



# FAMILY SUPPORT NEWSLETTER

## Family Support Conference A Major Success!

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The Family Support Conference was held on May 4, 5, and 6 at The Grand Summit Hotel in Bartlett, NH. Nineteen families from Region 9 attended along with several staff members.

If you have never attended the conference please watch for information about next year's conference in the February 2002 newsletter. Please call if you have any questions at that time.



Grand Summit Hotel  
Attitash/Bear Peak

The families had a good time enjoying the workshops, the food and interacting with other families. It was especially rewarding to see the enthusiasm and love that the families displayed. People seemed very happy to be there.

Gerry Riecks of the Family Support Team said, "As a first time attendee I was personally impressed with the conference and the positive feelings that I observed."

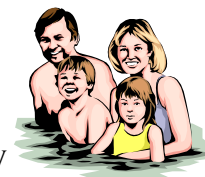
Special points of interest:  
on the DSSC Web site.....

- E-mail addresses of all our legislators
- Eligibility Requirements for DSSC Services
- Eligibility Statistics
- DSSC's Biennial Plan
- Consumer Rights
- Local Support Groups
- Maps to our Offices

## DSSC Website Undergoes a Major Revision

If you haven't visited the DSSC Website lately, now is the time. You will notice that the website has an all new look and all new content to better explain our mission and to be a resource to individuals and their families. This newsletter will be a part of the Family Support Web page. Check the Calendar page for upcoming events. Looking for a job? Check our Employment at DSSC page. Be sure to visit our Links pages to be able to connect to dozens of sites that have useful information on a wide variety of topics including the websites of disability related organizations, other agencies similar to DSSC, sites on health, advocacy, children, education and too many more to list. A new feature is a duplicate site that is text-only (no graphics) in order to serve those who access the internet with screen readers.

## Family Support Picnic at White Lake State Park



Save the date of Sunday, July 29 now and let's hope for a sunny day! Last year our picnic was rather damp but there were still some kids in the water and canoes on the lake. Once again, Family Support will provide soda, chips, cookies, and paper goods. You need to bring your own lunch (there are grills available) and perhaps something to share with others. We'll be there from 9-3 and will eat around noon. Hope to see you then as it's a great way to meet other families!



Annual  
Picnic

White Lake

July 29  
9:00 to 3:00

### Summer Recreation

Still looking for something for your child to do this summer?  
Give us a call and we will try to generate some new ideas.

The Bell Center has a summer day camp for kids 5-10!

Tri-Star Gymnastics has summer programs!

Camp Waban still has space available!

Also, there are some mini-grants available through TASH for inclusive activities.

Let us know how we can help your summer be FUN for your child.

### Community Forum—Should DSSC Provide Mental Health Services ?

You are invited to a community forum as DSSC considers the opportunities and issues in becoming the primary provider of mental health services in Strafford County. Due to fiscal and other reasons, the State of NH is closing Strafford Guidance Center as an entity and putting out to bid a contract for a new entity to be designated as the agency to provide these necessary services. DSSC is currently providing interim leadership to ensure services continue and to begin the process of finding solutions to their fiscal condition. We value input from all as we consider applying to become the permanent provider of these services. The forum will be on Wednesday, May 16, 2001 from 6:00 to 8:00 PM. It will be held at the Dover Community Office in the Dover Point Office Park, 42G Dover Point Road, Dover, NH.

### Respite Care Opportunities Available

Developmental Services of Strafford County and Community Developmental Services are on the lookout for some good respite providers. If you live in one of the towns that serves as a border between the two regions, there are opportunities available in both. Some of these towns are Durham, Northwood, Lee, and Nottingham. If you are looking for extra income, and want to help out a family in your community, we can help. There are opportunities to spend time with people of all ages, with the benefit of a flexible schedule.

To learn more about respite, and what is available, you can call either Christina Dumont, at DSSC or Peter Marshall at CDS. Christina can be reached at #749-4015, and Peter is at #436-6111.

# The Family Resource Connection Lending Library

by Alice Nye

One of the pleasures of working at the Family Resource Connection is to see new books and videos come in. There recently has been a bonanza of materials on raising and caring for children. If you would like to borrow any, just call the toll-free number at (800) 298-4321 or e-mail [FRC@finch.nhsl.lib.nh.us](mailto:FRC@finch.nhsl.lib.nh.us) and we will mail them to you with postage-paid envelopes for their return. The lending library has a vast array of books and videos available on many topics concerning children. Give us a call if you are looking for information or materials to help with your own children or the children you are caring for or working with. The Family Resource Connection is a free service for NH residents. Call us. We are here to help! Some books and videos in our library include:

Caring For Your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There by Lisa Cipriano Collins. Among topics covered are: identifying allergies, working with schools, restaurant and travel concerns, encouraging independence, finding treatment; safety risks and solutions.

Children with Autism and Asperger Syndrome: A Guide for Practitioners and Caregivers by Patricia Howlin. Practical ways of approaching a variety of problems relating to autism and Asperger Syndrome.

We Can Do It! by Laura Dwight. A children's book where readers meet five special children and find out the many things they can do.

Developmental Profiles: Pre-birth Through Eight by K. Eileen Alien and Lynn R. Marotz. Features profiles of developmental stages; developmental alerts, information on children with special needs, guidelines for observation, and appropriate learning experiences at each stage of development. Geared to parents, caregivers and educators.

What to do When Kids Are Mean To Your Child: Real Solutions From Experts by Elin McCoy. Among questions covered are: Why kids name call and tease. When being mean is bullying. What tactics kids can use to counter others' meanness. How to stop siblings from being mean to one another. What skills help kids make friends.

All Together Now: The Art of Including Children with Differing Abilities in the School Community by Karen Frisbie and Jeffrey Libby.

A Place for Me: Including Children with Special Needs in Early Care and Education Settings  
by  
Phillis Chandler.

Attention Deficit Hyperactivity Disorder: Questions and Answers for Parents.

For those of you with Internet access, don't forget the Family Resource Connection's website at [www.state.nh.us/nhsl/frc](http://www.state.nh.us/nhsl/frc). Here you can keep track of materials in the lending library as well as conferences, workshops and other child-related activities listed in the online Family and Child Development Calendar.



## Respite and Parent to Parent Collaboration

A couple of parents have spoken to us about a way that would facilitate parents connecting with each other as well as providing respite for them. It would be very similar to the play groups that your children might have been involved in when they were young. Parents traded off so the other parent could get a break. Very simply, if you were taking your child/children/family out fishing some weekend, how about calling another parent to see if their child would like to go with you! Or if you are taking your child bowling on Saturday afternoon, why not call another to join you. The expectation is that the other family would then reciprocate when they are planning an outing. There is definitely an obligation on the part of both families to follow through. Both Christina, the Respite Coordinator, and Betsy, the Parent to Parent Coordinator, would help initially with setting up some of these matches. Please call either one of us at 749-4015 with questions and to let us know if this is something that you would like to see happen.



**Share your family's favorite activity with another, and then get a break down the road!**

## Marriage and Family Therapy Center at UNH

Our Family Support Team recently had someone come from the Marriage and Family Therapy Center to talk with us about the services available through them and found it worth sharing with families. The Marriage and Family Therapy Center in Durham provides assistance to individuals, couples and families experiencing a wide range of problems including family stress and life adjustment. Their therapists are graduate students who are specializing in marital and family therapy and are mature individuals with extensive life and professional experience. Therapy can be scheduled days, evenings, or weekends plus there is a home based treatment option. There is even free child care available. They provide a team approach and therapists are supervised by senior staff. Billing is done on a sliding fee scale. Please call any one of us in Family Support with questions or call the center directly at 862-1076.

## Workshops at the Rochester Parent/Child Center

Monday Morning 10:00-11:30 AM — Child Care is available with pre-registration — Please call 335-0207

May 21- Child Passenger Safety Workshop - Class and inspection presented by Officer Jason Thomas of Rochester P.D. Not sure if your child's car seat is the best fit for your car? Is your child too big or small for their car seat? How long should your child remain in a car seat?

June 4 - Bringing out the Best Behaviors in Your Children - A look at the reasons children misbehave. Parents will have the opportunity to find the right behavior management technique for the family, and will be given tips on how to turn negative situations into positive ones when interacting with their child. Presented by Donna Packard of the Parent Information Center.

PLUS

Bullying And Self-Esteem, a two night parenting workshop on Tuesday, June 12 and 19 from 6:00 - 7:30 PM. Call 335-0207. Free child care available.

## IEP and 504 Workshop Series a Success

The Dover Partners in Health Family Council met in January, 2001. During the meeting, the focus was on the concerns and struggles that parents have with the 504 and IEP Process, understanding the laws and working with the school as a team. As a result of their frustrations, the parents decided to host a series of workshops in collaboration with the Parent Information Center (PIC). The goal was to empower parents to help promote parent/professional collaboration in the educational process. Notices went out into the community inviting parents and teachers. The workshop series ran for 3 weeks and was facilitated by Bonnie Dunham, Director of the Parent Information Project. The workshops were held at DSSC and were well received by those who attended. Below are two comments from the workshop evaluation:

“The training was excellent. I feel both parents and professionals benefited from the three-part training. Bonnie did a good job presenting the information and putting a personal touch on the subject matter. I highly recommend this training to all.”

“I especially enjoyed the Communication Workshop. Bonnie makes her presentation come alive with personal anecdotes and experience raising a child with special needs. Taking the time to consider what physicians, teachers & school administrators might also be feeling in dealing with our children helps put everything into perspective. Sharing personal stories helps make it clear that even though our children's individual needs may be different, we're all working together towards a goal of heightened awareness in a system that is responsive to their needs.”

## Human Race Walk for Families

On Saturday, May 5th, the annual Human Race Walk for Families, a 5K walk in Rochester, occurred. Over 35 individuals participated in DSSC's name to raise funds for our agency and because of their pledges (as well as some matching money from sponsors) approximately \$2200.00 was raised with pledges still coming in. A heartfelt thanks to all who were involved in making this such a success!

## Partners in Health and Girls on the Run

Partners in Health in collaboration with the Girls on the Run Program have provided scholarships to girls ages 8 to 12 years. Girls on the Run is an experiential learning program for 3rd to 5th grade girls that combines training for a 3.1 mile run/walk event with life changing, self-esteem enhancing, uplifting warm-ups and workouts that encourage emotional social, mental, spiritual, and physical development. If you would like more information on the Girls on the Run Program, please contact Cheryl Goscinski-Drew, Partners in Health Coordinator, at 749-4015 x211.



Promoting parent  
and professional  
collaboration in  
the educational  
process



## All Teens are Welcome!

Every couple of months, the Teen Social Group meets for fun and food. On Saturday, April 28, the teens had the pool to themselves for an hour at the Dover Indoor Pool. There were 11 teens in the pool plus several siblings and a few parents! It was great to have the use of both the pool and the diving board area and all the equipment available. We will keep you informed of the next planned activity for the teens which probably will be scheduled for the fall.


### "Serendipity"

by Mari Walker, PIH Parent

"Serendipity"--the happy knack of making unexpected and delightful discoveries by accident. Isn't it a treat when serendipity strikes? Thanks to the Strafford County Partners In Health Program for bringing some serendipity into the life of my family.

We were given the opportunity to use the Respite Apartment in Portsmouth, NH for a much needed mini-vacation. My children and I were delighted to find the apartment cozy and sun-filled—with skylights no less, comfortable beds, even a VCR and Nintendo. We walked around Portsmouth and enjoyed window-shopping and a pleasant, crisp sunny afternoon. For a light, satisfying dinner, we put a \$20 anonymous donation to good use at Molly Malone's Restaurant dining on the best corn and seafood chowders (along with an assortment of Irish sodabreads) you can imagine. And the service was great! From Molly's we progressed on to the Seacoast Repertory Theatre (SRT) to see a musical called "Minding the Store," thanks again to complimentary tickets.

Now here is the serendipitous part. While we were waiting in line for the play to start (which by the way we thoroughly enjoyed), we noticed a brochure for classes for summer apprentices and much more. SRT even offers need-based scholarships. To make a long story short, my daughter who wants to be a performer has been participating in several of SRT's classes, plays, and so on. I can't tell you how much this involvement has helped her with her self-confidence. She has made many friends and learned many new skills. In a sentence, my daughter who was having a really hard time due to factors beyond her control, now feels in control and happy again. Ah-h serendipity! Ah-h Partners In Health! Thank you so very much for everything you have done to help and support my family and for everything you do for all the PIH families. Tremendous thanks goes especially to dedicated PIH Coordinator, Cheryl Drew. We love you, Cheryl. Keep up the amazing work!



Our daughter  
now feels in  
control and  
happy again...  
thanks to  
PIH

# MAY FAMILY SUPPORT RAFFLE

## WE NEED YOUR FEEDBACK

The Family Support Council is looking for input from families so that we can develop our goals for the year ahead. Could you please take the time to answer the following questions so that we can set priorities for the Family Support Program. As a thank you for participating, we invite you to enter our raffle for 2 tickets for a trip with the Isles of Shoals Steamship Company.

1. What areas do you think the Family Support Program should set for priorities next year. Please check four:

- Respite \_\_\_\_\_
- Supports to Older Parents \_\_\_\_\_
- Sibling Supports \_\_\_\_\_
- Early Intervention \_\_\_\_\_
- Community Outreach \_\_\_\_\_
- Legislative Advocacy \_\_\_\_\_
- Recreation \_\_\_\_\_
- Social Opportunities for Families \_\_\_\_\_
- Other Ideas \_\_\_\_\_

2. What topics would you like us to concentrate on for speakers or newsletter articles in the coming year? Please check four:

- Guardianship \_\_\_\_\_
- Financial Planning \_\_\_\_\_
- Special Education Laws \_\_\_\_\_
- Health Insurance \_\_\_\_\_
- Information on Specific Diagnoses \_\_\_\_\_
- Medical Resources \_\_\_\_\_
- Community Resources \_\_\_\_\_
- Transition to Adult Services \_\_\_\_\_
- Other Ideas \_\_\_\_\_

On Monday, June 3, the Family Support Council and staff will be reviewing all feedback received and developing our annual plan. Families are invited to attend and participate in all stages of the plan. Please call Gerry @749-4015 to let her know if you can attend.

***Return this page by May 31, 2001 to Gerry Riecks at  
DSSC, 113 Crosby Rd, Suite 1, Dover NH 03820***



**Return this  
page to us and  
win 2 tickets  
for the Isles of  
Shoals  
Steamship  
Company**

## Legislative Update—May 2001

This year, the legislature in Concord has brought forth a full slate of potential legislation, many of which could impact the lives of individuals with disabilities. We urge you to communicate with your elected officials. Some have told us that they never hear from anyone on a bill and will vote the way they think is right based on what they know. A little background information often sways their vote and many are unaware of issues we face on a daily basis. Go to [www.dssc9.org](http://www.dssc9.org) and click on legislative updates for ways to contact our legislators. A direct link to check the status of any bill in the state is:

<http://www.gencourt.state.nh.us/ie/lsrsearch/lsrresults.asp>

Some bills that are of interest:

HB240—requiring a plan to reduce the waiting list for those awaiting area agency services.

HB233—amending the duties of the oversight committee for the severely developmentally disabled

HB143—establishing a committee to address the problem created by the shortage of health care personnel and support staff in New Hampshire.

### IMPORTANT — MAY RAFFLE — IMPORTANT

Return By May 31, 2001

Return this page that has your name and address, and answer the questions on the reverse side (page 7), and be entered to win two tickets on the Isle of Shoals Steamship Company. Your responses will help us as we plan for new programs and activities for the next year. Thanks!



#### Developmental Services of Strafford County, Inc.

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Fax: 603-743-3244

Email: [families@concentric.net](mailto:families@concentric.net)

IT'S ABOUT THE  
MISSION.....

Visit our  
Newly Revised Website  
[www.dssc9.org](http://www.dssc9.org)