

Family Workshop



Spring 2017
January - May

Series

The St. Louis Arc Family Workshop Series is designed to provide in-depth information on topics related to supporting family members with intellectual and developmental disabilities.

Unless otherwise noted, workshops are **free, open to everyone**, and take place at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132. **Childcare and respite care are not provided unless specifically noted in the workshop description.**

For more information, to register, or to receive our weekly email newsletters, please email Brianne Smith at bsmith@slarc.org or call 314-817-2216.

ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH FEW RSVP'S MAY BE CANCELLED.
Please plan to arrive 15 minutes before the workshop starts to sign-in and collect handouts.

Supported Decision Making - Monday, January 30 6:30 - 8:30 p.m.

When an individual with a disability turns 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions, without removing their rights through guardianship. You will learn how to assess the decision making skills your family members have and the supports they already use to assist them with making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Presenters:

Sharon Spurlock, *Director of Family Support, St. Louis Arc*
Debra Fiasco, *Special School District, Parent Educator*

Summer Recreation Programs - Thursday, February 2 6:30 - 8:30 p.m.

The Recreation Council is the central resource for leisure, recreation, and camps for people with developmental and intellectual disabilities of all ages. The St. Louis Arc also has summer volunteer/work programs for teens and young adults ages 13-21 with a developmental disability.

Registration for summer programs begins soon and fills up quickly! Don't miss this chance to find the right summer program.

Presenters:

Susan Fleming, *Executive Director, Recreation Council of Greater St. Louis*
St. Louis Arc Leisure Staff

Guardianship and Alternatives for Adults - Tuesday, February 21 6:30 - 8:30 p.m.

When your child turns 18, they become a legal adult and they have the legal ability to sign a contract, make decisions about their education, and decide who can be present in their IEP meeting. Because of HIPAA privacy rules, a doctor can no longer share the health information of an adult without their consent. Caregivers of individuals with intellectual and developmental disabilities must make important decisions prior to their child becoming a legal adult. This workshop will help prepare you to make an informed decision about your child's future.

Presenter: Misty Watson, *Attorney, Danna McKittrick, P.C.*

Thursday
February 23
6:30 - 8:30 p.m.

**Promoting a Positive
Image of People with
Disabilities**

Are you approached by people in the community that want to know more about your family member with disabilities and the services you access? Would you like to build your capacity to network for better services for your family? This workshop will give you the tools to confidently talk about disabilities with the focus on capacity and personal strength while also being able to advocate for necessary supports.

Presenters:

Sharon Spurlock, *Director of Family Support, St. Louis Arc*

Niki Parres, *Assistant Director of Marketing, St. Louis Arc*

Tuesday
February 28
6:30 - 8:30 p.m.

**State and Federal
Benefits**

Do you have questions about what benefits your family member is eligible for when they turn 18? Are you worried about the impact of work on your family member's benefits? Medicaid, Medicare, Social Security, SSI – find out who is eligible, what the differences are between the programs, and how to access the appropriate contacts in order to apply for services. Information about working while receiving benefits will also be covered.

Presenter: Bhavik R. Patel, *Attorney, Sandberg Phoenix & Von Gontard P.C.*

Thursday
March 2
6:30 - 8:30 p.m.

Life Coaching 101

Life coaching is a process of pursuing your personal or professional goals through individualized coaching conversations. Our life coaches are trained to ask thought provoking questions and hold people accountable in the pursuit of their best life. Individuals supported by the St. Louis Arc have used the coaching process to clarify where they want to go and how they are going to get there. Using techniques such as powerful questions, reframing, envisioning, and challenges, the coaching relationship can help you clarify where you want to go in life and create a partnership to take steps towards your desired future. Come find out more about the process!

Presenter: Beth Moeller, *Director of CONNECT program, St. Louis Arc, Certified Daring Way™ Facilitator*

Planning Ahead: Estate Planning - Tuesday, March 14 6:30 - 8:30 p.m.

You may unintentionally disqualify your loved one from receiving public benefits, or not be able to support their future financial needs by having no financial plan. Learn how to plan financially for your family.

Topics will include avoiding probate, estate tax planning, creditor protection, wills, and planning for the distribution of property and assets, including charitable giving. This workshop is for anyone who is caring for a family member with a developmental disability of any age.

Presenter: Bhavik R. Patel, *Attorney, Sandberg Phoenix & Von Gontard P.C.*

Children (Central West End Workshop)

**How Children Learn in a Constructivist Classroom
Wednesday, March 22
4:30 - 6:00 p.m.**

Project Construct, the curriculum implemented at Childgarden, is derived from the belief that learning is a lifelong process in which learners construct knowledge through interactions with their physical and social environments. Through "hands-on, minds-on" learning experiences, students in Project Construct classrooms attain deep understandings in the core content areas, while also learning to work collaboratively with adults and peers in vibrant learning communities. Listen and ask questions about how your child learns in a constructivist classroom. Hear what the research is saying about the benefits observed as these children move on to elementary school and eventually out into the workplace.

Presenter: Paula Berry, *Project Construct Coordinator*

The Constructivist Classroom workshop will be held at:
**Childgarden Early Childhood Center in the Central West End -
4150 Laclede Avenue, St. Louis, MO 63108.**

Childcare is available for this workshop. An RSVP for childcare is required one full week prior to each workshop date.

Wednesday April 5 6:30 - 8:30 p.m.	Self-Directed Services	Tuesday April 11 6:30 - 8:30 p.m.	Residential Options	Thursday April 13 6:30 - 8:00 p.m.	Tools for Wellness and Relaxation
<p>Self-Directed Services are one option available through the Department of Mental Health, St. Louis Regional Office for individuals who wish to exercise more control and authority over their own supports. This option allows an individual or their designated representatives the authority to hire, train, and schedule their own employees, and utilize an individualized budget through a Medicaid Waiver.</p> <p>Presenter: Victoria McMullen, Ph.D., <i>Department of Teacher Education, Webster University</i></p>		<p>This workshop will address residential options, with two concurrent sessions being held to provide information for:</p> <ul style="list-style-type: none"> • Individuals who will need 10 hours or less of staff support per week (St. Louis County funding/private pay) • Individuals who will need more than 10 hours per week of staff support (Department of Mental Health funding) <p>Presenters: Carl Hoeningner, <i>Community Living Coordinator, St. Louis County Regional Office</i> Beth Moeller, <i>Director of CONNECT, St. Louis Arc</i> Bradley Peters, <i>Community Living Coordinator, St. Louis Tri-County Regional Office</i></p>		<p>When caring for others, you must also prioritize your own health and well-being. This class will teach various techniques from yoga, meditation, visualization, and Energy Medicine to provide a broad-range of stress management tools to access when you are feeling overwhelmed.</p> <p>Presenter: Jessica Caimi, <i>Certified Yoga Instructor, Certified Usui Reiki Practitioner</i></p>	

Family Resource Market - Thursday, April 20 3:00 - 7:00 p.m.

At this free event, families schedule 15 minute appointments for one-on-one discussions with representatives from various agencies and organizations, to learn more about how to access the services they provide.

Advance registration is required for one-on-one appointments and some agencies have limited availability.

Participating agencies include:

- *Medicaid*
- *St. Louis Regional Office*
- *Vocational Rehabilitation*
- *Social Security and SSI*

Thursday May 4 6:30 - 8:30 p.m.	Special Needs Trust	Tuesday May 9 6:30 - 8:30 p.m.	Duties of Guardians and Conservators	Wednesday May 17 6:00 - 8:00 p.m.	Balancing Needs of a Child with a Disability with their Siblings
<p>Find out how to plan for the financial security of an individual with intellectual and developmental disabilities, while preserving benefits such as Medicaid and Social Security Income.</p> <p>Presenters: Dana Katherine Birkes, <i>Executive Director, Midwest Special Needs Trust</i> Michael E. Chiodini, <i>Financial Advisor</i> Bhavik R. Patel, <i>Attorney, Sandberg Phoenix & Von Gontard P.C.</i></p>		<p>If you find that your family member needs a guardian, who is the best choice to fill that role? Guardianship can be one of the most important decisions you make for your family. Once someone has a guardian, they are no longer legally able to make medical or financial decisions for themselves. This becomes the responsibility of the person who is appointed to become their guardian. Find out what qualities and qualifications are the best match for fulfilling the role of a guardian for your family member.</p> <p>Presenter: Debra Schuster, <i>Attorney, Debra K. Schuster & Associates</i></p>		<p>Siblings are the family member who will have the longest-lasting relationship with a person who has a disability. As such, they play an important role in the life of the individual with a disability. Siblings have often had to put their own needs and feelings on hold. Come here about the experience of being a sibling of someone with a disability, which is sometimes a good thing and sometimes a not so good thing and mostly something in between.</p> <p>Presenters: Nathan Hood, <i>Sibling</i> Cailey Southard, <i>Sibling</i> Sharon Spurlock, <i>Director of Family Support, St. Louis Arc</i> Sam Sudia, <i>Sibling</i></p>	

Support, Networking, and Meet Up Groups

Unless otherwise noted, all groups meet at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132. Advance registration is required.

Friday Family Fun Nights

1/27, 2/24, 3/31, 4/28, 6/30 6:00-8:00 p.m.

The St. Louis Arc offers a series of family-friendly activities on a Friday night, once per month.

For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226.

Capable Kids and Families® Playgroup

1st Friday of the month 10:00-11:30 a.m.

3rd Saturday of the month 10:00-11:30 a.m.

The playgroups are open to any families with children ages birth - seven years of age, but older siblings are also welcome.

For more information or to RSVP for playgroup, please contact Julia Schaffner at capablekids@slarc.org or 314-817-2247.

Caregivers of Girls with Autism

2nd Saturday of the month 9:00-11:00 a.m.

Join caregivers of girls who have an autism diagnosis to share your unique parenting experiences and gain valuable connections and resources.

For more information, please contact Ann Mangelsdorf at amangelsdorf@slarc.org or 314-817-2275.

Dads Group

1/10, 2/7, 3/7, 4/4, 5/2, 6/6 5:30-7:30 p.m.

Get together in an informal setting with other dads who understand the unique challenges of raising a child with a disability. Location varies.

For more information, please contact Mark A. Keeley at mkeeley@slarc.org or 314-817-2280.

Caregivers of People with Asperger Syndrome

3rd Saturday of the month 9:00-11:00 a.m.

This group is open to caregivers who have a person with Asperger Syndrome or a similar diagnosis.

For more information, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Launch

1/25, 3/22, 5/24 6:30-8:30 p.m.

A support group for families of young adults who have the potential to live and work in the community, but who face barriers to success.

For more information, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Transition Families Support Group

4th Tuesday of the month 12:00 - 1:00 p.m.

Bring a lunch and take advantage of the chance to talk to other families who are planning for life after high school. Facilitated by Sharon Spurlock, Director of Family Supports.

For more information, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Adults with Asperger Syndrome Meet Up Group

2nd Friday of the month 6:30-8:30 p.m.

Meet other adults with Asperger Syndrome and their friends and allies for monthly social activities. Locations vary.

For more information, please contact Beth Moeller at 314-817-2271 or bmoeller@slarc.org.

Adult Siblings

Quarterly - 1/18, 4/13, 7/13 6:30-8:30 p.m.

A group for siblings of individuals with disabilities to get information, support, and tools to advocate with their brothers and sisters.

For more information, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Caregivers of Adults Who Are 40-years-old and Older

3rd Friday of the month 10:00-11:30 a.m.

Meet caregivers supporting a person with a disability who is 40-years-old or older, and get resources for changes that may occur as you and your family member age.

For more information, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

St. Louis Arc Blog

Did you know the new St. Louis Arc website has a blog? The Arc publishes weekly blog posts on the website and via social media. Articles include information about new programs, success stories, Advocacy alerts, events, and all things that are Arc approved. Follow us on Facebook or Twitter to stay up-to-date!