

It's who we are. It's what we do.

JANUARY – MARCH 2009

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Check out our website!
www.fhfgbr.org



OUR MISSION

To provide the individualized services, information, resources and support needed to positively enhance the independence, productivity and integration of persons with disabilities into the community.

Families Helping Families of Greater Baton Rouge and the Down Syndrome Awareness Group of Baton Rouge Proudly Present



Dr. Mark Steege, LCSW, LPC

AFFECTIONATE RELATIONSHIPS AND HEALTHY SEXUALITY IN INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

This workshop is designed for persons at least 18 years old with developmental disabilities, their family members, caregivers and professionals. The workshop will give effective and healthy sex education to provide the individual with appropriate guidance so they can enjoy their sexuality in safety.

**Friday, March 20, 2009
9 A.M.– 5 P.M.**

**BREC Womack Administration Building
6201 Florida Blvd., Baton Rouge, LA 70806**

FREE to Self advocates, parents and family members. \$35.00 Professionals.

Hurry to register. Seating is limited. 1-800-584-8511

This Workshop is sponsored by FHFGBR, DSAG, CAHSD, Resource Center NPNS and BREC.



**"Who Can Help My Family?"
and
"How Can I Help My Family?"**

**Thursday, January 29, 2009
10 AM— 12 PM
Gonzales Branch Library
708 South Irma, LA 70737**

Learn about different agencies and how they can help your family, how to get more from your doctor's visits, how to advocate and get better services, how to resolve conflicts and where to go for help, what a Medical Home and Family Centered Care are and much much more!!!

Call to Register: 225-216-7474

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Parents' Night Out

Parents with special needs children ages 2–12, are invited to have a worry-free night out, while their child enjoys pizza, fun activities and friendship! Parents' Night Out will be held on the Friday's listed below from 6:30–9:30 PM in Fr. Engles Hall at St. Jean Vianney. A \$5 donation per family is suggested.

Contact: Kristen Thompson at 756-9231 or *kthompsn@papersoft.com* for more information or to register for one of the following dates:

- January 9, 2009
- February 20, 2009
- March 13, 2009

Board of Directors

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**BOARD MEETINGS WILL BE HELD ON
JANUARY 8 & MARCH 12
FROM 11:30 A.M. UNTIL 1:00 P.M.
AT OUR CENTER**

Louisiana State Chili Cook-Off



**March 21 & 22
10:30 AM – 5 PM**
LSU 4-H Mini Barn
South of Parker Coliseum

225-272-6744
OR
Lowell Tilley
225-241-2396
ltilley@cox.net

**BENEFITS BATON
ROUGE HEAD INJURY
AND VOA-REILLY
HOUSE**

Point Coupee Career Fair: life and employment after high school

Tuesday, March 12, 2009
9 AM— 11:30 AM
Scott Civic Center
1200 Major Parkway, New Roads,
LA 70760

For more info, contact
Cherie Cazayoux:
225-638-5907

**FHFGBR Job
Opening:**
earlySteps Community
Outreach Specialist
Call 225-216-7474 for information



People First of Louisiana Meetings

People First of Louisiana has a network of local self-advocacy chapters in the state. Self-advocates represent themselves on critical issues at the Legislature and in their home communities.

January 27: 1 PM—3 PM This meeting is on Medicaid visits at the Arc of Louisiana. Medicaid workers, senators and representatives will be available to answer questions.

February 7 & March 7: 1 PM — 3 PM

For More Information, call Rose Garrett at 225-216-7474



The Louisiana Parent Training and Information Center

in collaboration with

Families Helping Families of Greater Baton Rouge

Present



The 3 R's of Advocacy
“Right’s, Responsibilities & Record-Keeping”
Special Education
What every parent should know!

Summer R. Mizell

Education Advocate,
La Parent Training and
Information Center

Cynthia Chesterfield

IEP Facilitator,
Families Helping Families of
Greater Baton Rouge

Saturday, January 24, 2009
10 a.m. - 12 p.m.

Families Helping Families of Greater Baton Rouge
Conference Room, 778 Chevelle Drive
Baton Rouge, LA 70806

Saturday, February 21, 2009
10 a.m. - 12 p.m.

Pointe Coupee Parish Library
201 Claiborne Street
New Roads, LA 70760

Saturday, March 14, 2009
10 a.m. - 12 p.m.

Families Helping Families Greater Baton Rouge
Conference Room - 778 Chevelle Drive
Baton Rouge, LA 70806
Call 225-216-7474 to register today!

Special Education is no longer a destination, it is a service! If your child is currently enrolled in special education or you suspect an evaluation may be needed for behavior problems or a learning disability then this workshop is for you! Join us for this free informative workshop and learn the skills needed to be an empowered advocate for your child.

This workshop made possible by grant funding through the Louisiana Department of Education and the U.S. Department of Education.



Attention earlySteps parents:
Join us for this informative workshop about transitioning into elementary school.

“Transitioning from Part C to Part B”
January 22, 2009
10 AM — 12 PM
Gonzales Library
708 South Irma Blvd., Gonzales, LA 70737



The Louisiana Parent Training and Information Center

in collaboration with

Families Helping Families of Greater Baton Rouge

Present



LEAP & GEE WORKSHOP

**Understanding Standardized Testing for
Special Education**

Summer R. Mizell

Education Advocate,
La Parent Training &
Information Center

Cynthia Chesterfield

IEP Facilitator,
Families Helping Families of
Greater Baton Rouge

Saturday, February 7, 2009
10 a.m. - 12 p.m.

Families Helping Families Greater Baton Rouge
Conference Room - 778 Chevelle Drive
Baton Rouge, LA 70806
Call 225-216-7474 to register today!

Standardized Testing for students receiving special education services can be a difficult maze to navigate. Let us help you understand the process and plan for success. This is a free workshop for parents and family members of students with disabilities. Please join us for this fun and informative training!

This workshop made possible by grant funding through the Louisiana Department of Education and the U.S. Department of Education.

**SOCIAL SECURITY
WORKSHOP**

FHFGBR Presents:

Ms. Susan Simoneaux

February 24, 2009

10:00am-12:00pm

Saint Francisville Town Hall

11936 Ferdinand Street

Saint Francisville, LA 70775

Mark Your Calendar!

This is a free workshop for individuals with disabilities and their families. Come and learn about what Louisiana's SSI and SSDI programs mean to you and your family.



To register, call or email
Summer Mizell or Cindy Ardoin

225-216-7474
smizell@laptic.org
cardoin@fhfgr.org

It's who we are. It's what we do.

This event is funded through a grant with the Louisiana State Department of Education



Wrightslaw

Education Station

“By learning we teach, by teaching we learn.”



Inclusion

Information Provided by the National Education Association

Why Is Parental Involvement Important?

In study after study, researchers discover how important it is for parents to be actively involved in their child's education. Here are some of the findings of major research into parental involvement:

- When parents are involved in their children's education at home, they do better in school. And when parents are involved in school, children go farther in school — and the schools they go to are better.
- The family makes critical contributions to student achievement from preschool through high school. A home environment that encourages learning is more important to student achievement than income, education level or cultural background.
- Reading achievement is more dependent on learning activities in the home than is math or science. Reading aloud to children is the most important activity that parents can do to increase their child's chance of reading success. Talking to children about books and stories read to them also supports reading achievement.
- When children and parents talk regularly about school, children perform better academically.
- Three kinds of parental involvement at home are consistently associated with higher student achievement: actively organizing and monitoring a child's time, helping with homework and discussing school matters.
- The earlier that parent involvement begins in a child's educational process, the more powerful the effects.

Positive results of parental involvement include improved student achievement, reduced absenteeism, improved behavior, and restored confidence among parents in their children's schooling.

How Can Parents Get Involved?

Involvement in your child's education can mean:

- Reading to your child
- Checking homework every night
- Discussing your children's progress with teachers
- Voting in school board elections
- Helping your school to set challenging academic standards
- Limiting TV viewing on school nights

Becoming an advocate for better education in your community and state.

Or, it can be as simple as asking your children, "How was school today?" But ask every day. That will send your children the clear message that their schoolwork is important to you and you expect them to learn.

Some parents and families are able to be involved in their child's education in many ways. Others may only have time for one or two activities. Whatever your level of involvement, do it consistently and stick with it because you will make an important difference in your child's life.



Cynthia Chesterfield—
Sr. IEP Facilitator for Inclusive
Education and Therapeutic
Recreation Resource
Specialist



Summer Mizell—
Education Advocate

Turn Up Your Smile Power: February is Children’s Dental Health Month!



Presented by the Louisiana
Family to Family Health
Information Center

Adapted from the “Turn Up Your Smile Power”
American Dental Association Campaign

Here are some tips to help you get in the groove for good dental care!

The theme for this year’s campaign, “Turn Up Your Smile Power!” Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. Keep these tips in mind and for more information, visit www.ada.org.

Be prepared for dental health emergencies. Keep the dentist’s after hour numbers with other emergency numbers and call immediately when you have an emergency.

Tooth knocked out? Find the tooth, rinse the root in water if it is dirty, but don’t scrub. Place the tooth in a cup of milk and bring it to the dentist. Time is critical for successful re-implantation so call the dentist immediately.

High sugar diets produce greater risk for tooth decay. Reduce sugary foods and drinks and drink them with meals; chew only sugarless gum; develop good brushing habits visit dentist regularly. Use sippy cups only minimally and wean children at about 1 year of age from the sippy cup to a regular cup.

Oral Piercing is more dangerous than you may think. Piercings can cause excessive drooling, infection, pain, swelling, chipped and cracked teeth, gum injuries, filling damage, hypersensitivity to metals, scar tissue and nerve damage. Oral piercings also produce a greater risk for endocarditis, an inflammation of the heart valves or tissues. After tongue piercing, the tongue may swell and there have been reports of blocked airways. Nerve damage can also result in “numb” tongue (can be temporary or permanent) and serious blood loss can occur.



Saturday, January 31, 2009 from 9 AM — 1 PM

Kenilworth Middle School
7600 Boone Drive, Baton Rouge, LA 70808

- LEAP and ILEAP test-taking strategies
- GEE test-taking strategies
- Parent’s educational rights of children with exceptionalities
- Understanding your child’s individual education plan (IEP)

PARENTS, STUDENTS and EDUCATORS
FREE lunch and childcare provided!!!

For more info, contact the YWCA @ 225-338-0028

Baton Rouge Parent University



It's who we are. It's what we do.

Sunshine Social

Friday, January 16, 2009 6 PM — 9 PM

BREC Independence Park
7505 Independence Blvd., Rm. 126
Baton Rouge, LA 70806

Pat Giamanco with Louisiana Autism Society
presenting before dance

Please contact Rose Garrett to register:
216-7474 or rgarrett@fhfgbr.org

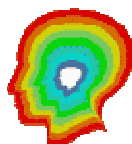
Baton Rouge Head Injury Support

January 7, 2009
February 4, 2009
March 4, 2009
7 P.M. – 9 P.M.

Greenwell Springs Library @ 11300 Greenwell Springs Rd.
Baton Rouge, LA 70814
775.2780 or wmoakbbiala@aol.com

Traumatic Brain Injury Support Group

Call for dates.
5 P.M. @ NeuroMedical Center Clinic
10101 Park Rowe Ave.
Baton Rouge, LA 70810
769.2200



Sunshine Social

Friday, February 20, 2009
6 PM — 9 PM

BREC Independence Park
7505 Independence Blvd., Rm. 126
Baton Rouge, LA 70806

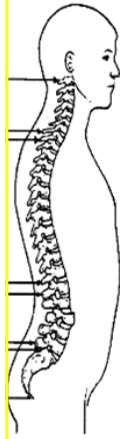
Tonya Cambre with F2FHIC
presenting 7 PM — 7:30 PM

Please contact Rose Garrett to register:
216-7474 or rgarrett@fhfgbr.org

Latebloomers of Baton Rouge is a yahoo support group open to any parent of a child with special needs regardless of diagnosis or lack of one. The support group is a place where parents can discuss therapy (ST, OT, PT), experiences with doctors and other medical professionals and to just have a place where you can talk to someone else who can understand what it's like to be a parent of a child with special needs. As of now, there are over 100 families as members.

<http://groups.yahoo.com/group/brlatebloomers/>

Spinal Cord Injury Support Group



SCI support group for patients and caregivers. Call one of our contacts for meeting information.

Vanessa: 933-4961
Denise: 241-8205
Michael: 315-4594
Monique: 231-3077

CAAAAN Capital Area Action for Adults with Autism Network

MISSION: To advocate, promote and positively enhance lifelong opportunities for adults with Autism Spectrum Disorders in the Greater Baton Rouge area.

CAAAAN meets monthly in Baton Rouge. For information on dates and locations, please contact Pat Giamanco at 775-8890 or pjmanco@cox.net



The Power of Three: Louisiana Disability Summit

The Disability Summit is a statewide forum providing a platform for discussion of home, employment, and community-based service delivery for persons with developmental disabilities in Louisiana.

March 30– April 2: Hilton Hotel in Lafayette, Louisiana

MUST REGISTER: Registration forms available at www.fhfgbr.org or call 216-7474

Insurance Coverage for ABA Treatment for Children with Autism

This article was developed through collaboration with Toni Peters, Vicki Nettles and LA Developmental Disabilities Council

ACT 648 of 2008 requires group health insurance plans to cover behavioral treatment or Applied Behavioral Analysis (ABA) and other related services for children with autism. After January 1, 2009 group health insurance plans renewed for employers in Louisiana with more than 50 employees will be required to provide an annual benefit amount of \$36,000 per year with a lifetime limit of \$144,000 for the diagnosis and treatment of autism spectrum disorders. To read ACT 648 in its entirety go to: www.legis.state.la.us/billdata/streamdocument.asp?did=503797

Tips for Parents: It is imperative that providers of ABA treatment request and submit an enrollment packet to become a credentialed provider with the Insurance provider of the parents they serve. This step is necessary to ensure that those parents whose insurance will cover this treatment have the costs covered by their plan. Determine whether your insurance plan meets the criteria for required autism treatment coverage by Act 648.

If your insurance plan does NOT meet the criteria : Your employer can choose to purchase an insurance plan that will pay for those services. Educate your employer and co-workers about the Autism Coverage and how important this coverage is to your family and how it could positively impact your attendance and productivity at work; network and join forces with other employees who have dependents with autism and approach your employer together. Your employer may elect to cover those services in their group insurance plan

If your insurance plan DOES meet the criteria: Coverage will take effect on the renewal date of your insurance plan after January 1, 2009. Your BCBA therapist will be required to submit all insurance claims to the insurance company (including any line therapist) and *reimburse you* for those expenses after your insurance provides the coverage. Without being credentialed by the insurance plan the provider of ABA treatments will not be able to seek reimbursement. If your insurance company is non-compliant with ACT 648 direct your complaints to: Karen Reiners Winfrey, Deputy Commissioner, Office of Health, Louisiana Department of Insurance P.O. Box 94214, Baton Rouge, LA 70804 (225) 342-1355 (800) 259-5301 Fax: (225) 342-5711 kwinfrey@ldi.state.la.us

Summary of Department of Insurance ACT 648 meeting (12/10/08)

Highlights of a recent meeting between stakeholders, the Department of Insurance and insurance providers revealed: Some insurance providers and their association representatives revealed that they intend to only cover costs for treatment provided directly by a certified behavior analyst through the Behavior Analyst Certification Board and were resistant to coverage for treatment provided by line therapists. Stakeholders agree that it is necessary to have high quality standards and that plans and treatment should be under the direction of a certified behavior analyst and any line therapist should be under the supervision and direction of a qualified BCBA provider. However, contrary to the interpretation of some insurance representatives on this matter, Act 648 explicitly states: *“Autism services provider” means any person, entity, or group which provides treatment of autism spectrum disorders.*

Our Interpretation: Similar to insurance coverage for other health service delivery systems and as stipulated in ACT 648 the coverage for ABA treatment should provide for all treatment provided under the direction and supervision of a certified behavior analyst. **Parents should not expect to be reimbursed for line therapists as individual providers but should seek reimbursement as part of the services provided by their BCBA therapist who is credentialed with their insurance company.**

Dates to Remember

DATE/TIME	EVENT	LOCATION	CONTACT
January 10 February 14 March 14 3 PM — 5 PM	Greater Baton Rouge Autism Society of America Meeting	Jones Creek Regional Library 6222 Jones Creek Road Baton Rouge, LA 70817	Beryl Herbert 273-3984
January 16 6 PM — 9 PM	Sunshine Social: Pat Giamanco with Louisiana Autism Society presenting before dance	BREC Independence Park 7505 Independence Blvd. Rm 126 Baton Rouge, LA 70806	Rose Garrett 216-7474 rgarrett@fhfgbr.org
January 17 8 AM & 10 AM	Wheels to Succeed	Farr Park	www.mcmainscdc.org
January 22 10 AM — 12 PM	Transitioning from Part C to Part B	Gonzales Library 708 Irma Blvd., Gonzales, LA 70737	216-7474
January 24 10 AM — 12 PM	The 3 R's of Advocacy: Rights, Responsibilities & Record-keeping	FHFGBR Conference Room 778 Chevelle Drive, Baton Rouge, LA 70806	216-7474
January 27 February 7 March 7 1 PM — 3 PM	People First of Louisiana Meeting	Arc of Louisiana 606 Colonial Drive, Suite G Baton Rouge, LA 70806	Rose Garrett 216-7474 rgarrett@fhfgbr.org
January 29 10 AM — 12 PM	"Who Can Help My Family?" and "How Can I Help My Family?"	Gonzales Library 708 Irma Blvd., Gonzales, LA 70737	216-7474
January 31 9 AM — 1 PM	Closing the Gap	Kenilworth Middle School 7600 Boone Drive, Baton Rouge, LA 70808	YWCA 338-0028
February 7 10 AM — 12 PM	LEAP & GEE Workshop: Understanding Standardized Testing for Special Education	FHFGBR Conference Room 778 Chevelle Drive, Baton Rouge, LA 70806	216-7474
February 20 6 PM — 9 PM	Sunshine Social: Tonya Cambre with FHFGBR F2FHIC presenting before dance	BREC Independence Park 7505 Independence Blvd. Rm 126 Baton Rouge, LA 70806	Rose Garrett 216-7474 rgarrett@fhfgbr.org
February 21 10 AM — 12 PM	The 3 R's of Advocacy: Rights, Responsibilities & Record-keeping	Pointe Coupee Parish Library 201 Claiborne St., New Roads, LA 70760	216-7474
February 24 10 AM — 12 PM	Social Security Workshop: SSI & SSDI	Saint Francisville Town Hall 11936 Ferdinand St., St. Francisville, LA 70775	216-7474
March 7 Time TBA	Learning Disability Resource Conference	St. Gerard Mavella School 3655 St. Gerard Ave. Baton Rouge, LA 70805	216-7474
March 12 9 AM— 1:30 PM	Pointe Coupee Job Fair	Scott Civic Center 1200 Major Pkwy., New Roads, LA 70760	Cherie Cazayoux 638-5907
March 14 10 AM — 12 PM	The 3 R's of Advocacy: Rights, Responsibilities & Record-keeping	FHFGBR Conference Room 778 Chevelle Drive, Baton Rouge, LA 70806	216-7474
March 20 9 AM — 5 PM	Affectionate Relationships and Healthy Sexuality in Individuals with Developmental Disabilities	BREC Womack Administration Building 6201 Florida Blvd., Baton Rouge, LA 70806	1-800-584-8511
March 21-22 10:30 AM - 5 PM	Louisiana State Chili Cook-Off	LSU 4-H Mini Barn South of Parker Coliseum	241-2396 ltlilly@cox.net
March 30-April 2	Power of Three: Louisiana Disability Summit	Hilton Hotel of Lafayette 1521 West Pinhook Road Lafayette, LA 70503	337-475-8084



It's who we are. It's what we do.

778 Chevelle Drive
Baton Rouge, LA 70806

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PERMIT NO. 125

1st Annual *Wheels to Succeed* "No Such Thing As Impossible" Bike Ride

January 17, 2009
34 or 71 Mile Routes
Baton Rouge, LA

Honoring the 71st birthday of
Jairo Alvarez, Author of
No Such Thing As Impossible



Registration:

www.mcmainscdc.org
\$30 before January 3rd
\$35 day of ride

Start Times:

8:00AM (71 miles)
10:00AM (34 miles)

Route Location:

Out and back course from
Farr Park along River
Road to Bayou Paul

Included in Registration:

SAG stops, maps, road markings, pre-ride announcements, rest stops with port-a-potty, snacks, water, sports drinks, LUNCH after the ride, and T-shirts to those pre-registered.



Wheels to Succeed



Tiger Cycling
Foundation

Wheels to Succeed is a partnership of McMains Children's Developmental Center and Tiger Cycling Foundation. It is the only program of its kind in Louisiana that provides adapted three wheeled bikes for children with disabilities. All proceeds go directly to purchasing adapted three wheeled bikes for children with cerebral palsy, muscular dystrophy, and other physical disabilities.



It's who we are. It's what we do.

Proudly Presents:

A Free Workshop Titled
MEDICAID & ESTATE PLANNING
Presented by special guest speaker.

MR. STEVEN M. JANKOWER
ATTORNEY & COUNSELOR AT LAW



About Steve Jankower

Come take part in this free informational workshop for individuals with disabilities and their families.

Mr. Jankower will teach families the importance in understanding how a "Special Needs Trust" can assist you in planning for the future.

THURSDAY, JANUARY 29, 2009
10AM-12PM

Cabela's
WORLD'S FOREMOST OUTFITTER®

2200 W. Cabela's Parkway
Gonzales, LA 70737

Call Families Helping Families of Greater Baton Rouge to register at 225-216-7474. Space is limited so call today.

THIS WORKSHOP SPONSORED THROUGH GRANT FUNDING TO FHFGBR BY THE LOUISIANA DEPARTMENT OF EDUCATION

FHFGBR
778 Chevelle Drive
Baton Rouge, LA 70806

Phone: 225-216-7474
Fax: 225-216-7474
www.fhfgr.org

Families Helping Families
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