

# Family Workshop



## Spring 2019 February - 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.

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 description.

**ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH TOO FEW RSVP'S WILL BE CANCELLED.** To register, please email Brianne Smith at [bsmith@slarc.org](mailto:bsmith@slarc.org) or call 314-817-2216. Any workshop cancellations will be posted to the St. Louis Arc's Facebook page.

### Children - Young Adults

Thursday  
February 7  
6:30 - 8:30 p.m.

#### Summer Recreation Programs

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 offers summer volunteer/work programs for teens and young adults ages 13-21 with a developmental disability. Learn more about summer programs and find the right opportunity for your family member!

Registration for summer programs begins soon and fills up quickly!

**Presenters:**

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

### Teens - Adults

Thursday  
May 16  
6:30 - 8:30 p.m.

#### Supported Decision Making: Hands on Toolkit to Build Capacity

When an individual with a disability becomes 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.

Using tools from Missouri Guardianship and Charting The LifeCourse, Debbie and Sharon will coach your family to assess decision making in each of the six life domains (health, employment, safety, etc.) and to create a plan to utilize a variety of resources to build self-determination skills. This workshop is ideal for primary caregivers and their family member with a disability to attend together with siblings and other key people who support planning and problem solving in their lives.

**Presenters:**

**Sharon Spurlock**, *Director of Family Support, St. Louis Arc*  
**Debra Fiasco**, *Administrator, Parent Education and Diversity Awareness, Special School District*

## Teens - Adults

**Wednesday**  
March 27  
6:30 - 8:30 p.m.

### Residential Options through Department of Mental Health

This workshop will address residential options for individuals who will need **more than 12 hours per week** of staff support (Department of Mental Health funding).

**Presenters:**

**Carl Hoening**, *Community Living Coordinator, St. Louis County Regional Office*

**Bradley Peters**, *Community Living Coordinator, St. Louis Tri-County Regional Office*

**Wednesday**  
April 3  
6:30 - 8:30 p.m.

### Guardianship and Alternatives for Adults

At age 18 your child becomes a legal adult and has new decision making responsibilities.

This workshop will help prepare you to assess your family member's decision-making skills, their circle of influence, and answer questions about the legal ramifications of becoming an adult. Information about changes enacted in the guardianship law in 2018 will be addressed.

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

**Wednesday**  
April 10  
6:30 - 8:30 p.m.

### Residential Options through Productive Living Board

This workshop will address residential options for individuals who will need **12 hours or less** of staff support per week (St. Louis County funding/private pay).

**Presenter: Beth Moeller**, *Director of CONNECT, St. Louis Arc*

**Wednesday**  
May 1  
6:30 - 8:30 p.m.

### Journey Towards Independence: A Personal Narrative

Get tips from five young people with disabilities about their personal journeys towards independence. Barbara Stewart will moderate this group of young adult panelists with disabilities.

**Facilitator: Barbara Williams Stewart**, *MA, MSW, Individual and Family Counselor, St. Louis Arc*

**Panelists:** Anna B., Scott N., Kaliska N., Mike H., Noah W.

## All Ages

**Wednesday**  
February 20  
6:30 - 8:30 p.m.

### Life By Design: What Does Your Great Life Look Like?

Planning for the future will help you move towards a life that YOU CHOOSE – not something that is chosen out of desperation or random circumstances. Individuals with disabilities and their families are invited to attend this interactive workshop where we will use tools from the Missouri Family to Family Charting the LifeCourse to clarify your vision of a great future and take steps to move in the right direction.

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

**Wednesday**  
February 27  
6:30 - 8:30 p.m.

### Advocating with Health Care Providers

How do you prepare for going to the doctor with your family member who has a disability? Are they treated with respect? Are they listened to? Are you getting the information you need? Do you find you have more questions when you leave the doctor than before you came? Learn how to prepare for an effective appointment, as well as how to advocate for the time and information you need so that your family member with a disability is fully supported. This workshop is relevant for people of all ages and abilities. Teens and adults with disabilities who are learning how to navigate services for themselves are welcome to attend.

**Presenter: Mele Luana Manning**, *RN, CDDN, Health Care Specialist, St. Louis Arc*

## All Ages

**Thursday**  
February 28  
6:30 - 8:30 p.m.

### Crisis Intervention Team

Do you have a plan if your family member with developmental disabilities becomes aggressive and you are unable to calm them down? Have you ever had to call the police for assistance? The purpose of the Crisis Intervention Team (CIT) is to provide effective intervention to people with developmental disabilities or mental illness and their families. Learn how to plan ahead for emergencies and how to use the CIT in a mental health emergency.

**Presenter: Kyle Dooley**, *Director of CIT Community Policing Programs, NAMI St. Louis*

**Wednesday**  
March 20  
6:30 - 8:30 p.m.

### Nutrition and Health - Ask the Dietitian

This workshop will provide tips and tools for healthy eating, exercise, and establishing a balanced lifestyle. Prior to the workshop, attendees will be surveyed about the specific areas they would like to discuss and explore.

**Presenter: Katharine Rug, MS, RD, LD**, *Director of Nutrition Services, St. Louis Arc*

**Wednesday**  
April 24  
6:30 - 8:30 p.m.

### Finding Quality Care for Your Family Member

Habilitation, in-home residential support, respite care, or getting a break are different names for the same thing. Respite care assists with maintaining a person with developmental disabilities in his or her natural family home in the community by providing intermittent, short-term relief to primary care givers from caring for a family member with developmental disabilities. This workshop will cover how respite is funded, types of respite available, how to find a provider, and how to evaluate an agency. There will be opportunities to hear from and talk with multiple agencies that provide this service.

#### Participating Agencies:

Buddy Break  
Judevine  
The Synapsory

Family Forward  
Recreation Council  
UCP Heartland

Great Circle  
St. Louis Arc

## Benefits Blueprint

**Benefits workshops are shown with a Beginner (B) or Intermediate (I) tag to help families decide which one is right for them. Beginner workshops are introductory sessions that cover a broad base of material. Intermediate workshops are for families that have basic knowledge on a topic and need more detailed information and guidance.**

**Thursday**  
March 7  
6:30 - 8:30 p.m.

### State and Federal Benefits (B)

Do you have questions about what benefits your family member is eligible for when they turn 18? 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.

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

**Thursday**  
May 9  
6:30 - 8:30 p.m.

### Planning Ahead: Estate Planning (I)

Learn how to plan financially for your family, and avoid unintentionally disqualifying your loved one from receiving public benefits.

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

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

## JOYZEN Parent Powerhouse Workshop

**Saturday, February 9**                      **9:00 a.m. - 4:00 p.m.**

Parenting strategies and mindsets need to adapt if you want your child to be able to maximize their capacity for independence. Join Liz Fuchs and Andrew Johnson Kliethermes to give yourself the tools and the supports needed to shift your role from “Caretaker” to “Advisor” in this intensive power house workshop. JOYZEN uses experiential learning, easily adaptable skills, and emotional intelligence to create community and a collaborative environment between parents, young adults, and support staff. This workshop is designed for families with children with I/DD ages 13-30.

To RSVP contact Sharon Spurlock at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) or **314-817-2222**.

## Dad’s Support Group

**2/5, 3/5, 4/2, 5/7, 6/4**                      **5:30 p.m. - 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. Locations vary.

For more information and to RSVP, please contact Mark A. Keeley at [mkeeley@slarc.org](mailto:mkeeley@slarc.org) or **314-817-2280**.

## Support and Meetup Groups

Meetups through the St. Louis Arc are free to attend. Unless otherwise noted, all groups meet at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132.

For more information, contact Sharon Spurlock at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) or **314-817-2222**.

To RSVP, join our Meetup group at: [www.meetup.com/St-Louis-Arc-Community-Connections/](http://www.meetup.com/St-Louis-Arc-Community-Connections/)

### **BLOOM - A Family Networking Group**

**Second Saturday of the month**      **9:30 a.m. - 11:00 a.m.**

**Bloom Café - 5200 Oakland Avenue, St. Louis, MO 63110**

Meet other families with members who have an intellectual or developmental disability to build connections, offer emotional support, and share resources.

### **Family Fun Nights**

**Quarterly 1/25, 4/26, 7/26**              **6:00 p.m. - 8:00 p.m.**

Come join your family and friends for BINGO! Family Fun Nights are free family-friendly nights for people of all ages and abilities to get together and share fun moments.

### **JOYZEN Alumni Meetup**

**Wednesday, January 23**              **6:30 p.m. - 8:30 p.m.**

This quarterly gathering is an opportunity to meet with families that have completed the JOYZEN Parent Power House workshop and build your skills as an advisor. Meetup is hosted by Liz Fuchs, our JOYZEN facilitator.

### **Launch**

**Third Monday of the month**          **6:30 p.m. - 8:00 p.m.**

Launch is for families of young adults who are preparing to leave school or who are already out in the adult world but still moving towards independence. The group provides opportunities to share concerns and resources to assist young adults as they graduate from school to transition services, and then into a successful life in the community.

### **LifeCourse Planning Group**

**Fourth Friday of the month**          **10:00 a.m. – 11:30 a.m.**

The LifeCourse Planning Group is for people who are looking for connections and resources to help lay out a plan for the future. This can include families of individuals of any age who are trying to plan ahead. We will work individually and as a group to create a vision for the future, develop steps for making that vision a reality, and address potential roadblocks.

### **Parent Café**

**Saturday, February 2**                      **9:00 a.m. - 11:00 a.m. at 637 Dunn Road, Hazelwood, MO 63042**

**Thursday, April 4**                          **6:30 p.m. - 8:00 p.m. Location to be determined**

**Saturday, May 4**                              **9:00 a.m. - 11:00 a.m. Location to be determined**

Parent Cafés are parent led, guided conversations about topics that are relevant to your family and your life. You will learn from others’ experiences while they learn from yours. For location information and to RSVP contact Brianne Smith at [bsmith@slarc.org](mailto:bsmith@slarc.org) or **314-817-2216**. Please indicate if you will need child care when you RSVP.