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## Contact Us

### About Special Kids (ASK)

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Kids!**



## Upcoming Trainings

### Roadmap to Special Education

[August 13, 2019 8:30 - 4:00](#)  
New Albany

For more information or to register, click on the link.

## August is National Back to School Month



For many families the end of summer and the start of a new school year brings about a mix of emotions. If you would like support or resources please call and speak to an ASK Parent Liaison at (317)257-8683.

For those wanting more information on Article 7/ Indiana Special Education, four trainings are available on the About Special Kids website. These can be found under [Training/ On-line Training Article 7](#) . We also have Webinars covering several education related topics such as Requesting a Special Education Evaluation and the Transition Case Conference. Click [here](#) for Webinar titles and descriptions.

## ASK 3rd Annual Founders' Award Breakfast

The ASK Board of Directors is pleased to introduce the details of the 3rd Annual ASK Founders' Kitchen Table Breakfast to be held on Thursday, October 3, 2019 at the beautiful Woodstock Club in Indianapolis, IN. The Founders' Breakfast will take place from 8:00 to 9:00 am with registration to begin at 7:30 am. In addition to enjoying a light breakfast, guests will hear inspirational words from ASK staff and volunteers and will discover details about the recipients of this year's ASK Founders' Award. John Dickerson, founder and CEO of Quillo, will be the Keynote speaker.

## Indiana Title V Family Delegate Application Packet

Are you interested in being an advocate and model for all families with special health care needs statewide? The Indiana Title V Program recognizes the importance of the parent perspective in program development and quality improvement. Applications are due Sept. 6, 2019.

Find more information and the complete application on the ASK website or by clicking the link above.

## Indiana Diploma Decisions



This guide, shared by IN\*SOURCE, is for students with disabilities and their families. It provides information about the diplomas available in Indiana.

Knowing these options and a student's interests and strengths will help students and families choose the right course of study.

Click the link for more information and access to the guide.

This year, ASK will be honoring The Special Kids Can't Wait Coalition and Eskenazi Health's Case Conference Initiative for Children with Special Needs. This is a special opportunity to bring these two recipients together to spotlight their significant contributions toward transforming healthcare for Indiana's children with special needs. These initiatives embody the spirit in which ASK was founded and share our mission to **help children with special needs live better lives by educating, empowering, and connecting their families.**

The ASK Founders Breakfast is also a key fund-raising event for About Special Kids. For more information or to sponsor a table please call Kathy Berman at (317) 257-8683 or visit the ASK website [here](#).

## Many People Speak Fluent Stigma and Don't Even Realize It!



Last month, the Indiana Recovery Council (IRC) launched an awareness campaign to change the way we talk about mental illness and substance use disorders. According to IRC, only 19 percent of people with mental health issues who need treatment access it. However, reducing the stigma around mental health issues could help change that.

People living with mental illness often say the stigma and discrimination associated with their illness can be worse than the mental illness itself. When people with mental health disorders encounter a person who stigmatizes them – uses language or behaves in a way that is critical, diminishing or dismissive about their illness – they feel shame. That feeling is a barrier to opening up about their condition and seeking support and treatment.

According to IRC, people can help reduce mental health stigma by avoiding phrases like these:

- “Brain damaged” – Instead, say “he/she has a brain injury”
- “Psychotic” – Instead, say “he/she experiences symptoms of psychosis”
- “He/she is bipolar” – Instead, say “he/she is living with bipolar disorder”
- “They committed suicide” – Instead, say “they attempted/died by suicide”

Learn more about the campaign by visiting <https://stigmaneverhelps.com/>.

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