

FAMILY ENGAGEMENT NEWSLETTER

This month's newsletter topic: *Mental Health*

Next month's topic: *Self-Advocacy*

Upcoming Statewide Events

Northwoods Family Resource Center Network Skills for Families

Nurturing Skills for Families provides parents the opportunity to learn new approaches and skills that will empower parents and help ease the stress. Different topics each week.

Date: Thursday Evenings,
May 2 - June 20, 2013
6:00 pm-7:00pm

Location: Riverside Clinic in
Rhineland, WI 54501

Cost: free No childcare is
available during this program.

Registration: Call Darcey at
715-361-2895.

Lunch and Learn: Indicator 12:
Improving Quality Transitions
from Birth-3 to LEA

Date: May 8, 11:30-1:00PM

Location: on-line webinar

Cost: free

Presenter: Wendi Schreiter

Registration: [https://
www3.gotomeeting.com/
register/467900558](https://www3.gotomeeting.com/register/467900558)

Wisconsin Family Childcare Association in Partnership with Wisconsin Early Childhood Association: Discover the Great Outdoors Bringing the Classroom Outside

Date: May 16-18 2012

Location: Kalahari Resort

Cost: varies by days attended-
costs are listed on the
registration page

Registration: [http://
www.wisconsinfamilychildcare.or
g/Conference](http://www.wisconsinfamilychildcare.org/Conference)

FAMILY ENGAGEMENT IMPACT

From Placement to Prosperity

By Matthew Zellmer

There are millions of Americans living with mental illness daily, and many are children. They are children of varying ages who may or may not understand what is happening inside of them well enough to accurately describe their symptoms to an adult. What would you do if one day, you went from seemingly normal to hearing voices telling you to throw yourself down the stairs? What would you do if this described your son? Having experienced the same thing herself, one mom we encountered knew what to do.

The voices in her son's head made school impossibly

distracting. He could not focus on what was being taught. Perhaps he couldn't even hear it. Mom was in the process of recovery from Bipolar Disorder and Schizophrenia, which can be genetically inherited. It was no surprise when her son was given the same diagnoses, and it was clear a traditional school day would not do.

After getting counseling from the family's pastor and various other sources, mom placed her son in a virtual school, and the results have been striking. The flexible environment and shorter days have been ideal. Mom reports no issues with communication between school staff and herself, which is done almost entirely with email. Her son

has sufficient time for instruction, can somewhat set his own pace and no longer must worry about being sent home on bad days because he cannot concentrate.

Mom knows that there will be bumps in the road as her son prepares to enter high school next year. Once a consumer of mental health services, she has now "graduated" to working in the field as a peer support specialist. She hopes that through her experience as well as his own that her son is able to successfully manage his condition with increasing independence while continuing to succeed in a quality learning environment.

RESEARCH TO READ

Effects of an Outdoor Education Intervention on the Mental Health of Schoolchildren

Per E. Gustafsson, Anders Szczepanski, Nina Nelson, and Per A. Gustafsson. (2011, Aug.) *Journal of Adventure Education and Outdoor Learning*.
[http://www.udeskole.dk/media/
GustafssonAsz_in_press_JAEOL.p
df](http://www.udeskole.dk/media/GustafssonAsz_in_press_JAEOL.pdf)

This study aimed at examining the effects of

an outdoor educational intervention on the mental health of schoolchildren. The results point towards a small but non-significant improvement in mental health at the intervention school. However, this effect was significantly moderated by gender: boys generally fared better than girls at the intervention school,



relative to the control school. The results indicate that it may be important to address gender issues when educational programs are implemented in schools.

Upcoming Statewide Events

Southeast Regional Center Children and Youth with Special Health Care Needs and WI FACETS: Transition Information

Session: Plan for the Future of Your Youth with Special Needs

Date: Saturday, May 11, 2013, 8:00 am-11:45 am

Location: Children's Hospital, Southeast Regional Center, Wauwatosa – Enter North parking structure; follow skywalk and signs to auditorium

Cost: free

Presenters: Shannon Munn Huff, InControl Wisconsin, and Youth Panel

Registration: by May 6 to SERC@chw.org or 414-266-3188

Please leave a message: Name, contact information (telephone number & Email address) and how many will attend. No callbacks will be made unless there are questions.

CADRE: Beyond Diversity Connecting Schools and Communities: Promising Practices in Culturally Responsive Education

Date: May 22- 23, 2013, 7:30 AM - 3:30 PM

Location: Excellence Center N4W22000 Bluemound Road Brookfield, WI 53186

Cost: \$95/person (Team of 5+) \$115/person (Team of 1-4)

Registration: <http://www.cesa1.k12.wi.us/programs/beyonddiversity/>

Questions:

workshops@cesa1.k12.wi.us or 262-787-9500 ext. 9563

Tribal Gathering: Partnering for Success

Date: May 28-29, 2013

Location: Lake of the Torches, Lac du Flambeau, WI

Cost: free

Registration and for more information: visit <http://www.createwisconsin.net/classroompractices/2013tribalgathering.cfm>

Questions: Contact Sharon Fredericks, Project Coordinator Fredericks, call 715-851-4594

RESEARCH TO READ

Mindfulness Training Effects for Parents and Educators of Children With Special Needs

Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012, March 12). *Developmental Psychology*.

<https://webspace.utexas.edu/nffk/pubs/special%20needs%20parents.pdf>

Abstract: Parents and teachers of children with special needs face unique social– emotional challenges in carrying out their caregiving roles. Stress associated with these roles impacts parents' and special educators' health and well-being, as well as the quality of their parenting and teaching. No rigorous studies have assessed

whether mindfulness training (MT) might be an effective strategy to reduce stress and cultivate well-being and positive caregiving in these adults. This randomized controlled study assessed the efficacy of a 5-week MT program for parents and educators of children with special needs. Participants receiving MT showed significant reductions in stress and anxiety and increased mindfulness, self-compassion, and personal growth at program completion and at 2 months follow-up in contrast to waiting-list controls. Relational competence also showed significant positive



changes, with medium-to-large effect sizes noted on measures of empathic concern and forgiveness. MT significantly influenced caregiving competence specific to teaching. Mindfulness changes at program completion mediated outcomes at follow-up, suggesting its importance in maintaining emotional balance and facilitating well-being in parents and teachers of children with developmental challenges.

STATEWIDE PARENT AGENCY:



Mental Health America of Wisconsin (MHA) is a nonprofit

organization dedicated to improving the mental health of all individuals through advocacy, education and service. Its staff believes it is important for people to understand how to protect and improve their own mental health and to know when to seek help for themselves or a loved one. MHA provides information and referral services, increases community awareness about mental illness, engages in legislative advocacy and

hosts direct support groups. Support group topics range from coping with mental illness in the family to suicide prevention to Survivors Helping Survivors. All of MHA's services are focused not just on the treatment of the illness, but also to helping individuals recover and lead stable, productive and fulfilling lives.

All services are free statewide. To connect with MHA, visit <http://www.mhawisconsin.org>, email info@mhawisconsin.org or call toll-free (866) 948-6483.

FEATURED ONLINE RESOURCES

TOPIC: MENTAL HEALTH

National Alliance on Mental Illness (NAMI)

NAMI is the largest nonprofit, grass roots mental health education, advocacy, and support organization dedicated to building better lives for the millions of Americans affected by mental illness. Through this website you can also access state affiliations, publications, research, and on-line discussion.

<http://www.nami.org>

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

The work of this foundation is to equip and train parents about the importance of social emotional growth in children beginning in utero. There are many parent modules on specific topics of interest to parents of young children including Making Connections, Why Do Children Do What They Do, Teach Me What to Do, and Promoting Social and Emotional Growth in Young Children to name just a few. Additional resources include book lists, tools for building relationships, and tools for developing behavior support plans and many more.

<http://csefel.vanderbilt.edu/resources/strategies.html>

National Federation of Families for Children's Mental Health

The National Federation supports families in all the work that they do at the local, state and national level. Through the various programs and resources, this nonprofit is able to help families and their children obtain the needed resources and supports to help them lead healthy lives. The mission of this family driven organization is to provide advocacy, leadership, technical assistance, and transform health in America. Resources include publications, fact sheets, and much more.

<http://www.ffcmh.org/>

American Academy of Child and Adolescent Psychiatry

Below is a page from this website that offers a very extensive set of fact sheets that explain specific information about psychiatric diagnoses. There are many fact sheets that pertain to these various diagnoses. In addition there are fact sheets that address a wide variety of topics that will be of interest to parents and educators.

http://www.aacap.org/cs/root/facts_for_families/facts_for_families_keyword_alphabetical

Mental Health America

Mental Health America is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service. MHA is the leading advocacy organization addressing the full spectrum of mental and substance use conditions and their effects nationwide.

<http://www.mentalhealthamerica.net/go/about-usMHA>



NAMI Mental Health America of WI 2013 Summer Family to Family Curriculum is a free, 6-week course (held twice per week) for family caregivers of individuals with mental illnesses.

Date: June 4, 2013 through July 16, 2013

Location: NAMI, 3732 W. Wisconsin Ave., Milwaukee WI

Cost: free

Registration: Classes will fill up quickly; call Shirley at 414-344-0447 or shirleyd@namigrm.org.

Autism Society Wisconsin 2013 Summer Lights! Camera! Autism! Using Video Technology to Enhance Lives

Date: August 15

Location: The Salvation Army Kroc Center, Green Bay, WI

Presenters: Sharon Hammer, Lisa Ladson & Kate McGinnity

Registration: Early Bird

Discounted Rates** available May 6th-June 14th!

General Registration: June 15th-August 5th, 2013

Talleres por Telefono en Espanol - WI FACETS

Es necesario registrarse.

Contacte a Martha Lechuga:
877-374-0511,
mlechuga@wifacets.org

WI FACETS: Apoyos Academicos y de Comportamiento Disponibles para los Estudiantes PBIS/RTI

When: May 9, 12-1pm

Presenter: Martha Lechuga

WI FACETS: Facilitacion de IEP

When: May 16, 12-1pm

Presenter: Nelsinia Wroblewski

WI FACETS: Introduccion a la Educacion Especial

When: May 23, 12-1pm

Presenter: Martha Lechuga

WI FACETS: Opciones para Solucionar Desacuerdo en la Educacion Especial

When: May 24, 12-1pm

Presenter: Nelsinia Wroblewski

WI FACETS: Grupo de Autismo Defendiendo los Derechos de su Hijo con Necesidades Especiales

When: May 25, 10am-12pm

Location: oficina de WI FACETS, Milwaukee, WI

Presenter: Martha Lechuga

UPCOMING WI FACETS WORKSHOPS

To REGISTER: Contact Sandra McFarland at (877) 374-0511 or smcfarland@wifacets.org. You can also register online at www.wifacets.org.

WI FACETS: Getting and Keeping Your First Job

When: May 7, 12-1 pm
Presenter: Matthew Zellmer, WI FACETS

WI FACETS: IEP Part I

When: May 14, 7-8pm
Presenter: Charlotte Price, WI FACETS

WI FACETS: Data Use in Decision Making Groups

When: May 16, 12pm & 7pm
Presenter: Emilie Braunel, WI FACETS

WI FACETS: Mediation

When: May 20, 12-1pm
Presenter: WSEMS

WI FACETS: IEP Part II

When: May 21, 7-8pm
Presenter: Charlotte Price, WI FACETS

WI FACETS: The Changing Landscape of Diagnosing Mental Illness in Children

When: May 22, 12-1:30pm
Presenter: Nanci Schimann, Balanced Mind Foundation

WI FACETS: Teens, Mental Illness and the Juvenile Justice System

When: May 23, 12pm-1:30pm
Presenter: Police Liaison Officers

WI FACETS: Families are Important- An Early Childhood Curriculum

When: June 4, 12-1pm
Presenter: Marlea Linse, WI FACETS

WI FACETS: Skills for Serving on Decision Making Groups

When: June 6, 12pm & 7pm
Presenter: Emilie Braunel, WI FACETS

CONTRIBUTIONS TO NEWSLETTER

Next month's newsletter topic: Self-Advocacy

There are two ways to submit contributions. Use either the online form at <http://bit.ly/WO9a39> or use the attached fillable PDF form for contributing articles, events, and resources. Send the fillable PDF form submissions to mzellmer@wifacets.org or ebraunel@wifacets.org

Deadline for submitting contributions to each month's issue is by the 20th of each month at noon. For time sensitive training advertisements, the information should be sent a minimum of two weeks prior to the event date; ideally a month ahead of time.

Material appropriate for the monthly newsletter include web links to sources of family involvement/parent leadership resources, advertisements for statewide trainings for parents, youth or parent/educator audiences, information about statewide parent agencies, recent research pertaining to family engagement, and family engagement success articles. Family engagement success or impact stories can be written at an individual or family level, classroom level, school building level, district level, county level, CESA level, etc.

Your submittal may not be in the final copy of the upcoming month's newsletter if it was in a previous month's email, the event date has passed, the web link doesn't work, or there is already an article in place. Articles and resources will be saved to be used for later newsletters. We reserve the right to edit contributions as needed.

This month's update is provided by WI FACETS to share statewide information regarding parent leadership and family involvement.

* **WIFACETS website:** <http://www.wifacets.org>



Please visit the following links to the Parent Leadership Hub web page of the State Personnel Development Grant (SPDG) website:

* **Just in Time Information (JITI):** http://wispdg.org/pl/res_jit.html

* **Resources:** <http://www.wispdg.org/pl/resources.html>

* **Multi-Media Workshops, Video and Webcasts:** <http://wispdg.org/pl-multi.html>

DISCLAIMER

Inclusion of information in this newsletter does not constitute an endorsement by Wisconsin FACETS, the Department of Public Instruction, the U.S. Department of Education, or the U.S. Department of Health and Human Services.

NOTE: If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, please contact:

Emilie Braunel, WI FACETS SPDG Coordinator at 715-561-2559 or ebraunel@wifacets.org

Matthew Zellmer, WI FACETS SPDG Research Coordinator at 414-374-4645 x203 or mzellmer@wifacets.org.

