

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



@ ReachingOut_PRO



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Parents Reaching Out



@ parentsreachingout



Parents Reaching Out

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Parents Reaching Out

Learning Opportunities



Call **Parents Reaching Out** today to host a learning workshop at no cost in your community that will help families - especially those whose children have a disability to:

- Navigate the healthcare system and understand their rights
- Gain an 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 40 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 and Community Engagement

PRO Overview (1.5 hrs.) *ES

Learn about the different programs and resources we have at Parents Reaching Out, and how they can benefit families and members of the community.

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 young children with extensive health concerns or special needs.

Skills for Effective Parent Advocacy (2 hrs.) *ES

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.

Strategies to support students and prevent bullying (2 hrs.)

Understand the types of bullying. 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.

Building Inclusion (1.5 hrs.)

Learn what true inclusion is, its impact on those around you, how to use inclusive language, and ways to create inclusion in your community and workplace.

Family Leadership Academy

This pre-conference event helps participants see their own leadership potential and how to make a difference for families with disabilities in the community.

Family Leadership Conference

The annual Family Leadership Conference helps families to improve their skills in advocating for their children and impacting the systems that affect them. The event typically includes networking opportunities and a selection of workshop strands that will provide important information and perspectives to both families and professionals. Each year, scholarships are available for families to attend the conference.

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 a disability.

*ES—Disponibile en Espanol

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.

New Mexico Medicaid Waivers (2 hrs.)

Learn about the types of waivers that are offered in New Mexico. Find out the differences between each waiver, who qualifies for them, and the process for applying.

Healthcare Transition (2 hrs.)

Learn how health care will change for your child as they move into adolescence. Discover the differences between pediatric and adult medical services. Find out how to help your teen understand their medical condition and develop the skills to self-advocate.

Supplemental Security Income (SSI) (2 hrs.)

Learn the difference between Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Become informed on how to apply, who to contact, and what information is need for the application. Gain understanding on the different types of Income and what resources means. Learn the steps in the appeal process.



Early Childhood



Developing the Dream (2 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.

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.

Early Literacy (2 hrs.)

Find out about the development of language and literacy skills, identify literacy opportunities that reflect your family's strengths, learn how to give your child an early start in reading and discover how to use daily routines to develop literacy.

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 young children with extensive health concerns or special needs.



Special Education



Accommodations and Modifications for Students *ES (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 Individualized Education Plans or 504 plans.

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

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.

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.

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.

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

Learn about the Multi Layered System of Supports (MLSS), 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.

The Essential Components of the Individualized Education Plan (IEP) (2 hrs.) *ES

Learn about the special education and evaluation process. Become more familiar with each component of the IEP and learn about your role on the IEP team. Discover communication strategies to utilize through this process and how you can better advocate for your child.

The 11 IEP Considerations for Autism (1hr) *ES

Learn about the 11 IEP Considerations for Autism to develop a quality Individualized Education Plan (IEP) to best support your child.

Transitioning from Middle School to High School for Students with Disabilities (2 hrs.)

Learn about the transition from Middle School to High School. We will go over having high expectations, creating a quality vision statement, the different graduation paths, and how to best plan for your future. Participants are encouraged to bring their IEP to the workshop to reference throughout the presentation.



Youth Specific Focus

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.

Forward @ 14 Series (series of six 1 hour sessions)

This hands-on, interactive series of workshops is designed for youth and their parents with a variety of skills and ability levels. They can be offered collectively as a series or as individual workshops.

Disability Awareness and Introduction to Self-Advocacy (1hrs.)

Learn the importance of understanding your disability so that you can be a better advocate for yourself. Youth and adults will work side-by-side on assessment tools and have an opportunity to practice talking about your strengths and needs.

Knowing Your Rights and How to Use Them (1 hrs.)

This introduces the basics of IDEA, Section 504, and the ADA and the rights associated with each. Participants will create a poster and have an opportunity to practice discussing their rights under disability laws.

How to run your own Individualized Education Plan/ Individualized Support Plan Meeting (1hrs.)

Youth and adults will explore interests and priorities related to work, education, and independent living. Activities will help to identify the skills and supports needed, and the importance of planning in order to reach your goals. Also, presenters will express what it's like to live their everyday lives and share different ways they had to advocate for themselves.

Options after High School (1 hrs.)

Youth and adults will explore interests and priorities related to work, education, and independent living. Activities will help to identify the skills and supports needed, and the importance of planning in order to reach your goals. Also, presenters will express what it's like to live their everyday lives and share different ways they had to advocate for themselves.

Healthcare Transition (1 hrs.)

Learn some of the necessary considerations when transitioning from pediatric care to adult providers. The tools and activities provided allow for assessment of personal skills and challenges and opportunity to practice effective communication.



*ES—Disponible en Espanol