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2024

Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition
for military families





Family & Social Supports

Session 2

Resources to Support Military
Children with Special Needs



Facilitators



Anna Johnson

OUTREACH NAVIGATOR

Arizona Coalition for Military Families



Yvonne Acosta

PREVENTION COORDINATOR & TRAINER

Arizona Coalition for Military Families





Agenda

- ① **School Options in Arizona**
- ② **Resilient Health**



School Options in Arizona

Lucy Willing

Operations Director

Love Your School




Learning Disability Support



LOVE

YOUR

SCHOOL



At **Love Your School**, we believe that every child deserves to be in the education environment that best meets their unique needs.



How to Request an Evaluation

How to Request an Evaluation

- Who to address to:
 - Public / charter school: special education director of school
 - Director of special education
 - Homeschool / private for-profit school: district of student residence
 - Private non-profit school: district of school
- How to address: in writing (email)
- What to say:
 - Be clear
 - Date the email
 - Grant consent for evaluation
- Follow up: 5 days
 - School is required to respond in 15 school days

What if the School Says “No”?

- Ensure request was in writing
- Ask for a written explanation as to why
- Request mediation
- File a due process complaint
- Consider professional help
- * Consider a private eval



Review of Existing Data

Review of Existing Data

- MET one/ RED/ REOD
- **Determines eligibility for an evaluation**
 - Provide evidence for suspected disability
 - Impact on education setting
- **Bring ALL concerns**
 - Test scores
 - Teacher comments
 - Tutoring comments
 - As much data as possible

Areas of Concern

- Cognitive
- Academics
- Social / Emotional
- Executive Functioning
- Functional Behavioral Assessment
- Adaptive (everyday skills: dressing, eating, etc)
- Autism
- Speech/Language (including auditory processing and social communication)
- Functional Vision and hearing
- OT (sensory & fine motor)
- PT (gross motor/ mobility)



The Evaluation

The Evaluation

- 60 calendar days
 - Includes school breaks
- **Public / charter school** : over several days during school
- **Homeschool / private school** : scheduled by parents and school
- **Includes...**
 - Activities
 - Puzzles
 - Games
 - Academic work

Team Meeting

- **Team includes:** parents, parent invitees, gen-ed teacher, special education teacher, evaluators
- Conducted after **60 days**
- Request a **draft copy of eval before team meeting**
- Team discusses findings

Categories for Eligibility

- HI (hearing impairment, will need to be verified by qualified evaluator)
- VI (visual impairment, will need to be verified by qualified evaluator)
- MoID (moderate intellectual disability)
- ED-P (emotional disability-privately placed by the district)
- OI (orthopedic impairment, this will require a medical certification)
- MD (multiple disabilities)
- SID (severe intellectual disability)
- A (Autism)
- MD-SSI (multiple disabilities and severe sensory impairments)
- P-SD - Preschool students (before age 5) with preschool severe delay
- DD (developmental delays)
- ED (emotional disability)
- MiID (mild intellectual disability)
- SLD (specific learning disability, this is the only category that requires signatures)
- SLI (speech language impairment)
- OHI (other health impairment, this will require a medical certification)
- TBI (traumatic brain injury, this will require a medical certification)

What happens if You Don't Agree?

- **Request an Independent Educational Evaluation (IEE)**
 - Even if you already signed
 - Request anytime
 - Free

- **How to request an IEE**
 - Email your district special education director
 - “Disagree with the findings”
 - Parent chooses provider
 - Team meets again

Already Have an IEE?

- **Request Review of Existing Data meeting**
 - Include teacher rating scales
 - Include all observations
- **Schools can:**
 - Accept and update
 - Request additional testing
 - Review and not update eligibility

Need help?
We are here to support YOU!



hello@loveyourschool.org



Resilient Health



Resilient Health

Estefany Hernandez

Mobile Clinician

Resilient Health





Resilient Health

Welcome



Resilient Health- Our Purpose

To unleash the power of our employees and participants to create a resilient world, one person at a time.

At our core, we are a resiliency-building company.



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Resilient Health- Our Locations

Maricopa County:

- Northern Avenue
 - 25th Ave/Northern
- 1st Street
 - 1st St/McDowell
- Warehouse 1005
- Lakeshore Drive
 - Tempe
- Higley Road
 - Gilbert

Outside of Maricopa County:

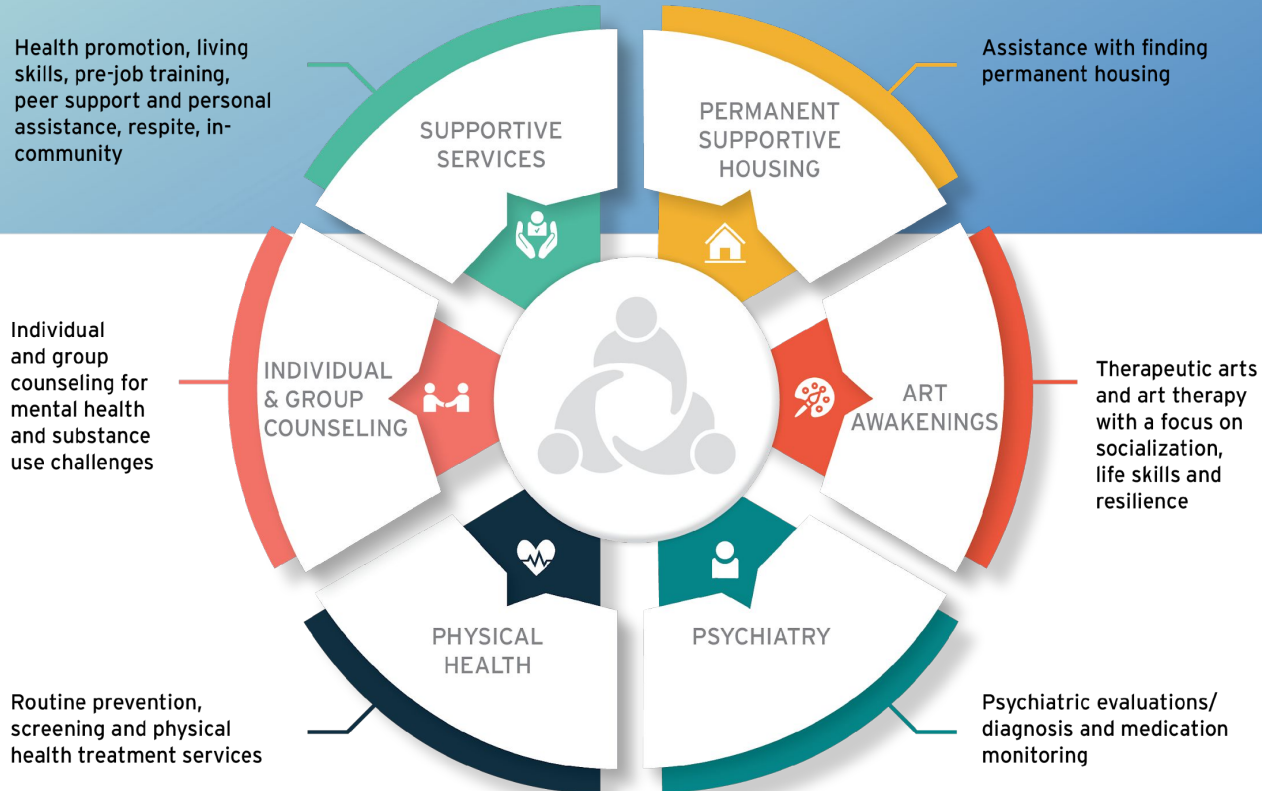
- Casa Grande
- Tucson Adult
- Tucson Youth
- Douglas
- Yuma
- Parker



Resilient Health- Our Services



Elizabeth Dole Foundation
CARING FOR MILITARY FAMILIES



Resilient Health- Art Therapy Groups



Elizabeth Dole Foundation
CARING FOR MILITARY FAMILIES



We use art and play...

- to regulate our nervous system
- to learn about ourselves and others
- to follow directions step-by-step
- to share feelings
- to feel good about ourselves
- to share our stories
- to connect with others
- to feel safe
- to practice listening to others
- to relax
- to learn to manage frustration
- to practice healthy boundaries





Resilient Health- Art Awakenings

Services

- Individual Counseling
- Family counseling
- Group Counseling
- Group Art therapy
- Play therapy
- Music
- Family support
- Advocacy
- Coordination of care
- Case management





Resilient Health- Our Team



- Fun
- Creative
- Supportive
- Different training backgrounds
- Trauma informed
- ABA
- CBT
- EMDR
- DBT
- Mindfulness
- Expressive arts





STRESS





WHAT IS STRESS?

- Stress is a feeling of being tense, overwhelmed, worn out, or exhausted
- A small amount of stress can be motivating
- Too much stress makes even small tasks seem daunting





Acute vs. Chronic stress

- Acute stress is brief but intense
- Short-term stressors- such as giving a speech, getting into an argument, or studying for an exam
- Chronic stress is long-lasting
- The symptoms may not be as intense in the moment, but long-term effects are more severe



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WHAT DOES STRESS LOOK LIKE?

- Physical stress

- Your body releases stress hormones such as Adrenaline and cortisol
- Can cause heart to beat faster and quickness of breath
- Upset stomach
- Muscles may tense up
- Skin can become sensitive
- Headache

- Mental stress

- Feeling overwhelmed
- Changes in mood
- Feeling on edge
- Feeling exhausted



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WHAT CAUSES STRESS?

- Major life events
 - Death in the family
 - Divorce
 - Moving
- Family issues or health problem
- Problems at work or school
- Financial issues
- Relationship worries
- Social stress
- Academics



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What are some stressors in your life?





NEGATIVE OUTCOME OF STRESS

- Immune system becomes fatigued causing you to be more vulnerable to infections and illness
- Stomach problems, body produces more glucose to give you extra energy. This can put you at risk for type 2 diabetes
- High blood pressure which can lead to heart problems
- Hyperventilation and panic attacks
- Stress can be linked to mental illness and increase your symptoms



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Can stress be positive?

Eustress is stress that has positive effects. Eustress is what energizes us and motivates us to make a change

- Increases energy
- Motivation
- Increases focus
- Creates excitement
- Increases resilience



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HOW TO DEAL WITH STRESS

- Meditate
- Practice self-care
- Deep breathing
- Take a break
- Journal
- Get creative
- Getting plenty of exercise
- Reach out to friends who help you cope in a positive way
- Making time to do fun things
- Make sure you get enough sleep
- Limit excess caffeine



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MANAGE EVERYDAY STRESS

- Balance work and play
- Plan your day
- Stick to your plan
- Ask for help when you need it
- Use the positive energy of stress
- Deal with the problem as they come up
- Eat good foods
- Get enough sleep
- Exercise every day
- Breathe deeply



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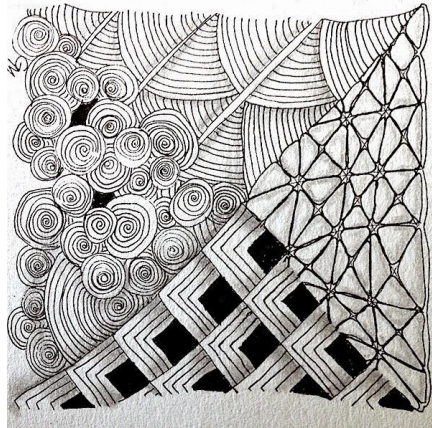
<https://www.youtube.com/watch?v=9Hto1HeMrYQ>





ZENTANGLE

- Drawing structured and repetitive patterns
- No rules except that each shape needs to be filled up





Questions?





Session Evaluation

We want to hear from you!

