



THE COALITION

Parent Training and
Resource Center (PTRC)

ESTABLISHED 1995

LATEST NEWS AND INFORMATION FROM THE FAMILY
RESOURCE CENTER FOR DISABILITIES AND SPECIAL NEEDS
WWW.FRCDSN.ORG

Back to School Dates

As summer time has come to an end, we hope our community has enjoyed having a break. The back to school dates for the Tri-County are below:

- **Charleston County School District:**

First day of school- *August 17th (Wednesday)*

A link to their calendar can be found by clicking [THIS](#) link.

- **Berkeley County School District**

First day of school- *August 15th (Monday)*

A link to their calendar can be found by clicking [THIS](#) link.

- **Dorchester District Two**

First day of school- *August 15th (Monday)*

A link to their calendar can be found by clicking [THIS](#) link.

- **Dorchester District Four**

First day of school- *August 16th (Tuesday)*

A link to their calendar can be found by clicking [THIS](#) link.

Free or Reduced Lunches

In response to COVID-19, Congress and the US Department of Agriculture granted meal waivers which gave all students eligibility for free lunch for the 2020-2021 and 2021-2022 school years. This waiver was not included in the spending bill passed by Congress earlier this year, therefore waivers will expire in August. Students will be expected to purchase meals at full price. Depending on the student's county and which meal is being purchased, this ranges from \$1.25 to \$2.25. Students attending Community Eligibility Provision (CEP) schools will continue receiving free meals. To apply for free or reduced meals, left click on your county's name to be taken to their website, or call us at 843-266-1318 for more information.

[Charleston](#) [Berkeley](#) [DD2](#)

Hyperlinks are not accessible in the printed version of The Coalition newsletter. Please visit each district's website and use the search function to find the information that you are looking for (i.e. "Calendar", "Free lunches" "Dress Code")

Charleston: www.ccsdschools.com

Berkeley: www.bsdschools.net

Dorchester District 2: www.ddtwo.org

DD4: <https://www.dorchester4.k12.sc.us/home>

Back to School Checklist

With school beginning soon, you may be wondering how to help your child with an IEP or 504 get off to a good start. Consider this list:

1. Have your IEP Binder prepared. (Understood.org has an informational "IEP Binder Checklist")
2. Create an information folder (or fill out [THIS](#) template titled "The Mighty") about your child for the teacher.
3. Arrange to discuss your child's unique needs with the teacher. If needed- plan a time with the teacher for your child to visit the classroom.
4. Review your child's IEP and progress reports. Is your child's IEP SMART (Specific, Measurable, Attainable, Relevant, Time-based)? Has your child made adequate progress towards their goals?
5. Request a new assessment if necessary. Consider getting your child's skills tested very early in the school year. (This request should be made in writing)

The Suicide Hotline

People experiencing a mental health crisis can now call or text the numbers **988**. The goal in this initiative is to reduce the load of mental health calls to other emergency numbers and to allow for quick access to trained mental health professionals.

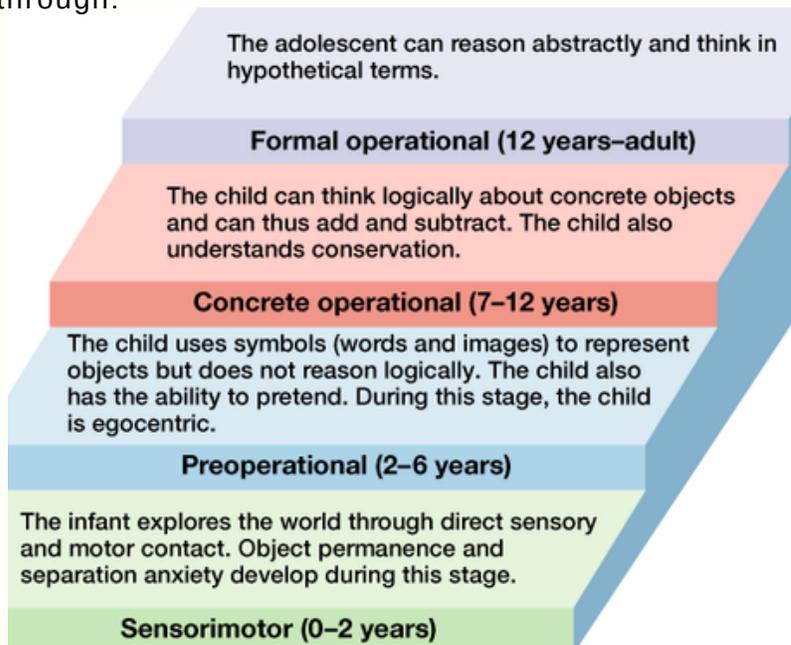
Discussing Adult Topics with Your Child

By: Hanna Mayfield

Often, life throws curve balls that we may not be expecting. Curve balls such as death, racism, shootings, living with disabilities, and divorce are often hard to navigate. Parents and caregivers may struggle knowing when and how to talk to their children about these difficult topics. While I wish that I could write an article that states "how to discuss difficult topics", I can't because it's not that simple.

When having hard conversations, we must first look at ourselves. We can often gently guide a conversation by making sure that **we have our own emotions under control** and that we **foster a culture of respect**. This can be done by listening carefully to what your child has to say, and letting them freely talk about how they feel. When we respond with honesty and sincerity, children feel that they are heard and respected.

We must be then mindful of our children's capabilities. Piaget's theory of cognitive development best breaks down at what ages a child may be able to understand complex ideas. This image (Course Hero, 2022) breaks down the typical developmental stages that a child goes through:



Using this theory, we can break down how to talk to children through each developmental stage. Grouping the children below 7 together, the ages 7-12 together and the 12 years and older together. Keeping in mind our children with developmental disabilities *may have a younger developmental age than their birth age*.

Children below the age of 7 are egocentric- basically they think the world revolves around them. The best way to talk through this stage is by keeping information brief and by focusing on reassuring them that they are safe.

Children between the ages of 7 and 12 can understand more complex ideas. They may become more vocal by expressing their questions and worries. The best way to talk through this stage is by helping them understand the facts versus the rumors. They still may need reassurance that they are safe, but you can be more open and detailed about the topic.

Children above the age of 12 are able to reasonably think for themselves, as well as fight to create change. With children in this stage, providing honest and accurate information is best. You can help your child talk through their emotions by keeping an open space for them to talk freely.

For all children and developmental stages, the best support we can give is using our active listening skills and encouraging them to express what they are feeling. We can monitor the news that they take in (including social media), acknowledge that it is okay to disagree, and check in with them often.

After these tough conversations, mental health concerns may arise. Behaviors such as sleep disturbances, regressions, independence, irritability, aggressiveness, clinginess, poor concentration, delinquency, and withdrawal from activities and friends are a concern and should be addressed with a professional.

Follow up articles and books:

- Jenny Is Scared!: When Sad Things Happen in The World. by Carol Shuman, PhD.
- A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma by Margaret M. Holmes
- [SAMHSA \(linked\) Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event.](#)
- The National Association of School Psychologists (<https://www.nasponline.org/>) has a searchable bar that has more detailed information about tough topics
- [Common Sense Media \(Linked\) Explaining the News to Our Kids.](#)

Understanding a 504 Plan

Is it JUST a 504? The answer is NO. Students with 504 plans are protected under Section 504 of the Rehabilitation Act. As stated by the Department of Education, "504 plans prevent discrimination and protect the rights of kids with disabilities in school." See specifics by clicking [THIS Understood.org](#) link. Understood.org explains how a 504 is a legally abiding document that requires a child to receive their Free Appropriate Public Education (FAPE) by allowing accommodations to help them access the general education curriculum.

As adults- consider how many ways we change our own environments to complete daily tasks. We may listen to classical music while balancing the family budget. We may prefer to stand at a desk job for efficiency. We may turn off fluorescent lights and work in a room that most would consider cold. We may use large print books, prefer to write with mechanical pencils, use a paper calendar or we may need to work in complete silence.

Children and youth with disabilities often need guidance to identify what strategies, or accommodations, could work for them. Accommodations we can provide for them are similar. Lights turned down, preferential seating (or standing), allowing them to use specific writing utensils, and larger text are just a few of the many examples of accommodations we can provide to children who may not be able to access the general education curriculum due to their disability. The Department of Education released [THIS](#) guidance as a Resource Guide to Section 504 in Public Elementary and Secondary Schools. Parents are often confused about the difference between 504 and IEPs. The biggest difference is that an IEP can provide specialized instruction and modifications to the curriculum to help a student meet goals. Image retrieved from Exceptional Lives.

Employee Spotlight



Since 2007, the Family Resource Center employs a part time Administrative Clerk, John Carr, to assist the Director and Parent Mentors with completing the daily operations of our center. We emailed John a list of questions to get to know him better; these are his responses. We appreciate John and his dedication to The Family Resource Center.

Q: When did you start working as the Administrative Clerk for the FRC?

A: I started working this job about 14 years ago.

Q: What is it you like BEST about your job as Administrative Clerk?

A: It's a quiet and peaceful job. When there is something new or something I don't understand, I ask questions.

Q: If you could have a superpower, what would it be?

A: I would become a Cyberknight codename: X, with 2 arm blasters, a sword, and shield. I would also be able to switch armor and power when I copy or take someone else's powers.

Q: What makes you laugh the hardest?

A: When I watch any anime shows and funny Y

Q: Is there anything you would like to add?

A: I'm starting computer classes so I can learn more to help my work and my family.

IEP

Describes **specialized instruction or services**. The student may work with a learning specialist inside or outside the regular class.

VS.

504 Plan

Describes **accommodations** to help the student in the **classroom**: usually small changes that help them follow the general curriculum.

Free Tuition at Trident Technical College

Trident Technical College is offering free tuition for the 2022-2023 school year. The free tuition applies to 70+ programs in the following disciplines: Health, Human and Personal Services, Engineering and Manufacturing, Information Technology, Culinary and Hospitality, and Maintenance and Technical Trades. Applicants must be willing to take a minimum of six credit hours and not be in default on federal student loans. For more information click on [THIS](#) link or visit their website www.tridenttech.edu.

For students with disabilities or accommodation needs, contact Disability Services at counseling.services@tridenttech.edu or view their website at [THIS](#) link.

Early Childhood Social Media Campaign

In Collaboration with OSEP's Early Childhood social media campaign, the Family Resource Center will highlight information and resources throughout the month of August via Facebook. Please check our social media and **#ECFamResources** a few times a week to see curated information about the following topics: August 1-6: Early Intervention SC local and state resources.

August 7-13: New CDC Milestone Directives and what they mean.

August 14-20: Pediatric Feeding; Feeding red flags, how/when to introduce utensils.

August 21-27: Water Play.

August 28-31: Emotional Regulation: The Zones, Sensory diets, weighted blankets, etc...

BabyNet

Is your child 0-3 years old? Are you concerned that they are behind in their development? If YES follow these steps:

FIRST Contact BabyNet.

South Carolina's interagency early intervention system for infants and toddlers under 3 with developmental delays or conditions associated with developmental delays.

BabyNet will evaluate the child at no cost to determine if they may be eligible for services. Anyone can make a referral by visiting

www.msp.scdhhs.gov/babynet

or contact the Central Referral Team at 1-866-512-8881

SECOND Contact The Family Resource Center at 843-266-1318 and complete the process to request a Parent Mentor.

Child Find

Does your child struggle making friends? Do they refuse to complete their school work? If YES follow these steps:

FIRST Contact your local school district. Child Find is a component of the Individuals with Disabilities Education Act (IDEA- '04) that requires states to identify, locate and evaluate all children with disabilities between the ages of 3-21. The Child Find mandate applies to all children who reside within a state, including children who attend private and public schools, highly mobile children, migrant children, homeless children and children who are wards of the state. This includes all children who are suspected of having a disability, including children who receive passing grades.

SECOND Contact The Family Resource Center at 843-266-1318 and complete the process to request a Parent Mentor.

DDSN

Has your child been diagnosed with a disability? If YES follow these steps:

FIRST Contact SCDDSN (commonly called "DDSN"). DDSN is the state agency that plans, develops, oversees and funds services for South Carolinians with severe, lifelong intellectual disabilities. DDSN serves people in the following eligibility categories: Intellectual disability, related disability (i.e., a disability related to an intellectual disability), High Risk infant, Autism Spectrum Disorder, Head Injury, Spinal Cord Injury, Similar Disability (i.e., a disability similar to a head [traumatic brain] or spinal cord injury). View their website www.ddsn.sc.gov for more details on eligibility.

SECOND Contact The Family Resource Center at 843-266-1318 and complete the process to request a Parent Mentor.

Local Events

- **Be the Change Charleston-**

Be The Change Charleston keeps a local events calendar that includes disability inclusive events. Visit their website at <https://www.bethechangecharleston.org/>

- **Sensory Friendly Haircuts-**

Join Sports Clips of Summerville on the second Wednesday of each month when they offer less lighting, no vacuums, TVs turned on low volume, blow dryers on low, and extra staff.

Where: Sports Clips Haircuts of Summerville-South, 9730 Dorchester Rd. Ste. 104,

- **Surfers Healing-**

Surfer's Healing provides children with autism a surfing experience. Their mission is to give families an engaging, revolutionary day at the beach by challenging preconceived notions of capability. While registration for participants is closed, they are still accepting volunteers for this event. Please follow this link to sign up- <https://www.surfershealing.org/volunteer>

When/Where: August 25th at Folly Beach

- **Miracle Leagues-**

They makes memories by providing experiences for people with mental and physical challenges through a community supported free baseball league. Follow [THIS](#) link for Charleston's league and [THIS](#) link for Summerville's league.

- **Boone Hall Farms Pumpkin Patch-**

The Boone Hall Pumpkin Patch will include a hayride, petting zoo, eight acre corn maze, jump pillow, and of course a variety of pumpkins of all shapes, sizes and colors.

Cost: Ages 3 and up \$15.

Where: 1235 Long Point Rd. Mt. Pleasant, SC 29464.

- **Carolina Children's Charity 19th Annual 5k Partial Trail Run and Family Fun Walk**

Join us as we support CCC for their 2nd largest fundraiser. CCC helps the community by supporting children with birth defects and childhood diseases You can register as an individual or as part of a team View their website at [THIS](#) link.

When/Where: September 24th at Palmetto Islands County Park at 444 Needlerush Parkway Mount Pleasant, SC 29464

Disability Related Supports

- **Gigi's Playhouse Down Syndrome Support Group-**

Gigi's Playhouse seeks to increase positive awareness of Down syndrome through national campaigns, educational programs, and empower individuals with Down syndrome, their families, and the community.

Contact: charleston@gigsplayhouse.org or view their website at the following link:

<https://gigisplayhouse.org/charleston/sfcalendar/>

- **Down Syndrome Association of the Lowcountry (DSAL)-**

Are you a person with Down Syndrome, a parent to someone with Down Syndrome, or someone seeking a way to support individuals with Down Syndrome in the lowcountry? Those at DSAL hope you can find the information that you need on their website by following [THIS](#) link or by calling Julia Slattery at 843-654-1552.

- **AccessAbility-**

AccessAbility is a federally funded non-residential, not-for-profit, for-purpose organization that strives to empower people with disabilities to realize their full potential. They are our federally funded independent living center that provides training and technical assistance to individuals with disabilities. To find out more information please follow [THIS](#) link or call 843-225-5080.

- **SC Infant Mental Health Association**

SC Infant Mental Health Association is a multidisciplinary association of professionals working to promote nurturing relationships for infants, young children and their families through resources, policies and practices to foster healthy social-emotional development and well-being. To learn more, follow [THIS](#) link or contact them at 833-472-4642

- **Medicare Plans Patient Resource Center**

Their mission is to provide consumers of medicare services with support. provide access to affordable health care through educational programs, interactive resources, and functional tools. To learn more, visit www.medicareplans.com

Food Pantries

Bethel United Methodist Church

843-723-4587

57 Pitt Street

Tuesdays-Thursdays 10 am- 1pm

Morris Street Baptist Church

843-697-5820

25 Morris Street

3rd Saturday of the Month 10am-12pm

Ebenezer AME Church

843-534-3696

44 Nassau St

2nd Saturday Month 9am-12pm

Church of the Holy Communion

843-722-2024

218 Ashley Ave

2nd Saturday of the Month 8am-9am

New Cannon St Baptist Church

843-566-4398

46 Cannon St.

Tuesdays 11am-2pm

The Community Out Reach Center

843-579-4020 ext 300

405 King Street

Wednesdays 10am-12pm

Utility/Rent Assistance

Palmetto Community Action Partnership

1069 King St.

1-844-769-6448

Appt. required. Assists with rent, electric and water.

Neighborhood House of Our Lady of Mercy Community Outreach Services Inc.

77 & 79 America Street

843-508-8019

Appt. required. assists with rent, electric, and water for residents of 29401, 29402, and 29403.

Blessing Boxes and Little Libraries

Blessing Boxes are stocked with non-perishable food items, basic toiletries, baby supplies, and other items that might be considered a blessing. Items are received and available at any time day or night.

Please visit the link below:

[https://www.chsblessingbox.org/who-we-are.](https://www.chsblessingbox.org/who-we-are)

Also please look for little free libraries around our community.

<https://littlefreelibrary.org>

What's For Dinner?

In partnership with Lowcountry Food bank, Second Chance Food Ministry operates an additional food bank on Tuesdays for anyone in need. People wishing to receive food MUST be in the car line by 9:30 a.m. Food distribution begins at 10:00.

When: Every Tuesday

Where: Calvary Church of the Nazarene

541 Red Bank Road. Goose Creek, SC.

Cost: FREE FOR ANYONE IN LINE BY 9:30

For additional local food bank distribution dates and sites, visit

<https://lowcountryfoodbank.org/find-food/pantry/>

Spark For Autism Research Study

SPARK is an autism research study and a growing community of autistic individuals, their families, and researchers on a mission to advance the understanding of autism. SPARK's mission is to improve the lives of people with autism by identifying the causes of autism and informing more effective therapies, treatments, services, and supports.

To understand the complexity of autism - what makes us the same and what makes us different - they need large numbers of people to participate. SPARK is open to all individuals living in the U.S. with a professional diagnosis of autism and their family members.

To learn more information about this very important research, or how to sign up, follow [THIS](#) link or call 844-547-7275.

Mock Airplane Cabin Takes the Stress Out of Air Travel

The Minneapolis-St. Paul (MSP) international Airport has set up a 33-foot cabin, equipped with 42 seats to help passengers with disabilities and anyone else who may find air travel stressful. The mock cabin is useful for people with sensory, cognitive, and physical disabilities, and people traveling with service dogs. Passengers can practice boarding procedure to include getting luggage into overhead bins, buckling their safety belts, and being able to orient their service dogs to an airplane before taking on a flight. The cabin will also be used to train public safety and airline crews. This a great idea for all airports!

Meet the FRC Board of Directors

We're pleased to present the 2022-2023 Board of Directors. The majority of our Board members are parents of individuals, ages birth-26, with a disability. Many current and previous members have been recipients of Parent Mentoring Services.

- **Jared Seay** - Chairperson - *Executive Member*. Jared is a research librarian at the College of Charleston.
- **Michael Drohan** - Vice Chairperson - *Executive Member*. Michael brings to the FRC professional expertise in the area of federal and foundation grant projects.
- **Ben Rogers** - Secretary - *Executive Member*. Ben is in Information Technology with the Medical University of South Carolina.
- **Jennifer Sowers** - Treasurer - *Executive Member*. Jennifer was previously the special education coordinator for the Berkeley County School District. She is currently a special education teacher in Charleston County.
- **Theresa Prioleau** - Theresa is the founder/CEO of CHECK (Communities Helping to Encourage Change in Kids), a nonprofit organization that serves Cross and the neighboring rural communities.
- **Gregg S. Hoffmann** - Gregg brings over 20 years of corporate experience to the FRC Board.
- **Kelly Kelleher** - Kelly is an occupational therapy assistant in a local public school system and a certified autism fitness therapist.
- **Ken Boggs** - Ken is a member of the Hanahan, SC city council. He is one of the founding members of the FRC and has returned to board services after a twelve-year absence.

FRC Board continued...

- **Michael Wadleigh** - Michael is an active duty member of the Air Force, stationed at Joint Base Charleston.
- **Adam W. Jordan, Ph. D.** - Adam is an Associate Professor of Special Education at the College of Charleston. He is also a founding member of "All Y'all Social Justice Collective" (www.allyalledu.com)
- **Shanta Barron-Millan** - Shanta is a new board member who resides on one of Charleston County's barrier islands (Edisto Island). She is a social worker for the Department of Veteran's Affairs.
- **Carlos Lavin, Ph.D.** - Carlos, an Associate Professor of Special Education at the College of Charleston, was born in Mexico City and moved to the US to complete his advanced degrees. His experience includes being a teacher's aide in a special education classroom. Carlos and his family are new to the Charleston area.

Ways To Help The FRC

Your Amazon purchases can help! The Family Resource Center can receive donations every time you make a purchase at Amazon- at no cost to you. Just designate the Family Resource Center for Disabilities & Special Needs as your charity of choice. It's that easy!! Click [HERE](#) to help. Or search the Family Resource Center under www.smile.amazon.com

You can donate through PayPal at [THIS](#) link, Network for Good through [THIS](#) link, and we are always accepting checks. Donations are the best way to help support our mission.



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BabyNet

¿Tu hijo tiene entre 0 y 3 años y te preguntas si está atrasado en su desarrollo?

1. Comuníquese con BabyNet. BabyNet es el sistema de intervención temprana interinstitucional de South Carolina para bebés y niños pequeños menores de 3 años con retrasos en el desarrollo o que tienen condiciones asociadas con retrasos en el desarrollo. BabyNet evaluará al niño sin costo alguno para determinar si es elegible para los servicios. Cualquiera puede hacer una referencia visitando www.msp.scdhhs.gov/babynet o llamando al equipo Central de Referencias al 1-866-512-8881
2. **Comuníquese con Laura Vázquez aquí en el Centro de Recursos y Capacitación para Padres (PTRC) de forma gratuita al 803.814.8666.**

Child Find

¿Su hijo tiene dificultades para hacer amigos o completar su trabajo escolar?

1. Comuníquese con su distrito escolar local. Child Find es un componente de la Ley de Educación para Personas con Discapacidades (IDEA- '04) que requiere que los estados identifiquen, ubiquen y evalúen a todos los niños con discapacidades de 3 a 21 años. El mandato de Child Find se aplica a todos los niños que residen dentro del estado, incluidos los niños que asisten a escuelas públicas y privadas, los niños con mucha movilidad, los niños migrantes, los niños sin hogar y los niños que están bajo la tutela del estado. Esto incluye a todos los niños que se sospecha que tienen una discapacidad, incluidos los niños que recibieron calificaciones lo suficientemente buenas como para pasar al siguiente nivel.
2. **Comuníquese con Laura Vázquez aquí en el Centro de Recursos y Capacitación para Padres (PTRC) de forma gratuita al 803.814.8666.**

DDSN

¿Su hijo ha sido diagnosticado con un retraso o una discapacidad? Si tu respuesta es SI sigue estos pasos

1. Comuníquese con SCDDSN (comúnmente llamado "DDSN"). DDSN es la agencia estatal que planifica, desarrolla, supervisa y financia servicios para los habitantes de Carolina del Sur con discapacidades intelectuales graves y de por vida. DDSN atiende a personas en las siguientes categorías de elegibilidad: discapacidades intelectuales, discapacidades relacionadas (es decir, discapacidad relacionada con una discapacidad intelectual), bebé de alto riesgo, trastorno del espectro autista, lesión en la cabeza, lesión de la médula espinal, discapacidad similar (es decir, una discapacidad similar a una lesión de la cabeza [cerebro traumático] o de la médula espinal). Ver su sitio web www.ddsn.sc.gov
2. **Comuníquese con Laura Vázquez aquí en el Centro de Recursos y Capacitación para Padres (PTRC) de forma gratuita al 803.814.8666.**