



# **FAMILY TO FAMILY**

Connecting Families in Community

Because  
Few Things are Stronger  
or More Supportive than  
**FAMILY TO FAMILY** Support

## Services Offered to Families in Need of Support

Parent Liaisons & Parent Mentors

Parents' Listserv on Yahoo!®

Family Involvement Fund

Family To Family Outreach

- *First Words* Online Newsletter
- Family To Family Website
- Family Training Series





- ▶ Did you ever want to talk with another parent who has gone through First Steps?
- ▶ Did you ever want to talk with another parent who has a child with a disability?
- ▶ Do you have questions about the resources that may be available for your child and family?

The Family-To-Family program provides services to families in a variety of ways!

Parent Liaisons & Parent Mentors

Parents' Listserv on Yahoo!®

Family Involvement Fund

Family To Family Outreach

- *First Words* Online Newsletter
- Family To Family Website
- Family Training Series

To connect with another family, contact us at

1.800.964.4746

[familynetw@abouthealthkids.org](mailto:familynetw@abouthealthkids.org)

[www.INF2F.org](http://www.INF2F.org)

Family-To-Family is a project of the Indiana University, Indiana Institute on Disability and Community, Early Childhood Center and About Special Kids (ASK).

Funding is provided by the Indiana Family & Social Services Administration, Division of Disability & Rehabilitative Services, First Steps Early Intervention System.

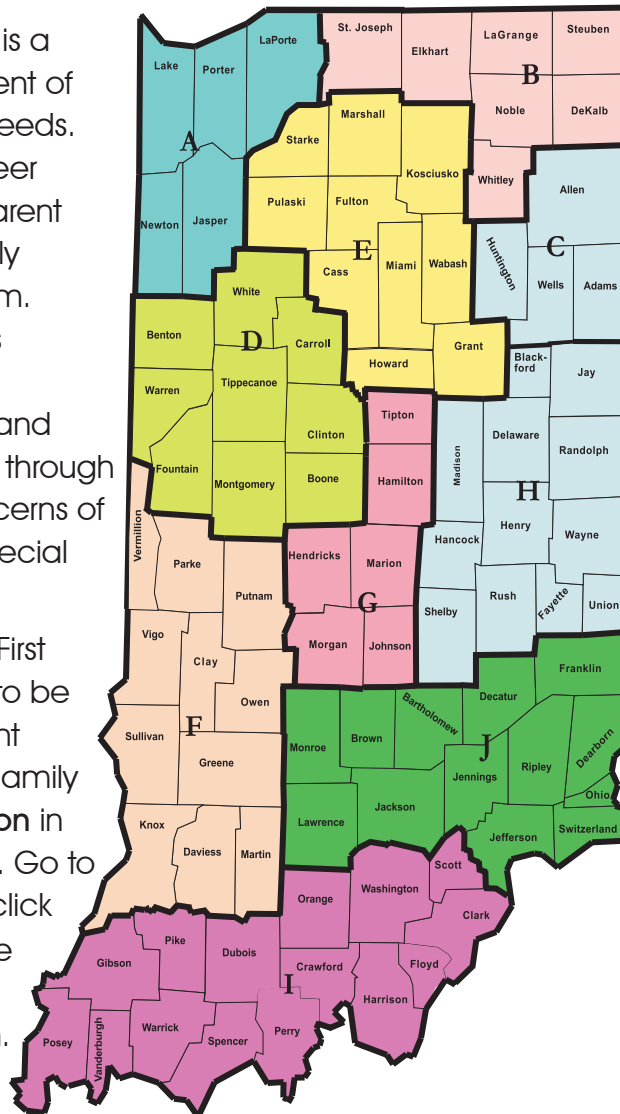


## Parent Liaisons & Parent Mentors

**Parent Liaisons** are parents of children with special needs who work for About Special Kids (ASK) and who reside within the First Steps Clusters they serve. They have an extensive amount of resource materials to share about health insurance, special education law, community resources, trainings, and support organizations.

The **Parent Mentor** is a trained volunteer parent of a child with special needs. Parent Mentors give peer support to another parent whose child is currently in the First Steps system. Peer support includes encouragement and empathetic sharing, and helping a family work through the feelings and concerns of raising a child with special needs.

If you are currently in First Steps and would like to be matched with a Parent Mentor, contact the Family to Family **Parent Liaison** in your First Steps cluster. Go to [www.inf2f.org](http://www.inf2f.org) and click on **Services** to find the contact information for your Parent Liaison.



## Parents' Listserv on Yahoo!®

The **INF2FParents Listserv** is for all families of children with disabilities or special needs who are interested in networking with other families. The INF2FParents listserv is a forum to exchange information and resources that will help build the knowledge base and leadership skills of other Indiana families. Common topics include transition, therapies, IEPs, diets, surgeries, coping, and general family-to-family support and encouragement. Over 500 members!

To join, email [inf2fparents-subscribe@yahoogroups.com](mailto:inf2fparents-subscribe@yahoogroups.com). You will receive an email response with further instructions about how to register on the Yahoo site and begin receiving and posting messages. For questions or assistance, contact Early Childhood Center at [fif@indiana.edu](mailto:fif@indiana.edu) or **1-800-825-4733**.

## Family Involvement Fund

The **Family Involvement Fund (FIF)** provides financial reimbursement for family members of children with disabilities to increase knowledge and understanding of their child's disability and/or the systems that provide services. This may include attending conferences and workshops, seminars, public forums and hearings, task force meetings, online trainings, teleconferences, etc. The FIF also provides financial reimbursement for the purchase of approved print materials and electronic media such as CDs, DVDs, and videos. Separate funding within the FIF is available for parents who are asked to participate as members of their Local Planning and Coordinating Council (LPCC), its committees and sponsored activities, Transition Local Learning Opportunities (LLO), or other requested committee participation.

Please visit the Family To Family website to learn more about the Family Involvement Fund and apply online! <http://www.inf2f.org>.

If you have questions or need assistance, contact Early Childhood Center at [fif@indiana.edu](mailto:fif@indiana.edu) or **1-800-825-4733**.



## Family To Family Outreach

### *First Words* Online Newsletter

*First Words* is published bimonthly at <http://www.inf2f.org> and contains short articles of interest to parents, featured resources, upcoming trainings and conferences, Cluster highlights, and other news items. To subscribe to our online newsletter, please email [fif@indiana.edu](mailto:fif@indiana.edu), subject: **FIRST WORDS SUBSCRIBE**

### Family To Family Website

Family To Family offers a website with more information about our program, fact sheets and other written information, notice of upcoming trainings, access to our online newsletter, *First Words*, links to our listserv, the Family Involvement Fund and online application, information about Parent Liaisons and Parent Mentors, and more! Come visit us at <http://www.inf2f.org>.

### Family Training Series

Topics requested and selected by parents are available as free face-to-face events scheduled for multiple dates, times, and locations, including a webcast option. The 2008 series is listed below, and the interactive, narrated presentations are posted on the Family To Family website:

<http://www.inf2f.org/F2Fresources2.htm>.

The topics presented for 2008 currently available online are:

- ▶ An Introduction to Special Education
- ▶ Turning 3 - Ready, Set, Transition
- ▶ Locating and Navigating Community Resources
- ▶ Medicaid Waivers: What You Need to Know
- ▶ Behavior as Communication: What is My Child Saying?

Turn the page for the five 2009 topic descriptions, times, locations, and speakers. (2009 sessions will be available online at the end of the series at <http://www.inf2f.org/>)

**The sessions are free, however, you must register!**

## Training Series for 2009

There is no cost for attending, but you need to register for the session/s. There are three easy ways to register:

1. **Online** [www.inf2f.org/F2Fevents-train09.htm](http://www.inf2f.org/F2Fevents-train09.htm)
2. **E-mail** [fif@indiana.edu](mailto:fif@indiana.edu). Subject: F2F training
3. **Call** the Early Childhood Center at 1-800-825-4733

**ALL Location times are LOCAL TIME.**  
**Webcasts are EASTERN TIME.**

### Strengthening Your Relationships When You have a Child with Special Needs

Once a child has been diagnosed with a disability it is difficult for parents to think about what to do next. How do you share the news with friends and family? What do you tell them? How does this affect siblings? Learn about ways to nurture strong relationships with your spouse, other family members, and your friends. This presentation will help you to sort out some of the difficult first steps and help you build stronger relationships with important people in your life.

**Julie Ramisch**, M.S. received her master's degree in Marriage and Family Therapy from Purdue University Calumet in 2008. She is currently working on her Ph.D. in Marriage and Family Therapy from Michigan State University in East Lansing. Julie provides counseling to families that have children with disabilities, as well as adults with disabilities, and is establishing a private practice in Lansing, MI to continue to help families.

### January 9, 9-11a Cluster B

Logan Center  
2505 E. Jefferson Boulevard  
South Bend, IN 46615

### January 24, 10a-12p Cluster A

Lake County Public Library  
Meeting Room A  
1919 West 81st Avenue  
Merrillville, IN 46410

### May 13, 7-9p, EDT Webcast

<http://breeze.iu.edu/f2ffamsup/>

### Building Skills During Play and Family Routines

Parents prefer activities that are easy to do and fit into their daily lives. Every day, when your child gets up, gets dressed, eats, rides in the car, plays or participates in any other numerous routines there is opportunity for your child to build skills. These routines open doors to development, often as "teachable moments". This session will present some easy and fun ways to take advantage of those moments to enhance your child's learning.

**Betsy Traub** is a research associate at the Early Childhood Center at the Indiana Institute on Disability and Community. She believes that families are the most qualified professionals to help their child build skills and that one must start from birth to support learning. She has spent 14 years as a service provider for First Steps and has worked alongside families over 30 years. Betsy is the parent of four adult children, one who was born with disabilities.

### January 30, 11a-1p Cluster C

Easter Seals  
4919 Coldwater Road  
Ft. Wayne, IN 46825

### January 31, 11a-1p Cluster I

Rauch, Inc.  
2525 Charlestown Road  
New Albany, IN 47150

### February 11, 7-9p Webcast

<http://breeze.iu.edu/f2fbldgskills/>

**February 19, 1-3p  
Cluster G**

Indianapolis-Marion County  
Public Library-Irvington  
Branch  
5625 E. Washington St.  
Indianapolis, IN 46219

**February 28, 9-11a  
Cluster D**

Wabash Center  
2000 Greenbush Street  
Lafayette, IN 47904

**March 11, 7-9p  
Webcast**

[http://breeze.iu.edu/  
f2fsupportgps/](http://breeze.iu.edu/f2fsupportgps/)

**Where do I Find the Village? Finding  
Family Supports around Disability Issues**

The saying, "It takes a village to raise a child" may be especially true when raising a child with a disability. Parent-to-parent support helps families realize they are not alone on this journey. Reaching out to others who have experience navigating the complex system of services and supports can be a huge benefit to families working to expand their knowledge base. And when you need to talk to someone who understands how difficult the task can be, a fellow parent who has walked a similar path can relate to what you are going through. Participants in this session will learn about supports available to families on local, state, and national levels, how to find supports, how to create supports, and how to choose the supports that best suit your family needs.

***Denise Arland** is Executive Director of FUSE (Families United for Support and Encouragement). She is the parent of five children, three of whom have disabilities. Denise is a consultant for early childhood systems, a Regional Parent Resource for In\*Source, and serves on her First Steps local planning and coordinating council. She has served on the state Interagency Coordinating Council (ICC), worked as a Regional Facilitator for Family To Family, and worked on Indiana's transition project for young children.*

---

**March 19, 11a-1p,  
Cluster H**

SPOE in Muncie  
225 N. High Street  
Muncie, IN 47305

**March 21, 2-4p  
Cluster E**

Kokomo Howard County  
Public Library-South Branch  
1755 E. Center Road  
Kokomo, IN 46902

**April 15, 7-9p, EDT  
Webcast**

[http://breeze.iu.edu/  
f2ffutpln/](http://breeze.iu.edu/f2ffutpln/)

**Envisioning a Positive Future for Your Child**

This presentation offers parents of young children a new understanding of how articulating a vision for their child's future can become one of their strongest advocacy tools in navigating the many service systems that support their child. We will review techniques of creating a vision for their child's future, and how to use the vision in current service planning meetings and in guiding future service choices. The approach and values of Futures Planning will be reviewed and practical tips on how families can incorporate this approach in IFSP or IEP planning meetings.

***Sally Reed-Crawford** began her career over thirty years ago, and has worked as a Child Development Specialist in early intervention, community preschools, an acute care pediatric facility, higher education, parent education programs, and private practice. Sally was a Developmental Specialist in the First Steps system for 8 years. She is an Indiana state-approved trainer on Person-Centered Planning Facilitation and has worked with transitioning preschool and high school students and adults with disabilities.*

**Advocacy is Not a Bad Word: Developing Effective Parent-Provider Relationships Using Positive Advocacy**

Advocacy is a tool for families as they seek solutions and resources for their children with disabilities. While people often associate advocacy with negativity, advocacy can and should be approached positively. This training focuses on three components of advocacy: knowledge, skills, and confidence. Participants will learn where to go to find useful information, how to communicate information effectively to professionals, and how to feel more confident when working with the professionals in their children's lives.

**Katie Herron** has a PhD in Clinical Psychology. She has worked with parents in the FS system as a service coordinator, a regional facilitator with the F2F initiative, a council specialist with First Steps and a data analyst for the Indiana Transition Initiative. Katie and her husband have a seven-year-old who graduated from First Steps and is currently included in his second grade classroom with an IEP.

**April 16, 6-8p  
Cluster F**

Booker T Washington  
Community Center  
1101 S. 13th Street  
Terre Haute, IN 47802

**April 24, 11a-1p  
Cluster J**

St. Vincent's Hospital-  
Jennings County,  
Wengert Room  
301 Henry Street  
North Vernon, IN 47265

**May 6, 7-9p, EDT  
Webcast**

[http://breeze.iu.edu/  
f2fadvocacy/](http://breeze.iu.edu/f2fadvocacy/)



To connect with another family, contact us at  
1.800.964.4746  
familynetw@aboutspecialkids.org  
www.INF2F.org

Your local Parent Liaison contact is: