



Spring 2020

Family Workshop Series

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

We are excited to bring you a wide-variety of workshops this spring. As always, we've taken feedback from previous attendees into account in scheduling these workshops.

Just a reminder that **advance registration is required**, and our workshops:

- Are free and open to everyone
- Take place at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132 unless otherwise noted
- Do not provide childcare or respite care unless specifically noted in the workshop description

Wednesday, January 29 6:30 p.m. - 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

Tuesday, March 10 6:30 p.m. - 8:30 p.m.
State and Federal Benefits

Do you have questions about what benefits your family member is eligible for as a legal adult? 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 & CEO, Sandberg Phoenix & von Gontard, P.C.

Tuesday, March 17 6:30 p.m. - 8:30 p.m.
Medication Management

This presentation will cover different aspects of medication including what to look for when starting a new medication, what to be looking for if you are tapering an individual off of medication, and how to manage a situation when an individual is on more than five medications at a time. This workshop is designed for anyone who cares for someone using medications.

Presenter: Craig Sever, BS, RPH, Clinical Coordinator of Everspring Pharmacy

ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH TOO FEW RSVP'S WILL BE CANCELED.

To register, please email Brianne Smith at bsmith@slarc.org or call **314-817-2216**.

Workshop cancellations will be posted to the St. Louis Arc's Facebook page.

Wednesday, March 18 6:30 p.m. - 8:30 p.m.
10 Ways to Support Your Child to be Employable

This workshop will provide insight on competitive employment and employers' expectations. We will discuss ways to foster independence and enhance work skills for your child to positively impact their work life. This workshop is appropriate for individuals ages 16 and up.

Presenter: Taylor Hartmann, Assistant Director of Pre-Employment Services, St. Louis Arc

Tuesday, March 24 6:30 p.m. - 8:30 p.m.
Residential Options through the Productive Living Board

The Productive Living Board provides funding for independent living support for individuals who will need **12 hours or less** of staff support per week. This workshop will discuss how to access funding as well as how to creatively use technology and other resources.

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

Tuesday, March 31 6:30 p.m. - 8:30 p.m.
Disability Benefits 101

This workshop will guide families through use and understanding of an online system created for Missouri recipients of SSI and/or SSDI. The online system will be reviewed and its functionality highlighted, so that families can learn more about how social security benefits may or may not be affected if their loved one obtains paid work. This system also serves as a great resource for families and others trying to learn or navigate the varying funding streams and helps to debug myths revolving around benefits.

Presenter: Jessica Miller, Assistant Director of Community Engagement, St. Louis Arc

Tuesday, April 14 6:30 p.m. - 8:30 p.m.
Building an Effective IEP

This hands-on workshop will offer tools that parents can use to be an effective part of creating the IEP for their child. Activities will focus on what the parents want their child to accomplish and creating a template for positive advocacy.

Presenter: Karen W. Cooper, Training Specialist, Family Advocacy and Community Training

Wednesday, April 15 6:30 p.m. - 8:30 p.m.
Motivation by Preparation

Transition-age young adults (ages 16-25) sometimes need extra guidance as they plan for their future. For someone with a disability, the steps and options may seem overwhelming. This presentation will give individuals, families, caregivers, and professionals insight into ways to prepare for this transition and how to make it a positive experience. When we are better prepared, we have an ability to naturally be more motivated. This presentation will explore that theory and visit ways to put it into practice.

Presenter:

Gabrielle Szarek, Director of Transition Services, Next - A Division of the St. Louis Arc

Thursday, April 16 6:30 p.m. - 8:30 p.m.
Introduction to Supported Decision Making: An Alternative to Guardianship

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. Learn how to assess the decision making skills your family members have and the supports they already use to assist them when 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, Administrator, Parent Education and Diversity Awareness, Special School District

Tuesday, April 21 6:30 p.m. - 8:30 p.m.
MO Guardianship: Understanding Your Options and Alternatives

There are a lot of reasons why individuals with developmental disabilities and their families might consider guardianship options and alternatives for decision making support and/or protection. Before pursuing guardianship, it is important that you consider whether guardianship will achieve the outcome you desire. Guardianship is not a quick fix, it is a legal action that makes your loved one a “ward” of the State and can substantially limit or deny them the right to make their own decisions. It is important to consider the individual’s needs for support and protection and then ask, How will having a guardian address each specific need? With the changes in the guardianship laws that took place in 2018, it is important to understand how the new laws will impact current guardianships and how to move forward with deciding whether guardianship or another alternative would be the right choice for your family member.

Presenters:

Emily Hartley, Program Coordinator, Advocacy Specialist, Home & Community Living, MODDC
Elizabeth Moran, Deputy Director, MODDC

Wednesday, April 22 6:30 p.m. - 8:30 p.m.
Residential Options Through the 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). Working with your support coordinator to assess needs and secure funding for residential care will also be discussed.

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

Tuesday, April 28 6:30 p.m. - 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 supporting 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. 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:

Family Forward
St. Louis Arc

Great Circle
The Synapsory

Judevine
UCP Heartland

Recreation Council

Wednesday, April 29 6:30 p.m. - 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

Tuesday, May 5 6:30 p.m. - 8:30 p.m.
Planning Ahead: Estate Planning

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 & CEO, Sandberg Phoenix & von Gontard, P.C.

Dad’s Support Group

January 7, February 4, March 3, April 7, May 12

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 or **314-817-2280**.

Family Support Groups and Meetups

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

Resource Sharing and Support Group for Parents of Children who use Augmentative and Alternative Communication (AAC) Devices

Saturdays, January 11, April 4, June 13, August 8

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

Meet other parents of children who use Augmentative and Alternative (AAC) devices to communicate. Share tips and strategies for using AAC at home. Chat about barriers and successes using AAC at home. This parent support group is for caregivers only, not for children. For more information, contact **Julie Thompkins at jthompkins@slarc.org or 314-817-2269.**

JOYZEN Parent Powerhouse Workshops

Saturday, January 25 and Saturday, March 28

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. 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. *Alumni of the Joyzen Parent Powerhouse workshops will be invited to regular 'tune up' meetings to reconnect, learn, and problem solve together.* For more information, contact **Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.**

Parent Café

Monday, January 27 and Wednesday, February 19

6:30 p.m. - 8:00 p.m.

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. Bring the kids - childcare/respite care is always FREE for this event but **prior registration is required.** For location information and to RSVP, contact **Brianne Smith at bsmith@slarc.org or 314-817-2216** and indicate if you will need childcare.

Family Fun Night

Fridays, January 31, April 24, and July 31

6:00 p.m. - 8:00 p.m.

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. For more information, contact **Jeanine Springer at jspringer@slarc.org or 314-817-2226.**

Launch Family Support Group

Third Monday of the month

6:30 p.m. - 8:00 p.m.

Launch is for families and young adults who are preparing to take the next steps towards their future. The group provides opportunities to share concerns, ideas, and resources to assist young adults as they graduate from school to transition services, and then into a successful life in the community. Each month, we focus on one key area of a successful life (community living, health, social, etc.) and provide space for learning and problem solving with parents and young adults working separately and then coming together to share their experiences. For more information, contact **Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.**

Good Life Group

First Tuesday of the month

10:00 a.m. – 11:30 a.m.

This group is for anyone who is interested in learning more about the Charting the LifeCourse framework and using the tools they offer to plan for a great life. Each month, we will focus on learning new aspects of the LifeCourse principles while working on your personal portfolio of planning and problem solving documents. Families with children of any age, people with disabilities, direct support staff and other supporters can all benefit from Charting the LifeCourse! For more information, contact **Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.**

Caregivers of Older Adults

Third Friday of the month

10:00 a.m. – 11:30 a.m.

Are you the primary caregiver for someone who is aging? Do you feel an urgency to plan for the future for your family member with I/DD as you get older? If so, this is the group for you! Please join us for coffee and conversation around ensuring a good life for our family members after we're gone. For more information, contact **Ann Mangelsdorf at amangelsdorf@slarc.org or 314-817-2275.**