

“Cookies and Cocoa with Santa” for Children with Special Needs and their Families



**Saturday, December 4th
1:00 – 4:00 p.m.
Good Shepherd Lutheran Church
7000 Creedmoor Road, Raleigh**

Family Support Network of Wake County is getting ready for our 14th annual holiday event. FSN/WC sponsors this holiday event every year for families who have children with special needs.

We have found in the past that a private event helps alleviate some of the stress around the holidays. It is a time when the entire family—children with special needs, their siblings and mom and dad—can come to see Santa and have fun.

There will be no need to take your children to the mall and worry that all the stimulation will make them over react and most of all, no need to worry if the people around you will understand your child.

Families will be able to come and have treats, make crafts, play games, visit with Santa, receive a gift and have their picture taken with Santa. There will be volunteers available to take children to do crafts and play games, so moms and dads will be able to relax and know that their children are understood and loved by all.

Please join us on Saturday, December 4th from 1:00 – 4:00 p.m. at Good Shepherd Lutheran Church

for “Cookies and Cocoa with Santa”. See page 3 for a map and directions. There is no charge for the event and no reservations are required.



Wake County Local Management Entity Access Center

The point of contact for Wake Co. residents (children and adults) seeking Mental Health, Developmental Disability or Substance Abuse Services is:

Wake Co. 24 Hour Access Line

Local: 919-250-3133

Toll free: 866-518-6784

TTY: 919-250-1499

Those who prefer to walk in and be seen in person can do so, by coming to Access & Crisis/Assessment Services at 3000 Falstaff Road, Raleigh between the hours of 8:00 a.m. and 9:00 p.m. Crisis Services are available at this location 24/7.

People who are not in immediate crisis are encouraged to call the Access Line

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The Coffee Connection

Please join us for coffee, tea and connections at Starbucks, 3800 Lake Boone Trail, Raleigh, the 2nd Wednesday of every month. Meetings with topics and speakers are great but sometimes it's just nice to get together, without pre-planned topics, and talk about whatever is on our mind at that moment. We meet between the hours of 9:00–11:00 a.m. You are welcome to come for part or all of the time. Hope to see many of you there!



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2011 Holland Tour Group

Sponsored by Family Support Network/WC

You **must** register for all the events. To register, please contact Jodi at jodi@familysupportonline.org or (919) 662-4600 ext. 257. Childcare will not be provided. Visit our website at www.familysupportonline.org for updated information about these events.

1/25/11 Mom's Luncheon – We will be going to a different restaurant every time we go out. Join us for fun and sampling of new menus!

2/17/11 Planning for the Future - How early is too early to start planning? How much money do I have to save? Times are tough! What happens if I can't save any money?? What about Medicaid? What about Guardianship of my child when I'm not able to care for him? What else do I need to know? OH MY..... Find out the answers to these questions and more.



5/19/11 Local Management Entity (LME) – Who are they and what do they do? Did you know that they offer case management, developmental therapy, vocational/day activity services and residential services? If you receive services for developmental disabilities, mental health and/or substance abuse services you are connected with the LME. Join us for the latest information on this program.

5/26/11 Mom's Luncheon – Another new restaurant!

9/27/11 Mom's Luncheon – Yet another new restaurant! Come and help pick the next one.



10/13/11 Navigating Special Education – Join us for a panel discussion on special education in Wake County. Possible panelists will be from Disability Rights NC, Duke Children's Law Center, NC DPR Consultants, Advocates for Children, Family Advocacy Network and possibly others. We will give more updates as the time gets closer – check our webpage.

11/29/11 Mom's Luncheon – Another new restaurant! Come and help pick the next one.



FSN/WC provides Sibshops for children ages 8-13 years old. All Sibshops will be held at Resurrection Lutheran Church in Cary. The dates for the 2011 classes are 1/14, 2/11, 3/11, 4/8, 5/13, 9/9, 10/14, 11/11 and 12/9. You must register your child for each Sibshop. If you are interested in signing your child up, please contact Jodi at (919) 662-4600, ext. 257 or jodi@familysupportonline.org.

Funding for these programs is provided by Goodwill Community Foundation



Family Support Network of Wake County would like to thank the following who have made generous donations.

**Wanda Hester
Anne Pierce
Winnie Stewart
Allstate Giving Campaign**

Give and Take

A Six-Week Course for Families of Children with Special Needs

Give and Take, sponsored by Family Support Network, is offered 3 times per year to families who have children with special needs. Ten to twelve moms, dads and grandparents get together from 6:30 to 8:00 p.m. on Tuesday evenings for six weeks, with childcare provided. This group has been meaningful to many families over the past two years, with each individual giving to and taking from the group unique perspectives and experiences.

We share our worries, mistakes and challenges and get caring support back from others who have had similar experiences. But, we also share our joys, solutions and coping strategies as we reach out to others. Some of us are talkative, while others are quiet, but we have many things in common because of our children. By the sixth session we feel less alone in this journey, and in some cases, new friendships have begun.

Hal Shigley, Ph.D.
Licensed Psychologist
Group Facilitator

There will be 2 sessions held the 1st half of 2011:

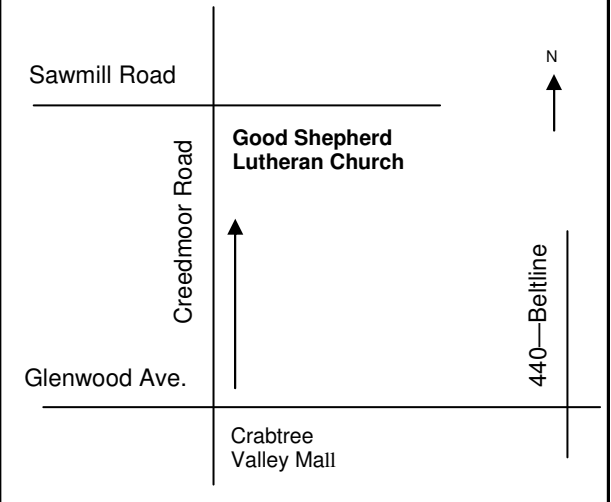
1st session: 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

2nd session: 4/5, 4/12, 4/19, 4/26, 5/3, 5/10

Classes will be held from 6:30 – 8:00 p.m. Free on-site childcare will be offered, but space is limited. For more information or to register please contact Jodi at jodi@familysupportonline.org or call (919) 662-4600, ext. 257.

Directions to Cookies and Cocoa with Santa

From Glenwood Ave. (Rt. 70) - turn north onto Creedmoor Road (Rt. 50 North) at Crabtree Valley Mall. Travel approximately 2.5 miles. Good Shepherd is on the right at the intersection of Creedmoor and Sawmill Roads. (Map is not to scale).



Welcome new Support Parents

Jan Adams
Julie Andrianov
Sabine Hoefner
Laura Jean Van den Troost
Amanda Young

NICU Families of the Triangle

This online group is open to current or former Neonatal Intensive Care Unit (NICU) families whose babies needed to spend time in the NICU following their birth at one of the Raleigh, Durham or Chapel Hill area hospitals. Family Support Network of Wake County created this group in order to allow families to share their NICU experience as well as life after the NICU. This group will allow you to find support, information on local resources and an opportunity to connect with other families who understand the challenges of having a baby in the NICU.

To be added to list serve email:

Karen Hogan at Karen@familysupportonline.org

Melissa Gass at Melissa@familysupportonline.org

Or sign up directly at <http://groups.google.com/group/nicu-families-of-the-triangle>.



Parent story

This may sound a bit extreme, but in many ways I feel Family Support Network saved my life! Last winter, I honestly felt like I was sinking in quicksand. Dealing with my son was getting progressively more difficult, as he moved toward puberty and his rages were increasing (both in frequency and intensity). My anxiety levels had gone through the roof, and I was struggling to manage my own anger on a daily basis. I felt alone and isolated from my family, as well as friends... almost disconnected from the "real" world. A good friend suggested I seek out a support group to connect with others who might be dealing with similar issues. Though I'd always been reluctant to try that route, I felt desperate. My son's therapist steered me toward Family Support Network, and I placed a phone call despite being somewhat apprehensive.

Speaking with Karen Hogan was immediately comforting to me. It was therapeutic hearing somebody on the other end of the phone who was empathetic and understanding. Karen took at least 30 minutes out of her busy day to listen to the issues we were dealing with and made me feel, for the first time in ages, that I wasn't alone or crazy. She encouraged me to join the FSN Wake listserv, which I did that day. This was February 2010... a turning point in my life. The day I was accepted into the FSN Wake yahoo group, I posted a message looking for a support group to help me deal with our current issues. I received an email that same day from somebody whose life seemed to mirror mine... and I felt as though a switch flipped inside me, taking me from complete darkness back into light.

Lisa has since become one of my closest friends and the one person I know I can count on for support and understanding with absolutely no judgments. What an incredible gift that has been to me! Knowing Lisa has not only helped me feel better about myself and my parenting skills, but her friendship has also given me the courage to participate in support programs, both formal and informal. It is also incredibly refreshing to have someone to just hang out with and not have to worry about what I should or shouldn't say, or how much information is "too much."

This fall, I participated in the FSN-sponsored Give and Take program led by Dr. Hal Shigley. Being part of this group was one of the most fulfilling experiences I've had since becoming a parent. Dr. Shigley is wonderful... very warm and empathetic, not to mention insightful and encouraging. He put everybody at ease immediately, which provided the perfect environment for us all to share experiences and exchange ideas. We bonded as a group very quickly, and many of us have remained in touch since the group ended. In addition to Give and Take, I have also attended some Coffee Connection meetings and the most recent Mom's luncheon. FSN provides much valuable information about available community resources and offers many worthwhile programs for families with special-needs kids; but for me the personal connections I've made through FSN have been most helpful in my daily life. Rene', Jodi and Karen of FSN are all such compassionate, empathetic, warm and welcoming people who genuinely want to give support to any and all parents or caregivers in need. I feel as though I've become part of a community in the short time since I was fortunate enough to find FSN and am looking forward to training to be a support parent in the near future so that I might also provide support to others in need.

Stacey

New Staff

Melissa Gass

Join us in welcoming Melissa Gass to Family Support Network of Wake County. She attended East Carolina University and graduated in 2008 with a degree in Health Education and Promotion. After graduation, Melissa began her internship at UNC with the March of Dimes. During her time at UNC Melissa developed a passion for Maternal and Child health, health education and advocacy.



Upon completion of her internship Melissa started working for Family Support Network of Wake County. As the program coordinator for Family Support Network, Melissa worked at Rex HealthCare building relationships with families in their special care nursery, created support parent matches, and provided referrals for families in need of services.

Starting in August Melissa joined the UNC NICU team as the Hospital Coordinator for Family Support Network of Wake County and is happy to be working with them in this new position.

Susan Hux

Please join us in welcoming Susan Hux to Family Support Network of North Central Carolina. Susan is the new Assistant Program Coordinator covering Franklin, Vance and Warren Counties. She and her husband have two children and live in Franklin County.

Susan began attending the Franklin County LICC as a Parent Advisor in December 2008. She participated in the "Parents as Collaborative Leaders" workshop given by ECAC in July 2009 and in February 2010 became a Trained Support Parent with Family Support Network. Without knowing it, she was getting herself ready to support other families of children with special needs. Susan is excited to reach out to the families and let them know that she is here to support them, find resources and connect them with trained support parents.

You can reach Susan at 252-430-0333 or susan@familysupportonline.org.



Beverly Bland

Beverly Bland is the new Assistant Program Coordinator for Family Support Network of North Central Carolina working with Chatham County residents, where she and her husband live. Beverly began working with middle school students, first as a teacher and then as a counselor in the Chatham County School System. She has also worked as an Intercede-to-Succeed teacher and parent support person for at-risk children at the 1st and 2nd grade levels and as a counselor for kindergarten through 5th grade. Now with Family Support Network, Beverly is excited to continue serving and working with families of children with special needs. Please join us in giving her a huge welcome!

You can reach Beverly at (919) 542-1216 or beverly@familysupportonline.org.



Contact us

Rene' Morrison— Director— rene@familysupportonline.org

Jodi Kopala—Assistant Director— jodi@familysupportonline.org

Karen Hogan—Program/Rex Hospital Coordinator—

karen@familysupportonline.org

Melissa Gass—UNC Hospital Coordinator—melissa@familysupportonline.org

Spotlight Organization

Wake County Local Management Entity Access Center

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instead of walking in as the wait at Access & Crisis/Assessment can be quite long and stressful and you may be able to arrange the help you are seeking by phone. The Access Center provides screening, triage and referral to determine severity of need (emergent, urgent, or routine) and potential eligibility for publicly funded MH/DD/SA services.

Following screening by a qualified professional, appointments can be offered for further assessment by a network provider to establish clinical and financial eligibility and determine treatment needs.

Those seeking developmental disability services will need to provide documentation (most recent psychological evaluation) in order to access services.

For additional information, contact:
Suzanne Goerger, Access Center Program Manager
919-212-7029

Or visit the website at: <http://www.wakegov.com/lme/teams/screening.htm>.

Partners in Policymaking, a nationally recognized training program funded by the North Carolina Council on Developmental Disabilities, seeks applications by December 31

A statewide program that develops leadership skills and trains advocates for people with disabilities to voice their views and influence policymakers is set to begin early in 2011. Partners in Policymaking is designed to better enable individuals with intellectual and developmental disabilities and the parents of young children with such disabilities to present their views on policies that affect them.

For further information regarding eligibility for the program, contact Freida Moore at the North Carolina Council on Developmental Disabilities, 1-800-357-6916 toll-free, at 919-420-7901, ext. 223 or she may be emailed at Freida.Moore@dhhs.nc.gov. Applications can be downloaded from www.ncpartnersinpolicymaking.com. Completed forms are to be returned to NC Partners in Policymaking, 3801 Lake Boone Trail, Suite 250, Raleigh, NC 27607.



INTERESTED IN BECOMING A BOARD MEMBER?

We are still seeking several new members for Family Support Network of Wake County's Board of Directors.

We are specifically looking for:

- 1) someone with previous accounting or business experience who could serve as Board Treasurer

- 2) someone with Marketing/PR skills who could move us forward into the social networking arena and help us get the word out about our programs as we continue to expand.

If interested, please go to our website at www.familysupportonline.org, complete a board member application and submit to FSN. If you have any questions, please contact Nancy at nanranta@bellsouth.net or 773-0536. Thank you!

Calendar of Events

November

11/20/10 • Let's All Play, Marbles Kids Museum, Raleigh



11/20/10 • Special Blessings - Christmas Shopping and Lunch

December

12/10/10 • Coffeehouse - Shared Holiday Dinner, Good Shepherd Lutheran Church, Raleigh

12/11/10 • Teen to Adulthood Meeting, Millbrook Exchange Community Center, Raleigh

12/11/10 • Special Blessings—Christmas/Birthday Party, Raleigh Christian Community Church



January

1/8/11 • Teen to Adulthood Meeting, Millbrook Exchange Community Center, Raleigh

1/20/11 • Family Fun Night at Marbles Kids Museum, Raleigh

For more information about these and other local events visit www.familysupportonline.org and click on the Events Calendar link.



Save the Date

22nd Annual Leo M. Croghan Conference on Developmental Disabilities

Monday, December 6, 2010
Sheraton Imperial Hotel, RTP

For more information visit www.wakeahec.org.

Please contact Family Support Network of Wake County (919-662-4600, ext. 257) for a parent scholarship to attend the conference.

Happy Holidays

North Raleigh Babysitters

Live in North Raleigh? Need a babysitter? We've Gotcha Covered. At "WE'VE GOTCHA COVERED," we understand that you want the best sitter for your wonderful child. We can take the stress out of looking for a babysitter by finding you one. Our babysitters are Red Cross certified and specialize in watching kids with disabilities. For more information e-mail Kayla McMillan at kg4me@bellsouth.net, call (919) 518-2829 or check us out on the web at <http://wevegotchacovered.services.officelive.com>.

Family Support Network of Wake County does not endorse any specific agency or organization. Listings are provided for informational purposes only.

Family Support Network of Wake County Board of Directors

MISSION STATEMENT

SUPPORTING, EDUCATING AND INFORMING FAMILIES OF CHILDREN WITH SPECIAL NEEDS

Nancy Ranta	Board Chair, Parent	René Morrison	Director
Nabil Reusche.....	Treasurer, Professional	Jodi Kopala	Assistant Director
Kristin Burnette	Secretary, Professional	Karen Hogan	Program/Rex Hospital Coordinator
Debby Brooks	Parent	Melissa Gass.....	UNC Hospital Coordinator
Renee Floyd	Parent		
Jessica Meymandi.....	Parent		



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RETURN SERVICE REQUESTED



New Voices Foundation helps children with severe speech and physical disabilities reach their full learning potential. With North Carolina public schools, New Voices provides literacy and communication support and teacher training with the goal of inclusion for all children!

Learn more at www.newvoicesNC.org.

Join Us to Celebrate Inclusion!

Join New Voices for a spectacular day at Marbles where exhibits will be transformed to allow ALL children to learn and play!

Marbles Kids Museum
November 20, 2010 9:00 AM – 5:00 PM