



## FAMILY ENGAGEMENT NEWSLETTER

May, 2023

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### Public Health Advisory: Fentanyl Increasingly Present in Overdose Deaths in Wisconsin

By Wendy Overturf

Recently I was listening to a town hall meeting about [the dangers of fentanyl and about how one family had lost their son because of a fentanyl laced pill](#). That caused me to do some research about the drug and I realized I knew little about fentanyl and its dangers. I thought it was possible parents might have limited knowledge of its dangers as well. The purpose of this article is to give an overview of fentanyl and to share some important resources with parents. Please take the time to review this article so you can begin to have important and potentially lifesaving conversations with your children.

[Read Full Article](#)

## UPCOMING WI FACETS EVENTS

### [What is Specially Designed Instruction and Who Can Provide It](#)

**Presenter:** Sharon Madsen, WI DPI

**Date:** May 3, 2023

### [IEP 8: Redacción del IEP- Parte 4](#)

**Presentador:** Nathaly Silva, WI FACETS

**Date:** May 4, 2023

[988 Suicide Prevention Hotline in Wisconsin](#)

**Presenter:** Caroline Crehan Neumann, Crisis Services Coordinator at Wisconsin Department of Health Services  
**Date:** May 17, 2023

### [IEP 9: Revisiones del IEP y Año Escolar Extendido](#)

**Presentador:** Nathaly Silva, WI FACETS  
**Date:** May 18, 2023

### [Putting the Pieces Together: Transition in Action](#)

**Presenters:** Sarah Kuehn, DVR; Alicia Reinhard, WI DPI; Tammy Hoffmeister, Bob Meyer and Alexa Nobis, DHS  
**Date:** May 24, 2023

### [Supporting Literacy at Home in the Summer](#)

**Presenter:** Jan Serak, Serak Consulting  
**Date:** May 25, 2023

### [Educational Rights of English Learners](#)

**Presenter:** Amy Maciolek, WI DPI  
**Date:** May 31, 2023

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## HOME LEARNING



### Children's Activity Calendar - May 2023

Make your library the place to be this month with a May calendar full of exciting and educational book suggestions and activities. Follow along to have a roaring good time on Dinosaur Day, plan an outrageous menu on National [Eat What You Want Day](#) (May 11th), and much more.

[Download Calendar](#)



### Things You Can Do to Raise a Reader [\(excerpted from Reading Rockets\)](#)

- **Read from day one.** Start a reading routine in those very first days with a newborn. Even very young babies respond to the warmth of a lap and the soothing sound of a book being read aloud.
- **Share books every day.** Read with your child every day, even after he becomes an independent reader.
- **Reread favorites.** Most children love to hear their favorite stories over and over again. Rereading books provides an opportunity to hear or see something that may have been missed the first time and provides another chance to hear a favorite part.
- **Send positive messages about the joys of literacy.** Your own interest and excitement about books will be contagious.
- **Visit the library early and often.** Public libraries are great resources for books, helpful advice

about authors and illustrators, story times, and more. Make visiting the library part of your family's routine.

- **Find the reading and writing in everyday things.** Take the time to show your child ways that adults use reading and writing every day. Grocery lists, notes to the teacher, maps, and cooking all involve important reading and writing skills.
- **Give your reader something to think and talk about.** There are many different types of books available to readers. Vary the types of books you check out from the library and seek out new subjects that give you and your child something to think and talk about.
- **Talk, talk, talk.** A child's vocabulary grows through rich conversations with others. No matter your child's age, narrate what you're doing, talk in full sentences, and sprinkle your conversations with interesting words.
- **Speak up if something doesn't feel right.** Parents are often the first ones to recognize a problem. If you have concerns about your child's development, speak with your child's teacher and your pediatrician.



### Math Practice

- Review math facts at home, in the car, waiting in line, or during other downtime.
- Provide your child with verbal math problems. "Take the number five; add six; multiply by three; subtract three; divide by five. What's your answer?" Speak slowly at first until your child gets better at solving these mental problems.
- Use dice and have each person roll the dice and then add, subtract, or multiply the numbers.
- Add some fraction practice to bath time. Use different size measuring cups and ask questions such as, "How many  $\frac{1}{3}$  measuring cups are needed to fill the 1 cup measure?"
- Go to your local pet store or market and find the fish tanks. See if you can count how many fish are in one tank. How many are blue? How many are red? How many are yellow? What fraction or percentage of the total number of fish does each color make up?



### What Moms Really Want for Mother's Day & It Isn't Flowers

Before you run to the store, know what most moms really want. A new poll of 2,000 moms found that the thing moms want more than anything else in the world is time. Just time. Time to rest. Quality time to spend with their family. Specifically, the poll found that a solid 58% of moms want free time and to be able to "drop everything" for Mother's Day.

What would they do with that free time? Moms said they'd like to read a book (42%), watch some TV (44%), engage in a favorite hobby or creative activity (30%), or practice mindfulness (11%). (Ten percent confessed that they would love to go to the bathroom by themselves.) Roses didn't even make the list!

Other relaxing activities moms want? Taking a walk, listening to music, exercising, taking a nap, and taking a bath in peace, filled out the top ten.

Fifty-one percent of moms said they'd love to spend quality time (meaning: time when they are relaxing, not managing everyone's needs) with their families on their special day, too!

## UPCOMING STATE EVENTS

### [Racine County Special Needs Resource Fair](#)

This event connects attendees with a wide range of agencies serving children and young adults (birth-21 and beyond).

**Date:** May 2, 2023-4:30pm-6:30pm

**Location:** Waterford Union High School, Waterford, WI. Door 19

### [Circles of Life Conference](#)

**Dates:** May 11-12, 2023

**Location:** Wilderness Resort, WI Dells, WI

Circles of Life is Wisconsin's annual conference for families who have children with disabilities and the providers and other professionals who support them.

### [Wisconsin Summer Inclusion Institute 2023](#)

**Location:** Virtual

The 30th Annual Statewide Institute on Best Practices in Inclusive Education 2023 will be held virtually. It will celebrate inclusive practices across the state of Wisconsin and offer opportunities to learn from other professionals, consultants, and presenters as well as collaborate with your school teams, administration, co-teachers, paraprofessionals, and families. Institute Staff and DPI Consultants will be available to assist you and your colleagues in planning and problem-solving.

### **SAVE the DATE!**

#### **2023 Endless Possibilities Conference: Guiding Families through Challenging Times**

Students with special education needs and their families encounter many unique challenges. Please join us for this virtual conference to explore how families and schools can partner to navigate these challenges together. Enjoy a day of virtual training from experts on topics connected to special education for families of students with IEPs and the professionals who support them. This event is coordinated by WI FACETS, in collaboration with UW-Whitewater, WI DPI, and other family support/disability organizations.

**Date:** August 4, 2023. Registration opening soon! Check [WI FACETS Endless Possibilities Conference](#) for updates.

#### **Children Come First Conference-Save the Date**

This conference is full of practical and inspiring content about caring for or working with children, youth, and young adults with social, emotional, behavioral, or mental health challenges.

**Dates:** November 6-7, 2023

**Location:** Kalahari Resort, WI Dells or Virtual

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## FOR YOUR INFORMATION

### **OSEP Director and the Center for Parent Information and Resources Address: Why Informal Removals from School Matter**

Valerie C. Williams, director of the Office of Special Education Programs (OSEP), recently released the third blog, "[Informal Removals Matter](#)" in a [blog series on discipline and behavior](#).

Williams, along with the OSEP-funded [Center for Parent Information and Resources](#) (CPIR), writes about why informal removals of students matter. An example of an informal removal is when a parent is called to pick up their child from school due to a behavioral issue, but the child is not being suspended.

"These informal removals often go uncounted, are not reported as suspensions, and fly under-the-radar built to ensure that the Individuals with Disabilities Education Act's (IDEA's) discipline protections are exercised," Williams said. Within this [third blog in the series on discipline and behavior](#), Williams noted the sections in which the [IDEA discipline requirements guidance package](#) released in July 2022 addresses informal removals.

Additionally, CPIR shares information and resources for parents, schools, and early childhood programs



about informal removals. The center describes how schools and early educational programs can collaborate with parents to address a child's behavior; provides examples of evidence-based practices schools can implement to avoid relying on informal removals to address behaviors; and highlights resources parents can access to support their participation in their child's education. Click to view [Discipline Discussions: Informal Removals Matter | Office of Special Education and Rehabilitative Services Blog](#) and scroll to the question and answer section.

If anyone has questions about informal removals from school, please call the WI FACETS help desk at 1-877-374-0511 or 414-374-4645 for more information.

### **Children's Mental Health Week 2023 is Awareness → Acceptance → Action**

On the [Office of Children's Mental Health website](#), find tools which build awareness, promote acceptance, and inspire action on children's mental health, such as:

- Social media images and GIFs
- Zoom backgrounds and email signature images
- Shareable presentations with key messages and data
- Guidance for writing to your legislator about the Wisconsin State Budget
- Activity ideas for celebrating mental wellness throughout the month of May

Please join advocates across Wisconsin in taking action on Children's Mental Health May 7 through 13!

#### **New Resources to Support District Practices Around Attendance Related to Mental Health**

The Department of Public Instruction has compiled a list of frequently asked questions and answers regarding the attendance process for situations where minor students stop attending school for long periods of time and for situations where mental health challenges contribute to truancy. These new resources can be found on the Student Services/Prevention and Wellness School Attendance **updated webpage** at [School Attendance](#).

[When Mental Health Challenges Contribute to Truancy FAQ](#) (2023)

[Non-Attending Minor Students and Attendance Process FAQ](#) (2023)

For questions about this information, contact [dpisspw@dpi.wi.gov](mailto:dpisspw@dpi.wi.gov) or (608) 266-8960.

### **Kids Mobility Network**

Are you seeking adaptive equipment for your child with a disability so that they can get outside this summer? This may include such things as adaptive bikes, adaptive tricycles, jog strollers, and bike trailers. [Kids Mobility Network](#) has developed a therapeutic recreation program specifically for Wisconsin residents. This program is intended to help reduce or eliminate costs for children and families that are utilizing the Children's Long-Term Support Waiver (CLTS) as well as the Children's Community Options Program (CCOP). Check their [website](#) for more information and an [intake form](#).

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## **ONLINE RESOURCES**



### **[Center for Parent Information and Resources \(CPIR\)](#)**

Find links to organizations that can assist in a crisis, quick fact sheets, and information about Medicaid benefits for mental health disorders. The website also has links to organizations that support specific disorders.

### **[Wisconsin Department of Public Instruction \(DPI\)-School Mental Health](#)**

Find a multitude of links to resources related to working on improving mental health among students.

### [Wisconsin School Mental Health Framework: Building and Sustaining a Comprehensive System](#)

In this framework, districts and schools partner with students, families, and the community to build a comprehensive school mental health system (CSMHS). A CSMHS provides a continuum of services and supports to promote student and staff mental health and wellbeing. A CSMHS is not limited to treating mental illness or substance use disorders. Rather, it includes services and supports that promote social and emotional wellbeing, foster positive mental health and school culture, and eliminate systemic barriers to wellbeing and success for all students.

### [Wisconsin Safe and Healthy Schools Center](#)

This Training and Technical Assistance Center builds the capacity of Wisconsin public school districts to implement programs in prevention and intervention of alcohol, tobacco, and other drug abuse, mental health, and promote school safety to reduce barriers to learning.

### [Mental Health America of Wisconsin](#)

MHA of Wisconsin is dedicated to improving the mental health of all individuals through advocacy, education, and service. Additionally, MHA of Wisconsin has developed [resource directories](#) that are searchable by county.

### [National Alliance on Mental Illness \(NAMI\)](#)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### [NAMI Wisconsin](#)

The mission of NAMI WI is to improve the quality of life of those affected by mental illness and to promote recovery. The website has many resources related to mental health as well as links to educational programs and support groups.

### [Wisconsin Family Ties](#)

Wisconsin Family Ties provides support, education, training, and advocacy regarding children experiencing social, emotional, behavioral, and mental health problems. They have staff who are located regionally throughout the state. Their [Facebook page](#) has many links to articles related to mental health needs.

### [Youth Suicide Prevention](#)

This web page on the DPI website provides information and resources for youth suicide prevention to school staff, administrators, school boards, parents, and other members of the school community. It also has links to crisis hotlines.

### [Substance Abuse and Mental Health Services Administration \(SAMSHA\)](#)

SAMSHA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMSHA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The website has an abundance of resources related to mental health issues.

### [National Federation of Families for Children's Mental Health \(NFFCMH\)](#)

NFFCMH is a national family-run organization linking more than 120 state and local affiliates and national partners focused on the issues of children and youth with emotional, behavioral, or mental health needs and substance use challenges and their families. The website has links to many [resources](#) related to mental health.

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## RESEARCH

### **Anxiety at Teenagers' Fingertips**

Tomoniko, S. (2019), Anxiety at Teenagers' Fingertips, BU Journal of Graduate Studies in Education , v11 n2 p4-11 2019.

[Read Full Article](#)

Teenager anxiety can be fueled by the online social interactions of today's youth. Comparing one's life with others, coping with bullying behavior, seeking acceptance from peers, and digital addiction can all have a role in the rising anxiety today's teenagers are experiencing. Educators and parents have an important role to play in teaching teenagers how to navigate their digital environments in a safe and responsible way. Through education, students can be made aware of the risks of social media to their mental health, learn coping techniques and be directed to resources that can help to alleviate the anxiety they may be experiencing.

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## CONTRIBUTIONS TO THE NEWSLETTER

Upcoming newsletter topics:

June: ADD/ADHD

July: Speech and Language

August: Other Health Impairment

To submit contributions of articles, events, or resources you may use the [Word document](#). Send submissions to [Wendy Overturf](#). If you are unable to access the form, you may send the information in an email.

Material appropriate for the monthly newsletter include web links to 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.

This monthly update is provided by Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS) to share statewide information regarding parent leadership and family involvement. If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, please email [WI FACETS](#).

The WI FACETS Family Engagement E-Newsletter can be found online [www.servingongroups.org/newsletter](http://www.servingongroups.org/newsletter)



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