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CAPITAL AREA QUARTERLY

WINTER NEWSLETTER FOR JANUARY, FEBRUARY, MARCH



2024

2356 DRUSILLA LANE, BATON ROUGE, LA 70809

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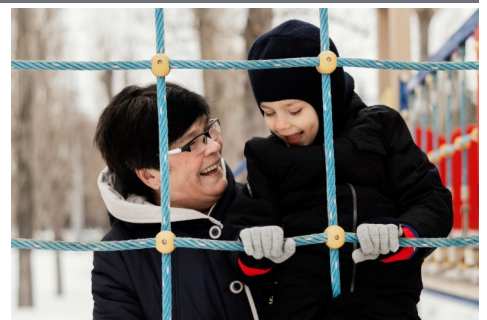
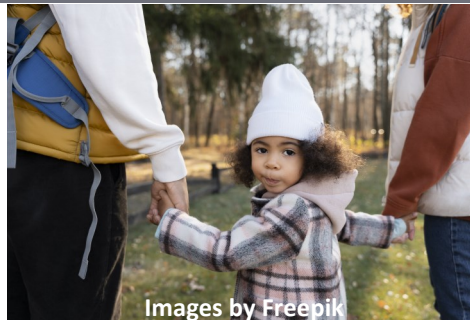
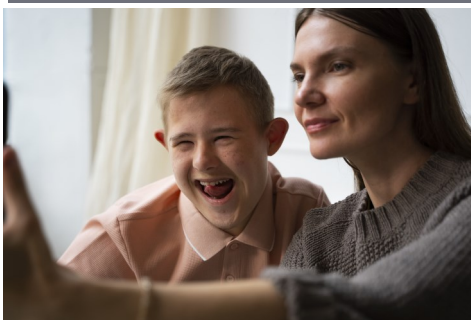
WWW.FHFGBR.ORG

HOURS: MONDAY TO FRIDAY 8 AM TO 4 PM



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OFFICE CLOSURES

Dr. MLK Day: January 15 Mardi Gras: February 12-13 Good Friday: March 29



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. 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. We believe that when inclusion is accessible, lives are empowered!



OUR PROGRAMS

Bureau of Family Health
 Family 2 Family Health Information Center
 Early Steps
 The Empowerment Program
 Inclusive Education
 Louisiana's Council's Advocacy Network
 Resource Center for Autism Spectrum Disorder

OUR SERVICES

Education and Training - Families receive training and information on their rights, responsibilities, and protections under federal and state laws and policies so they can actively participate in planning and decision-making that affects their children; help educate youth and adults with disabilities to increase their capacity for self-advocacy. Our education and training provide opportunities for families and youth/adults to build on existing strengths to become stronger advocates and self-advocates.

Peer-to-peer Support - Parents who are raising a child with disabilities or special healthcare needs often feel overwhelmed, helpless and alone. Many parents say what helped them the most was talking to another parent. FHFGBR Center staff are parents of children/adults with disabilities. FHFGBR staff are a source of hope and inspiration. We know your child can succeed.

Information & Referral - Families need to be aware of the resources and services available to them in the community. We can assist by providing you with referrals and helping you navigate complicated service systems and provide ways to overcome challenges faced in these settings. We can answer questions and provide assistance for any disability, any age. Our information services provide opportunities for families to increase their knowledge and build their own capacity. We are a resource for the community to help educate, increase awareness and acceptance of citizens with disabilities.

OUR FUNDERS

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:



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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



• 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



5K RUN WALK FUN FEST 2024

BENEFITING FAMILIES HELPING FAMILIES
OF GREATER BATON ROUGE



of Children and Adults with
Developmental Disabilities



SATURDAY
APRIL 27
8 AM - 12 PM



PENNINGTON BIOMEDICAL RESEARCH CENTER
6400 PERKINS RD.
BATON ROUGE, LA 70808

SPONSORED BY:



Louisiana



Olivier Group
Innovative Wealth Planners



REGISTER



<http://tinyurl.com/ActiveForAutism2024>

2024 sunshine SPRING SOCIAL



calendar

Dance the night away with BREC Adaptive and Families Helping Families as we host our monthly Sunshine Socials. Show your creative side and dress to match each month's theme. Guests will enjoy dinner, tons of dancing, and door prizes.

jan. 19		NEW YEAR'S BEACH BASH
feb. 16		MASQUERADE BALL
march 15		YELLOW OUT FOR DEVELOPMENTAL DISABILITIES AWARENESS
april 19		TIE-DYE TIME
may 17		PROM - BLACK + WHITE BALL

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.)



CASEY.CANTRELLE@BREC.ORG

**MILTON J. WOMACK
PARK BALLROOM**

6-9 p.m.

Ages: 16+

[with intellectual disabilities +
their families]

\$5/person



SENSORY Bunny

Does standing in line or traditional visits with the Easter Bunny prove to be difficult for your family? If so, hop on over for this special event where families with children and adults with disabilities are invited to join BREC and Families Helping Families trained staff for activities and pictures with the Easter Bunny, while avoiding long wait times.

**Zachary
Community
Park**

MARCH 1 | 6-8 PM

FREE FOR ALL AGES
with cognitive + sensory processing disorders

**PREREGISTER
+ MORE INFO**



recadaptive@brec.org



brec.org/sensorybunny

ACTIVITIES:

- + Arts/Crafts
- + Snacks
- + Games
- + Easter Bunny Photos



INCLUSIVE EDUCATION WEBINARS

FREE WEBINAR

Introduction to special education

TUESDAY, JAN 9, 2024
12:00 PM - 1:00 PM



REGISTER NOW
<https://tinyurl.com/IntroToSPEDJan9>



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



FREE WEBINAR

ADVOCACY 101

As parents or advocates of individuals with disabilities, knowing how to advocate effectively is critical.



THURSDAY
JANUARY 18, 2024
10:00 AM - 11:00 AM

PRESENTERS

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



REGISTER NOW
<https://tinyurl.com/AdvocacyJan18>



Section 504? Special Education? What's the Difference?



To register
use this link:
<http://tinyurl.com/GBR504vsIEP>

Discover the similarities and differences between Section 504 and Special Education and how those differences may affect your child in school.

January
24th, 2024
10:00 AM
- 12:00 PM

CO-SPONSORED BY:



FREE WEBINAR

The ABCs of ESY (Extended School Year) Services

TUE FEB 6, 2024
12:00 PM - 1:00 PM



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



REGISTER NOW
<https://tinyurl.com/ESYFeb6>



FREE WEBINAR



REGISTER NOW
<https://tinyurl.com/Inclusion2Feb27>



The IMPORTANCE of INCLUSION - Part 2: Inclusion and the Law

TUESDAY, FEB 27, 2024
12:00 PM - 1:00 PM

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



INCLUSIVE EDUCATION WEBINARS



Parent Rights in special education

TUESDAY, MAR 5, 2024
12:00 PM - 1:00 PM



REGISTER NOW

<http://tinyurl.com/ParentRightsMarch5>



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



When Parents & Schools DISAGREE



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

THURSDAY
MAR 7, 2024
10:00 AM - 11:00 AM

REGISTER NOW

<http://tinyurl.com/DisagreeMarch7>





Quick Guide to Special Education Dispute Resolution Processes for Parents of Children & Youth (Ages 3-21)

This guide is not intended to interpret, modify, or replace any IDEA Part B procedural safeguards or requirements of federal or state law. State regulations associated with these processes vary widely. Parents are encouraged to contact their state educational agency or parent center for more information.

Processes	IEP Facilitation <i>Not required by the IDEA; availability varies by state</i>	Mediation	Resolution Meeting	Written State Complaint	Due Process Complaint/ Hearing Request	Expedited Hearing Request & Resolution Meeting
How the Processes Differ	An optional early resolution process where an impartial facilitator assists the IEP team with communication and problem solving.	A voluntary process that brings people together with a mediator, who helps them communicate with each other and resolve their disagreements.	A meeting that takes place after a parent files a due process complaint/hearing request but before a due process hearing takes place.	A written document used to communicate that a public agency (e.g., school district) has not followed the IDEA, and to request an investigation.	A process used to resolve a formal complaint made by a parent or public agency (e.g., school district), who are together referred to as "the parties."	A special type of due process complaint/hearing request available only in certain situations that relate to a student's discipline and placement.
What Issues & When Used	Used when a parent and school district are unable to agree on important issues related to a child's IEP, or when a meeting is expected to address complex issues or be controversial.	Available anytime there is a disagreement between parents and educators about special education and/or related services.	Used to resolve issues listed in a due process complaint/hearing request. The meeting must occur unless the parent and school district agree in writing not to have the meeting, or to use the mediation process instead.	Available anytime there is a concern about a particular child or an issue that affects children system-wide.	Used to resolve disagreements relating to the identification, evaluation, educational placement or provision of a free, appropriate public education (FAPE) to a child who needs or is suspected of needing special education and related services.	Used when parents disagree with a school district's discipline-related decision that affects their child's placement, or whether the child's behavior is related to his or her disability. A school district may use this process if it believes that a child's behavior could be dangerous to the child or others.
Who Initiates	A parent or school district may request IEP facilitation. A state educational agency may also recommend this, as an alternative to a more formal process.	A parent or school district may request mediation. A state educational agency may also recommend this, as an alternative to a more formal process.	The school district must hold a resolution meeting within 15 <u>calendar</u> days of receiving notice of a parent's due process complaint/hearing request.	Any person or organization may file a written state complaint.	A parent or school district may file a due process complaint/hearing request.	A parent or school district may file an expedited due process complaint/hearing request.
Outcome or Desired Result	An IEP that is supported by the team members and benefits the child.	A signed, legally enforceable, written agreement.	A signed, legally enforceable, written agreement that resolves issues listed in the due process complaint/hearing request.	A written decision that includes findings and conclusions, and lists reasons for the final decision. Must also include actions required to address the needs of the child or children related to the complaint.	A written decision with findings of fact and conclusions of law, which may order specific activities to be carried out.	A written decision with findings of fact and conclusions of law, which may order the child to be provided with a specific educational placement.
Process Distinctions	IEP facilitation is an early dispute resolution option that is not required by the IDEA. IEP facilitation allows all members of the team the chance to participate fully, since the facilitator serves as the meeting leader.	Mediation discussions are confidential. Mediation is a flexible process – participants may influence the process, and ultimately determine the outcome.	Resolution meetings only occur after a due process complaint/hearing request is filed. The resolution meeting occurs unless the parent and school district both agree in writing not to have the meeting, or go to mediation instead.	This is the only dispute resolution option open to any person or organization, including those unrelated to the child. The final decision may include corrective actions that are child-specific or relate to system-wide issues.	A formal record of the hearing (a written or electronic transcript) must be made and provided to the parent. The decision is appealable in state or federal court. The prevailing party may attempt to recover attorneys' fees in a separate court action.	See <i>Due Process Complaint/Hearing Request</i> ←
Benefits	May build and improve relationships among IEP team members. Sometimes, team members feel better heard when a facilitator is involved. Can help resolve disagreements more quickly than other options. Keeps decision-making with team members who know the child best. The IEP team may work together more effectively and efficiently.	Discussions are confidential – what is said in mediation can't be used as evidence in a due process hearing or civil lawsuit. A more flexible, less adversarial alternative to other dispute resolution options, like due process complaints/hearing requests. Sometimes, participants work with the mediator to design the process; in some cases, they may be allowed to select the mediator together. Can help resolve disagreements more quickly than other options.	Provides a chance for the parent and school district to work together to resolve issues prior to a due process hearing. Keeps decision-making with the parent and school district who know the child. The school district may only bring an attorney to the resolution meeting if the parent chooses to bring an attorney. The parent or school district may cancel a resolution agreement within 3 <u>business</u> days of the agreement being signed.	A written decision must be issued no later than 60 <u>calendar</u> days after the complaint was received, unless the timeline is extended. A written state complaint is relatively easy to file.	From the date that the complaint is filed until the decision is final, your child stays in his or her current educational placement unless you and the school district agree otherwise – this is called "pendency" or "stay-put." The decision is legally binding on the parties. The state educational agency is responsible for ensuring the decision is followed, unless it is appealed.	This process is intended to quickly address decisions concerning a student's discipline and placement.
Considerations	Parents and the school district must agree to use IEP facilitation. For the process to be successful, everyone at the meeting needs to respect the role of the facilitator and be willing to participate. The facilitator typically does not address issues unrelated to the IEP.	Mediation is voluntary, so the parent and school district must both agree to participate. Whether there is resolution of the issues, or an agreement is created, depends upon the participants. Complex situations may require multiple mediation sessions to come to agreement. There is no guarantee that a written agreement will be created.	Discussions at the resolution meeting are not confidential, and you cannot be required to sign a confidentiality form to participate in the meeting. Parents and the school district may choose to sign a confidentiality agreement or include it in a resolution agreement.	The person or organization filing the complaint must provide facts to support the problems listed in their complaint. This process does not require those involved to try resolving the dispute collaboratively. Mediation remains available anytime. The IDEA does not require states to offer an appeal process for the written decision—check with your state educational agency for options that may be available.	The decision is made by a hearing officer or administrative law judge who is not involved in the child's education. The decision is legally binding, even if you disagree with the outcome. If a decision is appealed, it may not be carried out until the appeal is final. School districts are typically represented by attorneys. If a parent hires an attorney, it is at their own expense.	The expedited hearing timeline is based on <u>school</u> days, and the resolution meeting period is based on <u>calendar</u> days. It is important to keep timeline differences in mind, especially during or close to times when school is not in session, such as vacations and extended breaks. The resolution period, hearing, and decision timelines cannot be extended.

Processes	IEP Facilitation <i>Not required by the IDEA; availability varies by state</i>	Mediation	Resolution Meeting	Written State Complaint	Due Process Complaint/ Hearing Request	Expedited Hearing Request & Resolution Meeting
Decision-maker	The IEP team.	Participants work on solutions together and are in control of the outcome.	The parents and school district identify the terms of any agreement.	The state is responsible for ensuring that an investigation is done, if necessary, and a decision is made about the complaint.	A hearing officer or administrative law judge makes the decision. If the decision is appealed, a judge makes the decision.	See <i>Due Process Complaint/Hearing Request</i> ←
Role of Third Party	A <u>facilitator</u> typically: <ul style="list-style-type: none"> Helps team members develop ground rules and an agenda for the meeting. Guides discussion by asking child-focused questions. Keeps the team on task and the meeting on schedule. Asks questions to clarify points of agreement and disagreement, and help identify workable solutions. Does not make decisions or determine if team members are right or wrong. 	A <u>mediator</u> typically: <ul style="list-style-type: none"> Helps participants develop ground rules for the session. Creates a safe environment and encourages participants to be respectful of other points of view. Guides discussion by listening, identifying interests, and clarifying concerns. Does not make decisions. Is knowledgeable of laws relating to special education and related services. 	The IDEA does not include a third party for resolution meetings. <i>Some states may provide facilitators for resolution meetings if requested by the parent and school district, although this is not required.</i>	An <u>investigator</u> : <ul style="list-style-type: none"> Reviews information related to the complaint. May interview or meet with people related to the complaint. Makes findings and a determination based on applicable law. 	The <u>hearing officer or administrative law judge</u> : <ul style="list-style-type: none"> Oversees the hearing timeline, including all pre-hearing activities. Conducts the hearing and manages procedural matters. Uses applicable law to write a decision based on evidence and testimony presented at the hearing. May dismiss the complaint if the issues are resolved before the hearing. 	See <i>Due Process Complaint/Hearing Request</i> ←
Time Frame	No specific timeline. Meetings may be scheduled within a few days or weeks of a request being received.	Available at any time, even if a due process complaint/hearing request or written state complaint has already been filed. Must be scheduled in a timely manner.	If the requirement is not waived, or mediation is not used, a resolution meeting must take place within 15 <u>calendar</u> days of the filing of a due process complaint/hearing request. A parent may ask the hearing officer or administrative law judge to start the hearing timeline if the school district does not hold the resolution meeting on time. The parties have up to 30 <u>calendar</u> days to work on a resolution prior to the hearing timeline. The hearing officer or administrative law judge may extend this period at the request of the parties.	Under the IDEA, written state complaints must be filed within 1 year of the date when the individual knew or should have known of the problem. The written decision must be issued no later than 60 <u>calendar</u> days from the date the complaint was filed, unless the timeline is extended.	Under the IDEA, due process complaints must be filed within 2 years of the date when a party knew or should have known of the problem. The written decision must be issued within 45 <u>calendar</u> days from the end of the resolution period, unless a party requests a specific extension of the timeline.	A resolution meeting must occur within 7 <u>calendar</u> days, unless the parties agree in writing not to have the meeting, or use mediation instead. The hearing timeline proceeds if the issue is not resolved within 15 <u>calendar</u> days. The hearing must be held within 20 <u>school</u> days of the request being filed. The decision must be issued within 10 <u>school</u> days of the hearing.
Financial Cost/ Who Pays	Typically, there is no cost to the parent – the meeting is provided at public expense.	No cost to the parent – the mediator and facilities are provided at public expense.	No cost to the parent – the meeting is provided at public expense.	No cost to the complainant – the investigation and decision are provided at public expense.	The hearing, hearing officer or administrative law judge, facilities, and decision are provided at public expense. Each party pays its own expenses, which may include attorneys' fees and witnesses.	See <i>Due Process Complaint/Hearing Request</i> ←
Impact on Relationships	Having a facilitator present at IEP meetings can help team members problem-solve together more effectively. Better communication and improved relationships often result from facilitated IEP meetings.	A mediator may help participants problem-solve more effectively. A successful mediation can help improve the school-family relationship.	Resolution meetings give parents and school districts an opportunity to resolve issues without going to a hearing. Where available, using a facilitator to guide discussion and problem-solve may result in better communication.	This process does not focus on relationships.	Due process is considered the most adversarial dispute resolution process.	See <i>Due Process Complaint/Hearing Request</i> ←
How to Prepare <i>Additional resources are available on the CADRE Website</i>	It may be helpful to: <ul style="list-style-type: none"> Make a list of the issues you want to discuss and questions you want to ask. Think about what is most important to your child and his or her needs. Be willing to listen and carefully consider others' ideas. Organize documents, put dates and notes on them, and bring extra copies. Bring materials that may be helpful to explain or inform others. Think about how you plan to deal with emotions during the meeting. Arrive a little before the meeting, so you have time to get ready to participate. 	It may be helpful to: <ul style="list-style-type: none"> Identify issues you want to discuss during the mediation. Make a list of your child's needs and questions you want to ask. Think of questions that others might ask and write down possible responses. Organize documents, put dates and notes on them, and bring extra copies. Bring materials that may be helpful to explain or inform others. Be willing to listen and carefully consider others' ideas, as well as possible solutions. Think about how you plan to deal with emotions during the meeting. 	It may be helpful to: <ul style="list-style-type: none"> Bring a copy of the due process complaint/hearing request and other materials that may be useful to you. Make a list of your child's needs. Organize materials, including dates and notes on documents. Consider all possible solutions to the problem. Think about how you plan to deal with emotions during the meeting, and try to stay optimistic. Consider asking someone to go to the meeting with you, to help you stay positively focused. 	A complainant should: <ul style="list-style-type: none"> Include information to support the problems identified when the complaint is filed. Follow state requirements for filing the complaint. (For example, some states require an original, signed complaint.) Provide the school district with a copy of the complaint. Respond to all requests for more information about the complaint in a timely manner. Review the school district's response to the complaint and, if appropriate, provide additional information according to the state's guidelines. 	Considerable preparation is needed to present a case adequately. Parties should be prepared to do the following for a hearing: <ul style="list-style-type: none"> Gather and submit evidence. Prepare testimony, witness lists, and other hearing documents. Question and cross-examine witnesses. Parties choose whether to hire or consult with an attorney. A person who is not represented by an attorney may be referred to as appearing "pro se." This is a Latin term that means the person represents himself or herself in the legal proceeding.	See <i>Due Process Complaint/Hearing Request</i>

CADRE produced this document under U.S. Department of Education Office of Special Education Programs Cooperative Agreement No. H326X130001. Tina Diamond, Ph.D., served as the project officer. The views expressed herein do not necessarily represent the positions or policies of the U.S. Department of Education. No official endorsement by the U.S. Department of Education of any product, commodity, service, or enterprise mentioned in this publication is intended or should be inferred. This product is public domain. Authorization to reproduce it in whole or part is granted. While permission to reprint this publication is not necessary, the citation should be: CADRE (2015). *CADRE Quick Guide to Special Education Dispute Resolution Processes for Parents of Children & Youth (Ages 3-21)*. Eugene, Oregon. CADRE. Publication Date: January 2015.

EBR EARLY CHILDHOOD *Extravaganza*



Application Period:

FEBRUARY 17 - March 22

ENROLLMENT EVENTS:

FEBRUARY 17

10 AM - 01 PM

MCKINLEY ELEMENTARY

575 W Roosevelt St. BR., LA 70802

MARCH 02

10 AM - 01 PM

CRESTWORTH ELC

11200 Ave. F, Baton Rouge, LA 70807

EXTRAVAGANZA ACTIVITIES INCLUDE:

Early Childhood Program Information
Online application support
Giveaways and much more!

REQUIRED APPLICATION DOCUMENTS:

- **Child's Birth Certificate** (Age 4 by September 30th)
- **Parent/Guardian Government Issued Photo I.D.**
- **Up-to-date Shot Record**
- **Proof of Residence** (2 different documents required) (utility, water, gas, cable, lease, landline, homeowner's insurance, mortgage, and rental insurance bills acceptable)
- **Proof of Income** (4 most recent check stubs/SNAP benefits)



Scan the QR code to apply

SPANISH INTERPRETERS AVAILABLE

For more information, please visit
ebrearlychildhood.com or call 225-960-1671



The Mommy Moment

THE STRUGGLE IS REAL!

by Fran Peterson

“I know my child is smart, but I feel something is not quite right.” If you’ve had this conversation with yourself or know a “struggling” mom, then this edition of the mommy moment is for you.

Coming to terms with a child’s developmental disability is challenging and nothing to be ashamed of. As parents, we have an “unspoken” connection to our children. We do not need them to verbally express their needs and wants during infancy and/or toddler years which may cause a speech delay or other signs of developmental delay to go unnoticed. It’s not that we are not attentive or concerned for the wellbeing of our children. It’s quite the opposite, we usually feel a deep connection to our children that goes far beyond verbiage.

Here are a few tips to aid our “struggling” mommy:

It’s not your fault. Developmental disability does not have a common root cause and is not genetic, in many cases. The “blame” game can stale progress to getting developmental concerns addressed.

There is grace to research and learn more in your own time. Nothing is more frustrating than being overloaded with information about a topic you’ve haven’t yet grasped, especially about someone you love more than yourself. Be patient.

Build relationships with your child. Learning his/her needs and wants will take added stress off. Ultimately, allowing you to notice the delay sooner. We are more attentive to what our child can or cannot do with someone outside of ourselves.

If you know a “struggling mom” here’s a few tips to be of sound support.

Listen! One thing an “unknowing” parent will do is vent. Be a listening ear. Allow them the opportunity to hear themselves voice the behaviors and concerns of the child. Revelation often comes by hearing from their own lips.

Don’t Judge- No one has a handbook on parenting. The study guide for accepting a developmental disability is nonexistent as well. Show compassion and empathy. It’s much more effective for the child’s advancement.

If you’ve ever made the statement, “I know my child is smart, but there’s something not quite right.” or you know someone who’s struggling to come to terms; Congratulations, you’ve taken the first step to getting the child the help he or she needs. We are proud of you!

Learn More about Your Child's Development:

Developmental Monitoring and Screening

Taking a first step, waving “bye-bye,” and pointing to something interesting are all developmental milestones, or things most children can do by a certain age. Children reach many milestones in how they play, learn, speak, act, and move. Developmental monitoring and screening are ways to look for your child's developmental milestones.



Developmental Monitoring

WHO:	You — parents, grandparents, other caregivers
WHAT:	Look for developmental milestones
WHEN:	From birth to 5 years
WHY:	To help you: <ul style="list-style-type: none">➤ celebrate your child's development➤ talk about your child's progress with doctors and child care providers➤ learn what to expect next➤ identify any concerns early
HOW:	With easy, free checklists – get yours at www.cdc.gov/Milestones

Developmental Screening

WHO:	Healthcare provider, early childhood teacher, or other trained provider
WHAT:	Look for developmental milestones
WHEN:	At 9, 18, and 24 or 30 months, or whenever there is a concern
WHY:	To find out: <ul style="list-style-type: none">➤ if your child needs more help with development, because it is not always obvious to doctors, child care providers, or parents➤ if a developmental evaluation is recommended
HOW:	With a formal, validated screening tool – learn more at www.hhs.gov/WatchMeThrive

➤ All young children need both developmental monitoring and developmental screening.

➤ The best person to track your child's development is you!

Use free **milestone checklists** and go over them with the doctor at every well-child visit.

To see *Milestones in Action* visit www.cdc.gov/Milestones.

➤ What if your child is not reaching milestones as expected?

You know your child best. If you are concerned about your child's development, talk with your child's doctor about your concerns and ask about developmental screening. For more information, go to www.cdc.gov/Concerned. Don't wait! Acting early can make a real difference.

Your child's development is a journey.
Monitoring and screening show you the way.

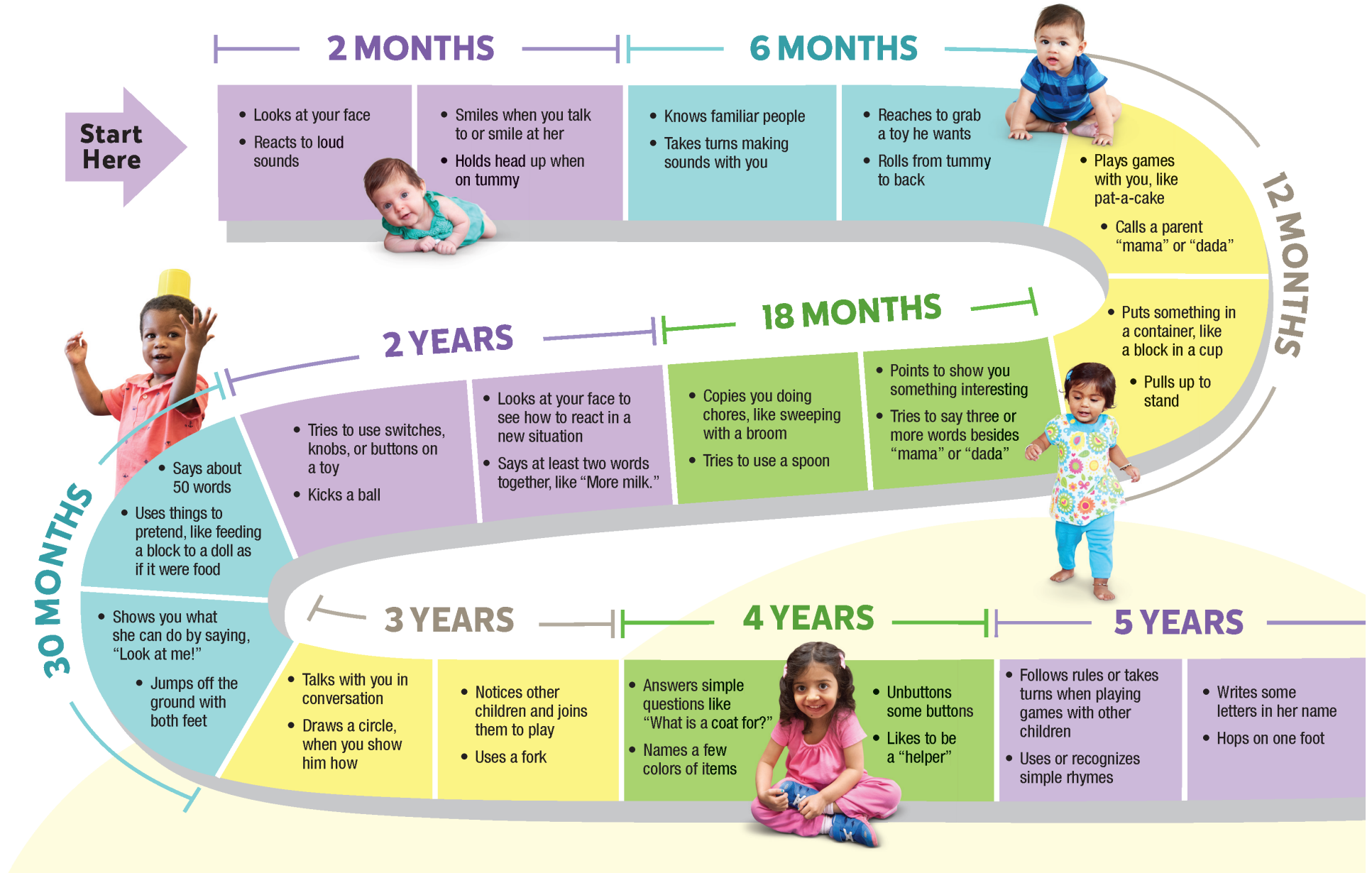
www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

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.



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



A Behavioral Approach to



Toilet Training



Friday
January 5, 2024
11:00 AM - 12:30 PM



Louisiana Developmental
Disabilities Council

Webinars are provided with funding support from the Louisiana Developmental Disabilities Council.



Join this free workshop to discover practical applications for toilet training techniques for individuals with special needs.

Audience: Parents/Caregivers, Families, and Professionals

PRESENTER:

Mary A. Johnson M.Ed, BCBA, LBA



2356 Drusilla Lane, Baton Rouge LA

**REGISTER
NOW**



<http://tinyurl.com/ToiletTrainingJan5>

RECOUPERATING FROM THE HOLIDAYS

BY KIMBERLY SMITH

The holidays can be very challenging, particularly if you have a family member that has a disability. Once the holidays are over, we must adjust our lives and re-establish routines. This is not always an easy task, but here are a few ways to assist:

1. Allow yourself a break—We must learn the art of “no”. Cut yourself some slack when you feel compelled to do everything. You must learn how to rest, after all, no one can rest for you.
2. Turn off your phone—The phone keeps us from resting. The World Wide Web will be there when you get back on your social media platforms.
3. Take a Sabbath—Sabbath is something God tells us to do in the Bible. It simply means setting aside a day to honor God and remember He keeps the world spinning even when we stop working. Put your work aside for an afternoon or a day to remember that even God rested.
4. Exercise—Get off the couch. Go for a walk. Physical activity helps our bodies and minds stay healthy and balanced. Using energy can actually be a way to recharge.



5. Pray—Ask Jesus to help you experience peace. Listening to God and meditating on Scripture will remind you that He is in control and there is much to be grateful for.
6. Spend time with family—Isn't it ironic how family can be put on hold during the holidays? Try doing something with each other that promotes rest instead of busyness.
7. Choose people over things—It's easy to get distracted with new Christmas gifts and making plans for the New Year. Don't forget the people are always more important than possessions and agendas. Healthy relationships are part of a rested mind and body. Things can wait.

Tips derived from: newspring.cc/articles/7-ways-to-recover-from-the-holidays



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

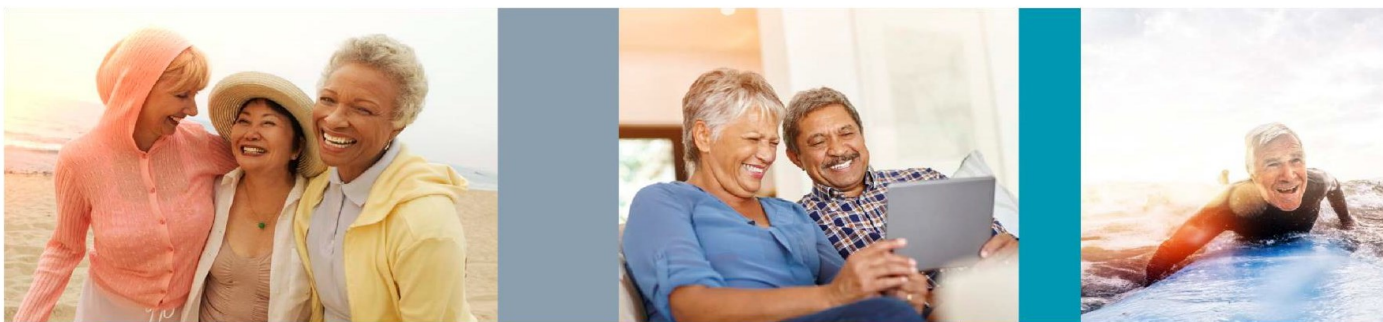
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9

10



CaregiverAction.org



Social Security Benefits for People with Disabilities

Everything you wanted to know.



Securing today
and tomorrow

A **FREE** workshop from Social Security.

- Information about disability benefits and the disability application process.
- How to use your my Social Security online account and other online services.
- What are Supplemental Security Income (SSI) Benefits and how do you qualify?
- What do you need to report when you receive SSI?
- What other Social Security programs are available, and who qualifies?

Learn how to use **my Social Security** online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a **my Social Security** account and print out your *Social Security Statement* **before** attending the workshop.

SocialSecurity.gov

Speaker:

Maria Alvarez,

SSA Public Affairs Specialist in Louisiana

Date:

Tuesday, March 12, 2024

Time:

10:00 to 11:00 AM

Register at:

<http://tinyurl.com/SSIMarch1224>

For more information, please
contact Families Helping Families
SWLA at 800-894-6558 or
info@fhfswla.org



EMPOWERMENT PROGRAM EVENTS



Families Helping Families
of Greater Baton Rouge
"It's who we are. It's what we do."

**Behavioral Management:
Managing Mental Health Behaviors
in Children and Youth**

FREE WEBINAR

Learn about common unwanted behaviors, the tools and skills to manage them, and mental health conditions that affect a child's behavior.

Audience: Parents/caregivers, families and professionals
Presenter: Dr. Maxine Flint, Medical Psychologist

Wednesday, February 7
11 a.m. – 12:30 p.m.

Register: <http://tinyurl.com/BehaviorsFeb7>

LOUISIANA DEPARTMENT OF HEALTH

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

It's Okay not to be Okay:

Your Mental Health Matters

FREE WEBINAR

FRIDAY, FEBRUARY 2
1 – 2:30 p.m.

Presenter: Zalexis Williams, LCSW

REGISTER: tinyurl.com/MentalHealthMattersFeb2

LOUISIANA DEPARTMENT OF HEALTH

FAMILY OASIS

Families Helping Families
of Greater Baton Rouge

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

Free workshop



Student Well Being Night

The goal of Student Well-Being Night is to empower and inform students and parents about the importance of making healthy and responsible choices

WEDNESDAY
February 28
5:30 p.m. — 7:30 p.m.

ST AMANT HIGH
12035 Highway 431
St. Amant, LA

Scan QR code or go to link to register:

<https://forms.gle/7vL8YzLvsLieCX4N9>

Hosted by the APSB Office of Student Services in Partnership with Families Helping Families of Greater Baton Rouge's Empowerment Program as funded by the Louisiana Department of Health, Office of Behavioral Health




FREE
In-Person &
Online Training

Strategies to Manage ADD and ADHD

WHAT:

Learn about Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) and strategies to manage children with these disorders

AUDIENCE:

Parents and caregivers

REGISTER:

tinyurl.com/ADDMarch13 or scan the QR code



WHEN:

Wednesday, March 13
11 a.m. – 12:30 p.m.



WHERE:


2356 Drusilla Lane
Baton Rouge



SPEAKER:

Dr. Maxine Campbell-Flint

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

Free In-Person & Online Training

Teen and Young Adult Mental Health: PREVENTION & MANAGEMENT OF TRIGGERS

Learn how to recognize negative emotional triggers for teens and young adults, as well as tools to help prevent and manage escalation

Wednesday, March 20
11 a.m. – 12:30 p.m.

260 S. Acadian Thruway
Baton Rouge

Anthony Germaide
Karman Line Learning

REGISTER: tinyurl.com/Triggers-Mar20 or scan QR code

LOUISIANA DEPARTMENT OF HEALTH

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

Families Helping Families
of Greater Baton Rouge



OUR VOICE MATTERS

A Parent-Led Conversation on Mental Health

LIVE WEBINAR

Join us for an open discussion on how families can use their voices to influence change and promote the mental health of their youth.

TUESDAY
March 28
1 p.m. – 2:30 p.m.



PRESENTER
Dr. Rosalynn Thyssen



REGISTER

<https://tinyurl.com/OurVoiceMatters-Mar28> or scan the QR code



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





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,
January 16
5:00 p.m.

Tuesday,
February 20
5:00 p.m.

Tuesday,
March 19
5:00 p.m.

Tuesday,
April 16
5:00 p.m.

Tuesday,
May 21
5:00 p.m.

Tuesday,
June 18
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: ffhfxroads.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.

5 Tips TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.

FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.

ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



MENTAL
HEALTH
FIRST AID

[MHFA.org/teens](https://mhfa.org/teens)



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.



Council's 2024 Legislative Agenda

The Louisiana Developmental Disabilities Council adopted its 2024 Legislative Advocacy Agenda with input from its grassroots advocacy network LaCAN (Louisiana Council's Advocacy Network), Families Helping Families (FHF) Centers and various stakeholders throughout the disability community. Thank you to all who shared their ideas and agenda recommendations with the Council.

2024 Legislative Agenda

1. The Council will advocate for additional funding for the nine FHF Regional Resource Centers it contracts with. During the last three legislative sessions, an additional \$500,000 was added to the Council's budget specifically for FHF Centers. The Council's request to include this additional funding in its Fiscal Year 2025 budget was denied leaving these Center's in an unfortunate situation.

- [Recurring Funding for Families Helping Families Regional Resource Centers](#)

2. The Council will also advocate for the funding needed to eliminate the Flexible Family Fund (FFF) program wait list. This program is administered through the local human services districts/authorities and provides families of children with the most severe intellectual and developmental disabilities (I/DD) and/or behavioral health needs resources to help cover the excessive costs associated with their care. Approximately \$9.4 million in State General Fund is needed to serve all 2,258 individuals on the FFF wait list.

- [Eliminate the Flexible Family Fund Wait List](#)

3. Finally, the Council will partner with the Arc of Louisiana to advocate for the funding needed to increase the rate for night services to match the current day rate within home- and community-based waivers for individuals with I/DD and the aging and adult populations. Currently, the night rate is \$5 less than the day rate (\$13.52 vs \$18.52). Approximately \$10.1 million in State General Fund is needed to balance this disparity.

- [Increase the Waiver Rate for Night Services](#)

All factsheets, as updated, will be posted on the Council's [website](#).

Get Involved

The 2024 Legislative Session begins March 11, 2024 and will conclude on June 3rd. Individuals with disabilities, family members, and advocates are encouraged to take part in the Council's advocacy efforts by participating in upcoming legislative roundtables and legislative visits.

- Legislative roundtables will be held by each region of the state. Roundtables are an opportunity to gain more information about the 2024 Legislative Advocacy Agenda and connect with legislators. Stay tuned for additional information and how to register for the roundtable in your region.
- Interested in advocating for these agenda items with your legislator and regional delegation? Reach out to your [LaCAN Leader](#) to participate in legislative visits. For questions about roundtables, legislative visits, or participating in other advocacy events, contact your [LaCAN Leader](#) or [FHF Center](#).



Louisiana Developmental
Disabilities Council



2024 LEGISLATIVE ROUNDTABLE

FEBRUARY 8, 2024
1:00 PM

ATTEND IN-PERSON OR VIRTUALLY
REGISTRATION IS REQUIRED



GREENWELL SPRINGS LIBRARY
11300 GREENWELL SPRINGS ROAD
BATON ROUGE, LA 70814

CONTACT - APRIL HAMPTON
337-522-6363 / 866-216-7474
AHAMPTON@LACANADVOCATES.ORG

REGISTRATION
[HTTPS://TINYURL.COM/LACANROUNDTABLE-2024](https://tinyurl.com/LACANROUNDTABLE-2024)



Special Education Advisory Panel Members Dismissed

In a shocking development, the entire membership of the Special Education Advisory Panel (SEAP) was dismissed February 23, 2024 via email. In the generic and unsigned email, SEAP members were thanked for their service on the panel and informed “we may be moving in a different direction with the seat you have held”.

Advocates across the state have been sounding the alarm since this unprecedented move unfolded, citing concerns the panel may be restructured to fit the agenda of the Board of Elementary and Secondary Education (BESE) and not the needs of students with disabilities. This dismissal has left the state without a federally required functioning advisory panel responsible for advising the State special education staff regarding the education of eligible children with disabilities.

Background Information

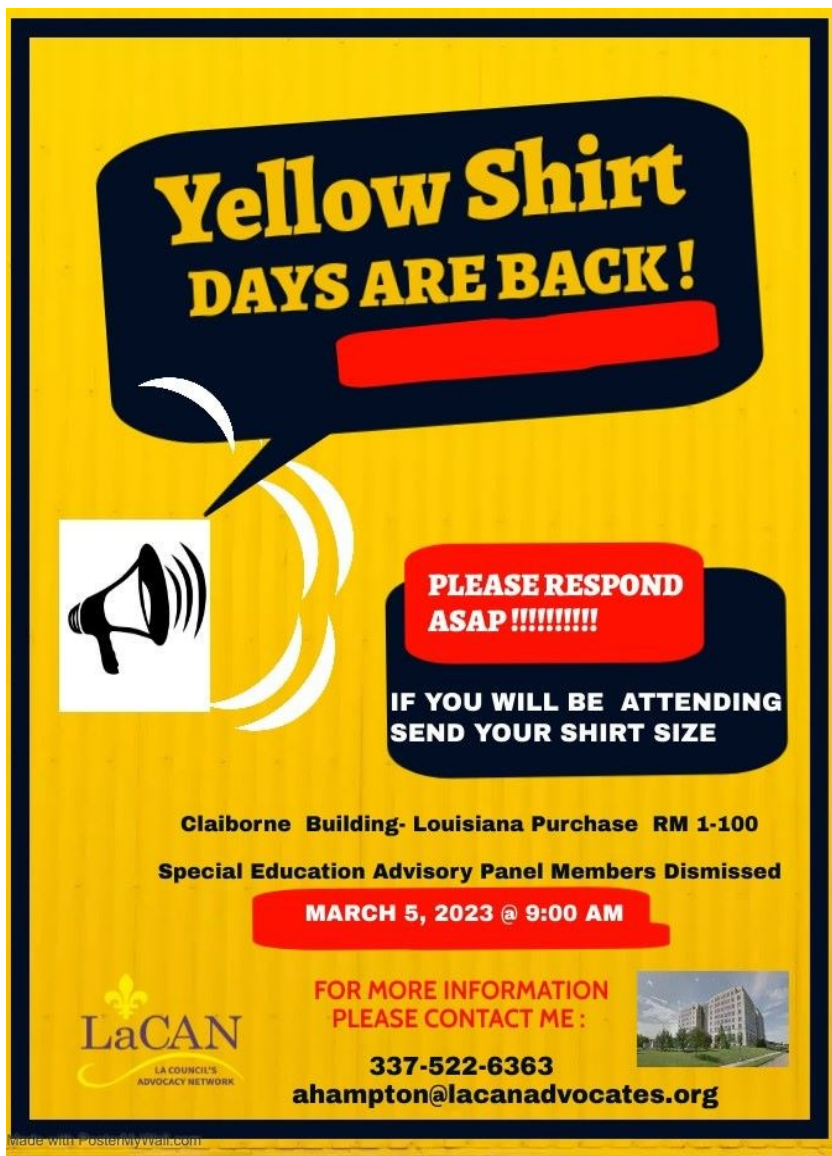
The Individuals with Disabilities Education Act (IDEA) requires that each state establish and maintain an advisory panel whose purpose is to advise the State special education staff regarding the education of eligible children with disabilities. Federal law also recognizes the importance of the people most impacted by education policies by requiring a majority of SEAP members be individuals with disabilities and parents of students with disabilities. Federal regulations (34 C.F.R. §300.169) and SEAP by-laws define responsibilities for each state panel as follows:

- Advise the state on unmet needs in the education of children with disabilities,
- Comment publicly on any rules and regulations proposed by the state regarding the education of children with disabilities;
- Advise the state in developing evaluations and reporting on data as required by federal special education laws;
- Advise the state in developing corrective action plans for U.S. Department of Education; and
- Advise the state in developing and implementing policies relating to coordination of services for children with disabilities.

At the January 2024 BESE meeting, the Board directed the Louisiana Department of Education (LDOE) and BESE staff to provide an updated report regarding the membership of BESE and LDOE advisory groups at the March 2024 Academic Goals and Instruction meeting with a specific request to review appointed members to SEAP. This eventually led to the email in question on February 23rd dismissing all SEAP members and canceling the March meeting. The email also stated applications would be open March 7th with the next SEAP meeting happening in June.

Dismantling SEAP membership and canceling their upcoming meeting raises many concerns for advocates. What sort of messaging is BESE and the LDOE sending to stakeholders? There was no indication panel membership would be dismantled leaving our state without a federally required advisory panel. All members of this panel were thoroughly vetted based on SEAP's selection process and appointed by the state's Superintendent of Education. Given this vetting process, why are the members no longer fit to serve the remainder of their terms? Our state is also about to begin its regular legislative session where many new and updated education laws will be proposed. Unfortunately, session will have ended and laws will have passed before the “new” SEAP panel has its first meeting.

Continued on the next page



SEAP Background

Information Continued

Considering the needed work around policy changes to address issues flagged in recent LDOE audits, is now the best time to “move in a different direction”? The panel’s most recent work was around Bulletin 1706: Regulations for Implementation of the Children with Exceptionalities Act, regarding written monitoring, evaluation, and procedural safeguards, which will also be discussed next week at the BESE meetings. SEAP had lengthy discussions on these issues at their January meeting. They recommended changes around:

- Posting results of local education agency IDEA monitoring,
- A 15-day response timeline for parent request for a special education evaluation or independent education evaluation (IEE),
- Providing a draft Individualized Education Plan (IEP) not less than 3 school days prior to the IEP meeting upon parent request,
- A 15-day timeline for prior written notice, and

- Adding available medical information and student disciplinary and behavioral records to information reviewed by IEP teams before changing placement due to violation of student code of conduct.

While these recommendations are a step in the right direction, much work still needs to be done around Bulletin 1706.

The former SEAP panel was also planning to discuss LDOE’s plan of activities to support and monitor school systems using about \$24 million in special education (IDEA - Federal) dollars. LDOE just sent out a [survey](#) to collect stakeholder input on their upcoming IDEA Grant Application. This survey is set to close on March 6th, and SEAP was planning to discuss the proposal and the feedback collected in the survey. Typically, SEAP is the first stakeholder group that provides input on this grant application. Without this stakeholder input, will LDOE be submitting an IDEA application that hasn’t been vetted by special education stakeholders?

Tips & Tools for Advocacy

Looking for tips and tools to help you in your advocacy? Check out the Council’s [Advocacy 101](#) page. You can also find tips for:

- [Writing/emailing your legislators](#)
- [Calling your legislators](#)
- [Writing your story](#)

COMMUNITY EVENTS

Join us for a Conversation on Home Fire Safety with Louisiana's State Fire Marshal's Office

Wednesday, January 24th,
2024 12:00pm CST

Register at:

<https://www.bit.ly/EMDAC-FireSafety>



EMDAC
Louisiana Emergency Management
Disability and Aging Coalition

Join us AT THE **BATON ROUGE**
Love Heals **FREE CLINIC**

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LOUISIANA LEADERSHIP INSTITUTE
5763 Hooper Rd.
Baton Rouge, LA 70811

SATURDAY, FEBRUARY 17, 2024 | 6AM-8PM

FREE SERVICES, HEALTH EDUCATION & RESOURCES

MEDICAL COVID VACCINES FLU VACCINES	TREATMENT OF MINOR URGENT CARE CONDITIONS PHYSICAL EXAMS HIV TESTING	VISION EYE EXAMS PRESCRIPTION GLASSES	DENTAL CLEANINGS EXTRACTIONS FILLINGS
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NO APPOINTMENT NECESSARY, NO ID, OR INSURANCE REQUIRED.

*MANAGEMENT SERVICES BY APPOINTMENT ONLY

REGISTER HERE

POWERED BY OUR SPONSORS: BRAHM, SHILTON WESTON BROWNE, CITY OF BATON ROUGE, INC, DRL, Louisiana Healthcare Connections, BATON ROUGE

FEBRUARY 24TH
2PM - 4PM

PLAY DATE

SPONSORED BY: Families Helping Families

BATON ROUGE ZOO

INCLUSIVE BASKETBALL
ANTIOCH BOULEVARD PARK

SATURDAYS
FEB. 17 - APRIL 20
9 A.M.-NOON
AGES: 3-ADULTS
\$10/PARTICIPANT

REGISTRATION NOW IN PROGRESS!

NOTHING BUT NET!

MORE INFO:
RECADAPTIVE@BREC.ORG
REGISTER AT:
REGISTER.BREC.ORG

INCLUSIVE KICKBALL
LOVETT ROAD PARK

LET'S KICK IT!

TUESDAYS
FEB. 27 - APRIL 30
6-7 P.M.
OPEN TO ALL ABILITIES
AGES 3 THROUGH ADULTS
\$10/PARTICIPANT

MORE INFO:
RECADAPTIVE@BREC.ORG
SIGN UP AT:
BREC.ORG/ADAPTIVE

Luck OF THE Run FUN RUN

FREE FOR ALL AGES • ABILITIES!

Come join us for a Shamrockin' good time for the Luck of the Run Fun Run promoting Developmental Disability Awareness Month.

Registration is open to everyone regardless of ability.

FOR DEVELOPMENTAL DISABILITY AWARENESS MONTH
The Developmental Disability awareness color is yellow but has a line to wear your lucky green.

PERKINS ROAD COMMUNITY PARK
MARCH 9
10 A.M.-1 P.M.

TO REGISTER: BREC.ORG/LUCKRUN

BREC does not discriminate on the basis of race, creed, color, national origin, sex, disability, age, religion, veteran status or sexual orientation in its programs and activities.

BREC does not discriminate on the basis of race, creed, color, national origin, sex, disability, age, religion, veteran status or sexual orientation in its programs and activities.

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THE GREATER
BATON ROUGE
LEARNING
DISABILITIES
COALITION
PROUDLY
PRESENTS THE

CW AUSTIN LEARNING DISABILITIES CONFERENCE

Join us IN-PERSON on March 2, 2024 at the Goodwood Library in Baton Rouge for 5 free, live presentations by local experts! Free and low cost CEUs available!

And

Tune in VIRTUALLY March 2 - April 7, 2024 for free access to over 20 information-packed, one-hour pre-recorded virtual sessions! Free and low cost CEUs available.

Topics include ADHD, Dyslexia, Autism, and mental health, as well as behavior management and learning strategies.

Register at www.ldhelp.org

Volunteers Needed!

STATE BOWLING

MARCH 2ND

BATON ROUGE

LOUISIANA
Feed Your Soul.
ExploreLouisiana.com

DSAG-BATON ROUGE PRESENTS

2024 BUDDYWALK

REGISTER NOW!

DOWNTOWN BATON ROUGE
9AM SAT MAR 23

DS-Stride.org/DSAGBuddyWalk



REPRESENTATION

At LAYLF, 100% of our guest speakers and at least 50% of our staff are people with disabilities. We want our campers to see that it is possible to live a happy and self-determined life as a person with a disability! Authentic representation is key to achieving this.



INDEPENDENCE

We strive to provide an environment where our delegates can experience that maximum amount of independence. That's why we host camp on a college campus—so our delegates can get an idea of what being away from home as an adult might feel like! LAYLF is the perfect place to test this out, as we provide a 1:1 staff to camper ratio to ensure that everyone has the support they need.



LEADERSHIP

We believe that everyone has the ability to be leaders! At LAYLF, we teach our delegates self-advocacy skills so they can not only advocate for themselves, but others too! We even take a trip to the state Capitol, so they can learn how youth can also have a voice in government!

LOUISIANA YOUTH
LEADERSHIP
FORUM

louisianaylf@gmail.com

(337) 205-2504

ABOUT US

The LA Youth Leadership Forum (LAYLF) is a summer camp for 10th-12th graders with disabilities focused on leadership, empowerment, and self-advocacy. LAYLF is hosted on UL's campus and is free for campers across the state to attend. Camp is a great opportunity for youth to make new friends, build community, and learn how to become a leader!



Home Organization

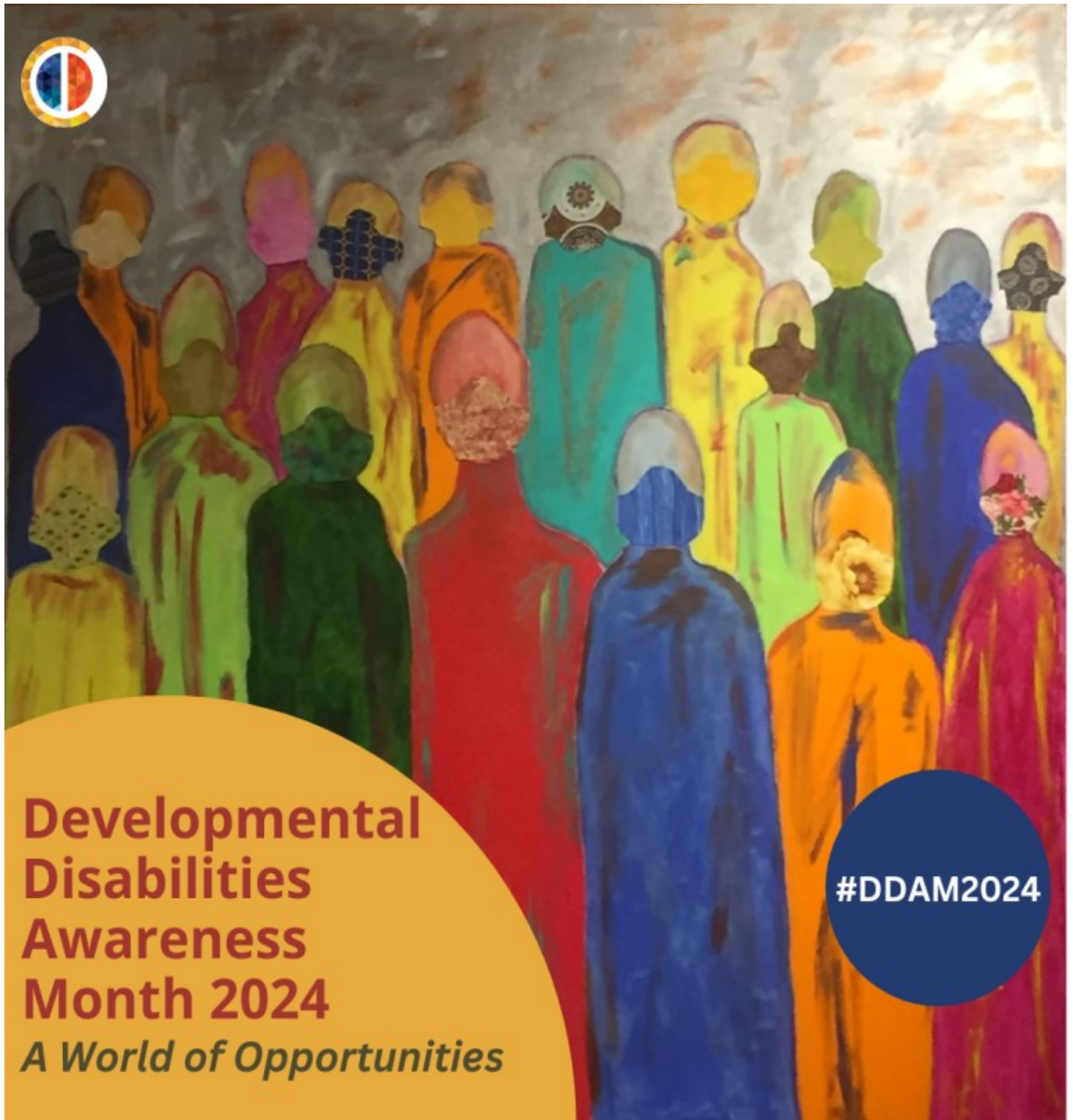
LAYLF's organizational home is Families Helping Families of Acadiana.



Main Funders

LAYLF's main funders are the LA Developmental Disabilities Council, the LA Department of Education, and Enbridge.

The Month of March is



“A World of Opportunities” – we’re celebrating people and working together to remove obstacles. Our goal is to build a community that’s committed to creating a world where everyone can do well and succeed. Join us in making a world where all kinds of people have the chance to thrive.

Quarterly Disability Awareness Calendar

Date(s)	Event Name	Location	Website
JANUARY			
January	Co-dependency Awareness Month	United States	http://coda.org/
January	Glaucoma Awareness Month	United States	https://www.glaucoma.org/news/glaucoma-awareness-month.php
4-Jan	World Braille Day (United Nations Day)	Global	https://www.un.org/en/observances/braille-day
24-Jan	Moebius Syndrome Awareness Day	Global	https://www.moebius syndromeawarenessday.com/
29-Jan	World Leprosy Day	Global	https://zeroleprosy.org/world-leprosy-day-2/
30-Jan	Chronic Traumatic Encephalopathy (CTE) Awareness Day	United States	https://stopcte.org/events/
FEBRUARY			
February	Jewish Disability Awareness & Inclusion Month	United States	https://www.chabad.org/library/article_cdo/aid/3575538/jewish/Jewish-Disability-Awareness-Inclusion-Month.htm
2-Feb	Rheumatoid Arthritis Awareness Day	United States	https://curearthritis.org/
4-Feb	World Cancer Day	Global	https://www.worldcancerday.org/
11-Feb	World Day of the Sick	Global	https://www.nacc.org/resources/spirituality-and-prayer-resources/world-day-of-the-sick/
14-Feb	Congenital Heart Defect Awareness Day / Week & Rock Your Scar Campaign	Global	https://mendedhearts.org/chd-awareness-week/ & https://mendedhearts.org/rock-your-scar-awareness-campaign/
14-Feb	National Donor Day	United States	https://www.donatelife.net/celebrations/
15-Feb	International Childhood Cancer Day	Global	http://www.internationalchildhoodcancerday.org/
22-Feb	National Heart Valve Disease Awareness Day	United States	https://www.valvediseaseday.org/
20-26 Feb	Eating Disorder Awareness Week	United States	https://www.nationaleatingdisorders.org/get-involved/nedawareness
27-Feb	Anosmia Awareness Day	Global	https://www.anosmiaawareness.org/
28-29 Feb Leap Year	Rare Disease Day	Global	https://www.rarediseaseday.org/
MARCH			
March	Developmental Disabilities	United States	https://nacdd.org/ddam/
March	Cerebral Palsy Awareness Month	United States	https://www.prentrom.com/caregivers/march-is-cerebral-palsy-awareness-
March	Color Therapy Month	United States	https://munsell.com/color-blog/national-color-therapy-month/

Quarterly Disability Awareness Calendar

Date(s)	Event Name	Location	Website
MARCH			
March	Developmental Disabilities Awareness Month	United States	https://nacdd.org/ddam/
March	Cerebral Palsy Awareness Month	United States	https://www.prentrom.com/caregivers/march-is-cerebral-palsy-awareness-month
March	Color Therapy Month	United States	https://munsell.com/color-blog/national-color-therapy-month/
March	Colorectal Cancer Awareness Month	United States	https://www.ccalliance.org/about/awareness-month
March	Deep Vein Thrombosis (DVT) Prevention Awareness Month	United States	https://www.ivein.com/march-dvt-awareness-month/
March	Endometriosis Awareness Month	Global	https://endometriosis.org/news/support-awareness/endometriosis-awareness-and-action-2022/
March	Essential Tremor Month	International	https://essentialtremor.org/what-we-do/et-awareness/
March	Kidney Month	United States	https://www.niddk.nih.gov/health-information/communication-programs/nkdep/get-involved/national-kidney-month
March	Multiple Sclerosis Awareness Month	United States	https://www.nationalmssociety.org/Get-Involved/Raise-Awareness & https://msfocus.org/Get-Involved/MS-Awareness-Month/NMSEAM-Awareness-Kits
March	Red Cross Month	United States	https://www.redcross.org/about-us/news-and-events/news/Red-Cross-Month-A-Time-to-Recognize-Community-Heroes.html
March	Self-Injury Awareness Month	United States, Canada	https://www.ororecovery.com/march-is-self-injury-awareness-month-self-harm-or-cutting/
March	Brain Injury Awareness Month	Global	https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness
March	Trisomy Awareness Month	United States, Canada	https://trisomy.org/tam/
1-Mar	Self-Injury Awareness Day	Global	http://www.lifesigns.org.uk/siad/
1-Mar	International Wheelchair Day	Global	https://internationalwheelchairday.wordpress.com/
1-Mar	Disability Day of Mourning	United States	https://autisticadvocacy.org/projects/community/mourning/
6-Mar	World Lymphoma Awareness Day	Global	https://lymphaticnetwork.org/wld
10-Mar	National Women and Girls HIV/AIDS Awareness Day	United States	https://www.womenshealth.gov/nwghaad/about
12-18 Mar	World Glaucoma Week	Global	https://www.worldglaucomaweek.org/
18-Mar	National Trisomy 18 Awareness Day	United States	https://www.trisomy18.org/blog/friday-is-national-trisomy-18-awareness-day/




Quarterly Disability Awareness Calendar

Date(s)	Event Name	Location	Website
10-Mar	National Women and Girls HIV/AIDS Awareness Day	United States	https://www.womenshealth.gov/nwghaad/about
12-18 Mar	World Glaucoma Week	Global	https://www.worldglaucomaweek.org/
18-Mar	National Trisomy 18 Awareness Day	United States	https://www.trisomy18.org/blog/friday-is-national-trisomy-18-awareness-day/
21-Mar	World Down Syndrome Day (United Nations Day)	Global	https://www.un.org/en/observances/down-syndrome-day#:~:text=In%20December%202011%2C%20the%20General,on%2021%20March%20each%20year https://www.worlddownsyndromeday2.org/
24-Mar	World Tuberculosis Day (WHO)	Global	https://www.who.int/campaigns/world-tb-day
25-Mar	National Cerebral Palsy Awareness Day	United States	https://www.gogreen4cp.org/
26-Mar	Purple Day for Epilepsy	Global	http://www.purpleday.org/
27-Mar	Amniotic Fluid Embolism (AFE) Awareness Day	Global	https://www.afesupport.org/awareness/

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



COVID-19, Flu, Cold or Allergies: Which is it?

DO YOU HAVE A FEVER?



ARE YOU EXPERIENCING ANY
SHORTNESS OF BREATH?



YOU MAY HAVE
COVID-19.
CALL YOUR DOCTOR.

Other symptoms can include difficulty breathing, fatigue and new loss of taste or smell.

YOU MAY HAVE THE
SEASONAL FLU.
CALL YOUR DOCTOR.

Other symptoms can include a cough, fatigue, weakness and exhaustion.

DO YOU HAVE ITCHY EYES?



YOU MAY HAVE
ALLERGIES.
CALL YOUR DOCTOR.

Other symptoms can include sneezing and a runny nose.

YOU MAY HAVE A
COMMON COLD.
CALL YOUR DOCTOR.

Other symptoms can include sneezing, a runny nose and chest congestion.



ONLY A DOCTOR CAN OFFICIALLY DIAGNOSE YOU WITH A CONDITION, but using this flowchart can help you determine whether your symptoms are due to a cold or allergies, or something more serious.

This infographic is intended for informational purposes only and should not be considered as medical advice. Contact a medical professional for further guidance. © 2020 Zywave, Inc. All rights reserved.



• 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