



• It's who we are. It's what we do. •

CAPITAL AREA QUARTERLY

FALL NEWSLETTER FOR OCTOBER, NOVEMBER, DECEMBER



2023

2356 DRUSILLA LANE, BATON ROUGE, LA 70809

PHONE: (225) 216-7474 | FAX: (225) 216-7977

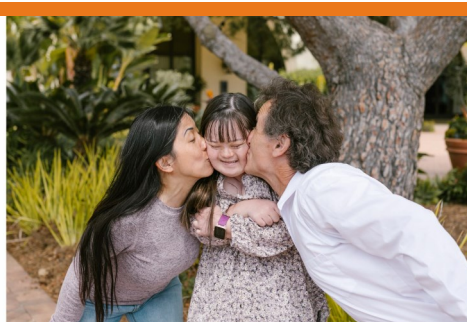
WWW.FHFGBR.ORG

HOURS: MONDAY TO FRIDAY 8 AM TO 4 PM



TABLE OF CONTENTS

Intro to Families Helping Families of Greater Baton Rouge	3-6
Inclusive Education Webinars	7-8
Louisiana Legislative Auditor Report—Special Education Services	9-10
You Have the Right to Receive ABA Therapy in School	11
Sunshine Social Fall 2023 Calendar	12
Sensory Santa	13
A “Holiday” Mommy Moment <i>by Fran Peterson</i>	14
5 Ways to Support the Autism Community During the Holidays	15
Gift Ideas for Kids with Autism & Special Needs	16-17
Empowerment Program Events	18-19
Overcoming the Stress of the “Holidaze” <i>by Kimberly Smith</i>	20
Webinars: People First Language , Medicaid Unwind	21-22
Medicaid Members—Don’t Risk Losing Your Health Coverage	23
Getting Started with Early Steps	24
Early Development Journey	25
LaCAN Information	26
Assistive Technology for People with Disabilities	27
Quarterly Disability Awareness Calendar	28-29
Winter Wonderland Fund Fest & Toy Drive; Sponsors, Vendors	30-31
Holiday Open House & Toy Drive Distribution	32
We’re Here to Help—	33
Louisiana Families Helping Families Network	33



OFFICE CLOSURES

Veterans Day: November 10 Thanksgiving: November 23-24 Holidays: December 21-January 2



OUR MISSION

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

PARISHES WE SERVE

- East Baton Rouge
- West Baton Rouge
- East Feliciana
- West Feliciana
- Ascension
- Pointe Coupee
- Iberville



INCORPORATED IN 1998, FHFGBR is a family driven resource center for individuals with disabilities and their families. Because we have or had a family member with a disability, we understand the importance of supporting others facing similar experiences. The three core services of FHFGBR are parent-to-parent support, education/training, and referrals to services both in-house and in the community. These services are accomplished through support calls, networking and workshops. Disability-related supports and referrals are available to anyone at any time. Understanding the importance of awareness and acceptance of individuals with disabilities in the community helps us achieve our ultimate goal of inclusion.

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Custodian

Reginald Spurlock



2356 Drusilla Lane Baton Rouge, LA 70809

225-216-7474

2023-2024 BOARD MEETING CALENDAR DATES

Listed below are the scheduled meeting dates for 2023-2024. The Full Board meets starting in August and every other month from 11:30 am – 1:00 pm. Meetings are the **3rd Wednesday** of each month.

2022-2023 FULL BOARD MEMBER MEETING DATES

11:30 am – 1:00 pm

MONTH	DATE
August 2023	16
October 2023	18
December 2023	20
February 2024	14
April 2024	17
June 2024	19

Meeting Location:

**Families Helping Families of
Greater Baton Rouge**

2356 Drusilla Lane Baton
Rouge, La 70809

Families Helping Families of Greater Baton Rouge is funded by many individuals, foundations, small businesses, local governmental entities, state government departments, and corporations.

Major Funders Include:



Louisiana Developmental
Disabilities Council





• It's who we are. It's what we do. •



**Of Children and Adults With
Developmental Disabilities**

Serving 7 Parishes

East & West Baton Rouge, East & West
Feliciana, Iberville, Ascension, and
Point Coupee

**Check out our
Website: fhfgbr.org**

and follow us on



FHFBatonRouge



familieshelpingfamilies_gbr



familieshelpingfamiliesofgreaterbatonrouge

INCLUSIVE EDUCATION WEBINARS

FREE WEBINAR



LOUISIANA BULLYING PREVENTION LAW



WEDNESDAY
4th OCT 2023
10 am – 11:15 am



Registration Link: <https://tinyurl.com/PreventBullyingOct4>

Presenter:
Cynthia Chesterfield
Director of Inclusive Education
Families Helping Families
of Greater Baton Rouge

- The content includes:**
- Frequently used Acronyms & Bulletins
 - Background on the Law
 - Bullying Statistics
 - Louisiana's Policy
 - Bullying Prevention Tips
 - Resources



This training is made possible through a contract with the Louisiana Department of Education and LaETIC



FREE WEBINAR



PARENTS
DO YOU KNOW WHAT
OPTIONS YOU HAVE IF YOU
DISAGREE WITH YOUR
CHILD'S SCHOOL?



MONDAY 9TH
OCT 2023
12:00 PM – 1:00 PM



Register:

<https://tinyurl.com/DisagreeOct9>

Presenters:

Sharon Blackmon, FHF of GNO,
Cynthia Chesterfield, FHF of GBR



FREE WEBINAR

TOP TIPS FOR AN EFFECTIVE IEP MEETING



THURSDAY
19TH OCT 2023
12:00 PM – 1:00 PM



Register:
<https://tinyurl.com/TopTipsOct19>



FREE WEBINAR



OVERVIEW OF LAWS ENFORCED BY EEOC



WEDNESDAY
15TH NOV 2023
11:00 AM – 12:30 PM

Presenter:
Marvis L. Hicks, Esq., Outreach
& Education Coordinator for
the U.S. Equal Employment
Opportunity Commission



Register:
<https://tinyurl.com/EEOCNov15>



FREE WEBINAR

Planning for Adulthood: Your High School IEP Questions Answered



MONDAY
27TH NOV 2023
12:00 PM – 1:00 PM

Presenters: Sharon Blackmon,
FHF of GNO;
Cynthia Chesterfield, FHF of GBR

REGISTER:
<https://tinyurl.com/AdulthoodNov27>



Free Webinar

HITTING THE HIGH POINTS: AN OVERVIEW OF THE INDIVIDUALIZED EDUCATION PROGRAM



WEDNESDAY
1ST NOV 2023
11:00 AM – 12:00 PM

Register:
<https://tinyurl.com/OverviewNov1>



Presenters:
Sharon Blackmon, FHF of GNO;
Cynthia Chesterfield, FHF of GBR

INCLUSIVE EDUCATION WEBINARS

FREE WEBINAR

THE BASICS OF EDUCATIONAL PLANS: IEP V. 504 PLANS



WEDNESDAY
6TH DEC 2023
11:00 AM - 12:00 PM

Presenters:

Sharon Blackmon,
FHF of GNO;
Cynthia Chesterfield,
FHF of GBR

Registration Link:

<https://tinyurl.com/EP504Dec6>



FREE WEBINAR



Parent's Rights in Special Education



WEDNESDAY
DEC 13, 2023
10 am—11 am



Registration Link: <https://tinyurl.com/ParentsRightsDec13>

Presenter:
Cynthia Chesterfield
Director of Inclusive Education
Families Helping Families
of Greater Baton Rouge

The Individual with Disabilities Education Act (IDEA) includes procedural safeguards. These special education safeguards are referred to as parental rights. This training will provide a broad overview of the parent rights in the special education process under IDEA.



This training is made possible through a contract with the Louisiana Department of Education and LaPTIC.





MICHAEL J. "MIKE"
WAGUESPACK, CPA

Report Highlights

Complaint Process for Students With Disabilities Receiving Special Education Services

Louisiana Department of Education

Audit Control # 40230004

Performance Audit Services • September 2023

Why We Conducted This Audit

We evaluated the Louisiana Department of Education's (LDOE) complaint process for students with disabilities receiving special education services. According to the United States Office of Special Education Programs, state complaints are a powerful tool to address noncompliance with federal law. This report is the first in a series of reports evaluating LDOE's oversight of students with disabilities receiving special education services in Louisiana. As of October 2022, 89,681 (13.1%) of 685,606 kindergarten through twelfth-grade (K-12) public-school students in Louisiana had a disability and were receiving special education services.

What We Found

LDOE investigated and rendered decisions on 61 formal complaints in academic year 2021-2022. However, it did not address all allegations it received through its dispute resolution email. Better tracking of complaint information may help LDOE identify trends of noncompliance and ensure that all allegations are referred to monitoring or program staff. Specifically, LDOE received an additional 42 emails through its dispute resolution email but did not investigate these allegations. LDOE responded to nine (21.4%) of these emails, did not respond to 13 (31.0%) of these emails, and could not provide evidence of how they responded to 20 (47.6%) of these emails. The allegations in the emails included IEPs not being followed, services denied, discipline procedures, and behavior plans not being followed. These allegations were similar to other allegations that were accepted by LDOE.

LDOE's Action on Formal Complaints Academic Year 2021-2022

LDOE Action	#	%
Withdrawn by Complainant	21	34.4%
LDOE Dismissed	17	27.9%
LDOE Investigated and found no findings	16	26.2%
LDOE Investigated and had findings against the school system	7	11.5%
Total	61	100%

Source: Prepared by legislative auditor's staff using information provided by LDOE.

LDOE could increase trust in its complaint process by making it more accessible, user friendly, and transparent. This includes receiving complaints by phone, ensuring parents are routed to appropriate resources, providing dispute resolution forms in languages other than English, and contacting the complainant during the formal complaint investigation. Survey results showed that Special Education Directors generally had positive experiences with LDOE's dispute resolution processes. However, according to our parent survey, interviews with parents and other stakeholders conducted by our office, and interviews described in LDOE's consultant's report on the dispute resolution process, many parents have a lack of trust in this process. For example, of the 17 complaints LDOE dismissed during academic year 2021-2022, eight (47.1%) were dismissed for

Continued on next page

Complaint Process for Students With Disabilities Receiving Special Education Services

Louisiana Department of Education

What We Found (Cont.)

insufficient or incomplete information. LDOE could give parents the opportunity to submit missing information about their complaint before dismissing the complaint. LDOE also does not always reach out to parents during a complaint investigation, but it does reach out to the school systems, which may contribute to the parents' perception that the complaint process is unfair and complaints are not thoroughly investigated.

In addition, since there is no phone number for LDOE's dispute resolution staff posted on its website, the only phone number available to potential complainants is a general number for inquiries relating to everything LDOE oversees. However, we found that the call center did not always route calls regarding complaints to the dispute resolution office within LDOE to file a complaint. For example, we made 10 calls to LDOE's call center in attempt to file a formal state complaint and received incorrect information for nine (90.0%) of these calls.

With regards to the dispute resolution process, parent advocates believe that parents and attorneys know the dispute resolution process is broken and it does not work so why bother filing complaints. They shared, "It isn't worth the time and the most vulnerable families and students are suffering."

Source: LDOE Consultant Report – Dispute Resolution Process, issued May 2023

Call Center Complaint Referrals Based on 10 Calls Made by LLA Staff May-July 2023			
Usefulness	Referral	Number	Percent
Appropriate	Dispute Resolution Staff/Phone Number	0	0.0%
Appropriate	Dispute Resolution Email	1	10.0%
Appropriate	Families Helping Families or Exceptional Lives	0	0.0%
Appropriate Referrals		1	10.0%
Incorrect	Local School Board - <i>We were told we had to first file a complaint here, and not about other options at the LDOE level.</i>	2	20.0%
Incorrect	LDOE General Email Request	1	10.0%
Incorrect	US Department of Education's Office of Civil Rights - <i>This is for 504 students, not students receiving special education.</i>	5	50.0%
Incorrect	Provided caller with a local number with no answer/no voicemail option	1	10.0%
Incorrect Referrals		9	90.0%
Total		10	100.0%
Source: Prepared by legislative auditor's office using phone calls made to LDOE's call center.			

LDOE should increase its outreach to parents and help them navigate and answer questions about the dispute resolution process. According to our survey, only 456 (47.8%) of the 954 parents or guardians that responded stated that they were aware of the dispute resolution options offered by LDOE. To increase outreach to parents, LDOE could post Families Helping Families contact information on its dispute resolution webpage and develop more user-friendly parent outreach resources. Unlike seven (70.0%) of the 10 other states we reviewed, LDOE does not provide Parent Training Information Center information on its dispute resolution webpage. Nine (90.0%) of the 10 states we reviewed provide more user-friendly dispute resolution resources for parents. In addition, state laws do not require school systems to post on their websites information on their informal complaint process or other dispute resolution options offered by LDOE.

View the full report, including management's response, at www.lla.la.gov.

PARENTS

Are you or your child's ABA therapist being told they aren't allowed in the school?

DRLA wants to hear from parents who are experiencing difficulties with their children receiving ABA therapy in school or if the school district is limiting location or length of services.

Once your child has been approved for ABA therapy from a provider, it can be an important part of their special education services. Receiving that therapy in an educational setting can make a real difference in a child's life. If you have been told by your parish or school that your child cannot receive ABA in school, this may violate your child's rights under state law.

If you are experiencing any of these issues, please contact DRLA at 1-800-960-7705, or <https://disabilityrightsla.org/get-help-now/>

You have the right to:

- Receive ABA therapy in school
- Receive ABA therapy in an educational setting.

If you have questions,
contact us: 1-800-960-7705
<https://disabilityrightsla.org/get-help-now/>



2023 **sunshine** FALL **social**



Dance the night away with BREC Adaptive and Families Helping Families as we host our monthly Sunshine Socials. Be creative and dress to match each month's theme. Enjoy dinner, dancing, and door prizes.

- aug. 18  **TEAM SPIRIT TAILGATE**
- sept. 15  **50s SOCK HOP**
- oct. 20  **HEROES CHARACTER COSTUME PARTY**
- nov. 17  **S'MORE FUN!**
- dec. 15  **UNIQUE SWEATER HOLIDAY PARTY**

Disc jockey **DINNER prizes** *SOCIALIZATION and FUN!*

To register and for more information:



BREC.ORG/ADAPTIVEREGISTRATION

*Registration limit of 100 individuals
(participants/family members/PCAs/etc.)*



RECADAPTIVE@BREC.ORG

**MILTON J. WOMACK
PARK BALLROOM**

6-9 p.m.

Ages: 16+

*[with intellectual disabilities +
their families]*

\$5/person



SENSORY SANTA

In partnership with Families Helping Families, the BREC Adaptive team invites you to come right down Santa Clause Lane and take a picture with Santa!

Children and adults with sensory processing disorders have an opportunity to enjoy activities and have one-on-one time to take a picture with Santa, without the hassle of standing in line.



**North Sherwood Forest
Community Park**

SIGN UP AT: [BREC.ORG/SENSORYSANTA](https://www.brec.org/sensorysanta) | MORE INFO: RECADAPTIVE@BREC.ORG



The "Holiday" Mommy Moment

by Fran Peterson

It's that time of year, again. The holiday season is here, so we know what that means "Mommy Mania." The holiday season can be a very traumatic and dramatic time for mothers. Holiday festivities at the kid's schools, company potluck dinners, shopping for presents for the entire family, and dashing through the snow on a one house open sleigh. It can become very overwhelming.

Here are a few tips to prevent "mommy mania" burnout:

1. Make a list and check it twice - Write down your to do list in order of importance. Crossing tasks off the list will produce a sense of accomplishment.
2. Acknowledge your feelings- the holiday season is a joyous time for most but not for all. Many grieve the season due to life's transitions. Talk to someone about how and what you may be feeling. The holiday season is not a time to be alone in your own thoughts.
3. Indulge- try to lose yourself in the holiday cheer. Yard décor, do it yourself projects, volunteering, etc. Step away from what may be causing anxiety or depression.
4. Practice mindfulness- focus on gratitude. Be intentional about acknowledging the things you do have versus the things you do not. Grateful is the best attitude.

Wishing you a happy holiday season from my family to yours.



5 WAYS TO SUPPORT THE AUTISM COMMUNITY DURING THE HOLIDAYS

What do the holidays mean for you? Maybe it's the sounds of Mariah Carey's Christmas album, the sights of perfectly wrapped presents under a dazzling tree, the feel of warm and cozy sweaters, or the scents of sugar cookies baking in the oven. For many, it's a room full of family celebrating together. If you have loved ones touched by autism spectrum disorder (ASD), however, the holidays might look – and feel – a little different.

1. Just ask!

Autism affects everyone differently, so ask how you can help. Engage your party guests to learn their likes and dislikes regarding food, gifts and the environment. For example, ask if there's a special item you can put on the menu, what type of gift is best, what their triggers might be, and what they enjoy about the holidays.

2. Discuss plans in advance.

If you are hosting, tell the individual or caregivers what to expect. For instance, share your party plans, décor ideas and a schedule of the day's events (e.g. Are you opening gifts before or after dinner?). When gift-giving, consider telling the caregiver what you have planned for a present and how it will be wrapped. This helps them prepare.

3. Limit stressors.

Sensory overload can cause difficulties for some individuals with autism, so it may be best to limit loud sounds, flashing holiday lights and other potentially stressful stimuli. For others, social anxiety may be a challenge, so pause on hugs and kisses unless you know they enjoy them. This can keep them comfortable and safe.

4. Create a safe space.

Offer a quiet, calm place where children or adults with autism can go if they feel overwhelmed. Equip the room with preferred items and other support tools, such as fidget toys, a weighted blanket or headphones. Make sure caregivers know about the space so they can teach their loved one where to go in case they need a break.

5. Model desired behaviors, but don't be a stickler on manners.

Phrases like "please" and "thank you" are appreciated, but we don't recommend making them mandatory. Understanding traditional etiquette around gifts and how to react in social scenarios can be difficult for those with autism, especially if they are non-speaking or learning to communicate in a new way. It is helpful to keep an open mind and loosen judgment in these instances.

Use this as a time to create fun, new traditions, like adding cereal to the Chanukkah spread or experiencing a smaller, more intimate worship service. The goal is not perfection, but rather to share the love with others in a meaningful way.

GIFT IDEAS FOR KIDS WITH AUTISM AND SPECIAL NEEDS

It's the time of year for spreading holiday cheer, so our Hopebridge Heroes traded in their superhero capes for elf hats for a day to come up with 30 of the best toys for kids with autism on this 2021 gift guide.



Gift Ideas for Active Play and Enhancing Gross Motor Skills

- [Ollyball](#)
- [Best Choice Products Kids Climb & Crawl Soft Foam Block Playset Structures](#)
- [Brainy Shark Pop Up Play Tent and Ball Pit](#)
- [The Floor is Lava Game](#)
- [Intex Playhouse Jump-O-Lene Inflatable Bouncer](#)
- [Little Tikes Easy Store 3-Ft. Trampoline](#)



Toys for Building Fine Motor Skills

- [Pop-it Purse](#)
- [Carrot Harvest Planting Wooden Toy](#)
- [Green Toys Pretend Play Tool Set](#)
- [Buckle Toy Airplane](#)
- [Manhattan Toy Playful Pony Wooden Toddler Activity Center](#)
- [Melissa & Doug Magnetic Towing Game](#)



Gift Ideas for Creativity

- [Flower Garden Building Toy](#)
- [Mad Mattr Super Pack](#)
- [Melissa & Doug Water Wow Activity Pad](#)
- [Hape Mighty Mini Band Wooden Percussion Instrument](#)
- [Infantino Press and Stay Sensory Blocks](#)
- [WikkiStix Basic Shapes](#)





Toys for Communication and Imaginative Play

- [My First Game: Bears in Pairs](#)
- [Fisher-Price Laugh and Learn Servin' Up Fun Food Truck](#)
- [Green Toys Cupcake Play Set](#)
- [Story Magic Wooden Dress-Up Dolls](#)
- [First 100 Words Books](#)
- [Mr. Potato Head](#)

Gift Ideas for Sensory Fun and Calming

- [Sensory TheraPlay Box](#)
- [Unicorn-Themed Chew Necklace](#)
- [Weighted Plush Throw Pillow](#)
- [Flip Sequin Stuffed Animal](#)
- [OUTREE Kids Pod Swing Seat](#)
- [Star Light Rotating Projector](#)



EMPOWERMENT PROGRAM EVENTS

Coping Mechanisms for Children with Mental Health Diagnoses

Free workshop with Dr. Maxine Campbell-Flint



JOIN IN PERSON OR ONLINE
Parents and caregivers will learn coping mechanism skills to improve their child's mental health.

REGISTER: <https://tinyurl.com/CopingOct18>



Wednesday, OCTOBER 18
5 p.m. – 6:30 p.m.



2356 Drusilla Lane, Baton Rouge



Workshops are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.



FREE WEBINAR

Advocacy for Mental Health



Parents, caregivers, families and professionals will learn how to be a mental health advocate with strategies on navigating the legislative system and accessing mental health services.



Thursday, October 19
11 a.m. - 12:30 p.m.



Register: <https://tinyurl.com/MHAdvocacyOct19>

Presenter: Anthony Germade,
Karman Line Learning



Webinar provided with funding support from the Louisiana Department of Health, Office of Behavioral Health



TAKING A PROACTIVE ROLE IN TREATMENT

Free workshop in person and online



Wednesday, November 29
1 p.m. – 2:30 p.m.

Presenter: Zalexis Williams, LCSW
Psychotherapist



Participants will be able to:

- ✓ Identify early signs of mental distress
- ✓ Identify daily coping skills
- ✓ Discuss barriers to mental health resources
- ✓ Understand types of community resources

Register: <https://tinyurl.com/Proactive-Nov29>



Scan QR code to register



Greenwell Springs Library
11300 Greenwell Springs Road
Baton Rouge



Workshops are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.



Free in-person & online training

SAFE MEDICATION PRACTICES

Thursday, November 30 | Noon – 1:30 p.m.

- Learn about the causes and consequences of medication misuse
- Gain information about safe medication practices



WESTSIDE REGIONAL LIBRARY
5416 Provine Place, Alexandria



To register, scan the QR code or go to <https://tinyurl.com/SafeMedPractices>



Workshops are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.

Free webinar



Adolescent Substance Abuse Awareness & Prevention

WEDNESDAY
December 6
11 a.m. – 12:30 p.m.



PRESENTER
Anthony Germade
Karman Line Learning

The purpose of this training is to create an awareness of the dangers of substance abuse in adolescents. This training will include risk factors, descriptions, visual representations and resources.



To register, scan the QR code or visit <https://tinyurl.com/AdolescentDec6>



Workshops are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.



Free Webinar



Understanding Mental Health Diagnoses

IN CHILDHOOD

Monday
December 11
11 a.m. – 12:30 p.m.

Presenter
Dr. Maxine Campbell-Flint
JMJ Psychological Services

This training will provide information on symptoms for diagnosis of depression, anxiety, autism, PTSD, ADHD, intellectual disabilities, eating disorders and psychosis. Preventive measures and treatment options will also be discussed.



SCAN QR CODE TO REGISTER

REGISTER: <https://tinyurl.com/MHChildDiagnosis>



Workshops are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.





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FREE CALL-IN SUPPORT NETWORK Parents / Caregivers Networking Meetings

- Discuss successes or barriers you may be experiencing with child and youth behavioral health.
 - Share and receive information and resources on behavioral health services in Louisiana.
 - Grow your support networks.

Tuesday,
July 18
5:00 p.m.

Tuesday,
August 15
5:00 p.m.

Tuesday,
September 19
5:00 p.m.

Tuesday,
October 17
5:00 p.m.

Tuesday,
November 21
5:00 p.m.

Tuesday,
December 19
5:00 p.m.

CONFERENCE CALL INFO: Phone Number: (605) 313-4819 / Access Number: 546755#

PARTICIPATING FHF CENTERS:

- FHF of Greater New Orleans: fhfgno.org
- FHF of Greater Baton Rouge: fhfgbr.org
- Bayou Land FHF: blfhf.org
- FHF of Acadiana: fhfacadiana.org
- FHF at the Crossroads of LA: fhfxroads.org

- FHF of Southwest Louisiana: fhfswla.org
- FHF of Region VII: fhfregion7.com
- FHF of Northeast Louisiana: fhfnela.org
- Northshore FHF: fhfnorthshore.org
- FHF of Southeast Louisiana: fhfsela.org

Contact Us:



(225)216-7474



FHFGBR.ORG



INFO@FHFGBR.ORG



Networking meetings are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.

OVERCOMING THE STRESS OF THE “HOLIDAZE”

BY KIMBERLY SMITH

As we have just celebrated Thanksgiving, before you know it—Christmas is right around the corner. While the majority of families are making plans for hosting Christmas parties and dinner, the idea of doing any of this can be overwhelming. Here are just a few tips that will assist us in navigating this critical time of the year!

1. If you are traveling with a small child or a child/adult with a disability, ensure there is ample time between connecting flights if by air and there are plenty of stretch/rest stops by automobile. Ensure the child/adult has their favorite toy, blanket, or calming item. Ensure they have adequate earbuds and/or headphones for the noisy areas (i.e., air terminal checkpoints, rest stops, and various stores).

2. When shopping with a small child or a child/adult with a disability, always be mindful of the busiest times of day the store may be, and holiday traffic. It is a good practice to make a plan prior to leaving home to visit one or more stores based on the time of day and holiday traffic.

3. Plan short parties/gatherings with a specific start and end times to maintain bedtimes and routines are maintained.



4. Make time for stress management through self-care. Self-care is any activity you do in order to care for your mental, emotional, and/or physical well-being.

Some examples:

Mental—Aromatherapy and Meditation

Emotional—Listen to your favorite music, laughter, hobbies, and learning to say “no”

Physical—Go for a walk, eat a balanced diet, and get enough sleep

These are just a few things that you can do to navigate the “holiday”!

FREE WEBINAR



People First Language



WEDNESDAY
NOVEMBER 8, 2023
10 am–11 am



Registration Link: <https://tinyurl.com/PeopleFirstNov8>

For More Information:

Kimberly Smith

Community Outreach

Resource Specialist

ksmith@fhfgbr.org

People-first language is the best place to start when talking to a person with a disability. This training will emphasize the person first, not the disability. Join us for effective ways to properly address and engage individuals with disabilities.



This training is made possible through contracts with the Louisiana Department of Health, Bureau of Family and the Louisiana Developmental Disabilities Council.



• It's who we are. It's what we do. •

Families Helping Families of Greater Baton Rouge | 2356 Drusilla Lane, Baton Rouge LA | 225.216.7474 | www.fhfgbr.org

FAMILIES HELPING FAMILIES WEBINAR

MEDICAID UNWIND & NAVIGATORS FOR A HEALTHY LOUISIANA:

Impact on Clients & What Resources are Available to Help

Each month approximately 140,000-160,000 Louisiana Medicaid accounts are re-determined. The number of children and families who are terminated from Medicaid due to lack of response to mailed renewal forms continue to grow.

Learn about important Medicaid changes and the resources available to recipients and to those who qualify.



WEDNESDAY

November 29, 2023

10:00 AM—11:30 AM



Presented By

TAFFY MORRISON

Statewide Community Outreach Manager

Navigators for a Healthy Louisiana

LINK TO REGISTER: <https://tinyurl.com/NavigateMedicaidNov29>

FOR MORE INFORMATION, PLEASE CONTACT KIMBERLY SMITH AT KSMITH@FHFGBR.ORG.

FHF of Greater Baton Rouge
225-216-7474 or 866-216-7474
www.fhfgbr.org

Bayouland FHF
985-447-4461 or 800-331-5770
www.blhfhf.org

FHF of Acadiana
337-984-3458 or 855-984-3458
www.fhfacadiana.org

FHF of SE Louisiana
504-943-0343 or 877-243-7352
www.fhfsela.org

FHF of SW Louisiana
337-436-2570 or 800-8946558
www.fhfsvla.org

FHF at the Crossroads of LA
318-641-7373 or 800-259-7200
www.fhfxroads.org

FHF of Region 7
318-226-4541 or 877-226-4541
www.fhfregion7.com

FHF NE Louisiana
318-361-0487 or 888-300-1320
www.fhfnela.org

Northshore FHF
985-875-0511 or 800-383-8700
www.fhfnorthshore.org




FHF of Greater New Orleans
504-888-9111 or 800-766-7736
www.fhfgno.org



MEDICAID MEMBERS

Don't risk losing your health coverage.

Keep your contact information up to date, including your address, phone number, cell phone number and email. Choose the way that is easiest for you:

-  Online at mymedicaid.la.gov
-  By email at mymedicaid@la.gov
-  By calling Louisiana Medicaid toll-free at 1-888-342-6207, or by calling your health plan
(your plan's number is on your insurance card)

Don't miss important updates about your health insurance. If you do get a letter in the mail, follow the instructions and respond to Medicaid.



www.healthy.la.gov



Get Started with



To start: Call the regional system point of entry (SPOE) in your area: a 45-day timeline begins



- Developmental screening
- Identify your team
- Determine your family strengths and priorities for your child

We value your time and input



- If eligible, develop a service plan (IFSP) and determine supports to meet needs
- If not eligible, we provide other resources

Together we create a picture of the next steps

A phone call starts the wheels turning



Your family is the "star" of this process

- We collect information about your child and family
- We discuss your concerns and priorities
- We review your options in EarlySteps



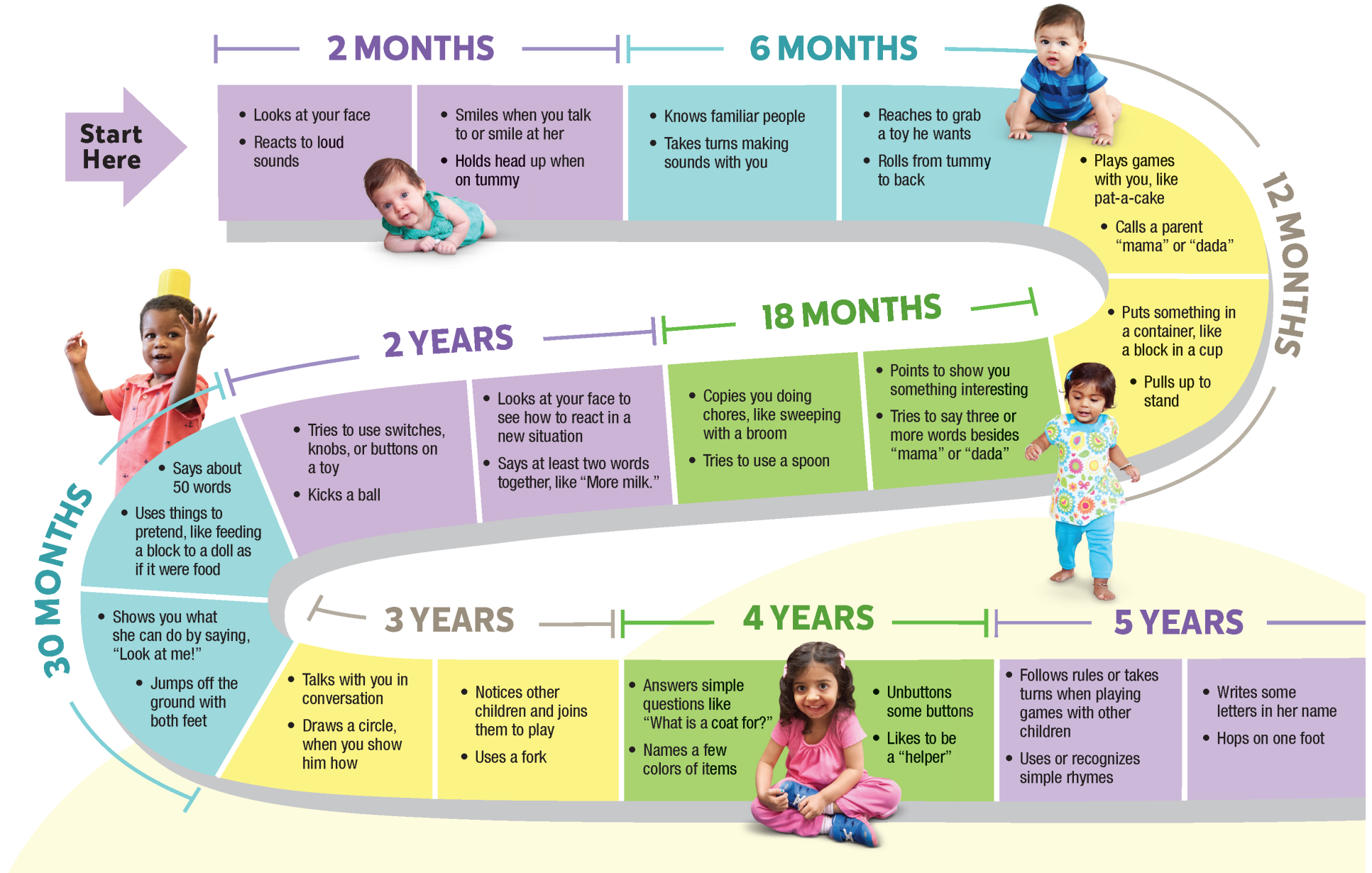
Determine Eligibility

- Conduct evaluation
- Review all information collected
- Your and your team determine eligibility



Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free *Milestone Tracker* app.





APRIL HAMPTON

LaCAN Region 2 Leader

Serving Ascension, East Baton Rouge, East Feliciana, Iberville, Point Coupee, West Baton Rouge, and West Feliciana Parishes

Phone: (337) 522-6363 or (866) 216-7474

Email: ahampton@lacanadvocates.org

LOUISIANA COUNCIL'S ADVOCACY NETWORK

WWW.LACANADVOCATES.ORG

- Links lawmakers, individuals with disabilities and family members to make positive change in systems serving people with disabilities.
- Advocate for policies and systems that support inclusion everywhere people work, live, play, learn and grow!
- Support systems that help children and adults with disabilities to live in their own homes and be fully-included and participating members of their communities.
- LaCAN Leaders provide connection with a regional team of advocates, provide information on proposed policy changes and how those changes may affect you and others, provide training in skills to effectively advocate for systems change, and support you in linking with your policymakers!
- Complete our online membership form at www.lacanadvocates.org

MEMBERSHIP IS FREE! NO DUES. NO FEES.



Assistive Technology For People With Disabilities

Disability Rights Louisiana (DRLA) is a statewide non-profit agency providing **FREE** legal services, advocacy, and other supports to people with disabilities of all ages.

WHAT IS ASSISTIVE TECHNOLOGY?

Assistive technology includes any technology that could help you be more successful in school or work, live more independently, improve your health, drive, or otherwise address needs related to your disability.

SERVICES

Disability Rights Louisiana can provide the following services related to assistive technology:

- Legal Advocacy
- Systems Advocacy
- Assistance with Self Advocacy
- Information and Referral

EXAMPLES OF ASSISTIVE TECHNOLOGY

- Wheelchair
- Eye glasses
- Walker or cane
- Tablet computer to assist with communication
- Video relay system
- Prosthetics or orthotics
- Braille display
- Specialized bed/mattress
- Seating and positioning aids
- Oversized keyboard or mouse
- Magnifiers
- Emergency Alert System
- Programs to assist with using a computer
- Sip and puff device

RECENT SUCCESSES

- DRLA helped a person with physical disabilities obtain a Braille display from Louisiana Rehabilitation Services so that he could complete the tasks required to be promoted at work
- helped a person with an intellectual disability obtain a communication device for use in school
- helped a person with a physical disability file a legal appeal to receive a Medicaid-funded specialized wheelchair lift
- helped a person with a physical disability obtain a motorized wheelchair
- helped a tenant with disabilities obtain modifications to his apartment to make it more accessible.

If you need help, call:

TOLL-FREE: 1-800-960-7705
(Voice or Via Relay)

8325 Oak St. • New Orleans, LA 70118

Visit our website:

disabilityrightsla.org

Quarterly Disability Awareness Calendar

Date(s)	Event Name	Location	Website
OCTOBER			
October	ADHD Awareness Month	United States	https://www.adhdawarenessmonth.org/
October	Breast Cancer Awareness Month	United States	https://www.nationalbreastcancer.org/breast-cancer-awareness-month
October	Depression Education and Awareness Month	United States	https://nationaltoday.com/national-depression-education-and-awareness-month/
October	Down Syndrome Awareness Month	United States	https://www.upwithdowns.org/down-syndrome-awareness
October	Dyslexia Awareness Month	United States	https://dyslexiaida.org/october-is-dyslexia-awareness-month-2/
October	Learning Disability Awareness Month	United States	https://ldaamerica.org/
October	National Disability Employment Awareness Month	United States	https://www.dol.gov/odep/topics/ndeam/
October	Spina Bifida Awareness Month	United States	https://spinabifidaassociation.org/event/spina-bifida-awareness-month/
6-Oct	World Cerebral Palsy Awareness Day	Global	https://worldcpday.org/
10-Oct	World Mental Health Day	Global	https://www.who.int/mental_health/world-mental-health-day/en/
20-31 Oct	Disability Mentoring Days (Starts on the Third Wed. of each Oct.)	United States	https://www.aapd.com/disability-mentoring-day/

Quarterly Disability Awareness Calendar

Date(s)	Event Name	Location	Website
NOVEMBER			
November	Alzheimer's Awareness Month	United States	https://www.alz.org/abam
November	Diabetes Awareness Month	United States	https://beyondtype1.org/diabetes-awareness-month/
November	Epilepsy Awareness Month	United States	https://www.epilepsy.com/make-difference/public-awareness/national-epilepsy-awareness-month#:~:text=November%20is%20National%20Epilepsy%20Awareness%20Month!
14-Nov	World Diabetes Day (United Nations)	Global	https://www.un.org/en/observances/diabetes-day
DECEMBER			
1-Dec	World AIDS Day (United Nations)	Global	https://www.worldaidsday.org/
3-Dec	International Day of the Disabled Person (United Nations)	Global	https://www.un.org/en/observances/day-of-persons-with-disabilities



• It's who we are. It's what we do. •

Winter Wonderland

Fundfest and Toy Drive

SATURDAY, NOV 4

9 AM TO 2 PM

INDEPENDENCE COMMUNITY PARK
7500 Independence Blvd
Baton Rouge

DONATE (1) or more
unwrapped toy(s) to enter

TICKETS: [HTTPS://TINYURL.COM/WINTERWONDERLANDNOV4](https://tinyurl.com/winterwonderlandnov4)

Hot Chocolate. Sweet Treats.
Snow. Fun-Filled Activities.
Door Prizes. Photo Booth.
Food. AND MORE...



Bring your own Chair & Blanket

Toys will be distributed to children in
need with developmental disabilities.
Funds raised will be used to help
support FHFGBR services.

WWW.FHFGBR.ORG
225.216.7474





• It's who we are. It's what we do. •

Winter Wonderland Fundfest and Toy Drive

SPONSORS

 **ENBRIDGE**
Fueling Futures™



VENDORS



R.I.C.H DREAMLAND
LET THE FUN BEGIN



We ♥ our
Volunteers



• It's who we are. It's what we do. •

Holiday OPEN HOUSE

AND TOY DRIVE DISTRIBUTION

DEC

8th

2023

12:00 PM TO 3:00 PM

2356 DRUSILLA LANE, BATON ROUGE LA
FOR MORE INFORMATION: 225-216-7474



• It's who we are. It's what we do. •

Does Your Child Have
Special Health Care Needs?

Do you care for
someone with a disability?

Need help with the
school system?

We're here to help!

- Early Intervention
- Education Issues
- Health Concerns
- Home & Community-Based Supports and Services
- Resources
- And Much More!

*Talk with someone
who gets it...*

Families Helping Families of
Greater Baton Rouge
2356 Drusilla Lane, Baton
Rouge, LA 70809

Toll Free: 1-866-216-7474

Fax: 225-216-7977

info@fhfgbr.org

www.fhfgbr.org

225-216-7474

Louisiana Families Helping Families Network

Region	FHF Center	Mailing Address	Phone Numbers	Executive Director
1	Families Helping Families of Southeast Louisiana	2401 Westbend Pkwy, #3090 New Orleans, LA 70114	504-943-0343 877-243-7352	Aisha Johnson info@fhfsela.org
2	Families Helping Families of Greater Baton Rouge	2356 Drusilla Lane Baton Rouge, LA 70809	225-216-7474 866-216-7474	Dr. Marilyn Thornton info@fhfgbr.org
3	Bayouland Families Helping Families	286 Highway 3185 Thibodaux, LA 70301	985-447-4461 800-331-5570	Dr. Charles Michel bayoulandfhf@gmail.com
4	Families Helping Families of Acadiana	100 Benman Road Lafayette, LA 70506	337-984-3458 855-984-3458	Nicole Flores info@fhfacadiana.org
5	Families Helping Families of Southwest Louisiana	324 West Hale Street Lake Charles, LA 70601	337-436-2570 800-894-6558	Susan Riehn info@fhfswla.org
6	Families Helping Families at the Crossroads	2840 Military Hwy, Suite A Pineville, LA 71360	318-641-7373 800-259-7200	Jim Sprinkle fhfxroads@aol.com
7	Families Helping Families of Region VII	215 Bobbie Street, Suite 100 Bossier City, Louisiana 71112	318-226-4541 877-226-4541	Chanel Jackson info@fhfregion7.com
8	Families Helping Families of Northeast Louisiana	5200 Northeast Road Monroe, Louisiana 71203	318-361-0487 888-300-1320	Stacy Guidry-Little info@fhfnela.org
9	Northshore Families Helping Families	108 Highland Park Plaza, Suite 108 Covington, Louisiana 70433	985-875-0511 800-383-8700	Karen Artus kartus@fhfnorthshore.org
10	Families Helping Families of Greater New Orleans	700 Hickory Avenue Harahan, Louisiana 70123	504-888-9111 800-766-7736	Mary Jacob info@fhfognor.org