

PACESETTER

A news magazine of PACER Center, Inc. by and for parents of children and young adults with disabilities

Join PACER's Simon Technology Center at Family Fun Day

Discover the latest in assistive technology (AT) at PACER's Simon Technology Center's free Family Fun Day & Open House, Saturday, Sept. 21, for all ages, including early childhood. The event, complete with door prizes and light refreshments, will be held from 10 a.m. to 2 p.m. at PACER Center. Don't miss the new mobile technology station, one of several additions for 2013, along with "Ask an Advocate" and do-it-yourself AT.

Children can play with a parachute, tie-dye T-shirts, dress up in costumes at the photo booth, get creative with adaptive art, or relax in the hang-out room with an array of sensory objects. Families can tour the center to explore new mobile technology and apps for the iPhone, iPad, iPad Mini, iPod, Android devices, and Windows tablets, as well as accessories to assist individuals with disabilities of all ages.

There is no cost to attend the event, but registration is required. For more information or to register, visit PACER.org/workshops or contact the Simon Technology Center at (952) 838-9000.



The WE WILL Generation™

PACER launches national peer-to-peer education program to help students prevent bullying

Thirteen million children are bullied in America every year — one of every three students — and bullying significantly impacts the emotional and physical well-being of those involved. Educators, parents, and students are searching for solutions, and research shows that peer support is the most effective way to stop bullying. This fall, PACER is launching the WE WILL Generation™, a nationwide campaign and peer-to-peer curricula that will provide students with the tools they need to speak up on behalf of their peers and prevent bullying in their schools, the community, and online.

"We recognize that students are in the best position to have the greatest influence with their peers," said Julie Hertzog, director of PACER's National Bullying Prevention Center. "Bullying directly affects students, and they want to make a difference. The WE WILL Generation™ provides students with the tools to do that."

The WE WILL Generation™ is student-led with adult support. The program is built around the concept that older students can learn to teach younger students how to respond when they see a bullying situation. For example, high school students will present the five-part program to those in middle school, and members of varsity sports teams will learn how to teach their younger counterparts.

"Today's students, like no other generation before them, have the opportunity to address bullying and change the culture," Hertzog said. "Students want to do the right thing and what they need is education, support, and inspiration — and a

Continued on next page

Supporters can ‘Choose Orange’ during National Bullying Prevention Month

When PACER created National Bullying Prevention Month in 2006, orange was adopted as the official color of bullying prevention. This year, students, families, educators, and businesses are being asked to “Choose Orange” as PACER’s National Bullying Prevention Center launches a national awareness campaign.



“Choose Orange” is a partnership between PACER and Big Time Brands. People can show their support by purchasing a Choose Orange band (\$5 at chooseorange.org) to symbolize their positive choice to take action and prevent bullying. The bands will also be available in retail stores, and a school fundraising program

is being developed. A portion of the proceeds from the sale of “Choose Orange” bands supports the work of PACER.

“With social media and the support of our corporate partners and many celebrities, we believe ‘Choose Orange’ is going to be a very successful campaign,” said Paula Goldberg, executive director of PACER.

Come Together on Unity Day

Wednesday, Oct. 9, is Unity Day, the day when people across America will “Make it Orange and Make it End!” Thousands of students and adults will wear orange to raise awareness and show support for those who have been bullied. In 2012, scores of corporate employees joined the cause, and there was extensive national media coverage of the event, which continues to grow in scope each year.

Students can use PACER’s free event planning toolkit to help organize Unity Day activities in their schools. The guide is available at PACER.org/bullying under the “resources” tab.

Unite with an “official” T-shirt

PACER is again partnering with CustomInk.com this year to create

the official Unite Against Bullying T-shirt. The shirts are just \$12 and can be ordered by clicking on the T-shirt graphic at PACER.org/bullying. Groups and individuals can also create custom designs or order bullying prevention T-shirts created by celebrities.

The partnership with CustomInk is part of its “Be Good to Each Other” campaign that encourages people to take a stand for kindness and tolerance. Proceeds from the sale of T-shirts support PACER’s bullying prevention programs.



“WE WILL Generation”™ continued from previous page

practical program that equips them to be leaders.”

The WE WILL Generation™ offers schools a turn-key opportunity that can be quickly and easily implemented at no cost. All of the teaching tools and materials are web-based for easy access. Students will be encouraged to submit creative content — videos in particular — that will be incorporated into the program on an ongoing basis. It will launch with a publicity

and social media campaign during National Bullying Prevention Month in October to let people know about the opportunity to bring the WE WILL Generation™ to their community.

When it comes to effectively responding to bullying, Hertzog believes that there is no simple one-step solution. Rather, it requires everyone to take a part in creating safer communities and schools, and students play an especially important

role. “When students ‘own’ this issue they have incredible capacity to influence change,” she said. “The WE WILL Generation™ gives them an identity, a framework, and the knowledge they need to make an even greater impact.”

The WE WILL Generation™ has been made possible in part by partnership with Green Giant, Disney, and other corporate supporters of PACER.

Paula Goldberg named Woman of the Year by National Service Organization

PACER Center Executive Director Paula Goldberg was recently named Woman of the Year by the Gamma Sigma Sigma service sorority at its national convention in St. Louis, Mo., joining previous honorees such as former First Lady Barbara Bush and Mae Jemison, the first African American astronaut.

“The young women and alumnae of Gamma Sigma Sigma volunteer to help so many individuals in their communities across the country. It is an honor to be recognized by such a wonderful organization,” said Goldberg. “It speaks to the hard work of our terrific PACER staff and volunteers.”

Goldberg was nominated for the award by a teacher and PACER volunteer. As part of the nomination process, many parents of children with disabilities, along with leaders of other parent organizations, wrote letters of support for Goldberg.

“I know Paula is truly a great leader, mentor, and teacher,” one person wrote. “She continues to inspire me to regularly be the best I can be. Paula will go down in history as one of the great disability leaders in our country.” Another said, “At a certain profound level, because of Paula F. Goldberg, the world is made better and more equitable for students with disabilities.”



PACER Executive Director Paula Goldberg (L) received the prestigious Woman of the Year Award from Gamma Sigma Sigma National Service Director Tracy Kolodziek (R) at the group's national convention in St. Louis.



Senator Tom Harkin of Iowa (second from left) poses with (L to R) Karen Thompson, Executive Director of Iowa's ASK Resource Center, PACER Executive Director Paula Goldberg, and Donna Fluke, Coordinator of the National Coalition of Parent Centers.

Senator Harkin honored at Reception on the Hill

Senator Tom Harkin of Iowa was honored for his long-time leadership on disability rights July 30 in Washington, D.C. at the Annual Reception on the Hill. The event is sponsored by PACER Center and the National Coalition of Parent Centers and co-sponsored by 40 national disability organizations. Nearly 300 people were on hand, including senior leadership from the U.S. Department of Education, numerous Senators and Representatives, representatives of national disability organizations, and parent center staff. The purpose of the event, which is funded with private contributions from Best Buy, is to recognize members of Congress for the work they do to support children with disabilities.

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PACER website: PACER.org

ALLIANCE National PTAC site:

ParentCenterNetwork.org/national

FAPE site: fape.org

MN SEAC site: mnseacinfo.org

BULLYING: PACER.org/Bullying

PACERKidsAgainstBullying.org

PACERTeensAgainstBullying.org

(Alternate format is available upon request.)

More health insurance options coming in October for people with disabilities

Change is coming in October for American families in need of health insurance, and it is likely to impact children and young adults with disabilities and special health care needs, including the prospect of expanded coverage, fewer coverage exclusions, and a way to compare plans.

The Patient Protection and Affordable Care Act was designed to expand access to quality, affordable healthcare. On Oct. 1, a new “health insurance marketplace or exchange” will open in every state to provide information on coverage options written in everyday language.

Signed into law in 2010, the act includes a new “Patient’s Bill of Rights” that is intended to help people make informed choices about their health. Individuals and families, even those who are covered under an employer’s plan, may be eligible to participate.

How will families be affected?

There are several provisions in the act that may impact coverage for families of children with disabilities and special health care needs who purchase coverage through a health care exchange:

- Health plans can’t limit or deny benefits to children with pre-existing conditions.
- Young adults under age 26 may be covered under their parents’ plans.
- Insurers can’t randomly cancel coverage because of an honest mistake or paperwork error.
- New health insurance plans cannot place lifetime limits on coverage.
- Most people can receive preventive care with no cost or co-payment.
- Individuals can choose their own primary care doctor within the network of the health care plan they have selected.
- When emergencies arise, families can’t be denied coverage if they go to a hospital for treatment, even if it is not in the health plan’s network.

“All families should be able to make apples-to-apples comparisons of available options,” said Wendy Ringer, coordinator of PACER’s Family-to-Family Health Information Center. “The removal of exclusions for pre-



existing conditions is particularly important for children with disabilities and special health care needs.”

What is a Healthcare Exchange?

Every state is creating a so-called “health care exchange.” In Minnesota, for example, it is an online marketplace called MNsure. State residents can visit MNsured.com to compare plans, search coverage by price or quality rating, calculate premiums, complete enrollment, and determine eligibility for public health plans.

Information on each state’s exchange can be found at the newly revamped website HealthCare.gov, or in Spanish at CuidadoSalud.gov.

“Many more people will receive financial assistance through programs such as Medicaid beginning in 2014,” Ringer said. “Coverage for families of children with disabilities is expanding and people can use the health care exchange website in their state to determine if they qualify.”

Families of children with disabilities and special health care needs can find more information on the impact of the Patient Protection and Affordable Care Act at PACER.org/health or by calling PACER at (952) 838-9000.

How to explore coverage options through MNsure

1. *Visit the website* — Choose a category: individual or small employer.
2. *About you* — Provide essential details to see a range of plans that match your requirements.
3. *Select a plan* — Compare options by price, provider, or services offered.
4. *Reduce the cost* — You may qualify for tax credits or health programs.
5. *Complete enrollment* — Individuals and families need to submit just one application for any type of coverage offered through MNsure.

Source: Mnsure.com

Visit HealthCare.gov for information on other healthcare exchanges.

Girls with disabilities have a blast at EX.I.T.E. Camp!

“Three, two, one... BLAST OFF!” That was the sound when homemade bottle rockets launched across the PACER Center parking lot in August as 30 middle school girls with disabilities attended the Exploring Interests in Technology and Engineering (EX.I.T.E.) Camp.

For the 11th year in a row, girls from across Minnesota with many different disabilities enjoyed a variety of hands-on experiences in science, technology, engineering, and math (STEM). IBM Corporation and PACER first collaborated in 2003 to conduct the free camp that is designed to expose girls to the possibilities of a career in STEM-related fields. This year, more than 50 corporate volunteers participated in EX.I.T.E. Camp.

As excited camper Courtney Thompson told the Minneapolis “Star Tribune” newspaper, which published a story on this year’s camp, “They say it’s a camp for girls with disabilities. I say it’s a camp for girls with disabilities who rock!”

PACER thanks Accenture, IBM, Medtronic, Target, and 3M for their leadership, volunteers, and for each providing a day of camp experiences. PACER also thanks IBM, Xcel Energy, 3M, Medtronic, the Donaldson Company, Wells Fargo, and Staples for their financial support.



This year's EX.I.T.E. Camp included 30 middle school girls, with many different disabilities, from across Minnesota. More than 50 corporate volunteers, including long-time PACER supporter Bill Myers (L) of 3M, worked with the campers on a variety of science and technology projects.



Save the date! PACER's Annual Benefit is May 3, 2014

Mark your calendars now for Saturday, May 3, 2014, and make plans to attend PACER's 32nd Annual Benefit at the Minneapolis Convention Center.

For more information on the Annual Benefit, including opportunities for corporate sponsorship, contact Jackie Saffert at (952) 838-9000 or by e-mail at jackie.saffert@PACER.org.



Innovative project offers more services and supports for youth in transition

The transition from high school to post-secondary education or employment can be challenging for youth with disabilities and their families, but local Workforce Centers offer a variety of resources that can help. Thanks to the new Disability Employment Initiative (DEI), some Minnesota youth now have access to further services and supports, particularly those students who face additional barriers to success beyond their individual disability.

Most Workforce Centers provide vocational rehabilitation services, job training, education, and employment services at a single neighborhood location. The DEI project provides additional assistance in three regions of the state (see map) by employing innovative methods to improve the way employment services are delivered.

Minnesota was among the states selected by the U.S. Department of Labor to conduct a three-year pilot project which is administered in the state by the Minnesota Department of Economic Development. PACER is providing staff training and parent workshops around the state.

What services are available?

Enhanced services available through DEI include:

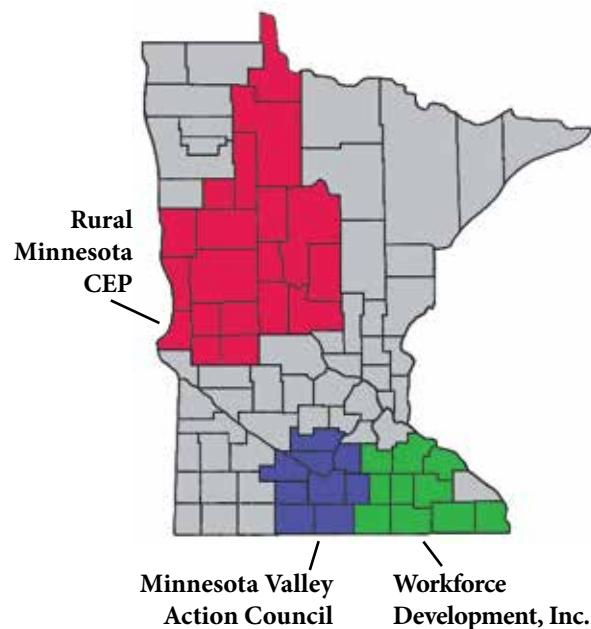
- Helping youth with disabilities utilize the Guideposts for Success (see www.ncwd-youth.info) as a practical guide to career planning.
- Using an Integrated Resource Team strategy that brings together multiple education, disability, and resource organizations for better individualized planning.
- Expanding the use of benefits counseling so that youth with disabilities and their families can learn how Social Security benefits such as Supplemental Security Income (SSI) can be used as a bridge to employment.

Who is eligible to participate?

Students with disabilities, ages 14 to 21, are eligible to receive DEI services if they are low-income and have one additional risk factor that might hinder employment opportunities. This includes youth who have:

- spent time in foster care
- become teenage parents

Areas Served by MN DEI



Contact the center nearest you for more information:

- Workforce Development, Inc., Rochester (serves South East Minnesota), 507-456-3830
- Minnesota Valley Action Council, Mankato (serves South Central Minnesota), 507-345-0454
- Rural Minnesota CEP, Detroit Lakes (serves West and North Central Minnesota including areas such as Alexandria, Bemidji, Brainerd, and Moorhead), 218-846-7400

- dropped out of school
- experienced homelessness
- been involved with the juvenile justice system

Families can call their local Workforce Center for more information on eligibility requirements and available services. For more information on transition planning, visit PACER.org/tatra or call (952) 838-9000.

Minnesota meeting federal objectives for special education services

Minnesota's public schools have shown significant improvement in special education services to secondary students in transition and are now meeting federal government objectives. According to the annual special education progress report issued by the U.S. Office of Special Education Programs (OSEP), 74 percent of Minnesota students age 16 and older have appropriate measurable postsecondary goals included in their Individualized Education Programs (IEP), up from 57 percent one year ago. Minnesota is meeting expectations for special education services provided to children ages birth to 3 (Part C of IDEA) and 3 to 21 (Part B).

The Individuals with Disabilities Education Act (IDEA) governs how special education services are provided, and states must show that they are meeting the educational needs of children with disabilities. To do that, each state gathers data from local school districts and submits an Annual Performance Report (APR) to the federal government.

One way parents and postsecondary students can help is by participating in the state's annual outcomes surveys, which are designed to paint an accurate picture of how well students are doing after they leave high school.

Parental involvement is key

The transition from school to postsecondary education and employment can be challenging for students with disabilities and their families. "Parents often tell us they feel ill-equipped to participate because they don't have the right information on how the transition process works and who should be involved," said Barb Ziemke, PACER parent advocate and 2012-13 chair of the Minnesota Special Education Advisory Panel.

The Minnesota Department of Education (MDE) has taken numerous steps to improve transition services, including helping to better educate parents. MDE collaborated with PACER in the development of two family-friendly guides designed to help parents through transition planning:



"Minnesota Secondary Transition Toolkit for Families: A Guide to Preparing Your Child with a Disability for Life Beyond High School," and "Mapping Dreams: The Transition to Adulthood." Both are available at PACER.org/publications/transition.asp or by calling (952) 838-9000.

PACER provides helpful resources for surrogate parents

When a child with a disability does not have a parent who is able to serve as his or her educational advocate, surrogate parents often fill that role. Students who are under state guardianship, or whose parents are unknown or unavailable, are often represented by a trained community volunteer or foster parent.

PACER's Surrogate Parent Project offers information and resources to

new surrogate parents or individuals who are considering taking on that role. "The more surrogate parents know about the role and its responsibilities, the more effective they will be," said PACER advocate Pat Anderson, the project coordinator.

Available resources include workshops, online training, helpful publications, and a short video called "The Parent Role in Special

Education: Who Takes this Role for Foster Children?"

"Surrogate parents are important for children with disabilities who don't have anyone else who can help," Anderson said. "The surrogate parent is that child's advocate."

For more information, visit PACER.org/surrogate or call (952) 838-9000.

PACER's long-time commitment to serving multicultural families continues to grow

PACER Center has been committed since its inception in 1977 to providing culturally appropriate resources to racially and culturally diverse families. Although all PACER parent advocates provide services to families of any background, the organization conducts specific outreach and inclusion to traditionally underserved communities through experienced multicultural staff. This approach is proving more important than ever as the population of Minnesota, like that of most states, is rapidly evolving.

“Service to racially and culturally diverse communities is a core belief that we have held since the organization began,” said Paula Goldberg, PACER’s executive director and co-founder. “Over the years we have expanded our services to the changing populations. The important value is that assistance is available to all families of children with disabilities.”

In 2012, PACER responded to more than 1,250 requests for individual assistance from traditionally underserved families. PACER’s multicultural staff includes members of the African American, Southeast Asian, Hispanic, and Somali communities, and many important print and web-based materials for parents, along with webinars and workshops, have been translated into Hmong, Somali, and Spanish.

PACER’s parent training manager Virginia Richardson has been assisting African American families for more than 30 years. “I have helped some families in the community over a span of two or three generations,” she said. “I enjoy working with parents to help them use the rights and responsibilities



they have in special education.”

Advocate Dao Xiong has served the Hmong community for 21 years; Jesús Villaseñor has done the same in the Hispanic community for 19 years; Bonnie Jean Smith has worked with African American families for 13 years; and Hassan Samantar, a native of Somalia, has advocated on behalf of East Africans since 2007.

“The advocacy that I provide is very personal, which means that most of the time I meet the parents for the first time on a home visit,” said Villaseñor, a native of Mexico who was the former chair of Minnesota’s Chicano Latino Affairs Council. “I explain what we do at PACER, who I am, and my personal experience as an immigrant and a father of a child with a disability. Then I ask about their concerns. I believe we are giving voices to communities that are often voiceless.”

Smith has four adult children, including two who are on the autism

spectrum. As a parent, she became an effective advocate on behalf of her children and eventually joined PACER Center to help other parents do the same. “Of course, all PACER advocates help parents of any background,” Smith said, “but people sometimes feel more comfortable when the person they are working with recognizes that each family has its own individual culture.”

For recent immigrants, language can be a significant barrier. In Xiong’s case, fluency in multiple languages — he speaks Hmong, Lao, and Thai — is a huge asset for the Asian families he works with. “I can communicate well enough to understand their needs and let them know what their rights and responsibilities are in the U.S. special education system,” he said. “I came here as a refugee myself, and I have experience as a father of an adult child with intellectual disability, so I can relate to their situation.”

PACER staff attend Individualized Education Program (IEP) meetings

with families, sometimes helping with translation in addition to assisting with educational issues. Samantar says community outreach is equally important, and he provides assistance to families and several Somali organizations statewide.

“In addition to home visits, I also hold focus groups so families can understand the system of care that can help their children,” he said. “Families who are new to the United States aren’t always sure what services are available in Minnesota,

and their viewpoint of disabilities can be quite different. By building one-on-one relationships, and helping parents understand the special education process, we can help their children receive needed services. This will help their children be successful in school and in life.”

“I believe we are giving voices to communities that are often voiceless.”
-*Jesús Villaseñor*

For more information on PACER’s multicultural services, visit PACER.org/multicultural or call (952) 838-9000.

And the survey says... support PACER with SurveyMonkey

Helping PACER is now as easy as taking simple online surveys. PACER supporters can sign up on SurveyMonkey Contribute to receive short surveys from SurveyMonkey customers who need opinions on a variety of topics. For every survey completed, SurveyMonkey makes a donation to PACER, and all participants have the opportunity to win \$100 in an instant win game. Participants’ identities remain confidential. Sign up at: contribute.surveymonkey.com/charity/PACER.

FamilySignal technology helps parents protect children from cyberbullying

Cyberbullying, particularly through the use of social media, is a growing problem facing students and their families, but new technology is providing parents with tools to protect their children. PACER is partnering with FamilySignal, an online service that helps parents monitor their children’s social media accounts, to help parents manage cyberbullying situations.

According to the National Crime Prevention Council, 43 percent of teenagers nationwide reported being targets of cyberbullying in the last year. Only 11 percent talked to their parents about it. FamilySignal’s unique technology enables parents to be notified via text message when potential danger is detected so they can take immediate action. “We believe this is a very powerful tool that

parents can use,” said Julie Hertzog, director of PACER’s National Bullying Prevention Center.

FamilySignal helps protect children by automatically monitoring Facebook, Twitter, and Instagram accounts for key words used in conversations about bullying and other difficult issues that impact teens. Parents are notified within minutes when potential danger is detected so they can take immediate action. The service costs less than \$5 per month and can be canceled at any time.

“Every alert related to bullying will now include a link to PACER.org/Bullying to lead parents directly to PACER’s helpful resources for families and their children,” said FamilySignal co-founder Brian Eisenberg. “Working together with PACER, we can broaden our reach and help young people who experience bullying.”



To sign up for a free trial, go to familysignal.com and enter ‘PACER’ in the promo code box.

Eighth Annual PACER symposium provides outstanding learning opportunities



More than 1,100 teachers, parents, and administrators were on hand Aug. 6 at the Minneapolis Convention Center for the Eighth Annual National PACER Symposium About Children & Young Adults with Mental Health & Learning Disabilities. The day featured outstanding keynote presentations by Dr. John Ratey of Harvard University, John Maag of the University of Nebraska, and Twin Cities TV meteorologist Ken Barlow, who shared his personal story about being diagnosed with Bipolar Disorder. The many breakout sessions by guest presenters and PACER staff were equally well-received. Presentation materials are available for download at PACER.org/symposium.

Twin Cities TV meteorologist Ken Barlow was among the guest speakers at the National PACER Symposium About Children & Young Adults with Mental Health & Learning Disabilities in August. Barlow shared his personal story about being diagnosed with Bipolar Disorder.

Institute explores ‘Today’s Technology for Tomorrow’s Parents’

Parent center staff from across the country attended the recent technology institute at PACER Center put on by the ALLIANCE National Parent Technical Assistance Center (NPTAC) titled, “Today’s Technology for Tomorrow’s Parents.”

One of the goals of the NPTAC is to provide parent centers with innovative technical assistance and up-to-date information. The institute provides an in-depth opportunity for parent center staff to learn about innovative technology that can make a positive impact for families of children with disabilities. Among the highlights of the event was a visit by VGo (vgocom.com), a technologically sophisticated robot that enables children who cannot be in school because of serious illnesses, such as an auto immune disease, to attend school virtually.

Presentation materials from the institute are available online at parentcenternetwork.org. More than 80 parent center staff will be attending two other institutes at PACER Center in September, including one on management and leadership, and the other on transition.



A visit from VGo the robot (photo center) was one of the highlights in August as parent center staff from across the country attended the “Today’s Technology for Tomorrow’s Parents” institute at PACER Center.

Workshops

PACER Center workshops are free to Minnesota parents. For information and to register, call (952) 838-9000 (metro area) or toll free at (800) 537-2237 (Greater Minnesota) or visit PACER.org/workshops.

BULLYING PREVENTION

Bullying Prevention – Everyone's Responsibility: What Parents Can Do

Participants will learn about the dynamics of bullying (types of bullying, who is bullied, why children are bullied), how to intervene when bullying happens, and how to encourage students who witness bullying to take action. This session will also cover the roles schools play, laws and policies, and bullying prevention strategies.

- **Oct. 3, 6:30 to 8:30 p.m. (St. Paul)**
- **Oct. 10, 6:30 to 8:30 p.m. (Owatonna)**

EARLY CHILDHOOD

Planning for the Journey of Parenting a Child with Special Needs

In this workshop, Dorit Atar will provide families of young children with helpful strategies they can use in raising a child with special needs. Topics will include gaining a hopeful and positive outlook, setting high expectations, and using strengths and resilience.

- **Oct. 7, 6:30 to 8 p.m. (PACER)**

Understanding and Addressing Challenging Behaviors

Parents of young children with developmental delays and/or disabilities will learn about brain development and behavior, different temperament types, stages of development, and strategies to provide children with acceptable ways to have their needs met.

- **Oct. 12, 9 to 11 a.m. (PACER)**

Families Are Important

This workshop features an overview of families' rights, roles, and responsibilities within the early intervention system. It also addresses services in the natural environment, the Individualized Family Service Plan (IFSP), and child and family outcomes.

- **Oct. 22, 6:30 to 8:30 p.m. (PACER)**

Parent Talk

A PACER Center parent advocate will provide a brief overview of PACER, as well as practical tips on how families can work effectively with early childhood professionals, and ways parents can advocate for their child. Workshop is for families of children ages birth to 5. For more information, contact Vicki Thrasher Cronin at (218) 343-3870. Co-sponsored by Duluth ECFE/ECSE.

- **Oct. 8, Timeframe TBD (Duluth)**

Everything You Need to Learn Before Your Child Turns 3

This workshop will help families understand the transition process from Part C Early Intervention services to Part B preschool services. Topics include transition requirements, Least Restrictive Environment (LRE), Inclusion, and Individualized Education Program (IEP) goals and objectives.

- **Nov. 4, 6:30 to 8:30 p.m. (PACER)**
Streaming option also available

Making the Move from Early Childhood Special Education to Kindergarten

Kindergarten is a big step in any child's life. For a child with disabilities, being ready for that step often requires some intentional preparation. This workshop will help parents plan for the transition and learn strategies to help their child be successful and make their first school experience a good one.

- **Nov. 9, 9 to 11 a.m. (PACER)**

EMOTIONAL / BEHAVIORAL

From Naughty to Nice: The road to positive behavior interventions

Challenging behaviors in children and youth are often misunderstood. This workshop will explore the purpose of behavior, offer strategies and tips for changing challenging behaviors, and discuss supports and interventions that can help sustain appropriate behavior at school, at home, and in the community.

- **Oct. 24, 6:30 to 9 p.m. (PACER)**

Moving Towards Adulthood: Managing your mental health needs

This interactive workshop will focus on transition age youth (ages 14-21) with mental health needs who are preparing for life after high school. Parents and youth will receive information on what changes to expect in the mental health system when transitioning to adult services; practical guidelines and tips on how to find appropriate resources and supports for post-secondary education, employment, and independent living; and strategies to accomplish those goals.

- **Nov. 7, 6:30 to 9 p.m. (PACER)**

JUVENILE JUSTICE

Promoting Positive Learning and Behavioral Strategies for Youth at Risk

Youth with emotional, behavioral, and learning disabilities are referred to court at a very high rate for behaviors that are associated with their disabilities. In this session, professionals and parents will learn about the disabilities that make youth more vulnerable, as well as strategies that can reduce the potential for court involvement.

- **Nov. 6, 6:30 to 8:30 p.m. (PACER)**

PARENT TRAINING

Epilepsy and the IEP: Understanding the IDEA's Requirements and Development of the IEP for Students with Epilepsy

This Individualized Education Program (IEP) workshop will explore new IEP requirements and components of IEP development, including evaluation, resolving disagreements, and writing measurable goals with an emphasis on students affected by epilepsy. Workshop is co-sponsored by the Epilepsy Foundation of Minnesota.

- **Sept. 24, 6:30 to 8:30 p.m. (PACER)**

Tips for Talking with School Staff

What's the difference between saying "You should" and "How can we?" Participants will find out in this workshop that provides parents of special education students with easy-to-use, practical tips for communicating with school staff and effectively resolving differences.

- **Oct. 1, 6:30 to 8:30 p.m. (PACER)**

IDEA: Understanding the IEP

This Individualized Education Program (IEP) workshop will explore IEP requirements and components of IEP development, including evaluation, resolving disagreements, and an expanded section on writing IEP goals.

- **Oct. 1, 6:30 to 9 p.m. (Virginia)**
- **Oct. 7, 6:30 to 9 p.m. (Rochester)**

IDEA: Understanding the Special Education Process

This workshop outlines the basic principles of special education and provides materials to help parents organize their child's special education records. Topics include free appropriate public education, evaluation, resolving disagreements, and the Individualized Education Program (IEP).

- **Oct. 3, 6:30 to 9 p.m. (Bemidji)**
- **Oct. 8, 6:30 to 9 p.m. (Albert Lea)**

Six Skills for Effective Parent Advocacy

Parents will explore six skills they can use to become more effective advocates for their child with a disability: understanding the child's disability, knowing the key players, knowing their rights and responsibilities, using clear and effective communication, becoming well-organized, and knowing how to resolve disagreements.

- **Oct. 21, 6:30 to 8:30 p.m. (Brainerd)**
- **Nov. 19, 6:30 to 8:30 p.m. (PACER)**

Special Education: What Do I Need to Know?

This workshop will help parents understand special education, learn how to resolve disagreements, and discover their role as parents in the process.

- **Oct. 22, 6:30 to 8:30 p.m. (Detroit Lakes)**
- **Nov. 12, 6:30 to 8:30 p.m. (PACER)**

Considering a Charter School for Your Child with a Disability?

Minnesota has more than 145 public charter schools with over 39,000 enrolled students. Parents who are considering enrolling their child with a disability in a charter school will learn how charter schools differ from other public schools, and the types of questions they may want to ask the school before enrolling.

- **Oct. 29, 6:30 to 8:30 p.m. (PACER)**

Transition Pathway to the Future

Transition planning is an important step in preparing students with disabilities for life after high school. Participants at this workshop will learn how to help students achieve their dreams and goals. Workshop is for parents of students in the 9th grade and beyond.

- **Nov. 12, 6:30 to 8:30 p.m. (Burnsville)**

Use the IEP to Help Your Child: A Guide for Minnesota Parents to the IEP

This workshop will help parents understand how to use the IEP to benefit their child. Presenters will use the PACER booklet, "Guide for Minnesota Parents to the IEP," to help participants understand how each required part of the IEP can be developed to meet the child's needs.

- **Nov. 14, 6:30 to 9 p.m. (PACER)**

SIMON TECHNOLOGY CENTER

What You See is What You Get: Creating and Using Visual Supports for Preschoolers and Elementary School Students

Visual supports can create structure, reduce anxiety, provide organization, and teach social skills. Participants in this workshop will explore a wide range of visual supports from high tech to low tech, and receive guidance on how to effectively and creatively use these powerful tools with preschoolers and elementary school students.

- **Sept. 17, 6:30 to 8:30 p.m. (PACER)**
Streaming option also available

Family Fun Day & Open House

Join PACER's Simon Technology Center for the free Family Fun Day & Open House and discover the latest in assistive technology (AT). Don't miss the new mobile technology station, one of several exciting additions for 2013, along with 'Ask an Advocate,' and do-it-yourself AT. Children can play with a parachute, tie-dye T-shirts, dress up in costume at the photo booth, get creative with adaptive art, or relax in the hang out room with various sensory objects. Families can tour the center to learn about new technology for education and recreation, and explore mobile technology and apps for the iPhone, iPad, iPad Mini, iPod, Android devices, Windows tablets, and various accessories designed to assist individuals with disabilities. The event includes door prizes and light refreshments. Registration is required.

- **Sept. 21, 10 a.m. to 2 p.m. (PACER)**

Assistive Technology for Beginners: Matching Technology with Need

Technology can have a powerful impact in helping children reach their full potential. This workshop will introduce participants to the continuum of assistive technology options available, and will explore how to think about matching need with the appropriate technology.

- **Sept. 25, 6 to 8 p.m. (PACER)**
Streaming option also available

Improving Reading and Writing with Read&Write Gold

As learning moves from lecture-based techniques towards more collaborative environments in the Cloud with Google, accessibility is critical. Participants in this hands-on workshop will discover how Text help's Google integration tools promote independent supported learning in reading and writing across multiple platforms and environments. The new version 11 of Read&Write Gold for PC will also be demonstrated and discussed.

- **Oct. 8, 1 to 4 p.m. (PACER Computer Lab)**

Have You Tried Turning it On and Off Again? The Do-It-Yourself Guide to Switches

There are times when it would be helpful to customize a switch for a particular user or turn a favorite battery operated toy into a switch toy. Participants in this workshop will learn through direction and demonstrations how to make switches from simple electronic materials and everyday items like aluminum foil, keyboards, and tap lights. No experience necessary.

- **Oct. 23, 6:30 to 8:30 p.m. (PACER)**

Arrange for Change: Creating Assistive Technology-Friendly Early Childhood Spaces in the Classroom and Home

Assistive technology (AT) offers opportunities for communication, independence, learning, and social interaction, but it doesn't work if it sits on a shelf. This workshop will explore strategies and techniques for incorporating AT into daily routines, and discuss ways to create child-friendly organization systems and spaces that further encourage the use of AT.

- **Nov. 13, 6:30 to 8:30 p.m. (PACER)**
Streaming option also available

Using Web 2.0 to Learn Like a Pro: Customizing Google Chrome for Better Organization, Reading, Writing, and Researching Skills

When it comes to reading, writing, organizing and researching information for school assignments, the Chrome web browser can be a great study aid. Participants in this hands-on workshop will learn how free and low-cost Chrome apps can customize the web browsing experience to make learning work processes more personal, effective, and fun. The workshop is designed for students (middle school and up), parents, and educators.

- **Nov. 19, 6 to 8 p.m. (PACER Computer Lab)**

Do-It-Yourself Assistive Technology in Everyday Life for Teens and Adults

Assistive technology (AT) can make everyday living more accessible and enjoyable, and lead to more independence and self-sufficiency, but it doesn't need to be complicated. Participants will learn how to create their own AT for eating, dressing, cooking, shopping, and more.

- **Dec. 4, 6:30 to 8:30 p.m. (PACER)**

Go to PACER.org/workshops to register online. You may also access archived webinars at PACER.org/webinars/archive-listing.asp.

Swapping Shoes and Finding Clues: Understanding Learning Styles and Finding Technology Solutions for Individuals Struggling with Reading, Writing, and Attention Skills

It can be difficult to comprehend how learning feels from the perspective of someone with reading, writing, or attention disabilities. Through exercises and simulations, this workshop for parents and professionals will explore how the right technologies can match learning styles to promote successful learning. Disabilities such as ADD/ADHD, dyslexia, dysgraphia, and visual challenges will be addressed, and multiple technologies will be covered. No prior AT knowledge is needed.

- **Jan. 14, 6:30 to 8:30 p.m. (PACER)**
Streaming option also available

TRANSITION

Social Security and Benefit Planning for Transition-age Youth: Ticket to Work

This workshop will provide information on how parents of youth with disabilities can apply for Social Security and Supplemental Security Income benefits for young adults at age 18. Parents will learn how the Ticket to Work can help their youth meet his or her postsecondary training and employment goals.

- **Sept. 18, 1 to 3 p.m. (Alexandria)**
- **Sept. 30, 1 to 3 p.m., and 6:30 to 8:30 p.m. (Bemidji)**

Transitioning to Employment

This workshop for families of transition-age youth will provide information on career exploration and planning. Parents will learn how to help prepare their youth for employment and hear from agencies that provide independent living, financial, and employment services and supports. Presented in collaboration with Minnesota's Vocational Rehabilitation Services program.

- **Oct. 1, 6:30 to 8:30 p.m. (Grand Rapids)**
- **Oct. 14, 6:30 to 8:30 p.m. (Duluth)**

Choose PACER for United Way and CFC donations

Choose PACER this fall when making donations through United Way campaigns and the Combined Federal Campaign (CFC), the workplace charity campaign for federal civilian, military, and postal employees.

United Way Donor Choice Program

As a tax-exempt 501(c)(3) nonprofit organization, PACER can receive donations through United Way campaigns. United Way pledge cards have a Donor Choice designation where donors can write in PACER Center, Inc., 8161 Normandale Blvd., Minneapolis, MN 55437.

Combined Federal Campaign for Federal Employees

Look for PACER in your local campaign booklet under the Children's Charities of America heading or alphabetically. To designate your gift to PACER, use code 12272. This code is unique to PACER and should be used under any heading where PACER's name is listed.

For information on how to support PACER through the United Way, Combined Federal Campaign, or other workplace charity campaigns, call PACER's development office at (952) 838-9000 or visit PACER.org and click on "Get Involved, Make a Donation."

Resources

New

Minnesota Secondary Transition Toolkit for Families: A Guide to Preparing Your Child with a Disability for Life Beyond High School

This toolkit was created to make transition planning easier and offers easy-to-understand information about the purpose of transition planning, the goal and importance of age-appropriate assessments, and the required rules that are used by schools. 2013.

• \$9 | 10+ copies, \$7 each | ST-41



New

Siblings Forever: Brothers and Sisters of Children with Disabilities Share Their Stories

By sharing the feelings and experiences of 21 siblings from age 5 to 47, this booklet provides a way for families to explore the unique challenges and benefits siblings of children with disabilities may encounter. Tips for parents are also included, along with resource and book lists for all ages concerning the sibling relationship. 2013.

• \$8 | 10+ copies, \$6 each | AP-44



New

Cyberbullying: What Parents Can Do to Protect Their Children

The Internet has become a place for some children to post mean and inappropriate comments about their peers. This 8-page booklet has information for parents on how to address cyberbullying and what steps to take if your child is being bullied online.

• \$2 | 10+ copies, \$1.50 each | BP-23

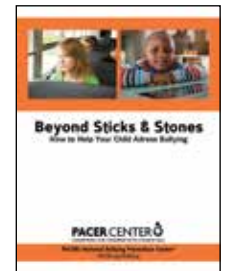


New

Beyond Sticks & Stones: How to Help Your Child Address Bullying

This book offers bullying prevention strategies for children at home, in school, and online. It is filled with information and practical tools that can help parents and others take action against bullying. A special section of the book provides specific tips for parents of children with disabilities. 2013.

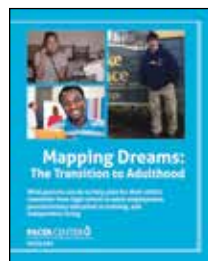
• \$10 | 10+ copies, \$8 each | BP-7



Mapping Dreams: The Transition to Adulthood

What parents can do to help plan for their child's transition from high school to adult employment, postsecondary education or training, and independent living. Includes "Talk to Your Child" sections, checklists, and a resource list. 2012.

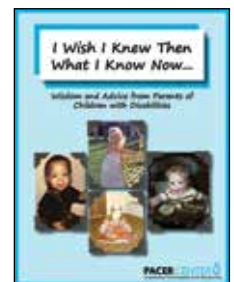
• \$8 | 10+ copies, \$6 each | ST-40



I Wish I Knew Then What I Know Now

Advice from more than 20 parents of children with disabilities, sharing what they have learned while navigating health care, education, and social support systems, and what they would do differently if they did it all again. 2012.

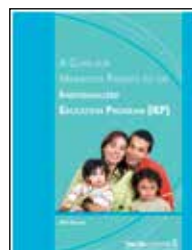
• \$8 | 10+ copies, \$6 each | PHP-a2



A Guide for Minnesota Parents to the Individualized Education Program (IEP)

Updated for 2012. Helps parents work with schools to address each child's special needs through understanding the required components of the IEP. Includes examples from the Minnesota state-recommended form. 2012.

• \$3 | 10+ copies, \$2 each | PHP-a12



Family Fun Reading Activity Cards

These activity cards help your child develop literacy skills that are important for reading and learning success. You can do these fun skill-builders at home, in your neighborhood, and on the go! For children in grades K-3.

Now available in Spanish, Somali, and Hmong! 2012.

• \$4 | 10+ copies, \$2.50 each. 100+ copies, \$2 each | PHP-a43



To order the listed materials...

1. Specify how many you want of each item and the cost.
2. Total your order, adding appropriate sales tax.
3. Enclose payment with your order.
4. Mail to: PACER Center
8161 Normandale Blvd.
Minneapolis, MN 55437-1044

You may also place orders on PACER's website at PACER.org/publications. Prices include postage and handling. A discount may be available if 10 or more of the same item number are ordered.

- Indicates one item is free to Minnesota parents or guardians of children with disabilities and to Minnesota young adults (age 14 and older) with disabilities.

For foreign orders, please telephone or e-mail PACER (see page 3). Payment must be in U.S. dollars drawn on a U.S. bank.

Order number	Name of publication ordered	Quantity	Per item cost	Total item cost

Total cost of all items ordered _____

(Minneapolis residents, 7.75%; Hennepin County residents, 7.275%; Anoka, Ramsey, Dakota, Washington counties, 7.125%; most other Minnesota residents, 6.875%)
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Telephone: _____ (h) _____ (w) E-mail: _____

If a parent:

Birth date of child with disability: _____ Disability: _____

iNuevo! PACER Launches Spanish Edition of PACER.org

PACER has been translating important resources into Spanish for many years, but is now offering a new Spanish language website. PACER.org/es features an original five-part video series called "Entendiendo Conductas Desafiantes" ("Understanding Challenging Behaviors") along with a listing of 50 helpful Spanish-language websites that serve as a portal to other resources for the Latino community. The new website includes all PACER resources that have been translated into Spanish, including handouts for download, and books and other publications that may be ordered.



Save the date: PACER Housing Fair is April 12, 2014

Make your calendar now for PACER's 10th annual Housing Resource and Information Fair on Saturday, April 12, 2014 from 9 a.m. to noon at PACER Center. The housing fair is an excellent opportunity for families to meet with service providers and discuss housing options, services, supports, and related issues for children and young adults with disabilities. State and county representatives and resource and referral organizations will be available to answer questions. For more information, e-mail Susan Shimota at susan.shimota@pacer.org or call (952) 838-9000.



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Change Service Requested

Run, Walk, Roll Against Bullying is Oct. 5

PACER's fourth annual Run, Walk, Roll Against Bullying is on Saturday, Oct. 5 at Normandale Lake Park in Bloomington, Minn., and a large crowd of families, students, and volunteers from PACER's corporate partners is expected to attend. Presented by American Dairy Queen, the 4-mile run or 1.5 mile walk or roll supports the programs of PACER's National Bullying Prevention Center.

Registration for this Friends of PACER event begins at 9 a.m. with the race starting at 10 a.m. Participants and spectators will gather after the race at the Normandale Lake Bandshell for entertainment, speakers, snacks, and family fun. The entry fee is \$20 per person for adults, \$10 for ages 7 to 16, and includes a complimentary event T-shirt. Children ages 6 and under are free. Participants should collect pledges in advance from family, friends, co-workers, and local businesses.

More communities across the country are holding Run, Walk, Roll Against Bullying events each year during PACER's

National Bullying Prevention Month in October. PACER offers a free toolkit to help organizations plan the event.

Download pledge forms, sponsor a participant, or register online at PACER.org/bullying/nbpm/RunWalkRoll.



A runner is given encouragement at 2012's Run, Walk, Roll Against Bullying in Bloomington, Minn.