

PACSETER

A news magazine of PACER Center, Inc. | Champions for Children | (952) 838-9000 | PACER.org

Paula Goldberg honored at Starkey Gala



From left: Starkey Hearing Foundation co-founder Bill Austin, actress-activist Jennifer Garner, former British Prime Minister Tony Blair, Paula Goldberg, and Starkey Hearing Foundation co-founder Tani Austin

PACER Center's Executive Director and co-founder, Paula Goldberg, was honored as a humanitarian by the Starkey Hearing Foundation for her work in making PACER Center a lifeline for parents of children and young adults with all disabilities. Starkey's 16th annual "So the World May Hear" Awards Gala was held on Sunday, July 17, at the St. Paul RiverCentre. The evening's other honorees were former British Prime Minister Tony Blair and actress-activist Jennifer Garner.

"I am so honored to receive this award from the Starkey Hearing Foundation," Goldberg said. "I am very proud of the work PACER does on behalf of all children with disabilities and those children who are bullied. Seeing the smile on the face of a child who is finally succeeding in school; an email from a teen who has received help from our National Bullying Prevention Center; the phone call from a parent whose

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October is National Bullying Prevention Month

October marks the 10-year anniversary of National Bullying Prevention Month, a nationwide campaign founded by PACER in 2006. The campaign unites communities around the world to educate and raise awareness of bullying prevention. In the United States alone, one in four children, or 13 million, are bullied each year.

"National Bullying Prevention Month continues to grow in the United States and other countries as more people unite together against bullying," said PACER Executive Director Paula Goldberg. "We are grateful for the support from communities, schools, families, and our corporate partners. It takes everyone working together to prevent bullying."

There are many ways for students, parents, educators, schools, and communities everywhere to get involved and unite for kindness, acceptance and inclusion. Here are some suggestions:

- **Wear orange, make it end:** Shoelaces, neckties, scarves, T-shirts, socks, hats, ties, and wristbands all come in orange!

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EX.I.T.E. Camp provides hands-on Science, Technology, Engineering, and Math (STEM) fun

A group of 30 middle school girls with disabilities gathered for PACER's Exploring Interests in Technology and Engineering (EX.I.T.E.) Camp for five days in August. The 14th annual event brought together PACER's partners C.H. Robinson, 3M, IBM, Medtronic, and Accenture, along with special guests KARE-11 meteorologist Belinda Jensen, Eagan's Green Girls robotics team, the Bakken Museum, the Raptor Center, and Como Zoo.

The girls learned the hands-on way that Science, Technology, Engineering and Math (STEM) are fun. During the day hosted by C.H. Robinson, one of the world's largest third party transportation providers, the girls learned the basics of the supply chain, including hybridizing of plants, packaging fruit, and quality control measures such as taste testing. The girls also toured a truck hooked up to PACER's loading dock and shared their opinions as consumers.

Other highlights of the camp included making solar panels with 3M; working with IBM engineers to program Lego robots to bowl; project management of duct tape purses with Accenture, and engineering processes with a female engineering team from Medtronic.

The camp made a lasting impression on the girls. One camper said, "The most surprising thing I learned at camp is that I can have a career in science and math."

EX.I.T.E. Camp was started by IBM 14 years ago. Of the original 30 camps globally (three for girls with disabilities), PACER's is the only one still in existence.

EX.I.T.E. Camp is made possible through funding from Boston Scientific, C.H. Robinson, Education Credit Management Corporation (ECMC), Donaldson Company, and Xcel Energy.



EX.I.T.E. campers create solar panels with 3M scientists.



From left, Jon Segal, Greg West, Jessy Annoni, and Kathy Jo Davis from C.H. Robinson describe how fruits and vegetables travel from farms to grocery stores.

Write in PACER for your United Way pledge

Choose PACER this fall when making donations through your workplace giving (payroll deduction) campaigns. You can be a Champion for Children! Here's how to contribute.

United Way Donor Choice Program

On the United Way pledge card, you can write in PACER Center, 8161 Normandale Blvd., Minneapolis MN 55437 under the "Donor Choice" designation.

PACER is not a United Way agency organization and therefore doesn't receive support from United Way's general funds. However, PACER can still benefit from the donor choice funds when you write in PACER Center.

Name of Agency PACER Center
Address 8161 Normandale Blvd.
City Minneapolis, MN 55437

PACER Puppets start great conversations with children

PACER's unique Puppet Programs, which feature child-sized puppets, are a creative way to talk to kids about disabilities and bullying prevention. Trained volunteer puppeteers present shows to preschool and elementary school children throughout the Twin Cities area. **COUNT ME IN[®]** (disability awareness) and **KIDS AGAINST BULLYING** (bullying prevention), are performed for children in grades one through three. A special **COUNT ME IN[®]** preschool program is also available.

The shows are engaging and child-friendly, with a creative and fun message that deals with sensitive subjects in a realistic way. "Children see the puppets as real people," said Puppet Program Coordinator Lynn Dennis.

The **COUNT ME IN[®]** program helps children understand that individuals with disabilities are just like other people. **KIDS AGAINST BULLYING** helps students learn the definition of bullying, ways they can respond, and how to help others being bullied. Each show features child-size, multicultural puppets who share age-appropriate messages, enabling children to learn through viewing the shows and asking questions.

"With more and more emphasis being placed on academics, we have less time to explore 'life situations,'" a teacher wrote. "These presentations become increasingly valuable for our students."



Since 1979, more than 350,000 children in the Twin Cities metro area have experienced PACER's Puppet Program. Its success is evident by an exclamation from one of those children: "I just saw a show about kids with possibilities!"

Individuals can support the program is by donating \$100 to bring a puppet show to the school of their choice. The program is also seeking volunteer puppeteers, and no experience is required.

Family Fun Day and Tech Expo September 17

Children and young adults with disabilities, their families, and professionals can discover the latest in assistive technology (AT), and enjoy hands-on fun during the Simon Technology Center's Family Fun Day and Tech Expo. It will be on Saturday, Sept. 17, from 10 a.m. to 2 p.m., at PACER Center, 8161 Normandale Blvd., in Bloomington, Minn.

Participants can touch, see, and try a variety of assistive technology that supports play, learning, work and more. They will be able to be creative with accessible art projects, take part in the do-it-yourself technology station, view iPad app demonstrations, and much more. The activities are appropriate for all ages.

Advance registration is required. To register, go to PACER.org/workshops or call PACER at (952) 838-9000. In Greater Minnesota, call (800) 537-2237 (toll free).



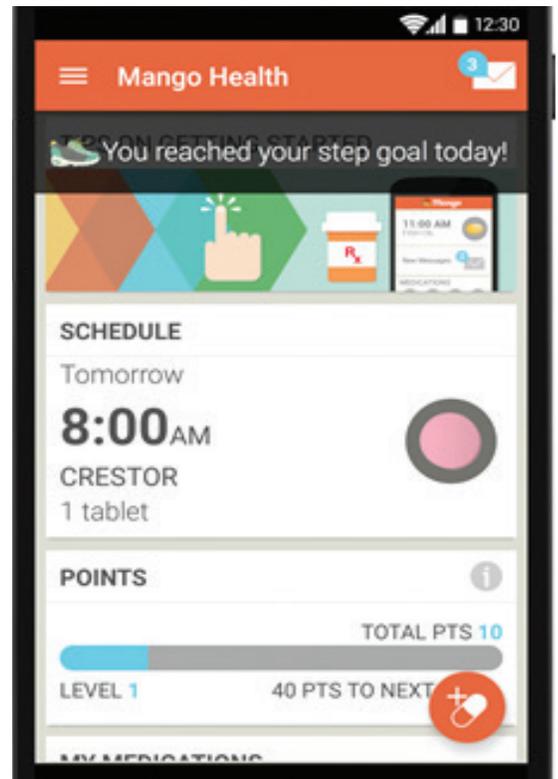
Teens, technology, and wellness: Using apps to improve health

At PACER's National Symposium in August, the Simon Technology Center presented a workshop on how teens with disabilities can use apps to monitor and improve their health. Apps are a great way to engage teens in taking care of themselves. According to a recent study by the Pew Research Center, 91% of all teens are online with mobile devices, with the vast majority of them using smartphones. PACER's Simon Technology Center is on the cutting edge of helping teens with disabilities use wellness-based apps that help them monitor their health and medications and other wellness concerns.

"Teens with disabilities have plenty of options for apps that will help them manage their wellness in a way that works for them," said John Newman, Assistive Technology Specialist at PACER. "These apps complement traditional treatments, and help motivate teens to keep track of and use the strategies that help them feel their best."

Helpful materials from the Teens, Technology, and Wellness presentation are available to read or download at PACER.org/symposium

Teens can receive a virtual hug or win a gift card for taking and recording medication use, play a game that uses guided breathing to aid in stress reduction, or take advantage of a library of helpful strategies. Best of all, most of the apps are free.



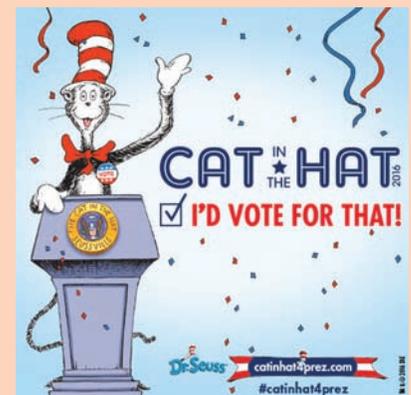
Apps like Mango Health help users keep track of their medications and activity level.

The Cat in the Hat runs for president

You don't have to be a kid to vote for PACER

PACER Center's National Bullying Prevention Center is one of five nonprofits competing for a \$10,000 prize given by Random House Children's Books.

In conjunction with the release of the newest nonfiction book in The Cat In the Hat Learning Library, *ONE VOTE, TWO VOTES, I VOTE, YOU VOTE*, Random House Children's Books has launched a campaign for children to participate in November's Presidential election by voting for The Cat In the Hat and his running mates, Thing 1 and Thing 2 — and vote for PACER Center, too. Vote for Horton and supporting kindness as The Cat in the Hat's first order of business when he gets into office. If Horton receives the most votes, PACER will win \$10,000!



Visit campaign headquarters at catinhat4prez.com to vote now! There is no limit to the number of times a person can visit the website and vote for PACER. Voting is open and goes through Election Day, Nov. 8, 2016.

Sarah's artistic transition to adulthood

Sarah Nehrbass, 21, has Down syndrome and is hard of hearing — but those aren't the most important things about her. Sarah is an artist who creates, hand paints, and sells her own headbands, and she's just sold her first canvas painting. Sarah's headbands are available at sarahbands.com.

Sarah's mom, Cindy Nehrbass, first contacted PACER when she didn't agree with the Individualized Education Program (IEP) written by Sarah's public school district. "In order for Sarah to receive the services she was entitled to, American Sign Language (ASL) needed to be listed as her language," said Sarah's mom, Cindy Nehrbass. "We felt Sarah had the right to choose her own language."

PACER advocate Deanne Curran assisted the Nehrbasses in having ASL written into Sarah's IEP, and Sarah received the services she needed.

Today, Sarah uses ASL to communicate. She has finished high school, and spends three days a week creating art



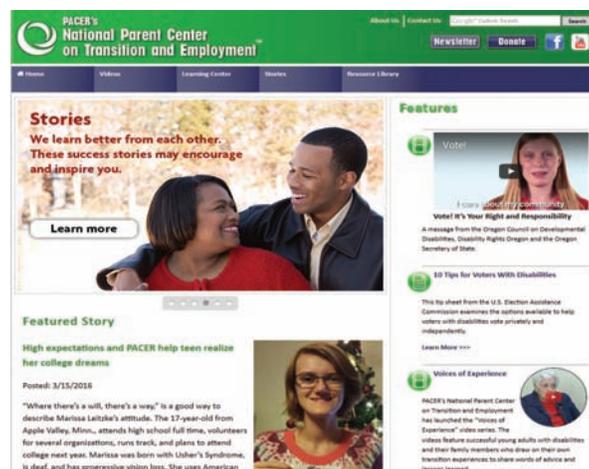
Sarah Nehrbass with her first sold canvas painting.

in a program for adults with disabilities, Interact Center for Visual and Performing Arts. Cindy Nehrbass says her daughter's never been happier. "Sarah just glows when she is at her easel at Interact."

Innovative transition website offers resources, support, and inspiration

PACER's National Parent Center on Transition and Employment (NPCTE), located at PACER.org/Transition, offers a wealth of information at the click of a mouse. Youth, families, and educators can learn about everything from employment supports for individuals with disabilities to accessing accommodations once a youth is no longer in high school.

The transition website also contains current news and information, a video library with hundreds of short films, and an extensive resource collection. Just as important as its resources and information, the website offers hope in the form of positive stories from young adults with disabilities. "These inspiring young adults are great role models," said Gretchen Godfrey, PACER's Assistant Director and NPCTE co-director. "The combination of useful resources and the personal stories of those who have transitioned to living a fulfilling life as an adult is so important."



PACER.org/Transition

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 and information remain confidential. Sign up at: contribute.surveymonkey.com/charity/PACER.

Participants say PACER Symposium is “Best ever!”

More than 1,000 parents, teachers, and administrators and other professionals attended PACER’s 11th Annual National Symposium about Children and Young Adults with Mental Health and Learning Disabilities, held on August 9 at the Minneapolis Convention Center. Many of those attending remarked that this year’s Symposium was PACER’s best yet. A teacher said, “Every moment was enriching and insightful. Thank you for expanding my awareness as an educator.”

Parents were just as enthusiastic. “The Symposium was touching, educational, and broadened my horizons with the experiences of others. It also provided me specific education on issues directly relevant to my family,” said one mother.

Participants attended a variety of helpful workshops and three inspiring keynote presentations. Adam Levy, educator and lead singer of The Honeydogs, spoke about his son’s suicide. BraVada Garrett-Akinsanya, PhD., Executive Director of the African American Child Wellness Institute,



Opening keynote speaker Adam Levy performs a song he wrote about his son’s suicide.



Panelists Nyk Shea (left) and Isiah Brown, members of PACER’s Youth Advisory Board on mental health.

discussed the connection between learning disabilities, mental health, and culture. Dr. L. Read Sulik, a pediatrician, psychiatrist and Executive Director of Prairie Care Institute, spoke about nurturing the positive aspects of ADHD.

Symposium materials are available for download at PACER.org/symposium. The Symposium was made possible in part by support from the Lenzmeier Family Foundation.

Starkey Gala, continued from page 1

young adult has transitioned to living independently and is employed — they are my inspiration every day.”

Entertainment at the star-studded gala included comedian Jay Leno; the Hollywood Vampires, featuring Johnny Depp and Alice Cooper; country duo Maddie & Tae; American Idol 2016 Winner Trent Harmon; The Tenors; and John Mellencamp.

“Paula was recognized for her selfless and tireless service through PACER. She has dedicated her life to being a champion for children with disabilities.”

— Tani Austin, Starkey Hearing Foundation co-founder



Paula Goldberg with actor Johnny Depp at the Starkey Hearing Foundation Gala.

Wear Orange and 'be united' in 2016 for Unity Day

CustomInk's sixth annual Be Good to Each Other campaign raises funds and awareness for bullying prevention in support of PACER's National Bullying Prevention Center. CustomInk will donate 100% of the profits from the sales of bullying prevention T-shirts purchased before Oct. 31 to benefit PACER.

The official 2016 PACER T-shirt is just \$12.00 and is now available for purchase online at customink.com/stopbullying. Schools, clubs and community groups can also custom-design their own bullying prevention T-shirts.

Orders placed by Oct. 5 are guaranteed to arrive in time for Unity Day, Oct. 19 | CustomInk.com/stopbullying



National Bullying Prevention Month, continued from page 1

Wear one or more and send a united message of support all month long, and especially on Unity Day, Wednesday, Oct. 19. This is the day everyone can come together — in schools, communities, and online — to send one large orange message of kindness, support, hope, and unity.

- **Share orange:** Enhance your Facebook profile photo with an orange National Bullying Prevention Month frame that can be added throughout October. Starting Oct. 1, you can find PACER's Facebook frame on facebook.com/profilepicframes, under the category "Causes."
- **Hold events and activities:** Communities around the world mark National Bullying Prevention Month through creative events and initiatives. There are many resources, including classroom toolkits, free bookmarks, posters, and awareness-raising ideas, available at PACER.org/Bullying.

"October is a time when educators, students, parents, and community members can unite to share their support for the important issue of bullying prevention," said Julie Hertzog, director of PACER's National Bullying Prevention Center. "Together, we can create safe and supportive schools, communities, and online environments."

PACER's National Bullying Prevention Center's three innovative websites provide a variety of resources. They are:

- **PACERKidsAgainstBullying.org** for elementary school students
- **PACERTeensAgainstBullying.org** for middle and high school students



- **PACER.org/Bullying** for parents and professionals
- The websites and resources are making a difference in the lives of children involved in bullying. PACER often hears from teens and children about how they are helped by the National Bullying Prevention Center's resources. One teen wrote, "Thank you so much for responding to me. Without you I could have spent the rest of the year hiding from the students bullying me and feeling way too miserable to do the things I enjoy and do well in. But things started to get better after you responded to me. I honestly don't know how I would have survived the school year without your response so thank you very much."

For more information on how you can support National Bullying Prevention Month and join the bullying prevention movement, visit PACER.org/Bullying.

Planning for a crisis: Supporting children with mental health needs

When a child or youth with mental health needs is experiencing stress, having a crisis management plan in place may help stabilize their behavior and prevent the situation from developing into a full-blown crisis. A parent and child can work together to develop a plan, often with input from others. “A family therapist or other mental health provider can provide information and suggestions,” said Renelle Nelson, coordinator of PACER’s Children’s Mental Health, Emotional and Behavior Disorders (EBD) Project. “Trained mental health crisis responders may also be helpful.”

If a situation escalates to crisis proportions, professionals can step in to help. Minnesota state law requires that each county have specially trained mental health crisis responders available seven days per week, 24 hours per day, to assist individuals who are experiencing a mental health crisis. In the metro area, there are separate responders for children and adults. A listing of county-specific phone numbers for the entire state of Minnesota is available at childcrisisresponse.mn.org/map. In addition to responding to a current crisis, these trained responders can assist with developing a crisis management plan.

PACER’s website contains a wide variety of helpful resources to help parents support their children who have



mental health needs. Downloadable handouts, blogs, videos, and more can be found at PACER.org/CMH.

PACER’s information sheet on crisis management plans offers a step by step, in depth help. Go to PACER.org/parent/php/PHP-c225.pdf to read or download the information sheet.

Federal guidance ensures student success in general education

When parents and school officials meet to discuss a student’s Individualized Education Program (IEP), it’s important to set goals for success. Among the goals that should be discussed are the student’s academic success within his or her grade-level general education curriculum.

The U.S. Department of Education has issued significant guidance on free appropriate public education (FAPE), the cornerstone of the federal Individuals with Disabilities Education Act (IDEA), that emphasizes this point.

A “Dear Colleague” letter released in November 2015 helps make certain that children with disabilities are held to high expectations and have meaningful access to a state’s academic content standards.

The letter was written to clarify that an IEP for an eligible child with a disability under IDEA must be aligned with the

state’s academic content standards for the grade in which the child is enrolled.

“Special education students should not be failing general education classes, that is something that the IEP needs to address,” said Carolyn Anderson, a senior PACER advocate. “Students with disabilities have a right to learn those things, too, to ensure that they are career and college ready.”

FAPE emphasizes special education and related services designed to meet the needs of a child with a disability to prepare the child for further education, employment, and independent living. To achieve this, the child’s IEP must be designed to enable him or her to be involved and make progress in the general education curriculum.

To read the full “Dear Colleague” letter issued by the U.S. Department of Education, visit PACER.org/link/guidance-on-fape-nov-2015.asp.

PACER resources can help resolve special education disputes

One of a parent's most important jobs is helping their child with disabilities receive an appropriate education. Sometimes families and school districts disagree about what this means. Fortunately, parents have a number of options if they see things differently than their child's Individualized Education Program (IEP) team.

PACER provides extensive dispute resolution resources, both online and in print, to help families learn how to manage disputes in a positive, productive way.

Parents can use the information to increase:

- Knowledge of special education rights and responsibilities
- Comprehension of educational planning and their child's IEP
- Communication, self-advocacy, and conflict resolution skills
- Awareness of conflict resolution options and how to use them
- Ability to advocate for their child

PACER parent advocates are trained in special education processes. They can help families solve problems and understand what to expect.



“PACER encourages families to try to resolve their differences together with the school’s staff,” says PACER parent advocate Pat Anderson. “Share your concerns with the IEP case manager or the school district’s director of special education. But if differences are not resolved at that level, the parent has options.”

Those options include mediation or conciliation, a facilitated IEP meeting, or a due process hearing. Parents who are unable to resolve issues, or believe there may be a violation of special education law, can also file a state-level complaint with the Minnesota Department of Education.

For more information, visit PACER.org/disputeresolution or call 952-838-9000 and ask to speak with a parent advocate.

Technology Solutions for Early Childhood: Shaping the Future!

Symposium for Parents, Professionals is Nov. 29

Parents and professionals are invited to join experts on early childhood development and assistive technology (AT) at the Center for Technology and Disability's national symposium in Washington, D.C. Remote attendance is available for the first 500 registrants. Funded by the U.S. Department of Education's Office of Special Education Programs (OSEP), this conference will provide valuable lessons drawn from evidence-based research, research to practice, and family advocacy. For more information visit www.ctdinstitute.org/content/technology-solutions-early-childhood.



PACER Center 2015 Highlights

PACER Center has been providing innovative programs and services for children with disabilities and their parents since 1978. PACER operates more than 30 programs to support the seven million children with disabilities and 13 million students who experience bullying each year. PACER is committed to helping all parents become more involved in their children's schools, enhancing the abilities of professionals who work with families, and creating better outcomes for all children.

PACER continues to surpass its goals and expand its services to meet the changing needs of families. New and unique services in data from the previous fiscal year include:

- Livestreaming of workshops, giving families and professionals the opportunity to participate in PACER trainings from a variety of locations
- The opening of PACER's National Bullying Prevention Center's branch office in Los Angeles
- The video collection on PACER's National Parent Center on Transition and Employment website
- PACER's blog focusing on children's mental health and behavioral issues on The Disney Company's Babble blogsite



44,440

Requests for individual assistance, information, and support were responded to by PACER staff.

PACER staff provides help to parents and professionals working with families free of charge via phone calls, emails, letters and in person.



33,800

Individuals attended PACER's workshops, presentations, and other events.

PACER staff members offer free workshops to parents of children with disabilities and professionals working with families at PACER Center and across Minnesota, in addition to Livestream presentations.



Visits were made to PACER's innovative websites.

PACER.org and other PACER websites are updated on a regular basis. PACER continues to leverage technology to disseminate information, with the addition of monitored blogs, polls, audio files, interactive files, and videos.

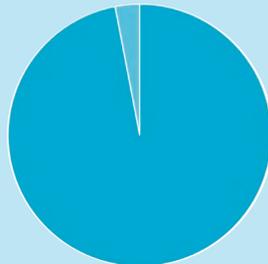


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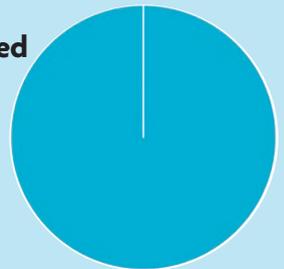
Individuals receive PACER's print and electronic newsletters.

In addition to PACER's primary newsletter, the *Pacesetter*, specialized newsletters and e-newsletters are disseminated with information on early childhood, bullying prevention, assistive technology, and other topics.

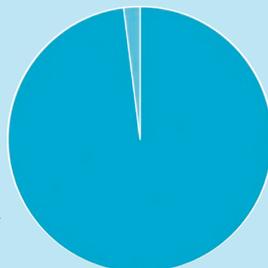
97% of participants reported that the information they learned at PACER workshops would help improve outcomes for their children or students.



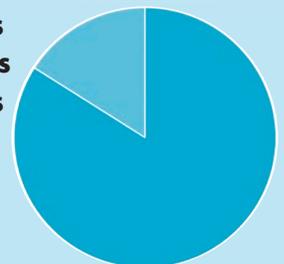
100% of parents reported that their participation in a PACER workshop taught them new ways to be more involved in their child's education.



98% of students reported they were more likely to help someone who was being bullied after using PACER resources.



84% of PACER's funds go directly to programs. As stated by auditors, PACER's management and fundraising expenses are only 16%, well below the industry standards.



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, or visit PACER.org/workshops.

CHILDREN'S MENTAL HEALTH, EMOTIONAL/BEHAVIORAL

Back to School for Children with Challenging Behaviors: Making a Plan that Works

For children and youth with challenging behaviors, going back to school can be a difficult adjustment after summer. This workshop will offer suggestions for parents and others to help children manage their behavior and build resiliency for the new school year.

- **Sept. 22, 6:30 p.m. to 8:30 p.m. (Rosemount)**

Responding to Challenging Behaviors at School, at Home and in the Community

Children with challenging behaviors are often misunderstood. This workshop will help parents identify and respond to behaviors that may indicate mental health concerns; navigate services; and learn effective parent advocacy skills.

- **Sept. 27, 6:30 p.m. to 8:30 p.m. (Willmar)**

Challenging Behaviors and the Individualized Education Program (IEP): Making a Plan that Works

Children and youth with challenging behaviors often struggle to be successful in school. This workshop will discuss what challenging behavior in school may look like, and offer suggestions on how to use the IEP to support school success.

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

Working Effectively with Diverse Families of Children and Youth with Behavioral Health Challenges

This webinar is designed for educators, and other professionals working with families and their children and youth with mental health needs. This presentation, given by a unique panel of multicultural parent advocates, will suggest strategies they have found to be effective for building collaboration with families.

- **Jan. 11, Noon to 1 p.m. (Online Webinar)**

Special Education and Challenging Behaviors

This workshop will discuss the development of an Individualized Education Program (IEP) for children who struggle in school due to their behavior. Parents and others will learn

strategies to communicate effectively with the IEP team about their child's behavior needs, address the school discipline policy, and resolve disagreements.

- **Jan. 19, 6:30 p.m. to 8:30 p.m. (PACER)**

EARLY CHILDHOOD

Understanding and Addressing Challenging Behaviors in Your Young Child

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

- **Sept. 24, 9 a.m. to 11:30 a.m. (PACER)**

My Child's IEP: Laying the Foundation for Effective Early Childhood Special Education Services

This workshop for parents of children with disabilities ages three to five will provide an overview of the early childhood special education process, including evaluation procedures, timelines, writing appropriate and functional goals, and family rights throughout the process.

- **Oct. 24, 6:30 p.m. 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. 12, 9 a.m. to 11 a.m. (PACER)**
Streaming option also available

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.

- **Nov. 14, 6:30 p.m. to 8:30 p.m. (PACER)**

HEALTH

Care Coordination: Empowering Families

Parents of children with special health care needs will learn how to organize medical information, navigate the health care system including insurance, and improve their communication, coordination, and advocacy skills. Parents of children with complex health care needs should e-mail Linda.Cherwitz@pacer.org for an application to participate.

- **Oct. 29, All day event (Twin Cities area)**

PARENT TRAINING

How Parents Can Effectively Communicate with the Individualized Education Program (IEP) Team

A NEW fun workshop to help parents advocate for their child within the special education process. Parents will have the opportunity to participate in an interactive problem-solving session, and receive tips and tools to help them become more effective communicators as members of their child's IEP team.

- **Sept. 20, 6:30 p.m. to 8:30 p.m. (Elk River)**

Bullying Prevention: What Parents Need to Know

Bullying can be an isolating experience, not just for the kids involved, but for their parents, too. Fortunately, there is help. This workshops will offer a comprehensive overview for parents to learn what they can do to address and prevent bullying.

- **Sept. 27, 6:30 p.m. to 8:30 p.m. (PACER)**
Streaming option also available

The ABCs of the IEP – Making the Individualized Education Program Work for Your Child

This workshop will help parents understand how to use the IEP to benefit their child. Parents will learn how each required part of the IEP can be developed to meet the child's needs.

- **Oct. 6, 6:30 p.m. to 8:30 p.m. (Kimball)**
- **Oct. 13, 6:30 p.m. to 8:30 p.m. (Red Wing)**
- **Nov. 1, 6:30 p.m. to 8:30 p.m. (Bemidji)**
- **Nov. 10, 6:30 p.m. to 8:30 p.m. (PACER)**

Hot Tips on the Individualized Education Program: Is Your Child's IEP Individualized and Appropriate?

Participants in this hands-on workshop will learn how to use the valuable information in their child's special education evaluation report to determine how well the Individualized Education Program (IEP) addresses the child's unique needs. Parents should bring a copy of their child's most recent school special education evaluation report and current IEP to the workshop.

- **Oct. 10, 6:30 p.m. to 8:30 p.m. (Waseca)**
- **Nov. 29, 6:30 p.m. to 8:30 p.m. (PACER)**

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. These include understanding the child's disability, using effective communication, becoming organized, and knowing how to resolve disagreements.

- **Oct. 24, 6:30 p.m. to 8:30 p.m. (Blaine)**
- **Oct. 25, 6:30 p.m. to 8:30 p.m. (Hibbing)**

Planning for Educational Inclusion: A Viewing of "Including Samuel"

Please join us for a screening of "Including Samuel"; a documentary by filmmaker Dan Habib about educational inclusion. He documented his family's efforts to include their son Samuel in all facets of their lives. Q & A with a PACER advocate will occur before and after the film.

- **Nov. 2, 6:30 p.m. to 8:30 p.m. (Bemidji)**

10 Topics to Help Your Child Succeed in Special Education

Parents who participate in this interactive workshop will learn about 10 important areas in special education, and acquire skills and knowledge they can use to help their child with disabilities be more successful. Parents will also be provided with several useful tools.

- **Nov. 14, 6:30 p.m. to 8:30 p.m. (Worthington)**
- **Dec. 12, 6:30 p.m. to 8:30 p.m. (PACER)**
Streaming option also available

Special Education and the Important Role You Play for Your Child

Parents play an important role in the special education process. Participants in this workshop will learn how parents can use their rights and abilities to advocate for their child and work effectively with the school. This workshop will also provide valuable information for surrogate parents, foster parents, and the professionals who work with them on behalf of children.

- **Nov. 15, 6:30 p.m. to 8:30 p.m. (Marshall)**

SIMON TECHNOLOGY CENTER

New Technologies, New Opportunities: The Changing World of Assistive Technology – A Focus on Wearables

Participants in this workshop will learn about wearable technology and the ways this technology trend helps youth with disabilities. They will learn about technology to help monitor health, behavior, and more.

- **Sept. 20, 6:30 p.m. to 8 p.m. (PACER)**
Streaming option also available

eBooks and Reading Tools for Teens

Discover a variety of reading tools and digital reading material that can be helpful for reading comprehension. For example, hearing text spoken aloud can provide beneficial reading support. Learn about eBooks and other digital reading material, where to find them, and what tools to use. The options presented are most appropriate for transition age youth who understand language and vocabulary at their grade level.

- **Sept. 29, 6 p.m. to 7:30 p.m. (PACER)**
Streaming option also available

'Appy Hour': A Focus on Math

In this important, informal sharing event, staff from the Simon Technology Center will explore the latest math app offerings. See apps that go beyond flash cards and drills — apps that help cultivate number sense and problem solving.

- **Sept. 30, 10 a.m. to 11 a.m. (PACER)**
Streaming option also available
- **Sept. 30, 6:30 p.m. to 7:30 p.m. (PACER)**
Streaming option also available

Tech for Girls: STEM Club, Coding with Karel

At Coding with Karel, middle school girls with disabilities can have a hands-on opportunity to learn programming, which is one of the fastest growing jobs. This course will teach kids to program with a cute dog named Karel. Girls will learn many new programming tools such as creating and using functions, with support from the Green Girls robotics team from Eagan, MN.

- **Oct. 8, 9 a.m. to 10:30 a.m. (PACER)**

Today's Top Online Assistive Technology Resources

Whether you learn best from social media, blogs, podcasts, or videos, this presentation has some of your new favorite resources for learning about assistive technology online! Resources covering a wide variety of topics and age ranges will be discussed and organized based on different

online learning styles (reading, listening, watching, connecting).

- **Oct. 25, 6:30 p.m. to 8 p.m. (PACER)**

'Appy Hour': Apps for Scanning & PDF Notes

In this sharing event, staff from the Simon Technology Center will explore the latest apps for scanning and writing. See apps that allow you to scan documents, and keep notes. Learn how some apps can perform optical character recognition and audibly read back images of text.

- **Nov. 4, 10 a.m. to 11 a.m. (PACER)**
Streaming option also available
- **Nov. 4, 6:30 p.m. to 7:30 p.m. (PACER)**
Streaming option also available

Tech for Girls: STEM Club, Electrify

To get your inventions working you need something very important: electricity. This STEM Club session hosted by the Green Girls Eagan, MN robotics team, will focus on all things electrical. Middle school girls with disabilities will gain a general understanding of electricity. Participants will apply what they learn and create wacky, LED circuit creatures!

- **Nov. 5, 9 a.m. to 10:30 a.m. (PACER)**

Assistive Technology for Social-Emotional Development of Young Children

This is a workshop designed for parents and professionals to learn about the wide range of assistive technology available to help support the social-emotional development of young children up to age 8. Participants will learn about specific technology, apps, and resources available.

- **Nov. 7, 6:30 p.m. to 8 p.m. (PACER)**
Streaming option also available

Online Reading and Writing Tools for Teens

Teens will learn how assistive technology tools for the Google Chrome web browser can help them read and write in a more personalized and effective way. These free and low cost tools can help teens read webpages, organize their ideas for a paper, write using their voice and more! This workshop is designed for teens, and their parents and educators.

- **Nov. 15, 6:30 p.m. to 8 p.m. (PACER)**
Streaming option also available

New Technologies, New Opportunities: The Changing World of Assistive Technology

Today's assistive technologies (AT) includes a diverse range of products, people and potentials never before seen in the field. This presentation will discuss a variety of timely technology trends

that are shaking up the assistive technology field and creating newfound possibilities for individuals with any disability.

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

Tech for Girls: STEM Club, Marble Roller Coaster

One aspect of engineering is being able to work with gravity, motion, and weight. In this session, presented by the Green Girls Robotics team, middle school girls with disabilities will learn the scientific method by making marble roller coasters using a variety of materials. Buckle up because this session is going to be a wild ride!

- **Dec. 3, 9 a.m. to 10:30 a.m. (PACER)**

Introduction to Assistive Technology for Young Learners

This workshop will help families, caregivers, and professionals understand the breadth and scope of assistive technology (AT) available for young children (birth to five). Participants will learn what assistive technology is, the continuum of AT from the very simple to complex, and the research. On site participants will have an opportunity to explore items demonstrated following the live event.

- **Dec. 5, 6:30 p.m. to 8 p.m. (PACER)**
Streaming option also available

'Appy Hour': Apps That Focus on Spelling Support and Phonetics

In this fast paced informal sharing event staff from the Simon Technology Center will explore the latest app offerings that support spelling and phonetics.

- **Jan. 12, 10 a.m. to 11 a.m. (PACER)**
Streaming option also available
- **Jan. 12, 6:30 p.m. to 7:30 p.m. (PACER)**
Streaming option also available

Including Assistive Technology in the IFSP and IEP

Assistive technology is an important part of a student's education plan, but how to document it in the Individualized Family Service Plan (IFSP) or Individualized Education Program (IEP) isn't always clear. This workshop will provide families of children birth to five, teachers, and educators a way to be intentional about the process of considering assistive technology and ensure it is included in the IFSP/IEP documents.

- **Jan. 16, 6:30 p.m. to 8 p.m. (PACER)**
Streaming option also available

TRANSITION

Transition: Pathway to the Future — Using the IEP to Develop Transition Services

This workshop will help parents of children with disabilities understand how to use the Individualized Education Program (IEP) to develop transition services that support their youth in planning for life after high school. Parents of students in the eighth grade and beyond are encouraged to attend.

- **Sept. 15, 6 p.m. to 8 p.m. (Maple Grove)**
- **Oct. 25, 6 p.m. to 8 p.m. (Wadena)**

Supplemental Security Income (SSI) First Steps

Confused about Supplemental Security Income (SSI) and whether it is right for your son or daughter at age 18? Join this small group to discuss first steps. The group will be limited to 15 participants. Registration is required.

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

ABCs of the IEP for Transition Age Students and Their Parents

The Individuals with Disabilities Education Act (IDEA) requires schools to invite youth with disabilities to attend the IEP team meeting for transition planning. This workshop will help students with IEPs in eighth grade and higher and their parents understand how to use the IEP to assist with the transition to adulthood.

- **Oct. 10, 6 p.m. to 8 p.m. (Maple Grove)**

The Bridge to Work: Supplemental Security Income and Employment Planning

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

- **Oct. 27, 6:30 p.m. to 8:30 p.m. (St. Paul)**
- **Nov. 10, 6:30 p.m. to 8:30 p.m. (Duluth)**

Finding Success in Employment and Postsecondary Education

Many youth with disabilities have goals for competitive employment and continuing education beyond high school. This free workshop for parents and youth will provide information on how education after high school increases the likelihood of employment, and offer strategies to help youth prepare for success in work and postsecondary education.

- **Nov. 15, 6:30 p.m. to 8:30 p.m. (Crookston)**
- **Dec. 13, 6:30 p.m. to 8:30 p.m. (Lakeville)**

PACESETTER

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(Alternate format is available upon request.)

PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others. PACER is also the National Bullying Prevention Center, offering innovative resources for students, parents, educators, and others.

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Resources

Special Education Record Keeping Folders

Special education records contain important information for making educational decisions. This set of six folders helps parents organize school paperwork to help them make good decisions about their children's education. Also available in Spanish, Hmong, and Somali. 2014.

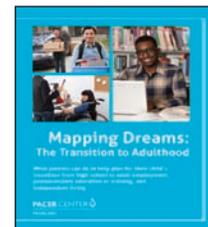
\$10 | 11+ copies, \$8 each | PHP-a5



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. Updated 2016.

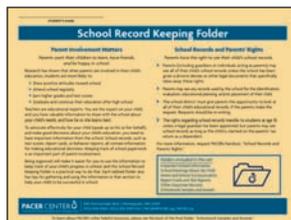
◆ \$8 | 10+ copies, \$6 each | ST-40



School Record Keeping Folders (General Education)

This School Record Keeping Folder is a practical way for all parents to stay organized to keep track of their student's progress in school. Each of the six tabbed folders also have tips for gathering and using the information to help your child to be successful in school. Also available in Spanish, Hmong, and Somali. 2014.

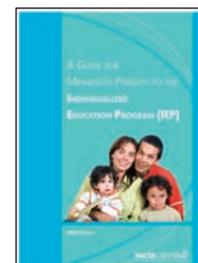
\$10 | 11+ copies, \$8 each | MPC-6



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

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. 2014.

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



To order the listed materials...

1. Specify how many you want of each item and their 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 14). 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%)
Sales tax varies with specific location.

Please complete the following with your order:

I am a: Parent Professional Other _____

Name: _____ Organization (if applicable): _____

Address: _____ City, State, Zip: _____

Telephone: _____ (h) _____ (w) _____ (c)

E-mail: _____

If a parent:

Birth date of child with disability: _____ Disability: _____

◆ This symbol indicates one item is free to Minnesota parents or guardians of children with disabilities and to Minnesota youth (age 14 and older) with disabilities

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Change Service Requested

Bullying Prevention Month begins with the Run, Walk, Roll



Presented by:



National Bullying Prevention Month will officially start with Friends of PACER’s Run, Walk, Roll Against Bullying on Saturday, Oct. 1 in Bloomington. This family-friendly event will feature a chip-timed four-mile run or a two-mile walk/roll around scenic Mount Normandale Lake Park.

Cost to attend is \$20 for ages 16 and up, \$12 for ages 7-15, ages 6 and younger are free. All participants will receive a Run, Walk, Roll Against Bullying T-shirt.

Participants are encouraged to form teams! Prizes and special recognition will be given to the three largest teams.

For information and to register, visit PACER.org/RWR.

Schedule of Events

- 9 AM Check-in, day-of registration, T-shirt pickup, activities
- 10 AM Run, Walk, Roll! 4 mile run chip-timed run, 2 mile fun walk & roll
- 10:45 AM Activities, guest speakers, performances, prizes, and more! Healthy snacks, coffee, and water will be provided.