

CAPITAL AREA QUARTERLY

Winter Newsletter / October - December 2019



Wishing you a

Merry Christmas and Happy New Year

OUR STAFF



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RESOURCE CENTER FOR AUTISM SPECTRUM DISORDERS; INFORMATION, RESOURCE & REFERRAL

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Autism Resource Specialist;
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& Lending Library Organizer
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Our Mission:

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



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BOARD OF DIRECTORS

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CHRISTIE ZERINGUE

KENDALL AGUILLARD

BELYNDA GAUTHIER

Upcoming Meetings:

11:30 AM - 1:00 PM @FHFGBR

Wednesday, January 15, 2020

11:30 AM - 1:00 PM @FHFGBR

Wednesday, March 18, 2020

**BOARD MEETINGS ARE OPEN
TO THE PUBLIC. PLEASE JOIN US!**

CAPITAL AREA QUARTERLY

Winter Newsletter / January - March 2020

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FAMILIES HELPING FAMILIES OF GREATER BATON ROUGE



• It's who we are. It's what we do. •

INFORMATION

ADDRESS:
2356 Drusilla Lane
Baton Rouge, LA 70809
PHONE: 225.216.7474
WEBSITE: fhfgbr.org
EMPLOYEES: 10
YEAR ESTABLISHED: 1992



JAMIE S. TINDLE
Executive Director



KATE BALFOUR McLEAN
Chairman,
Board of Directors

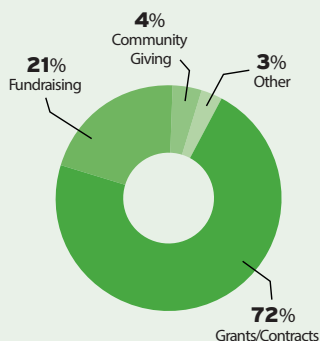
MISSION STATEMENT

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.

SERVICE AREA

East Baton Rouge, West Baton Rouge, East Feliciana, West Feliciana, Ascension, Pointe Coupee, Iberville and Livingston parishes.

TOP FUNDING SOURCES



GOALS

ESTABLISHED IN 1992, FHFGBR is a family-driven resource center for individuals with disabilities and their families. Because we have 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.

FUNDRAISING/EVENTS

DONATIONS TO OUR organization support programs that we offer to families free of charge throughout eight parishes. This includes workshops and webinars for families, professionals and self-advocates. Our Active for Autism 5K Run, Fun Walk & Family Fun Fest supports our unique program, the Resource Center for Autism Spectrum Disorders (RCASD). Sponsorship opportunities are available. We will host a Gala event on October 22, 2020 at the City Club of Baton Rouge. One of our favorite events is our Annual Thanksgiving Celebration, which serves approximately 500 traditional Thanksgiving meals to people with disabilities.



VOLUNTEERING/GIVING

VOLUNTEERS LIKE YOU help support our mission by giving your time, energy and resources to FHFGBR. Because of the relentless efforts of volunteers like you, FHFGBR's inclusive events are made more impactful for the families and individuals we serve. Individuals and groups interested in volunteering can call our center or visit www.fhfgbr.org for more information on how they can help make our events more memorable.

YOUR DONATIONS ALLOW us to support families who have a loved one with a disability in the 8 parishes we serve by providing information, resources, referrals, and other supports. Your donation provides funding for: workshops and webinars, Active for Autism, Fall Gala, Thanksgiving Celebration, Friends & Family Luau, Sunshine Social Dances, Helping Hands support group, family and educational support in schools, art and music activities, and general operating funds to support all programs offered by FHFGBR.

BOARD OF DIRECTORS

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disabilities

DEE MATHER-MUENZLER
Director
Family member of adult
with disability



Access Inclusion. Empower Lives.



• It's who we are. It's what we do. •

APPROXIMATELY
7,000
FAMILIES SERVED ANNUALLY

INFORMATION & REFERRALS PROVIDED: 4,819

PEOPLE TRAINED: 729

TRAINING SESSIONS: 63

PEER-TO-PEER SUPPORT: 3,748



11TH ANNUAL
ACTIVE FOR AUTISM
5K, FUN WALK & FAMILY FUN FEST
BENEFITING FAMILIES HELPING FAMILIES OF GREATER BATON ROUGE
At Pennington Biomedical Research Center

SAVE THE DATE
SATURDAY
MAY 2, 2020



2356 Drusilla Lane, Baton Rouge, LA 70809 | (225)216-7474 | www.fhfgbr.org



Family Testimonial

Our family has benefitted tremendously from the advocacy services of Families Helping Families of Greater Baton Rouge for the past 4 years.

As the parent of a child with multiple disabilities, navigating through the paperwork, IEP process, and current laws and changes of special education can be a difficult task.

We have had the pleasure of working with the support specialists and advocates on topics that we needed more information about and they have attended our son's yearly IEP meetings. The staff is always professional, caring, present, and available.

I would recommend using FHFGBR to any parent or caregiver of a child with a disability. The task of raising a child with a disability can be overwhelming and being able to call a staff member who is knowledgeable about the school process, community events, available services, and resources make life a little easier.

It also helps me to know that the people assisting me have lives that have also been touched by a family member or their own children with disabilities, which makes them more relatable too.

The connections that our family has with FHFGBR are lifelines for our son's progress and have allowed me to focus more on what is needed for him to be successful!

-Caitlyn A.



Shop Amazon & Support Families Helping Families of Greater Baton Rouge!

Register with Amazon Smile and every time you make eligible purchases, Amazon will donate 0.5% to FHFGBR!



COMPUTER

Go to smile.amazon.com

Login using your existing Amazon account or register for a new account.

Under “Pick your own charitable organization, search for **Families Helping Families of Greater Baton Rouge**.

Remember to buy your Amazon purchases through smile.amazon.com, not through the regular Amazon site.

Create a bookmark or add this to your favorites to create a shortcut.



IPHONE/DROID

Using Safari on iPhone/Droid, go to <https://smile.amazon.com>.

Search for **Families Helping Families of Greater Baton Rouge**.

Tap the “share” button

Tap the “Add to Home Screen” icon. You may need to swipe to the left to see this.

You will now have an Amazon Smile icon on your home screen which you can use exactly the same way you used the Amazon app.



DROID APP

Open your Amazon app.

Access your Settings.

Click on Amazon Smile.

Search for **Families Helping Families of Greater Baton Rouge**.

Follow the provided steps in the app, and you are set.



IDEA?

504?

Which one is right for your child?

Yes

No

The Individuals with Disabilities Education Act (IDEA) is a federal law enacted in 1990 and reauthorized in 1997 and 2004. It is designed to protect the rights of students with disabilities by ensuring that everyone receives a free appropriate public education (FAPE), regardless of ability. Furthermore, IDEA strives not only to grant equal access to students with disabilities, but also to provide additional special education services and procedural safeguards.



Special education services are individualized to meet the unique needs of students with disabilities and are provided in the least restrictive environment. Special education may include individual or small group instruction, curriculum or teaching modifications, assistive technology, transition services and other specialized services such as physical, occupational, and speech therapy. These services are provided in accordance with an Individualized Education Program (IEP), which is specifically tailored to the unique needs of each student.

IDEA also grants increased parental participation and protection for students.

Who qualifies?

Children between the ages of 3 and 21, who meet the eligibility criteria in one of thirteen qualifying disabilities and who require special education services because of the disability can qualify for services under IDEA. The categories of disabilities are; autism, deaf/blind, deafness, hearing impaired, mental retardation, multiple disabilities, orthopedic impairment, serious emotional disturbance, specific learning disabilities, speech or language impairment, traumatic brain injury, visual impairment including blindness, and other health impairment. To be eligible, a student must have a disability that adversely affects her or his educational performance and must need special education in

order to receive an appropriate education.

How can IDEA help my child?

Children who qualify under IDEA are provided with services and accommodations individualized to their needs. At its most basic IDEA entitles a child suspected of having a disability to a comprehensive evaluation by a multi-disciplinary team provided at no cost to parents. If the child is determined to need special education and related services an Individual Education Program (IEP) will be implemented based on the specific needs of the child as decided by the team, including parents.

Once covered under an IEP, students with disabilities are re-evaluated at least every three years and their IEP is reviewed whenever a change in placement occurs, which is often annually as transferring from grade to grade is considered a change in placement.

Additionally, students covered under IDEA are granted other protections and safeguards. Suspension for 10 cumulative days within the school year may result in a Manifestation Determination to decide if a link exists between the child's behavior and her or his disability. If a child covered under IDEA is suspended or expelled, she or he is still entitled to special education services. In the event that parents disagree with the

school's decision and request an impartial due process hearing, the "stay-put" provision will be enacted ensuring that the child remains in her or his current educational placement until administrative proceedings conclude. Exceptions include when the child brings a weapon or drugs to school or is determined to be a danger to her or himself or others.

What are my responsibilities as a parent?

As a parent you are in the best position to advocate for your child, and in order to do that you must be aware of what you can do to ensure that your child receives the services and accommodations she or he needs.

Responsibilities for Parents

1. Stay informed. Understand your child's diagnosis, how it impacts her or his education and what can be done at home to help.

2. Understand your child's IEP. If you have questions, do not be afraid to ask. If you still have questions, continue to ask until you completely understand the process, the IEP, and how this will help your child's education. Do not sign an IEP unless you understand and agree with the contents.

3. Speak with your child's teacher. Teachers often have similar concerns as parents and welcome the opportunity to discuss them.

4. Get it in writing. When possible obtain written documentation from teachers, administrators, or other professionals working with your child describing any behavioral or academic concerns they may have.

5. Know your rights.

6. Play an active role in preparing your child's IEP or Section 504 plan. Make suggestions, and speak up if you feel a goal, objective, or accommodation is not appropriate.

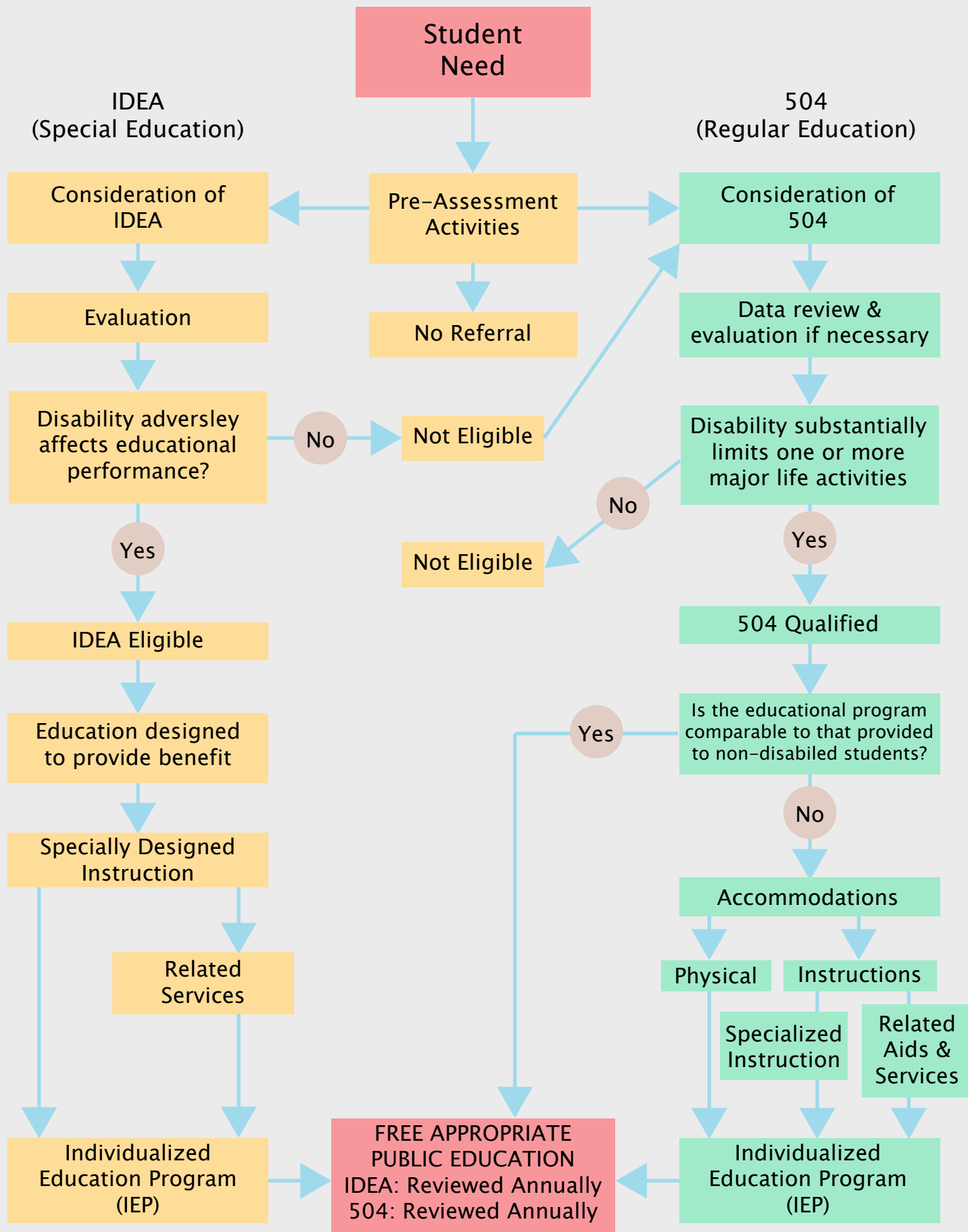
7. Keep careful records. This should include any written documentation you have obtained, communication between home and school, progress reports and evaluations. You should also keep a copy of any letter you send to the school. Keep these records well organized and in one place, they may be very useful.

8. Try to maintain a good working relationship with the school while being a strong advocate for your child.

9. Communicate any concerns you may have about your child's progress or IEP or 504 plan. Schedule meetings to ensure you and the school are on the same page. Find an unobtrusive way to communicate on a regular basis with your child's teachers, perhaps using a communication notebook.

10. Encourage your child everyday and devise a system to help with homework and other school projects.

Evaluation Flow Chart for IDEA/504





Sensory Santa & Rhythmataz

**A special event for
individuals with sensory
disorders, autism spectrum
disorder, and other
disabilities**

We at FHFGBR could not be more thrilled about this year's Sensory Santa event! This was our first time collaborating with BREC on the event and it was hosted at their North Sherwood Forest facility. There, the children were able to play on the indoor playground; they enjoyed Christmas movies in the theater, and decorated cookies with Mrs. Clause, all while they waited to visit with Santa. In addition to all of this, several of our community partners came out to give of their time making the event even more enjoyable by providing sensory friendly activities. We would like to thank CARD, GulfSouth Autism Center, Launch, AMC Theatres, Numotion, Beyond Gymnastics, The Knock Knock Museum, BREC, and MARK for all of the added fun that they provided.

Our FHFGBR table offered a fun bowling game where the children could win prizes, as well as a craft table where they could make a Christmas Tree or Gingerbread keepsake. It was so wonderful seeing all of the smiles on their faces.

We would also like to thank Pastor Kenny Kepper and the Berean Ministries, who generously donated toys so each individual was able to receive a gift after visiting with Santa.

We would like to offer a special thank you to Santa, Mrs. Clause, The Christmas Tree and the Gingerbread Man for making the trip from the North Pole, so they could spend time with our families helping to make it more magical for all. Due to the warm weather that we were experiencing, Frosty the snowman was unable to make the trip, but he did send his love!

To make this year's event extra special, we asked our Rhythmatz Musicians to perform at Sensory Santa. They did a remarkable job of showing off their skills and they made the event more fun and festive with their beautiful music. We are grateful to Ms. Mary Malloy and her helpers Ms. Gloria and Ms. Jackie for leading the classes and

for helping to make this year's holiday performance possible. We'd like to give a warm thank you to Ms. Mary, Ms. Gloria, Ms. Jackie and all of the amazing students for their wonderful performance.

We remain grateful to BREC, all of our volunteers, our vendors, friends, family and staff who all pulled together to make this such a wonderful event. Thank you for making Sensory Santa possible! What a great way to spend a Friday Night, making a difference in the lives of others!

Finally, we'd like to thank all of the families who came out to partake in this holiday fun! We appreciate the opportunity to serve you and we enjoyed spending time with all of you. After all, you are the reason we do what we do!

Merry Christmas Everyone! We are looking forward to more fun to come in the New Year!







[See the Full Album Here](#)



NOW HIRING

Region 2 Leader

Applications are currently being accepted for an Advocacy Team Leader to lead the LA Developmental Disabilities Council's grassroots advocacy network in the Greater Baton Rouge area:

Region 2 Advocacy Team Leader

- Part-time, flexible schedule (approximately 25 hours/week)
- Starting Pay: up to \$1,200/month
- Serving Ascension, East Baton Rouge, East Feliciana, Iberville, Point Coupee, West Baton Rouge, and West Feliciana Parishes
- Based out of Families Helping Families of Greater Baton Rouge

Leader Responsibilities

- Maintain personal knowledge-base on home and community-based services, employment, and education issues related to individuals with developmental disabilities.
- Recruit and develop relationships with advocacy members from within their region to keep them informed, encouraged, and engaged in advocacy.
- Develop relationships with local legislators and other key policymakers to educate them about the impact of policy decisions on individuals with developmental disabilities.
- Assist members in developing personal relationships with their policymakers and support them in sharing their story as it relates to advocacy issues.

Who Should Apply

Applicants should be an individual with a developmental disability or a parent/family member of someone with a developmental disability and be a resident of the region for which they are applying.

Applicants should also have:

- effective verbal and written communication skills
- strong organizational and presentation skills
- proficiency in Microsoft Word and Excel
- basic knowledge of the developmental disabilities service delivery system and educational supports and services for children with disabilities
- reliable transportation (travel required for meetings)
- an unwavering belief that ALL people with disabilities, regardless of the severity of the disability, can and should live in their own home in the community with appropriate supports and be included in school, work and all other facets of community life
- an unwavering belief that people with disabilities should not be segregated

NOW HIRING



Region 2 Leader

Preference will be given to applicants who:

- have been an active member of the Council's grassroots advocacy network
- experience working/advocating with the legislature

How to Apply

Submit ALL of the following information to Susan Riehn, Families Helping Families of Southwest LA Executive Director at smriehn@fhfswla.org:

- resume
- cover letter (This letter should include why you are interested in this opportunity, any previous involvement in advocacy, and why you feel you would be the best candidate)
- three professional references

Please direct questions to Susan Riehn at 1-800-894-6558 or at the email address listed above.

Contact LaDDC

LaCAN is an initiative of the LA Developmental Disabilities Council. If there are any questions about the information in this email, contact the Council by replying to this email, or calling the toll free number listed below:

phone: 1-800-450-8108

email: info@laddc.org

website: www.laddc.org

facebook: www.facebook.com/LaDDCouncil

twitter: www.twitter.com/LaDDCouncil



**Louisiana Developmental
Disabilities Council**

Click [HERE](#) to view all recent LaCAN Alerts.

See the Original Here



LaCAN

LA COUNCIL'S ADVOCACY NETWORK

UPDATES

On Wednesday, December 11, 2019, the Louisiana Developmental Disabilities Council (LaDDC) recently release the [revised Legislative Agenda for 2020](#). Following the release of the [LaDDC News on December 4, 2019](#), concerns were expressed to Council Executive Committee members of the removal of increasing provider rates for in-home skilled nursing from the Council's 2020 Advocacy Agenda.

When the Council selected increasing in-home skilled nursing rates for its 2020 Advocacy Agenda, there was a class action lawsuit pending against the Louisiana Department of Health (LDH) related to children not receiving the level of in-home skilled nursing services they needed and were approved for. In October, the Council's Executive Committee determined this item would remain on the Council's Advocacy Agenda unless a settlement agreement was reached. The Council was recently notified a settlement agreement had been reached, causing the item to be removed from the Council's 2020 Advocacy Agenda. After listening to the concerns of parents over the removal of this item, the Council's Executive Committee voted to add increasing rates of in-home skilled nursing through Early and Periodic Screening, Diagnostic and Treatment (EPSDT) and waivers back to the Council's Advocacy Agenda regardless of the settlement agreement. Additional information on the specifics of the settlement agreement will be released via LaDDC News and the Council's social media once available.

Contact LaDDC

LaDDC News is the electronic newsletter for the LA Developmental Disabilities Council. If there are any questions about the information above, contact the Council by replying to this email, or calling the toll free number listed below:

phone: 1-800-450-8108

email: info@laddc.org

website: www.laddc.org

facebook: www.facebook.com/LaDDCouncil

twitter: www.twitter.com/LaDDCouncil

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Louisiana Developmental
Disabilities Council

AGENDA ITEMS

Increase Funding for the Families Helping Families Regional Resource Centers

WHAT CAN LEGISLATORS DO? Appropriate an additional \$500,000 in State General Funds (SGF) to the DD Council's budget so Families Helping Families (FHF) Centers throughout the state can continue to provide vital services to individuals with disabilities and their families.

WHY DO THIS? Every DD Council state dollar goes directly to FHF Centers. Without additional funding, FHF Centers will continue struggling to maintain their current level of service and possibly jeopardize some FHF Centers' ability to remain open.

FHF Centers are family-directed with a majority of Center staff being parents or family members of children with disabilities or individuals with disabilities. FHF Centers share experiences and information from someone "who has been there."

The information, referral, trainings, and peer support provided by FHF Centers are not replicated by ANY other organization in the state, leaving families nowhere else to turn, particularly while waiting for other services.

FY19 Impact of FHF Centers*

- **FHF Centers are the ONLY "one-stop shops" in Louisiana providing support to ALL individuals with disabilities and their families.**
- **Over 34,400 contacts were made to local FHF Centers from individuals, families, and professionals who sought and received help.**
- **6,194 individuals attended 347 trainings on various disability related topics**
- **Over 4,950 referrals to services provided**
- **24,465 peer-to-peer support connections made**

**Based on data collected from nine FHF Centers receiving funding from the DD Council.*

[See the Original Here](#)



Require Cameras in Special Education Classrooms Upon Request

WHAT CAN LEGISLATORS DO? Require school systems to install cameras in special education classrooms if requested. \$7.8 million is needed to cover the cost of the installation of cameras.

WHY DO THIS? Students with disabilities, particularly students who are non-verbal, are at greater risk of abuse and do not have the communication skills to self-report this abuse.

Parents want peace of mind their children are being treated with dignity and care behind closed doors of self-contained special education classrooms.

Video and audio surveillance increases student safety, protects educators from false accusations, and promotes improved training to address student challenging behavior.

Video surveillance within self-contained classrooms should not be used to increase the removal of students with disabilities from school. Suspension is not an intervention.

KNOW THE FACTS

- Two states recently passed laws requiring video and audio surveillance of special education settings upon request:
 - Texas: 29.022
 - Georgia: 20-2-324.2
- Louisiana schools already use cameras in classes for testing surveillance and monitoring halls.
- Student reporting of incidents in self-contained special education classrooms is limited due to students who are non-verbal and/or have limited communication skills.
- Students with disabilities receive out-of-school suspensions thirty percent more often than students without disabilities.

[See the Original Here](#)

Increase Home & Community-Based Provider Rates (HCBS)

WHAT CAN LEGISLATORS DO? Appropriate additional State General Funds to increase home and community-based provider rates for people with developmental disabilities and those who are aging or have adult-onset disabilities.

WHY DO THIS? The rates paid to providers is not sufficient to pay their staff a living wage after covering training, supervision and other administrative costs. The low pay and often challenging work has resulted in a severe shortage of direct support professionals, and individuals receiving services are paying the price. Individuals struggle to find providers and workers willing to provide the services they need due to these low rates, and some providers have been forced to make difficult decisions like discharging people because they could no longer afford to serve them.

By increasing the rates, providers will be able to hire and retain a sufficient workforce to meet the needs of individuals currently receiving home and community-based services. These services are more cost effective than institutional settings and afford individuals with disabilities a better quality of life in their own homes or with their families.

KNOW THE FACTS

- Rates are at 2008 levels while the cost to serve individuals has continued to increase.
- Home and community-based services are essential to keeping individuals with disabilities healthy and in their own homes and communities.
- Providers are not able to offer Direct Support Professionals (DSPs) a living and competitive wage creating a work force crisis.

[See the Original Here](#)

Fully Fund State Personal Assistance Services (SPAS)

WHAT CAN LEGISLATORS DO? Appropriate an additional \$600,000 in State General Funds (SGF) to the State Personal Assistance Services* (SPAS) program for FY21 to serve all individuals on the program's waiting list.

WHY DO THIS? SPAS enables adults with significant disabilities to literally get out of bed, eat, bathe, get dressed, go to work, live in their own homes, and be fully participating members of their communities.

Many individuals served by the program are employed full time and their earned income disqualifies them for a Medicaid waiver. SPAS enables them to maintain their employment and contribute to the economy.

Services are tailored to meet individual needs; 96% of current recipients receive personal care services.** Relative to institutionalization SPAS is:

- More cost effective and
- Results in better quality of life outcomes.

KNOW THE FACTS

- **SPAS serves adults with significant disabilities who don't qualify for services from other programs or those programs are insufficient to meet their needs.**
- **Average cost per person receiving SPAS is about \$22,000 per year compared to \$50,000 or more in a nursing home.*****
- **Federal match (LINCCA) is used in this program.**
- **69 individuals on the waiting list.**

*SPAS is administered by the Office of Aging and Adult Services, and services are provided by the Arc of LA.

**[Based on Arc of LA's quarterly report submitted to the Council's Act 378 Subcommittee in October 2019](#)

***Based on Arc of LA's SPAS fact sheet

See the Original Here



Leslie Rose
(Photography by
Collin Richie)

LESLIE ROSE & “THE PICTURE OF HEALTH”

By Jeff Roedel

One hundred Facebook comments can mean the end of friendships or the beginning of an expansive art project. In writer Leslie Rose’s case, she’d been suffering symptoms like severe fatigue and muscle cramps, even a stretch of three weeks of complete immobility, from what turned out to be fibromyalgia. That’s when a well-intentioned friend told the 36-year-old, “But you look fine.”

“I remember thinking, ‘I didn’t say I was ugly. I said I was in pain,’” Rose recalls.

Rose felt unheard and misunderstood. The seemingly well-meaning remark really hurt. So she took to the social

media platform with a simple request: If you are suffering from an invisible illness, post a selfie, and nothing else.

The response was overwhelming, and soon “The Picture of Health” was born with a photo exhibit event at [The Healthcare Gallery](#).

Rose, who works in public relations at [Baton Rouge Community College](#) and is the founder of CreActiv, has loved photography since she was 7, and so she began taking portraits of anyone who wanted to participate. The project is open to new subjects through May 2020.

Rose gives grace and patience to those who engage with her camera. How much or how little they reveal to the camera or to her is completely their choice. Some display their extensive arrays of medication bottles. Some smile boldly.

Though the Xavier alumna is a veteran journalist, "The Picture of Health" is less an investigative dig into the lives of those in pain and more a therapeutic platform for silent sufferers to share and connect with others who can learn to be more empathetic to those with invisible illnesses.

"My natural inclination is to ask, 'What can I write about this?' but it felt apparent that a simple portrait and a quote from each person was the best way to go," Rose says. "So I'm

not telling anyone's story or being anyone's voice. This is about enabling people to share their own stories."

And if Rose had never been diagnosed with fibromyalgia? She might never have understood the need for such a dialogue.

There's a saying in the spoken-word poetry culture, with which she and her poet husband Donney are integrally involved in Baton Rouge, that comes to mind for Rose when she thinks of the communal creative project that bloomed this year from the soil of her illness.

Like a commanding poetry performance pouring from a stage, the words strike at the heart of what it means to be

inspired in the arts, and the place in which Rose has allowed her new creative path to thrive.

"You often hear, 'You're either spoken to or spoken through,'" Rose says. "And this is absolutely a project where I feel like I'm being spoken through. 'The Picture of Health' is going to do what it's going to do. I'm only the messenger."

Find Leslie Rose [@picofhealthbr](https://www.instagram.com/picofhealthbr) on Instagram, or online at creativllc.webs.com.

"There are always challenging days, but knowing your why is your motivating factor and something you can always fall back on," Rose says.

[This story originally appeared on Baton Rouge Business Report. Reprinted with permission.](#)



Continuing Your Education?

Hamilton Relay® \$500 Scholarship Available for High School Seniors

The Hamilton Relay Scholarship opportunity is available to high school seniors who are deaf, hard of hearing, deaf-blind or have difficulty speaking.

Hamilton Relay selects a recipient within each of the states where Hamilton is the contracted Telecommunications Relay Service and/or Captioned Telephone service provider. This opportunity is one of several ways the company gives back to the communities it serves.

About Hamilton Relay

Hamilton Relay provides contracted Traditional Relay and Captioned Telephone services through state contracts, and is a provider of Internet-based Captioned Telephone services nationwide. More information is available at www.HamiltonRelay.com.

To apply, visit www.HamiltonRelay.com today!



"Hamilton is honored to have the opportunity to assist in furthering our award recipients' education. We take great pride in recognizing outstanding leadership and wish all applicants success in reaching their personal and professional goals."

*– Dixie Ziegler,
Vice President of Hamilton Relay*

Customer Care: 800.618.4781 (Voice/TTY) • 402.694.5110 (Fax)
info@hamiltonrelay.com • www.HamiltonRelay.com

11TH ANNUAL ACTIVE FOR AUTISM

5K RUN, FUN WALK & FAMILY FUN FEST

BENEFITING FAMILIES HELPING FAMILIES OF GREATER BATON ROUGE

FHFGBR.ORG



AFA EVENT DATE: SATURDAY, MAY 2, 2020

Active for Autism is celebrating 11 years! Help make it the best yet! Volunteers on the Planning Committee are an important part of the success of every AFA. Volunteers will be assigned to sub-committees. Conference call number is available if you can't make every meeting. *Do you have leadership skills? You could be a great fit for Committee Chairperson.*

Interested in being a part of the Planning Committee Team?

Contact Teresa Harlan:

📞 (225)216-7474 ✉️ THARLAN@FHFGBR.ORG



• It's who we are. It's what we do. •

PLANNING COMMITTEE SCHEDULE:

| | | |
|------------------|------------------|----------------------------|
| 11/6 Wed. 6-7PM | 1/21 Tues. 6-7PM | 3/31 Tues. 6-7PM |
| 12/3 Tues. 6-7PM | 2/11 Tues. 6-7PM | 4/14 Tues. 6-7PM* |
| 1/7 Tues. 6-7PM | 2/26 Wed. 6-7PM | *Walkthrough at Pennington |
| | 3/3 Tues. 6-7PM | 4/28 Tues. 6-7PM |

Conference Call Number: (605)313-4819 / Access Number: 546755#

ALL MEETINGS ARE HELD AT FHFGBR: 2356 DRUSILLA LANE, BATON ROUGE, LA 70809

11TH ANNUAL

ACTIVE FOR AUTISM

FHFGBR.ORG

5K, FUN WALK & FAMILY FUN FEST

BENEFITING FAMILIES HELPING FAMILIES OF GREATER BATON ROUGE

Families
Helping
Families
of Greater Baton Rouge

• It's who we are. It's what we do. •



2
MAY

SATURDAY
2020

LOCATION:

Pennington Biomedical Research Center
6400 Perkins Rd.
Baton Rouge, LA 70808

8:00AM TO 11:30AM



2020 sunshine social



.....calendar

Through a partnership with Families Helping Families of Greater Baton Rouge, BREC is able to offer themed, monthly socials for adults with cognitive and developmental disabilities and their friends and family.

jan. 17



A NIGHT IN TIME SQUARE

RING IN THE NEW YEAR WITH SNAZZY GEAR

feb. 21



MAD HATTERS TEA PARTY

HAVE TEA ON YOUR UNBIRTHDAY IN WONDERLAND!

march 20



A SEUSS CELEBRATION

IT'S DR. SEUSS' BIRTHDAY.
DRESS LIKE YOUR FAVORITE CHARACTER

April 17



GARDEN PARTY

COME DRESSED TO
CELEBRATE SPRING!

May 15



PROM: BE OUR GUEST

BE OUR GUEST AT THIS ENCHANTED CELEBRATION

Aug. 21



GO FOR THE GOLD

CELEBRATE TEAM USA
AT THE OLYMPICS - SPORTS GEAR!

sept. 18



SAFARI SUNSET

DRESS WILD AND READY FOR A SAFARI!

Oct. 16



A NIGHT AT HOGWARTS

REPRESENT YOUR HOGWARTS HOUSE AT A MAGICAL NIGHT!

NOV. 20



FALL FEST

IT'S FALL Y'ALL!

Dec. 18



FROZEN WONDERLAND

JOIN OLAF IN HIS AMAZING FROZEN WONDERLAND

Disc jockey DINNER PRIZES SOCIALIZATION and FUN!

(225) 272-9200

brec.org/adaptive

molly.orr@brec.org

MILTON J. WOMACK PARK

6201 Florida Blvd. /// Every Third Friday /// 6-9 p.m.

Ages: 16+ with disabilities

\$5 donation supports this program, including supplies and door prizes each month

WHAT'S GOING ON AT FHFGBR?

"Tigers for Autism Awareness" present... Friday Night Out!

For teens and young adults ages 12-20+



Friday Night Out is a fun social gathering where LSU students spend quality time with teens and adults with special needs!



*****ADVANCE REGISTRATION IS REQUIRED*****

Email autismawarenesslsu@gmail.com or call

Families Helping Families at (225)-216-7474 for Registration info!

Please join us from
6 PM – 9 PM on the
following Fridays –

02/07/20
03/06/20
04/03/20

LSU Women's Center
Veterans Drive
5 Union Square
Baton Rouge, LA 70803
(225) 578-1714



IMPORTANT INFORMATION:

Adult supervision will be present, but if your child is under 18, a parent or guardian must be present at all times

Our volunteers are not trained to manage severe behaviors.
NO ADMISSION AT THE DOOR without PRE-REGISTRATION:
autismawarenesslsu@gmail.com. Space is limited!

EarlySteps

Families Helping Families of Greater Baton Rouge

Transitioning from Part C to Part B

Preparing Families for the next step as your child ages out of EarlySteps



Presenter:

Diane G. Pitts

EarlySteps Community Outreach Specialist

This workshop will provide information on:

Options and available resources
Understanding the IEP Process
OCDD/CAHS (The Waiver Registry)

Date: Thursday, January 23, 2020

Time: 10:00AM – 12:00PM

Where: Families Helping Families
2356 Drusilla Lane
Baton Rouge, LA 70809

To register, contact Diane G. Pitts at (225)216-7474 or dpitts@fhfgr.org
Light refreshments will be served and door prizes will be given away



This workshop is funded through a contract with OCDD.



Parents, guardians, self-advocates, and family members of individuals with autism and related disorders are invited to come and meet others walking in your shoes. We will share support, resources, compassion, and empathy. Light refreshments will be served.

Tuesday, January 14, 2020

6:00 PM - 7:30 PM

REGISTER: <https://conta.cc/346tbGz>

Tuesday, February 18, 2020

6:00 PM - 7:30 PM

REGISTER: <https://conta.cc/38q3bJD>

Tuesday, March 17, 2020

6:00 PM - 7:30 PM

REGISTER: <https://conta.cc/36pej7X>

Tuesday, April 21, 2020

6:00 PM - 7:30 PM

REGISTER: <https://conta.cc/2E2fSwv>

Tuesday, May 19, 2020

6:00 PM - 7:30 PM

REGISTER: <https://conta.cc/35msjPu>

Where

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

Contact

Call Kara Shupe at (225)216-7474
or email kshupe@fhfgr.org

This is a FREE support group made possible through proceeds from the Active for Autism 5K Run, Fun Walk & Family Fun Fest.



FREE CALL-IN SUPPORT NETWORK



Are you a parent/caregiver with behavioral health concerns for your child or youth? These networking meetings will provide parents/caregivers across the state an opportunity to gather and share information and resources related to behavioral health services, and to increase their support networks. In addition to seeking solutions for concerns, participants will be able to share any successful experiences or barriers they may be experiencing.

PARTICIPATING FHFG CENTERS:

- Families Helping Families of New Orleans: fhfneworleans.org
- Families Helping Families of Greater Baton Rouge: fhfgr.org
- Bayou Land Families Helping Families: blfhf.org
- Families Helping Families of Acadiana: fhfacadiana.org
- Families Helping Families at the Crossroads of LA: familieshelpingfamilies.net
- Families Helping Families of Southwest Louisiana: fhfswla.org
- Families Helping Families of Region VII: fhfregion7.com
- Families Helping Families of Northeast Louisiana: fhfnela.org
- Northshore Families Helping Families: fhfnorthshore.org



CONFERENCE CALL INFO:

Phone Number: (605)313-4819
Access Number: 546755#

JOIN US:

Tuesday, January 14th
10:00 AM
-
Tuesday, February 4th
10:00 AM
-
Tuesday, March 3rd
10:00 AM
-
Wednesday, April 13th
10:00 AM
-
Tuesday, May 5th
10:00 AM
-
Tuesday, June 2nd
10:00 AM

(225)216-7474


FHFGBR.ORG

INFO@FHFGBR.ORG



FUNDING FOR WORKSHOPS PROVIDED BY A CONTRACT WITH
THE LOUISIANA DEPARTMENT OF HEALTH OFFICE OF
BEHAVIORAL HEALTH

WHAT'S GOING ON AT FHFGGBR?



UNDERSTANDING THE OPIOID EPIDEMIC:

A Families Helping Families Forum

We invite you to join us for parent impactful testimonials of their children's struggles with opioid addiction as well as hear from local and statewide agencies offering resources and support relating to substance abuse. The Louisiana Office of Behavioral Health will provide additional information on the opioid epidemic and the impact on families, communities, providers, and faith-based groups.


Register at one of these FREE workshops near you:

| | | |
|--|--|---|
| BATON ROUGE Tuesday January 21, 2020 https://conta.cc/34N7Pz9 | MONROE Tuesday February 18, 2020 https://conta.cc/2Pd4ov6 | LAKE CHARLES Tuesday March 17, 2020 https://conta.cc/35Zu5WY |
| ALEXANDRIA Tuesday March 31, 2020 https://conta.cc/35XUIAT | COVINGTON Tuesday April 7, 2020 https://conta.cc/2DFnd4R | BOGALUSA Tuesday April 14, 2020 https://conta.cc/2YeNbFD |

See the back of this flyer for additional information on locations and agenda.

Meetings are coordinated by FHFGGBR. Call Deatra Peoples at (225)216-7474 or email dpeoples@fhfgr.org with questions with registration or for assistance.

- Families Helping Families of Greater Baton Rouge
- Louisiana Dept. of Health, Northeast Regional Office
- Louisiana Office of Behavioral Health
- Louisiana Dept. of Health Rapides Parish Office
- Capital Area Human Services
- Florida Parishes Human Services Authority
- Imperial Calcasieu Human Services Authority
- ADAPT, Inc.



Funding for workshops provided by a contract with the Louisiana Department of Health Office of Behavioral Health

AGENDA

9:30 AM - 9:45 AM
Welcome & Introductions: FHF

9:45 AM - 10:15 AM
Families Helping Families: *Who We Are & What We Do*

10:15 AM - 11:15 AM
Office of Behavioral Health Presentation:
Understanding the Opioid Epidemic

11:15 AM - 11:45 AM
• Break/Refreshments
• Narcan demonstrations, local resource information, etc.

11:45 AM - 12:15 PM
Opioid Epidemic: *A Family's Testimony*
Memorial Wall Video, April Gomez & Daria Vinning

12:15 PM - 12:30 PM
Local Representative Remarks: (Legislature, LGE, OPH)
Wrap-up & Closing comments: FHF

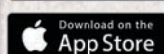
| | |
|--|--|
| BATON ROUGE • Tuesday, January 21, 2020 Capital Area Human Services (CAHS) 4615 Government Street, Baton Rouge, LA 70806 REGISTER: https://conta.cc/34N7Pz9 | MONROE • Tuesday, February 18, 2020 LA Dept. of Health - Northeast Regional Office Ouachita Parish Public Health Unit 1650 Desiard Street, Monroe, LA 71211 REGISTER: https://conta.cc/2Pd4ov6 |
| LAKE CHARLES • Tuesday, March 17, 2020 Calcasieu Parish Central Library 301 West Claude Street, Lake Charles, LA 70605 REGISTER: https://conta.cc/35Zu5WY | ALEXANDRIA • Tuesday, March 31, 2020 LA Dept. of Health - Region VI Westside Regional Library 5416 Province Place, Alexandria, LA 71303 REGISTER: https://conta.cc/35XUIAT |
| COVINGTON • Tuesday, April 7, 2020 North Shore Pastoral Center of the Archdiocese 4465 Hwy. 190 East Service Road, Covington, LA 70433 REGISTER: https://conta.cc/2DFnd4R | BOGALUSA • Tuesday, April 14, 2020 American Legion 63349 LA-10, Bogalusa, LA 70427 REGISTER: https://conta.cc/2YeNbFD |

Meetings are coordinated by FHFGGBR. Call Deatra Peoples at (225)216-7474 or email dpeoples@fhfgr.org with questions with registration or for assistance.

Try CDC's FREE Milestone Tracker app today...

Because milestones matter!

-  Illustrated milestone checklists for 2 months through 5 years
-  Summary of your child's milestones to share
-  Activities to help your child's development
-  Tips for what to do if you become concerned
-  Reminders for appointments and developmental screening



cdc.gov/MilestoneTracker



Now available in Spanish!

JAVA - with - JAMIE



Join Jamie LIVE!

Can't make it to FHFGBR? That's ok! Grab a cup of coffee or your favorite morning pick-me-up and tune in! Jamie will be answering your questions and talk about what FHFGBR has to offer families LIVE on Facebook!

Tuesday, January 7, 2020

8:30 AM - 10:00 AM

Tuesday, February 11, 2020

8:30 AM - 10:00 AM

Tuesday, March 24, 2020

8:30 AM - 10:00 AM

Tell me and I forget.
Teach me and I remember.
Involve me and I learn.
Benjamin Franklin

CALENDAR

JANUARY

Tuesday, January 7
8:30 AM - 9:30 AM

Java with
Jamie

Facebook LIVE
FHFGBR
2356 Drusilla LN

Thursday, January 9
1:00 PM - 3:00 PM

State Interagency Coordinating
Council (SICC) MEETING

Claiborne Building
1201 North Third Street
LA Purchase Room

Tuesday, January 14
10:00 AM - 11:00 AM

Parents/Caregivers
Networking Meeting

Conference Call:
(605)313-4819
Access #: 546755#

Tuesday, January 14
6:00 PM - 7:30 PM

Helping Hands
Support Group

FHFGBR
2356 Drusilla LN

Friday, January 17
6:00 PM-9:00 PM

SUNSHINE SOCIAL:
A Night in Time Square

Milton J. Womack Park
6201 Florida BLVD

Thursday, January 23
10:00 AM - 12:00 PM

EarlySteps
Transitioning from
Part C to Part B

FHFGBR
2356 Drusilla LN

Monday, January 20
ALL DAY

OFFICE CLOSURE:
Martin Luther King, Jr. Day

FHFGBR
2356 Drusilla LN

STAY UPDATED!

Text FHFGBR to 22828 or call the FHFGBR office to be added to our weekly eblast list

Check out our event calendar on our website at www.fhfgbr.org

Follow us on Facebook for constant updates on events & news

Come by the office to see us & learn more!

CALENDAR

FEBRUARY

| | | |
|--|--|---|
| Friday, February 7 6:00 PM - 9:00 PM | <u>Friday Night Out</u> | LSU Women's Center Veterans Drive 5 Union Square |
| Tuesday, February 4 10:00 AM - 11:00AM | <u>Parents/Caregivers Networking Meeting</u> | Conference Call: (605)313-4819 Access #: 546755# |
| Thursday, February 6 10:00 AM - 12:00 PM | <u>Understanding the Diagnosis</u> | Families Helping Families Region 7 215 Bobbie St. Ste. 100 Bossier City, LA |
| Tuesday, February 11 8:30 AM - 9:30 AM | <u>Java with Jamie</u> | Facebook LIVE FHFGBR 2356 Drusilla LN |
| Tuesday, February 18 6:00 PM - 7:30 PM | <u>Helping Hands Support Group</u> | FHFGBR 2356 Drusilla LN |
| Friday, February 21 6:00 PM-9:00 PM | <u>SUNSHINE SOCIAL: Mad Hatters Tea Pary</u> | Milton J. Womack Park 6201 Florida BLVD |
| Monday, February 24 - Tuesday, February 25 All Day | <u>OFFICE CLOSURE: Mardi Gras</u> | FHFGBR 2356 Drusilla LN |

MARCH

| | | |
|---|--|--|
| Tuesday, March 3 10:00 AM - 11:00 AM | <u>Parents/Caregivers Networking Meeting</u> | Conference Call: (605)313-4819 Access #: 546755# |
| Friday, March 6 6:00 PM - 9:00 PM | <u>Friday Night Out</u> | LSU Women's Center Veterans Drive 5 Union Square |
| Tuesday, March 17 6:00 PM - 7:30 PM | <u>Helping Hands Support Group</u> | FHFGBR 2356 Drusilla LN |
| Friday, March 20 6:00 PM - 9:00 PM | <u>Sunshine Social: A Seuss Celebration</u> | Milton J. Womack Park 6201 Florida Blvd. |
| Tuesday, March 24 8:30 AM - 9:30 AM | <u>Java with Jamie</u> | Facebook LIVE FHFGBR 2356 Drusilla LN |
| Thursday, March 26 1:00 PM - 3:00 PM | <u>RICC Meeting</u> | CAHS 4615 Government ST Bldg. 2, Room 200 |



• It's who we are. It's what we do. •

OFFICE CLOSURES

Monday, January 20, 2020
Martin Luther King, Jr. Day

Monday, February 24, 2020 - Tuesday, February 25, 2020
Mardi Gras

“It's who we are. It's what we do.”

FHFGBR receives partial funding from the Louisiana Developmental Disabilities Council, Capital Area Human Services, Louisiana Department of Education, and the Louisiana Department of Health Office of Behavioral Health as well as generous donations from families and our community.

FHFGBR does not endorse or promote any legislation, insitutions, individuals, or methods of treatment or therapy.

Contact Us:

225-216-7474 • fhfgbr.org • info@fhfgbr.org • 2356 Drusilla Lane, Baton Rouge, LA 70809

Connect:

Text FHFGBR to 22828 to join our email list

