

Parents Reaching Out works with families, youth, educators, service providers, health care providers, and others in communities across New Mexico to develop workshops that meet your specific needs. Our workshops and materials are available in English and Spanish.



Stay Connected with Us!



ParentsReachingOutNM



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Parents Reaching Out



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Parents Reaching Out

Learning Opportunities 2017



Call **Parents Reaching Out** today to host a free learning workshop in your community that will help families - especially those whose children have special needs to:

- Navigate the healthcare system and understand their rights
- Gain good understanding of the public education system, especially special education procedures
- Build collaborative partnerships with educators, healthcare providers, and other professionals
- Develop knowledge and skills to enhance their family leadership skills and decision making.

Bring Learning Opportunities to Your Community

Parents Reaching Out is a statewide non-profit 501(c)(3) organization that works with parents, youth, caregivers, educators, and other professionals to promote healthy, positive, and caring experiences for New Mexico families and children. We have served New Mexico families as a trusted source of information and advocacy for 35 years.

Parents Reaching Out provides information about early intervention, special education, and health care.

Parents Reaching Out offers:

- Workshops and staff development opportunities
- Publications, information, and resources
- A framework for professionals to learn from families and prepare to work in partnership with them

Family Engagement

PROspective 101 (1-2 hrs)

Learn about Parents Reaching Out, the resources we offer, and discover tools for effective advocacy.

Keeping It All Together (KIAT) (2 hrs) **ES

This hands-on, in-depth record keeping workshop uses a binder system. It is especially useful for families of children with extensive health concerns or special needs.

Family-School-Community-Partnerships

(1.5 hrs) Partnerships are relationships with a specific goal in mind. Learn who the players are in your school, and community, and how to bring everyone together to support your child. Learn some steps to creating effective and successful partnerships and relationships within your child's classroom and teams.

Skills for Effective Parent Advocacy (2 hrs)

Participants will learn advocacy skills and strategies that they will be able to use in a variety of situations. These skills will improve their ability to achieve desired outcomes for their families in agencies and other systems.

Social Opportunities and the Importance of Fun

(2 hrs) Taking time for fun is often overlooked, and individuals with disabilities often have limited social opportunities in the community. Learn about the physical and emotional benefits of fun and the dignity of risk in this workshop designed for youth and their parents.

Stop Bullying Now (2 hrs)

Understand the statistics behind bullying, identify the types of bullying, causes and effects, learn successful solutions, and how to support those who are getting bullied and those who are bullying.

Telling Your Story (2 hrs) **ES

This workshop focuses on "telling your story" in order to make a difference. You can make a difference in our educational or medical systems, or even in the legislature. Participants will obtain many successful tips.

The Importance of High Expectations for Children (2 hrs)

Setting high expectations for your child's future is powerful! Learn how to communicate hopes and expectations, connect school to life, build study skills, and learn strategies to help support your child with school work.

Parent to Parent

Connecting Families with Families Parent to Parent (6 hrs)

Strategies for families who are ready to help other parents through their journey. Parents who have been there provide support to other families facing the emotions and challenges of parenting a child with extensive health issues or special needs.

**ES—Disponible en Español

IEP—Individualized Education Plan

Health Care Access

Care Mapping (2 hrs)

This workshop is intended to help families and professionals. Learn how to identify systems of care and use a care map to personalize care plans for kids and youth using a technique developed by Rich Antonelli, MD, MS and Christin Lind at Harvard University.

Centennial Care and EPSTD (2 hrs) Learn more about how Medicaid and Early Periodic Screening, Diagnosis, and Training (EPSDT) can benefit your child.

Community Based Advocacy (2 hrs)

In this workshop you will learn skills and strategies to prepare you for state and legislative advocacy. Find out how to communicate effectively with policymakers in order to achieve successful outcomes for your family and community in the educational and medical systems.

Health Care Transition (2 hrs)

Learn how health care will change for your child as he/she moves into adolescence. Discover the differences between pediatric and adult medical services. Find out how to help your teen understand his/her medical condition and develop the skills to self-advocate.

SSI and Waivers (2 hrs)

Learn how to apply and use Social Security and home/community-based waivers to help persons with disabilities.



Early Childhood



Developing the Dream (3 hrs)

Learn about early intervention services, natural environments, and building an IFSP (Individualized Family Service Plan) that fits your family.

Next Steps to Success (2 hrs)

Learn how to plan for transition from the Family Infant Toddler (FIT) early intervention program to preschool special education (IDEA Part B) or other services.

Special Education



Accommodations and Modifications for Students (2 hrs)

Learn about the differences between accommodations and modifications, and when to consider using them.

Also discover how to request and document accommodations and modifications in IEPs or 504 plans.

All Children Have Gifts: Gifted Education in NM (2 hrs)

Learn about gifted education in New Mexico and what it means to be "twice exceptional". Participants will learn about their children's rights for gifted education, the evaluation and eligibility requirements, individualized plans, and the differences between special education services for a student with a disability and a student with giftedness.

Challenging Behaviors in the School Setting: Balancing Rights, Responsibilities, and Safety (2 hrs)

Behavioral challenges are often misunderstood, leading to students not getting the support they need at school. Learn about your child's rights, procedures, and how to better communicate with the schools. Topics include: Functional behavior assessments, behavior intervention plans, restraints and seclusion, suspensions and expulsions, and manifestation determinations, and the differences in discipline procedures when a student has an IEP.

Communication, Advocacy, and the IEP Process (6 hrs)

Build your skills in understanding the IEP process and parental rights under IDEA. Learn how quality communication between home and school helps IEP teams make child-centered decisions to improve the outcomes for students with disabilities.

Evaluations: Medical vs. Educational (2 hrs)

Learn about the differences in Medical and Educational Evaluations and why it is important to have both for your students' academic successes.

Let's Begin the Journey (2 hrs)

Learn the basics about parents' rights and special education procedures. Discover tools for home and school partnerships including communication, record keeping, and more.

Planning for a Great School Year (1.5 hrs)

Getting back in the groove of the school schedule can be difficult for the entire family. This short interactive

workshop provides some reminders and strategies for planning for success from the start of the year and offers some tips on effective communication with your child's school.

Recipes for IEP Success (2 hrs)

Find out about Special Education services and other supports for your child. Learn ways to build relationships through good communication. Find out about effective IEP Teams and your place on the team.

Section 504, The ADA, and Students with Disabilities: From Early Childhood to Young Adulthood (2 hrs)

Section 504 and the ADA are civil rights laws that prohibit discrimination on the basis of a disability in public settings. Learn about how these laws apply to children in childcare settings, schools, and post-secondary settings.

Strategies for Supporting Your Struggling Reader (2 hrs)

Learn strategies, tips, and quick games to play with your children to increase their Phonological Awareness, Phonics, Vocabulary, Fluency, and Comprehension.

The Journey to Adulthood: What Parents Need to Know (Sexuality) (2 hrs) **ES

This workshop explores how to facilitate discussion of puberty and adolescence with children who have disabilities. The focus is on preparing children for these developmental milestones. We will address ways for families to approach these topics based on their own values and beliefs.

Understanding the SAT Process: What Families Need to Know (2 hrs)

Learn about the 3-Tiered Response to Interventions and the role of the Student Assistant Team (SAT) and the supports put in place to assist your child with academic struggles at school and suggestions for support from home.

What is an IEP? (2 hrs)

Increasing involvement through knowledge and resources. This introductory workshop covers the basics of an IEP. What is it? Who needs one? How to qualify? This workshop also touches on the benefits of special education, how it has changed over the years, and how parents can be more involved.

Youth Specific Focus

Forward @ 14 Series (series of 4-4 hour sessions)

This hands-on, interactive series of workshops is designed for youth and their parents with a variety of skills and ability levels. Topics include self-advocacy and self-determination, disability laws, accessing accommodations after high school, community resources, the importance of peer to peer connections and mentors, and employment options.

Getting and Keeping the First Job (2 hrs) **ES

This workshop is geared toward setting high expectations for all youth with disabilities. Participants will gain tools and knowledge in order to assist youth with disabilities with job searches, obtaining employment, exploring their disability, and articulating the skills that would be used in a work environment.

SibShops (4 hrs)

SibShops are for the family member who will have the longest-lasting relationship with a person who has a disability, the sibling. For the kids who attend them, SibShops are pedal-to-the-metal events where they will meet other siblings (usually for the first time), have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play great games, learn about the services their brothers and sister receive, and have fun! SibShops are for siblings of children ages 8-13 of children with special health and/or developmental needs. Participants will need to register with Parents Reaching Out.

