a full history as to where these changes came from as well as detailed information of what families can expect moving forward. They also provide information on upcoming trainings available for families and professionals. You can find out more by visiting the YES website at <http://youthempowermentservices.idaho.gov/Parents>

Idaho Parents Unlimited will continue to inform families of these changes and how they impact Idaho's families. Please call with any questions.

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

Senator James Risch-

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

Please note that each of our US congressman also have offices located throughout Idaho.

Idaho contact information:

**Senator
Mike Crapo-**

Boise:
251 E. Front St., Suite
205
Boise, ID 8372
Phone:(208)334-1776
Fax:(208)334-9044

**Senator
James Risch-**

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

**Representative
Raúl Labrador-**

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

**Representative
Mike Simpson-**

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

Coeur d'Alene:

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

Coeur d'Alene:

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

Lewiston:

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

Idaho Falls:

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

Idaho Falls:

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

Idaho Falls:

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

Meridian:

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

Twin Falls:

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

Lewiston:

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

Lewiston:

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

Pocatello:

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

Pocatello:

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

Pocatello:

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

Twin Falls:

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

Twin Falls:

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

Youth Corner

It's Never Too Early to Start Planning for Adulthood

Why fit in
when you were born to
STAND OUT!
--Dr. Seuss

Preparing for students for life after high school is an excellent way parents, youth, and educators can partner with each other over time. Youth are often asked what they want to be when they grow up, and depending on what age they are when people ask, the answer may be different each time. Planning ahead can never start too early; however, planning officially begins during 8th grade. The process includes assessments, evaluations of what you are interested in, and like to learn about. There are multiple programs and surveys that can take the information you provide and match them with potential fields of work or career ideas.

Upon completion of these surveys, students are then directed down the pathway that would ultimately lead to specific class courses of study throughout their high school years. This doesn't mean that once a student makes decisions about their future, they can't change their mind. It is important to understand how to make those changes as they discover more about what they like and dislike as they grow and develop.

Every student enrolled in public education is required to create their plan of course study, including those students who have an Individualized Education Program (IEP). Students on an IEP have an extra focus on the transition to becoming an independent adult. This is where planning early can really be a benefit for guidance and introduction to activities that promote exploration and curiosity.

Resources for Access, Independence, Self-Advocacy and Employment (RAISE) is a website for youth, educators, parents, and caregivers designed to help prepare for transition to adulthood for youth with disabilities. RAISE has found a tool through the University of Indiana that has interactive assessment surveys to help youth discover what activities to explore when developing their path to transition and independence. According to RAISE, the Transition Assessment Matrix allows users to select area, grade, and disability and then suggests appropriate assessments, which can be downloaded. Visit the websites below to learn more about RAISE and to explore the surveys.

<http://www.raisecenter.org>

<https://instrc.indiana.edu/transition-resources/transition-matrix.html>

VSA Idaho - The State Organization on Art and Disability

This fall, Capital High School students engaged in a "High Touch Meets High Tech" printmaking residency with Amy Nack. Students explored negative and positive space in mirror print images using tenants of design such as line, color and scale. Once students learned traditional printmaking techniques and their uses in cultural history, they parlayed their designs into digital formats to create posters for school events, dances and clubs. Working in collaboration with their student counsel participants in the residency generated ideas and images used to promote school initiatives and extra-curricular activities such as the football poster featured above.



To learn more about IPUL's arts programs please contact Heather@ipulidaho.org.

For more about VSA International please visit VSA, The National Organization on Arts and Disability:

<http://education.kennedy-center.org/education/vsa/>.



Idaho Parents Unlimited Monthly Regional Workshop:

Planning for a Healthy Transition to Adulthood

This training prepares youth for transitioning to adulthood with a goal of independent healthcare management.

Date: February 7, 2018

Time: 6:00-9:00 p.m.

Statewide Locations:

Boise:

Idaho Parents Unlimited-
4619 Emerald St. Ste E Boise, Idaho 83706

Coeur d'Alene:

Kootenai Health Center-
2003 Kootenai Health Way Coeur d'Alene, Idaho 83814
Inside the cafeteria, classroom 2

Pocatello:

A New Hope-
300 N. 7th Ave. Pocatello, Idaho 83201
Childcare available with advanced notice required

*Scholarships for childcare available upon request statewide

Register:

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

Call 208-342-5884 or email parents@ipulidaho.org

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

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!

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

Plain Text:

February 2018

Planning for a Healthy Transition (Parents & Youth)

March 2018

Getting and Keeping the First Job (Parents & Youth)

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

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

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

IPUL Staff



Angela Lindig, Executive Director
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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

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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 Here

Shop at AmazonSmile
and Amazon will make
a donation to:
Idaho Parents
Unlimited Inc
Get started
amazon smile

Fred Meyer
community
rewards
Where shopping & giving unite