Building Knowledge & Developing Skills

Educational Workshops and Webinars

Presented by

STARBRIDGE

For the Hope and the How

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Starbridge provides interactive, informative, and inspiring workshops to **build knowledge** and **develop skills**.

Many of our workshops are funded by grants and so can be offered for free to people who have disabilities and their families. Workshops for businesses and professionals who support people who have disabilities generally require a registration fee or the support of underwriters.

To find currently scheduled workshops, webinars, and conferences, view our online calendar at www.starbridgeinc.org/events.

We can customize some presentations for specific audiences. Would you like to schedule a workshop for your group?

To arrange a presentation for...

Families or people who have disabilities, please contact
Laura Arrington, Family and Youth Education Coordinator
by phone at 585-224-7332 or email larrington@starbridgeinc.org.

Spanish-speaking families or people who have disabilities, please contact
Maritza Cubi, Bilingual Family Education Specialist
by phone at 585-224-7327 or email mcubi@starbridgeinc.org.

Schools or businesses, please contact:
Joyce Steel,
Director of Family Advocacy
by phone at 585-224-7334
or email jsteel@starbridgeinc.org.

Online Learning from Starbridge

www.starbridgeonlinelearning.org

Starbridge Online Learning expands our capacity to educate and empower families on issues of special education, effectively advocating for children and youth, and collaborating with schools and other providers. This innovative tool enables participants to learn at times convenient for their schedules.

We will add online courses, archived webinars and even training series in the coming months. Initially, all courses will be open only to registered participants.

For more information, contact Laura Arrington at (585) 224-7332 or by email at larrington@starbridgeinc.org.

Resources for Transition Age Youth & Families

It is never too early to start getting ready for an active, engaged future! Starbridge offers a wealth of programs and resources to assist people and their circles of support as they identify opportunities to realize their goals and prepare for the future.

Please call our Intake line at (585) 224-7359 and ask for information about options for transition planning.

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→ ABCs of a School Meeting

Family members and professionals are invited to attend a variety of school meetings. The ultimate goal is for the family and school to work together for the benefit of the child's education. Participants in this workshop will learn how to get the most out of a meeting and how to be an involved team member before, during, and after a meeting. Presenters will also share suggestions on essential characteristics for strong partnerships, such as being prepared and knowledgeable.

- Gain an understanding of the importance of effective communication and collaboration during any type of school meeting
- Learn about the basic types of school meetings and their purposes
- Learn that – regardless of meeting type – the essentials of partnership and active participation remain the same

→ ABLE Accounts

The ABLE Act allows people with disabilities to establish a tax-advantaged savings account that can be used to pay for qualified disability expenses such as (but not limited to) housing, transportation and education. People who receive SSI and/or SSDI may find this workshop useful since the $2,000 resource limit for Medicaid eligibility does not apply to ABLE account balances. Join us to learn more about ABLE accounts from a state and national perspective.

- Examine ABLE Accounts
- Discuss advantages for individuals with disabilities

→ Advocacy Steps: The Essentials

Advocacy is the act of problem-solving with a purpose and a goal. A parent might engage in advocacy on behalf of their child; people who have a disability may advocate for themselves; a teacher may advocate on behalf of a student; groups of people may join forces in systemic advocacy efforts to change laws or policies. A step-by-step approach can guide us toward the desired outcome, regardless of the circumstance or scope. Participants will learn how to build a solid foundation of team members . Hands-on activities will reinforce the advocacy steps that lead to successful outcomes.

- Learn the basic steps required for effective advocacy
- Practice the steps using hands-on activities
- Understand that advocacy does not need to be adversarial to be effective

Educational Workshops

In alphabetical order

→ Advocacy Steps and Effective Communication

Do you come away from meetings not saying what you intended or feeling as though your viewpoint is misunderstood? Do you listen to what other team members say? How do you respond? Communication is key to effective partnerships. Learn to recognize the barriers in communication that can get in the way of collaboration and positive outcomes. Strengthen your advocacy skills by learning effective and collaborative communication strategies.

- Identify barriers to effective communication
- Learn techniques to remove barriers
- Learn elements for effective teamwork and positive interactions

→ Advocacy Steps and Effective Team Meetings

Good meetings don't happen without practice and planning. This interactive workshop highlights collaborative strategies to help reduce adversarial situations at meetings. How do you respond to conflict? You will discuss ways to identify good and bad conflict and learn three styles of response to conflict. Learn proven problem-solving skills that acknowledge concerns and ideas of all team members. Attend your next meeting with a positive approach and expect greater productivity.

- Understand the value of problem-solving
- Practice effective communication techniques
- Learn strategies to facilitate the problem-solving process at a meeting

→ Ask the Advocate

This workshop provides a unique opportunity to hear a Starbridge advocate's perspective on the special education process, disability services, or other related topics. This is designed to be an open forum in which participants ask questions in a group setting.

- Bring your particular special education or other disability-related issues to the floor
- Learn about issues others face and possible solutions
- Learn where you can find additional information about special education and advocacy

Educational Workshops

In alphabetical order

→ Attendance Matters

Did you know that only 17% of students who were chronically absent in Kindergarten and 1st grade are able to read on grade level after 3rd grade? There is a direct connection between chronic absence and students' academic achievement, especially for students who have disabilities. Every minute in school matters. Families, join us as we explore strategies to overcome barriers that may be getting in the way of getting your child to school.

- Identify chronic absenteeism and its effect on academic performance
- Explore strategies to address the barriers that hinder them from getting their children to school every day

→ Attitude of Gratitude: Improving Your Advocacy Outcomes

The expression of gratitude can have a positive influence in your life and in the lives of others with whom you interact. Presenters will share what research reveals on the relationship between gratitude practices and both mental and physical well-being. Participants will learn how optimism can be used to navigate difficult situations and improve advocacy outcomes.

- Learn the benefits of gratitude and optimism
- Practice expressing gratitude in challenging situations

→ Baggage

Is all that "baggage" weighing you down? Could your conversations, meetings, vision, and progress be hampered by baggage? This workshop demonstrates how you can recognize personal history as a barrier to effective working relationships. Using a lighthearted approach to a serious topic, our presenters share ways to lift baggage out of the way to make room for real progress at parent-teacher conferences, Committee on Special Education meetings, Life Plan conferences, staff meetings, and other professional gatherings.

- Learn how personal baggage can interfere with effective communication
- Identify your own baggage
- Learn strategies to identify and work around the baggage of others

Educational Workshops

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→ Balance and Wellness for Caregivers and Professionals

Caregivers and professionals in the human services field can benefit from real, honest conversations about the personal impacts of providing care and support to a person who has a disability. Learn to recognize and reduce stressors, as well as increase self-awareness about your role and responsibilities. The goal is to create more balance and resilience so we can continue to give our best to those we love and support.

- Increase awareness of personal barriers to wellness and balance
- Learn strategies and steps to help create more work-life balance
- Identify ways to nurture your health and develop resiliency

→ Bilingual Education: An Overview

Bilingual education in schools helps students learn English while continuing classes in other academic areas, such as science and math, in their native language. This workshop provides insight into the initial process of identifying a student as an "English language learner" or "Limited English Proficiency" learner. It also provides an overview of the different components of a Bilingual Program.

- Learn the basics of a Bilingual Program
- Learn about the NYS initial procedure for identifying a student's language needs
- Learn about the rights of an identified bilingual student
- Learn about the services and supports that a district is responsible for providing to a bilingual student according to state and federal laws

→ Boundaries: A Family Guide

Are you passionate about supporting others through challenges and difficult times? Setting clear personal boundaries is the key to ensuring relationships are mutually respectful, supportive and caring. This workshop provides information about the importance of establishing boundaries when helping others to achieve their goals or working with your own team.

- Recognize the importance of creating boundaries for self-care
- Identify individual beliefs and values and the importance of not imposing them on others
- Learn tools to address challenges and barriers

Educational Workshops

In alphabetical order

→ Building Bridges: Awareness • Inclusion • Empowerment

Promoting an Organizational Culture of Collaboration and Success

The latest US Census estimates that nearly 1 in 5 Americans have some form of disability. People who have disabilities, their families, and their friends are more likely to shop at, dine at, or engage the services of businesses that are truly accessible and inclusive. In addition, businesses that are flexible and open to employing the talents of all individuals, including those with disabilities, promote a workplace culture of collaboration and success.

Staff at Starbridge are experts in understanding disabilities and in working with groups in a positive, engaging fashion to help them see that we are all people first. Let us come in and help your employees or group members to:

- Develop an understanding of disabilities and how they affect everyday life
- Improve comfort level and skills in working or interacting with people who have disabilities
- Understand definitions of and ways to accomplish reasonable accommodations and accessibility

→ Building Bridges: Awareness • Inclusion • Empowerment

A Student-Focused Presentation

Schools strive to provide quality instruction in a school environment that is tolerant, respectful, and inclusive. Positive Behavioral Interventions and Supports (PBIS) and bullying prevention programs are critical to the development of that environment. Building Bridges supports PBIS and the Dignity for All Students Act (DASA) while fostering awareness and sensitivity to include all students.

Staff at Starbridge are experts in understanding disabilities and in working with groups in a positive, engaging fashion to help them see that we are all people first. Let us come in and help your students to:

- Develop an understanding of disabilities and how they affect everyday life
- Identify the qualities of a good friend, while building acceptance
- Understand the value of making connections and being supportive in classroom, peer group, and community settings

→ Building Circles of Support

Imagine a group of hand-picked individuals gathered to help a person who has a disability to accomplish their personal vision. How do we make that a reality? This workshop shows the value of a circle of support, how to form that circle, and strategies for making the circle effective.

- Learn what a circle of support is and why it is needed
- Examine a functioning circle of support
- Gain strategies for starting a circle of support

Educational Workshops

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→ Building Healthy Relationships through Prosocial Behaviors

Teaching youth who have disabilities about sexuality is important in promoting independence, personal safety, healthy lifestyles, healthy relationships, and social inclusion. Families, guardians and professionals will leave this workshop with the information and confidence they need to address the topic of sexuality with children, teens, or young adults who have disabilities.

- Learn basic information to help a person who has a disability to understand the physical, emotional, and social changes of puberty and adolescence
- Learn strategies to use at home to explain the information

→ Bullying: Intervention Strategies

Bullying is an increasingly serious problem in schools. Families, teachers, and children need help and support in knowing how to respond. This workshop introduces participants to definitions of bullying, how to recognize it, and how to respond to it both at home and in school.

- Be able to define bullying behavior and distinguish it from typical peer conflict
- Identify your own emotional responses to your child or student being bullied
- Learn coping strategies for yourself and strategies to help your child or student
- Learn effective ways to intervene in the child's school or home environment

This workshop can be offered in a one- or two-hour format.

→ Committee on Special Education Overview

The Committee on Special Education (CSE) is responsible for developing a child's Individualized Education Program (IEP) through a process which involves the student and family. This workshop will explain the purpose of the CSE, the required members, and the family's role on the committee. Participants will learn strategies for effective advocacy with the CSE.

- Gain an understanding of the CSE team process
- Understand the role of each CSE member
- Learn about the timetable for the CSE process
- Understand the process of developing an IEP
- Gain advocacy skills

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→ Continuum of Services

Special education is a service, not a place. A variety of placements and related services are available to provide an appropriate education for students who have disabilities. Learn about the process used to determine special education placement and services. Explore the many educational options available and varying configurations of those options. Learn the answers to questions like: What is a consultant teacher? What is a self-contained classroom? What does 12:1:3 mean? What supports can help a student who has a disability to succeed in a general education classroom?

- Learn about the variety of placements and services that comprise special education, including related services, special classes, and private schools
- Understand the concept of Least Restrictive Environment (LRE)

Educational Workshops

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→ Creating a Life After High School Series

Creating a Life After High School is a five-session exploration program designed for youth and their families. Registration is open to all students in Monroe County NY, ages 15-21, who are living at home and who have established DDRO eligibility.

The series provides a safe and encouraging environment in which each student is able to practice their self-advocacy skills and find their voice as they begin planning for life after high school. The individuality of each student is valued and encouraged throughout the sessions.

Presenters will help students to identify key points in planning for their future. The information presented will help answer the many questions students and family members have as students enter the adult world. At the end of this program, participants can apply for funds that will be used to support their future vision.

- Create a vision board to display individual goals for the future
- Strengthen self-advocacy skills
- Identify opportunities that exist in our community

*Note: **Creating a Life After High School** is funded by a grant to provide this series for students with established DDRO eligibility in Monroe County.*

→ Creating Your Advocacy Notebook

An advocacy notebook is an indispensable tool for every educational team member, especially families and educators. Combining individual vision, family input, educational recommendations and professional references creates a powerful springboard to advocate for your student. This workshop provides participants with the skills, knowledge, and resources to maintain the documentation and records needed for effective advocacy. Participants will leave equipped with a notebook, handouts, reproducible forms, correct educational and legal terms, and greater confidence in communicating with the whole team.

- Understand the purpose of the notebook and the value of a "walking file"
- Learn strategies for utilizing the notebook for effective advocacy
- Learn advocacy skills for successful meetings

Educational Workshops

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→ CSE/CPSE Parent Member: The Essentials

What is the role of a Parent Member on the Committee on Special Education or Preschool Education (CSE/CPSE)? This training introduces the role of Parent Member and offers strategies to help you become an effective partner in the process. Learn best practices of the CSE/CPSE process and ways to effectively support a family during the meeting.

- Identify the role and requirements of a Parent Member
- Understand the CSE/CPSE process
- Learn techniques and strategies to be an effective Parent Member and support a family at a CSE/CPSE meeting

→ Developing a Vision

It is sometimes difficult to articulate the dreams we hold for ourselves or for our children and students who have disabilities. Take this time to begin developing a vision for yourself, your child or your student. Where do you see yourself or your child living? Working? Spending leisure hours? Our presenters will guide you along this exciting journey and may help you to consider options you had not thought of before. You will leave this workshop seeing possibilities for yourself, your child or your student.

- Develop a vision statement for yourself, your child, or your student
- Understand why vision is an important advocacy tool
- Learn how a vision statement can be used to develop an individual plan such as an Individualized Education Program or Life Plan

→ Developing Your Child's Portfolio

A portfolio is a visual representation that can be used to introduce a child to any professional. Photos and concise text illustrate a child's strengths, family, hobbies, interests, and "things you should know about them." Participants start with a vision statement and develop a portfolio as part of this interactive, hands-on workshop. Educators who have received portfolios have commented that they would like a portfolio for every student!

- Develop a vision statement for your child
- Learn how to create a friendly portfolio that can be used to introduce a child to any new professional in their life
- Learn strategies to utilize the portfolio for effective advocacy

Educational Workshops

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→ Disability Disclosure

Why tell others about your child's disability or your own disability? Sharing information about a disability and how it affects you or your family member helps to provide an understanding of that person and will help eliminate guesswork and assumptions made by family, friends, community members, or professionals. Disclosure may open doors to better communication and understanding in both personal and professional relationships. Families will explore why, when, where, and how to tell others about a child's disability. Self-advocates will learn that disclosing to others may help them recognize their strengths and gain skills and support. Participants will leave with a sampling of tools designed to facilitate disclosure.

- Learn what disclosure is and the choices involved in disclosing
- Explore the advantages and disadvantages of disability disclosure
- Understand the importance of personal and family preference in disclosing

→ Discipline and Suspension: Understanding the Rights of Students with Disabilities

Did you know there is a difference between general discipline procedures and discipline procedures for students who have disabilities? Children who have disabilities have specific rights under state and federal laws when it comes to suspensions and school discipline. This workshop will provide an overview of these rights and the process used for discipline and suspensions. Participants will learn about Functional Behavioral Assessments and how to create a proactive behavior management plan to help avoid future conflict.

- Become familiar with regulatory terms and definitions related to discipline and suspension for students who have disabilities
- Understand the due process rights related to discipline and suspension
- Learn advocacy techniques

Educational Workshops

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→ Early Intervention Services Overview

Families of infants and toddlers who have disabilities or suspected disabilities can access a variety of supports and services, including assistance with diagnosis, through the Early Intervention program administered by the NYS Department of Health. Who refers a child for services? How do you determine if a child has a delay? What does a child need, how often, and who works with the child to improve their areas of need? This workshop will provide information about the Early Intervention process.

- Learn the process from referral to evaluation to delivery of Early Intervention services
- Understand the role that parents play in the process
- Learn how to promote teamwork

→ Families as Advocates: Your Role at the Committee on Special Education (CSE)

This workshop is designed to help families strengthen their role as advocates in their child's Committee on Special Education (CSE) meetings and processes. Join us as we discuss the purpose of a CSE meeting, effective communication strategies, and ways to enhance your advocacy skills.

- Understand the family member's role in the Committee on Special Education
- Learn advocacy steps
- Develop collaborative communication skills

→ Family Empowerment Series

The Family Empowerment Series (formerly known as Lay Advocacy) is a multi-session training series offered each year by Starbridge in various locations in the Finger Lakes and Western New York regions. This series prepares families and caregivers to better advocate within the educational system for their children, and to be resources for other families of students who have disabilities in their communities. This series is open to all families of children who have disabilities and suspected disabilities.

- Learn to navigate and effectively advocate within general and special education systems
- Gain information about RTI, 504, IEP, including evaluation, classification and placement
- Increase skills for building effective partnerships and participating effectively in meetings

Educational Workshops

In alphabetical order

→ Family Involvement

Research shows that when families are engaged, students have higher grades, test scores, and graduation rates; better school attendance; increased motivation; better self-esteem; and, lower rates of suspension. This workshop provides participants with the tools to develop a positive and collaborative relationship between families and schools. Participants will learn skills for effective communication and strategies to support educational success at home and in school.

- Learn why family involvement at school is essential for student achievement
- Learn different ways that families can be involved at home and at school
- Learn communication styles and techniques to enhance home/school collaboration

→ Functional Behavioral Assessments and Behavior Intervention Plans

Sometimes a child's behaviors interfere with learning. Students and teachers need strategies to minimize those behaviors and to maximize learning opportunities. This workshop will explore the nature of a child's behavior and when a Functional Behavior Assessment (FBA) should be requested. An FBA helps to determine why a student engages in behaviors that impede learning. We will share tools and strategies to support student success, and what types of supports and services might be needed.

- Understand the terms Functional Behavioral Assessment and Behavior Intervention Plan
- Understand the process by which these are developed
- Be able to actively participate in the process of developing these plans

→ Getting and Keeping the First Job

Getting a job is an important rite of passage for most youth and adults. Employment provides a means to earn wages, but it also provides a social network, an opportunity to share and grow in professional interests, and a common purpose in accomplishing a business or organizational goal. This workshop will help families and professionals understand the realities of employment for all youth. Presenters will discuss strategies that youth who have disabilities can use to improve employment prospects. Topics include the importance of work, self-awareness, career planning, family support, possible pitfalls and disability disclosure.

- Learn how work can enhance self esteem
- Explore the strengths an individual brings to an employer
- Discuss what information about a person's disability may be disclosed
- Explore employment-seeking strategies

Educational Workshops

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→ Guide Boards: Tools and Strategies to Effectively Guide Appropriate Social Interactions

Guide boards are valuable tools to support appropriate social interactions. They assist a person with a disability in expressing a need or emotion. Participants will begin to create guide boards to support individuals in their communication and to assist with transitions.

- Learn the history and definition of social stories, based on the work of Carol Gray
- Lean how to create and use guide boards
- Gain practical tools to assist with appropriate social interactions

→ IDEA: An Overview

Children who have disabilities are entitled to appropriate, individualized, educational services that meet their unique learning needs. This workshop will explain the history and provisions of the Individuals with Disabilities Education Act (IDEA) and the Family Education Rights and Privacy Act (FERPA), two federal laws that govern education for students with disabilities. Families, educators, and human service professionals will learn about children's rights, how children qualify for special education services, and how these services may be delivered.

- Gain information on the history and provisions of the Individuals with Disabilities Education Act (IDEA)
- Understand the rights protected by the Family Education Rights and Privacy Act (FERPA)
- Know where to find state regulations online

→ The Importance of Self-Advocacy for Your Child

Self advocacy is the act of speaking up for yourself to protect your right to direct your own life, including your interests and needs. Families can help their children develop advocacy skills from a young age. This workshop will teach families strategies to ensure their child's voice will be heard throughout their life.

- Increase understanding of self-advocacy skills
- Increase knowledge of appropriate IEP goals to support self advocacy
- Increase understanding of the importance of self advocacy skills for transition planning and beyond

Educational Workshops

In alphabetical order

→ Inclusion: Philosophy and Practice

Can you imagine feeling out of place or unwelcome at home, school, at the gym, movies, or on the playground? At every age and stage, we all need to feel we belong. This workshop explores community inclusion from infancy through adulthood. Presenters will facilitate an open forum on how to find and choose appropriate inclusive community activities for all ages. The group will also discuss educational inclusion and least restrictive environment (LRE) by tracing one family's journey.

- Explore the philosophy and spirit of inclusion
- Understand least restrictive environment (LRE) and educational inclusion
- Discuss the barriers and challenges of community inclusion
- Learn possible ways to support a person in inclusive settings

→ Individualized Education Programs: The Essentials

When a child qualifies for special education services, federal law requires the development of a document called an Individualized Education Program (IEP). The IEP serves as a roadmap for services, including important information about a child's levels of performance and needs, as well as goals for the child. This workshop will prepare participants to actively participate on the IEP team.

- Understand the roles of the members of the IEP team
- Discover the steps and sequence in developing an IEP
- Recognize the difference between measurable and non-measurable goals

→ Individualized Education Programs: Identifying Effective Goals

When developing a student's IEP for the annual review, it is important for team members to work in collaboration to develop the IEP goals. This workshop will review guidelines used for identifying and writing effective goals that make sense for the student.

- Learn to develop goals that measure and support a child's progress
- Utilize the New York State Sample IEP and guidance documents
- Become a collaborative partner in developing IEP goals

Educational Workshops

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→ Managing the Move: Preparing for Next Year

Moving from one school year to the next can be challenging for children, families and their school team members. This workshop will provide families and school team members with strategies to help promote a seamless transition and lay the groundwork for a positive start to the new school year.

- Learn to prioritize the information to be shared with the new team
- Examine suggested timelines to ease the end-of-year crunch
- Learn how to develop appropriate goals for the school year

→ MOVE: My Options, Vocation & Education

It's my MOVE now! This half- or full-day conference helps students who have disabilities and their families plan for life after high school. The student's vision for living, working, and learning after high school should be the guiding philosophy that drives the planning as they transition to adult life and services. Topics covered during the conference include: Transition; Creating a Vision for the Future; Transition in the IEP; and Pathways to Graduation.

- Develop a vision statement for your child or student
- Learn the options for post-secondary education, employment, and community living

→ Navigating the Maze: School and Your Child with Medical Needs

Children with medical needs, such as diabetes, seizures, or allergies, require collaboration between home, school, and medical professionals to successfully participate in school. Their unique medical and educational needs can be met when school staff and parents work together with medical professionals to develop appropriate plans. This workshop will acquaint participants with Individuals with Disabilities Education Act (IDEA), Americans with Disabilities Act (ADA), and Section 504 of the Rehabilitation Act.

- Become familiar with the relevant laws: IDEA, ADA, and Section 504
- Review a sample 504 plan and understand the importance of individualized plans
- Learn advocacy techniques to facilitate the collaborative development of plans

Educational Workshops

In alphabetical order

→ Overview of 504 Plan

The 504 Plan has its origin in Section 504 of the Rehabilitation Act. According to this federal law, no one who has a disability can be excluded from participating in federally-funded programs or activities, including elementary, secondary or post-secondary schooling. A 504 Plan provides the modifications and accommodations that students need to have an opportunity to participate with their peers.

- Understand the definition of disability
- Learn the differences between an Individualized Education Program and a 504 Plan
- Review a sample 504 Plan and understand that plans should be individualized
- Learn advocacy techniques to facilitate the collaborative development of plans

→ Pathways to Graduation

Learn what "pathways to graduation" are available for students who have disabilities in New York State. What does each diploma, credential, and certificate offer for a student's future? What is the difference between a local diploma, a Regents diploma, and a Skills and Achievement Commencement Credential? This workshop will help you and your student make informed decisions regarding school, placement, and services.

- Understand the difference between each diploma and credential and the impacts on post-secondary options
- Gain information to help you and your child make informed decisions regarding school, placement, and services

→ Planning for the Future: Guardianship, Trusts, and Supported Decision-making

Families of children who have disabilities need to think about how important decisions – from finances to health care to living arrangements – will be made as their child becomes an adult. Which one is right for your family? Only you can decide. Join us for a discussion about current legal methods of planning for the future.

- Supported Decision-making
- Guardianship and Trusts
- Limited power alternatives, such as representative payees, power of attorney, and health care proxies

Educational Workshops

In alphabetical order

→ Preparing for the Annual Review

An annual review is a Committee on Special Education (CSE) meeting to plan for the next school year. This workshop will help families and educators prepare for annual reviews. Topics to be covered include pre-meeting preparation, development of an Individualized Education Program, and tips to help families and educators collaborate in designing an appropriate program for a student.

- Learn how the Committee on Special Education (CSE) and Committee on Preschool Special Education (CPSE) contribute to the annual review
- Learn the process for building an Individualized Education Program (IEP)
- Understand roles of members of the CSE or CPSE
- Learn steps to effective advocacy

→ Promoting Graduation

Graduating from high school is a significant milestone for all students, including students who have disabilities. Families have an important role in supporting a student's achievement in school. This workshop will provide family members with strategies and information that will help them support their children. It will also provide information about national dropout rates, New York State graduation rates, and warning signs of a student disengaging from studies.

- Identify warning signs that a student is disengaging from school
- Discuss strategies to help a child remain in school and graduate

→ RTI, 504 and IEP: What's It All About?

When a child qualifies for special education services, federal law requires the development of a document called an Individualized Education Program (IEP). Some students may not qualify for an IEP, but may receive accommodations and modifications from a 504 Plan or may receive support through Response to Intervention (RTI). This workshop will explain the process for receiving supports and services through general and/or special education.

- Understand the differences between building level (or general education) services and special education services
- Understand the processes and steps for each of these systems

Educational Workshops

In alphabetical order

→ School Avoidance Issues

Anxiety is a natural part of childhood, but when anxiety gets in the way of a child's ability to learn, families may need support and services through the Committee on Special Education. Learn how to collaborate with your child's school and what supports and services may be available through school for a child who has anxiety.

- Learn how to collaborate with your child's school
- Identify supports and services available through school and your community

→ Simulated CSE Meeting

The Committee on Special Education (CSE) is a formal group that meets to develop recommendations for students who have disabilities. The process can be confusing and overwhelming for all involved. Wouldn't it be great to practice your participation with experienced facilitators who can help you to avoid pitfalls? This workshop provides an opportunity for participants to simulate a CSE meeting with Starbridge presenters. Through role-playing, participants learn communication and advocacy techniques which can be employed at real CSE meetings and in other similar situations.

- Engage in a simulated CSE meeting, playing the role of a member of the committee
- Observe the group dynamics and communication techniques used by members of the group

→ Team Up for Positive Change

Team Up for Positive Change aims to change attitudes and promote inclusion. This innovative multi-part program connects people who have disabilities and their families with college students, teachers, doctors, and community groups.

In the first part of the program, participants learn or improve presentation skills so that they may better share their disability-related story with others. In the second part of the program, each participant collaborates with a future educator for one semester. After the participant shares their story, the student will interview the participant or family to find out more about their area of need. Students spend the semester researching their topic. At the end of the semester, the student will present their research back to the class and the participants.

- Promote greater understanding and acceptance of people who have disabilities and their families
- Educate and increase empathy among teachers, doctors, and other professionals
- Promote the inclusion of people who have disabilities in the community

Educational Workshops

In alphabetical order

→ Transition 101: From High School to Adulthood

Every student who has an Individualized Education Program (IEP) and is at least 15 years old should have a Transition Plan. Participants at this workshop will learn about the Transition process, which is designed to incrementally prepare students to live, learn, and work in the community by building career and life skills, knowledge and experiences. Presentations may include personal perspectives shared by people who have disabilities and family members.

- Review the Transition Plan requirements
- Explore opportunities that can be included in a Transition Plan

→ Transition 201: Beyond the Basics

Does the adult life plan for your student include employment, college, volunteer options, or other opportunities? What skills, experience, and knowledge will your student need before this transition? This workshop will review the basics of the Transition process and help you and your student explore their adult life options.

- Review the Transition Plan requirements
- Explore adult life possibilities and options for students
- Explore ideas about how to help make possibilities tangible

→ Transition from Early Intervention to Preschool

For many families, moving from Early Intervention services to preschool is the first transition of services for their child. Being informed can lead to a smooth and easy transition. This workshop will discuss the emotional impact on families, how to best prepare for the transition, and the differences between Early Intervention (EI) and the Committee on Preschool Special Education (CPSE). This workshop will give participants the tools to be effective members of a child's educational team.

- Become familiar with the timeline and process used to transition from early intervention to preschool services
- Understand who is responsible for each of the tasks involved in the transition from EI to CPSE
- Learn how to effectively communicate a child's needs to the CPSE

Educational Workshops

In alphabetical order

→ Transition from Preschool to School-Age Services

For any parent with a child going off to kindergarten, it is a time of excitement and anxiety. For families of children who have disabilities, it can also be confusing and nerve-wracking. Participants will learn the differences between the Committee on Preschool Special Education (CPSE) and the Committee on Special Education (CSE) and learn strategies to work effectively with the educational team. Topics include: Individualized Education Program (IEP), Least Restrictive Environment (LRE), and service delivery options.

- Learn the differences and similarities between CPSE and CSE
- Discover the services and placements available for school age children with disabilities
- Understand how to use the child's evaluation to drive the development of the IEP

→ Understanding and Supporting Children with Challenging Behaviors

Behavior in all forms, such as facial expressions and body language, can convey messages. This workshop will explore the nature of a child's behavior, some possible root causes, and strategies to promote positive behaviors. We will look at various supports and services available through school and in the community, and discuss options for when more support is needed.

- Look at behavior as a form of communication
- Identify possible causes of challenging behaviors
- Identify supports and services available through the school district and community

→ Welcome to My CSE

Your child's vision is written – now what? How do you get their school teams to buy into the vision? This workshop will provide information and tools to assist in making your student's vision real to their team through a short but powerful presentation.

Pre-requisite: Developing a Vision

- Learn the educational value of presenting a clear vision to school teams
- Discover a variety of different options to promote your student's vision
- Review the tools for keeping your presentation both brief and influential

Educational Workshops

In alphabetical order

→ What Are the Opportunities? Putting Together the Pieces in Self-Directed Services

This workshop highlights the opportunities Self-Directed Services provide to individuals and families through managing their own budgets, hiring their own staff, developing their own person-centered plans, and implementing those plans. Hear directly from individuals with disabilities and family members about their experiences with Self-Directed Services.

- Increase your understanding of why people choose Self-Directed Services
- Learn about opportunities available through Self-Directed Services from others' experiences using them

→ Working Effectively with Families

When a person's family is a central part of their life, professionals supporting that person need to understand and work effectively with both the person and their family. Discovering and respecting a family's unique relationships, values, communication style, and cultural background can help build collaboration and improve outcomes for the person who has a disability. Through interactive exercises and discussions, participants will gain an understanding of one family's experience and learn how they can work more effectively with families.

- Learn about the family-centered approach to services
- Learn about the value of People First Language
- Understand the importance of not letting personal values interfere with providing person-centered supports

→ El ABC de una Reunión (Conferencia) Escolar

Los miembros de la familia y los profesionales son invitados a asistir a varias reuniones escolares. Los participantes en este taller van a conocer cómo obtener lo máximo de una reunión y cómo ser un miembro del equipo envuelto antes, durante y después de una reunión. El taller ofrecerá sugerencias sobre puntos esenciales para una colaboración, tal como estar preparado e informado. El objetivo principal es que la familia y la escuela trabajen en conjunto para el beneficio de la educación del niño(a).

- Obtener el entendimiento de la importancia de la comunicación y la colaboración efectiva durante cualquier tipo de reunión escolar
- Conocer los diferente tipos de reuniones escolares y su propósito
- Conocer que a pesar del tipo de reunión, las partes esenciales de la colaboración y de la participación activa permanecen igual

→ Acoso Escolar (Bullying): Estrategias de Intervención

El acoso escolar o bullying es un serio problema que está aumentando en las escuelas. Los padres, los maestros y los niños necesitan apoyo para saber cómo responder. Este taller presenta a los participantes las definiciones de acoso o bullying , cómo reconocerlo, y cómo responder tanto en la casa como en la escuela.

- Poder definir la conducta de acoso o bullying y distinguirla de los conflictos típicos entre compañeros.
- Identificar sus propias respuestas emocionales al saber que su hijo(a) está siendo acosado (es víctima de bullying) y discutir las estrategias de ayuda para usted mismo
- Aprenda las estrategias para ayudar a su hijo (a) o a su estudiante
- Aprenda las maneras efectivas para intervenir con el ambiente de la escuela o del hogar de su niño(a)

Este taller puede ofrecerse en un formato de una o de dos horas.

Talleres en Español

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→ Caminos a la Graduación

Conozca cuáles son "los caminos a la graduación" que están disponibles para los estudiantes con discapacidades en el Estado de Nueva York. ¿Qué ofrece cada diploma, cada acreditación y cada certificado para el futuro del estudiante? ¿Cuál es la diferencia entre un diploma local, un diploma Regents, Acreditación de las Habilidades y los Logros (en inglés Skills and Achievement Commencement Credential), y el Certificado Regents para Estar Listo para la Fuerza Laboral (en inglés: Certificate of Work Readiness)? Este taller le ayudara a usted y a su estudiante a tomar decisiones en base a más información con referencia a la escuela, la colocación y los servicios.

- Entender las diferencias entre un diploma Local, un diploma Regents, una Acreditación de las Habilidades y los Logros y La Acreditación /Credencial de Desarrollo de Carrera y Estudios Ocupacionales (en inglés Career Development and Occupational Studies Commencement Credential)
- Obtener la información para ayudarlo a usted y a su hijo(a) para tomar las decisiones informadas referentes a la escuela, la colocación y los servicios.

→ El Comportamiento Pro-Social La Sexualidad y Las Discapacidades

Enseñarles sobre sexualidad a las personas con discapacidades es importante para promover la independencia, la seguridad personal, los estilos de vida saludables, las relaciones saludables y la inclusión social. Los padres, los guardianes legales y los profesionales saldrán de este taller con la información y la confianza que necesitan para dirigir el tema sobre la sexualidad con los niños, los adolescentes o con los adultos jóvenes con discapacidades.

- Aprender la información básica para ayudarle a una persona con una discapacidad para entender los cambios físicos, emocionales y sociales de la pubertad y de la adolescencia.
- Aprender las estrategias para que use en casa para explicarles la información

Talleres en Español

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→ Comunicación Efectiva

¿Sale de las reuniones de educación o de las reuniones con el personal sin expresar sus intenciones? ¿O siente como si su punto de vista es mal entendido? ¿Escucha lo que dicen los otros miembros del equipo? ¿Cómo responde?

La comunicación es la clave para la colaboración efectiva. Los participantes fortalecerán sus habilidades de colaboración al aprender las estrategias de comunicación. Los temas incluyen las expresiones verbales y no verbales, los estilos de comunicación, y la formación de equipos.

- Identificar barreras de la comunicación efectiva
- Aprender técnicas para remover las barreras
- Aprender los elementos para el trabajo efectivo en equipo

→ Desarrollo de una Visión

Algunas veces es difícil articular los sueños que tenemos para nosotros mismos o para nuestros hijos y estudiantes con discapacidades. Tome este tiempo para comenzar a desarrollar una visión para usted mismo, para su hijo o para sus estudiantes. ¿En dónde se ve viviendo usted o su hijo? ¿Trabajando? ¿Pasando el tiempo libre?

Los presentadores lo guiarán a usted a lo largo de esta emocionante jornada y le pueden ayudar a que considere opciones que usted no había pensado antes. Usted saldrá de este taller con una visión diferente para usted o para su hijo(a).

- Desarrollar una visión para usted o para su hijo o estudiante
- Entender por qué la visión es una herramienta importante para abogar
- Saber por qué y cómo promover las fortalezas en la visión
- Aprender cómo una declaración sobre la visión puede ser usada para desarrollar un plan individual tal como un Plan Individualizado de Servicios de la Familia, un Programa de Educación Individualizado, o un Plan de Servicios Individualizado.

→ Disciplina y Suspensión: Entender los Derechos de los Estudiantes con Discapacidades

¿Sabía usted que hay una diferencia entre los procedimientos en la disciplina general y los procedimientos en la disciplina para los estudiantes con discapacidades? Los niños con discapacidades tienen derechos específicos bajo las leyes estatales y federales cuando se trata de suspensiones y de disciplina escolar.

Este taller proporcionará una vista en general de estos derechos y procesos usados para la disciplina y las suspensiones. Los participantes aprenderán sobre las Evaluaciones de la Conducta Funcional y cómo crear un plan pro-activo para el manejo de la conducta para evitar conflictos futuros.

- Familiarizarse con los términos regulatorios y con las definiciones relacionadas con la disciplina y la suspensión para los estudiantes con discapacidades.
- Entender los derechos al proceso relacionado con la disciplina y la suspensión.
- Aprender las técnicas para abogar por usted mismo o por otros

→ Entendimiento y Apoyo para Niños/as con Conductas Difíciles

Conducta en todas las formas, como las expresiones faciales y lenguaje corporal, pueden transmitir mensajes. Este taller explorara la naturaleza de la conducta de un(a) niño(a), algunas posible causas y estrategias para promover conductas positiva. Miraremos varios apoyos y servicios disponibles a través de la escuela y la comunidad, y hablaremos sobre las opciones para cuando se necesite más apoyo.

- Ver la conducta como una forma de comunicación
- Identificar las posibles causas de conductas difíciles
- Identificar apoyos y servicios disponibles a través del distrito escolar y la comunidad

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→ Familias Abogando: Sue papel en el Comité de Educación Especial

Este taller está diseñado para ayudar a los padres y a las familias a fortalecer su papel como defensores en las reuniones y procesos del Comité de Educación Especial (CSE) de sus hijos. Únase con nosotros para hablar sobre el propósito del Comité de Educación Especial (CSE), estrategias de comunicación efectiva, y las maneras como aumentar sus habilidades de abogacía.

- Examina el de los padres o familias en el Comité de Educación Especial (CSE)
- Provee pasos de abogacía
- Introduce estrategias de comunicación colaborativas

→ Información General sobre el Comité de Educación Especial

El Comité de Educación Especial (CSE por sus siglas en inglés) es responsable de desarrollar un Programa de Educación Individualizada (IEP por sus siglas en inglés) por medio de un proceso que involucra al estudiante y a sus padres. Este taller explicará el propósito que tiene este Comité de Educación Especial (CSE), los miembros requeridos, y el papel de los padres en el comité. Los participantes conocerán estrategias para abogar de manera efectiva con el Comité de Educación Especial (CSE).

- Obtener el entendimiento del proceso del equipo del Comité de Educación Especial (CSE)
- Entender el papel de cada miembro en el Comité de Educación Especial (CSE)
- Entender el proceso de desarrollar un Plan de Educación Individualizada (IEP)

→ Intervenciones Conductuales Positivas

La conducta en todas sus formas, como por ejemplo, las expresiones faciales y el lenguaje corporal, pueden transmitir mensajes. Analizar e Interpretar los mensajes expresados por medio de comportamiento problemático es el primer paso para implementar las intervenciones conductuales positivas.

Este taller explorará la naturaleza de la conducta de un(a) niño(a) y ayudará a determinar cuándo es apropiado tener un plan de conducta positiva. Los presentadores discutirán los elementos esenciales de un plan de conducta positiva. Los participantes aprenderán las intervenciones positivas y las estrategias para apoyar a los estudiantes con conductas problemáticas de manera afirmativa y constructiva.

- Ver a la conducta como una forma de comunicación
- Considerar las maneras en las que la conducta puede ser interpretada y cómo esa interpretación conduce a nuestra forma de responder a la conducta
- Aprender los elementos esenciales de un plan de apoyo conductual positivo

→ Organizándose para Abogar por Los Niños con Necesidades Médicas

¿Repite con frecuencia la misma información médica a los diferentes profesionales que cuidan de los niños? Los niños con discapacidades que también tienen necesidades médicas con frecuencia tienen más hospitalizaciones, más tratamientos especializados, y puede ser que reciban apoyo de un(a) enfermero(a) o de otros cuidados especiales. Esto se suma a tener más citas, más información, más papeleo … y más estrés.

Hacer un cuadernillo para anotar lo relacionado con los asuntos médicos, ayuda a darle seguimiento y comunicarles de manera eficiente a los profesionales o a las personas que cuiden a los niños la información médica importante. Este taller ayudará a los participantes a identificar, clasificar y organizar los récords médicos esenciales para facilitar la comunicación con los profesionales médicos y con las otras personas que los cuiden.

- Obtener habilidades organizacionales para proveer un sistema eficiente para mantener los récords médicos
- Aprender a hacer un cuadernillo médico que pueda ser usado como una herramienta para tener una mejor comunicación entre las familias y los proveedores de servicios
- Recibir materiales para desarrollar su propio cuadernillo

→ Participación de los Padres

Las familias tienen una mayor influencia en los logros de sus hijos en la escuela y a lo largo de su vida. Las investigaciones muestran que cuando los padres se involucran, los estudiantes tienen calificaciones más altas, mejores puntajes en los exámenes, e índices de graduación más elevados; mejor asistencia en la escuela; aumento en la motivación; mejor auto-estima; y menos índices de suspensión.

Este taller provee a los participantes las herramientas para desarrollar una relación positiva y colaborativa entre las familias y las escuelas. Los participantes aprenderán habilidades para la comunicación efectiva y las estrategias para dar apoyo al éxito en el hogar y en la escuela.

- Saber por qué la participación de la familia en la escuela es esencial para los logros del estudiante
- Aprender diferentes maneras en las que las familias pueden participar en casa y en la escuela
- Saber los tipos y las técnicas de comunicación para mejorar la colaboración hogar/escuela

→ Pasos para Abogar (interceder o hablar en favor de alguien o de uno mismo) en la Educación 101

Abogar (en inglés Advocacy) es la acción de resolver los problemas con un propósito y una meta. Un padre de familia puede involucrarse para abogar por su hijo (a); una persona con una discapacidad puede abogar por él o por ella mismo(a); un(a) maestro(a) puede abogar por un estudiante; grupos de personas pueden unir sus fuerzas en esfuerzos de abogacía sistémica para cambiar leyes o políticas. Un planteamiento paso-a-paso puede guiarnos hacia los resultados deseados. Independientemente de las circunstancias o del alcance, el proceso de abogar es similar.

Los participantes van a aprender cómo construir una fundación sólida con miembros del equipo para involucrarse en el proceso de abogar. Las actividades prácticas reforzarán los pasos de la abogacía que lleven a obtener el éxito en los resultados.

- Aprender los pasos básicos requeridos para la abogar de manera efectiva
- Practicar los pasos utilizando actividades prácticas
- Aprender que la acción de abogar no necesita ser contradictoria para ser efectiva

→ Programa Bilingüe: Una Visión General

El propósito del Programa Bilingüe es el de ayudar al estudiante a desarrollarse académicamente en su lengua de origen y en el idioma inglés. Está diseñado para ayudar al estudiante a aprender inglés mientras continua con las clases en otras áreas académicas, tales como ciencias y matemáticas, en su lengua de origen. Este taller proporciona una idea del proceso inicial para identificar a un estudiante como aprendiz del Idioma Inglés / con Dominio Limitado del Idioma Inglés. También proporciona una visión general de los diferentes componentes del Programa Bilingüe.

- Aprender la definición principal del Programa Bilingüe.
- Aprender sobre el procedimiento inicial del Estado de Nueva York (NYS) para identificar a un estudiante con Dominio Limitado del Inglés(LEP por sus siglas en inglés)/Estudiante del Idioma Inglés (ELL por sus siglas en inglés).
- Aprender sobre los derechos del estudiante identificado como estudiante Bilingüe.
- Estar conscientes de los servicios y apoyos de los cuales su distrito es responsable de proporcionarle al estudiante bilingüe de acuerdo a las leyes estatales y federales

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→ Programas de Educación Individualizada: Puntos Importantes

Cuando un(a) niño(a) califica para recibir servicios de educación especial, la ley federal requiere del desarrollo de un documento, llamado Programa de Educación Individualizada. El IEP (por sus siglas en inglés) sirve como una guía de los servicios, incluyendo la información importante sobre los niveles de desempeño y las necesidades del (la) niño(a), así como también de las metas para el (la) niño(a). Este taller preparará a los participantes para participar activamente en el equipo del Programa de Educación Individualizada (IEP).

- Entender los papeles que tienen los miembros del equipo IEP
- Descubrir los pasos y la secuencia en el desarrollo de un Programa de Educación Individualizado (IEP)
- Reconocer la diferencia entre las metas medibles y las no medibles

→ Promoción de la Graduación

El graduarse de la secundaria es una meta importante para todos los estudiantes, incluyendo los estudiantes con discapacidades. Las familias tienen un papel importante en el apoyo de los logros de un estudiante en la escuela. Este taller les provee a los padres con estrategias e información que puede ayudarlos a apoyar a sus hijos. También cubre los porcentajes nacionales de deserción escolar, los porcentajes de graduados del Estado de Nueva York, y los signos de advertencia cuando un estudiante se está distanciado o desconectando de los estudios.

- Identifica las señales de advertencia de que un estudiante se está desconectando de la escuela
- Cubre estrategias para ayudar a un niño/a permanecer en la escuela y graduarse

→ Respuesta a la intervención (por sus siglas en inglés RtI), 504 y el Programa Educativo Individualizado (por sus siglas en inglés IEP): ¿De qué se tratan?

Cuando un(a) niño (a) califica para los servicios de educación especial, la ley federal requiere el desarrollo de un documento llamado Programa Educativo Individualizado (IEP). Puede ser que algunos estudiantes no califiquen para un programa educativo individualizado (IEP), pero puede que reciban adaptaciones y modificaciones de un Plan 504 o pueden recibir apoyos y servicios por medio de educación general y/o especial.

- Entender las diferencias entre los diferentes niveles de servicios (o educación general) y servicios de educación especial
- Entender los procesos y los pasos para cada uno de estos sistemas

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