



## Parent Resource Center

PREP Parent Resource Center Provides Free Information and Support to Families of Children with Disabilities or Special Needs

Serving Charlottesville, Fluvanna, Greene, Louisa, and Madison School Districts

Contact: **Stephanie Hicks, PRC Coordinator**  
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434-975-9400 ext. 68032  
Newsletter Signup [Here](#)

### Mission

Piedmont Regional Education Program (PREP) serves students with disabilities, in partnership with participating school divisions via pooled resources and efficiency of scale, by providing exemplary educational services that foster the social, emotional, physical and intellectual development of each child.

### Vision

Piedmont Regional Education Program (PREP) will be the leader in providing evidenced-based services to empower students with disabilities to acquire lifelong skills and reach their full potential.



## Summer Strategies

### Finding the Fun without Losing Your Patience

Every year I'm excited about summer break. By May, I have a long mental list of great activities to entertain my kids, bring my family together, and secretly teach some science or math or reading along the way. All of those wonderful plans seem to vanish about one week into break. I can't remember most of what I thought were fabulous ideas, my kids are begging for non-stop screen time, and I'm already dreaming about the first day of school in the fall.

This year, I'm trying a new strategy. I have a long list of activities for time at/near home and another for travel. I'm planning to try posting a few choices on our fridge each week to see if we can create a plan that helps maintain a little peace in the family.

This is where we can help each other! Let's have a Parent-to-Parent workshop to talk about getting through the summer with more happy memories and fewer meltdowns (from the kids and the parents)! I'll share my ideas and local resources, and I hope you will have even more suggestions to add to a list we can all share. So, here's the plan:

**Join us: Wednesday, June 8<sup>th</sup> on Zoom**  
**from 6pm to 7pm**  
**(or a bit later if we are really on a roll)**

Just e-mail me at [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) or call me at 434-975-9400 (option 1) to let me know you want to be part of our Family Brainstorming Session.

# Caregiver Skills Training Program

Learn the skills you need to support your child's growth and development.

Around the world, many children with autism and other developmental disabilities lack access to quality care and interventions. To help these families, the World Health Organization (WHO), with support from Autism Speaks, developed the Caregiver Skills Training (CST) for Families of Children with Developmental Delays or Disabilities.

At no cost to families, the evidence-based CST program teaches parents and caregivers the day-to-day skills they need to help their children reach their full potential. Caregivers are taught to use everyday play and home routines as opportunities to build their child's communication, engagement, positive behavior and daily living skills.

Parents and caregivers also learn essential problem solving and self-care skills to build confidence, reduce stress and improve their overall well-being—all while learning how to better support their children.

**<https://openwho.org/courses/caregiver-skills-training>**



autism  
speaks®

## **Resource Spotlight:**

**Mental Health Matters for Teens and Young Adults with ADHD**

**<https://chadd.org/for-parents/teens-and-young-adults/>**

# Disability-Inclusive Sexual Health Network

## Parent Focus Group on Dating

**VA parents of youth with intellectual and developmental disabilities aged 12-25 are invited to join DSHN staff at James Madison University for a focus group about dating. The groups will be held over Zoom on Tues 6/7 from 6-7:30pm and Wed 6/22 from 6-7:30pm. The purpose of this focus group is to allow parents' lived experiences to inform the development of programming and resources that support them and their youth in navigating dating and healthy relationships. If you would like to participate, please complete this [Interest Form](#). For more information visit [sexedva.org/dshn](http://sexedva.org/dshn) .**



**7**  
fascinating facts

### Disability support services in college

Don't let your disability define who you are and prevent you from reaching your goals. Support services can help you succeed in college.

- 1 Registering for accommodations**  
To pursue accommodations or services at the college level, you must register as a student with a disability. This should take place soon after you have accepted admission to college. Contact the disability support services (DSS) office to find out its specific accommodation process and any documentation requirements.
- 2 Accommodations may be different from high school**  
Do not expect to have the same accommodations in college as you did in high school. In high school, you were provided with accommodations to ensure your participation in the general curriculum. In college, you must initiate the process to receive accommodations.
- 3 Common college accommodations**  
Some of the more common accommodations offered through colleges may include: priority registration, permission to record lectures, extended time on tests, testing in a limited-distraction environment, note taker for lectures, preferential seating, specialized fire alarms for persons who are deaf or hard of hearing, and sign language interpreting services.
- 4 Disability documentation**  
Most colleges, if not all, will require you to provide documentation of your disability to receive accommodations. By researching these requirements, you will be able to gather the needed information in a timely manner.
- 5 Procedures to request accommodations**  
The college you attend will require you to follow procedures to request accommodations. It is up to you to know and monitor the process. Visit your college's DSS office website, and review the specific information regarding the registration process.
- 6 Meet with disability support services**  
Make an appointment to meet with a representative from the DSS office well in advance of the start of the semester to review your documentation, discuss your individual needs and determine if you are eligible for services.
- 7 You are responsible for requesting accommodations**  
You are the person responsible for communicating your accommodation needs with each instructor. Meet with each of your instructors and share your accommodation letter with them. Start practicing now. While in high school, request accommodations in class and actively participate in your IEP meetings.

## ***Meeting Announcements:***

### **Special Education Advisory Committees**

**Charlottesville City Public Schools - Fall 2022** <http://charlottesvilleschools.org/home/about-ccs/departments/special-education-and-student-services/advisory-committee/>

**Fluvanna County Public Schools – Fall 2022 at 6:30PM**

Virtual meetings will be held from 6:30 – 7:30p.m. The meeting link can be found at <http://fluco.org/calendars>

**Greene County Public Schools – next meeting in September**

40 Celt Road, Standardsville, VA More information, call 434-939-9000

**Madison County Public Schools- next meeting October 12, 2022 at 7pm**

60 School Board Ct, Room 16; Contact: Jeanette Alexander, Director of Student Services at 540-948-3780

**Albemarle County Public Schools- September 12<sup>th</sup> at 7pm**

Location to be determined

### **Special Education Parent Advisory Council**

**Louisa County Public School – August 18<sup>th</sup> 6:30PM – 7:30 PM**

LCPS Central Office, Board Room, 953 Davis Hwy, Mineral, VA More information: Click [Here](#)

## **Silly Celebrations for June**

**That are also fun learning opportunities!**

**6/8- Best Friends Day- Can you have more than one “best” friend? Why or why not?**

**6/15- National Photography Day- Try a photo scavenger hunt. Research how photos are made.**

**6/18- World Juggling Day- Improve hand-eye coordination by learning to juggle. Start with lightweight objects like scarves. Then, move up to bundled socks or tennis balls. Can you keep 3 items in the air?**

**6/20- National Pollinator Week- Take a nature walk and observe bees and butterflies in action. What other pollinators can you find?**

**6/21- World Music Day- Play an instrument... ANY instrument. Drum on an empty box, pull out that old guitar, whistle!**

**6/30- National OOTD Day- Ask your kids about that one...**

**It's good to share!**

Help us make sure all students and families get the answers they need by forwarding this newsletter to a friend, neighbor, teacher, counselor, and everyone else you think could benefit from this support.

FREE  
EVENT

All are welcome  
to enjoy a fun Father's  
Day at the ballpark to see the  
Tom Sox play at  
Charlottesville High School's  
Crutchfield Park.

DATE:



TIME:



For complete information, go to [www.tomsox.com](http://www.tomsox.com)



regionten

## ARE YOU 18-25 YEARS OLD?

Take the Virginia Young Adult Survey!

We want to hear about your experiences and opinions on substance use and mental health in your community. This data will help us develop health and wellness programming that better meets your needs.



Text **Virginia** to  
**855-632-2201** for  
the survey link!

CHANCE TO  
RECEIVE A  
GIFT CARD!

