



PATHWAYS TO TRANSITION

**A workshop series for
parents & professionals
supporting youth with
special needs as they
transition to adulthood**

presents

SUPPORTED DECISION MAKING

Join Woodfords and Disability Rights Maine to discuss Supported Decision Making (SDM)—a guardianship alternative. SDM is a method of developing decision-making skills by relying on a team of supporters to assist an individual in coming to a reasoned decision.

Under the SDM model, an individual with a disability identifies areas where they need help—budgeting, health care, housing, jobs, or relationships. They then choose supporters to provide decision-making help in these areas. SDM

promotes self-determination, control, autonomy and fosters independence. Come learn about SDM and how to create a plan.

**Tuesday,
September 17, 2019
6 to 8 p.m.**

**Woodfords
Training & Resource Center
15 Saunders Way, Ste. 700
Westbrook, ME**

ABOUT THE PRESENTERS

Olivia Blom joined Disability Rights Maine (DRM) in 2018 as an advocate with the Developmental Services Advocacy (DSA) program. As part of her work she monitors reportable events that involve the rights of people with developmental disabilities. Olivia recently received her BA in Political Science from the University of Pennsylvania. While at Penn, she volunteered as a peer counselor for students navigating campus resources, and worked in an office serving children on the autism spectrum and their families.

Foxfire Buck, Esq. joined DRM in 2018 as an attorney for the DSA program. Prior to becoming an attorney, she taught middle school special education in Brooklyn, NY. Born and raised in Mid Coast Maine, she returned home to attend the University of Maine School of Law. Foxfire also holds an MEd in adolescent special education from CUNY Hunter College and a BA in comparative literature from Hamilton College in NY.

**Workshop is FREE but
advance registration is requested.
To register or FMI, contact
Training Coordinator
Maria Romano at
(207) 878-9663, x 4131, or
mromano@woodfords.org**



Sexuality & Boundaries

Discussing sexuality and personal boundaries with children can be difficult for even the most confident parents. It can be even more challenging to have these conversations with children and adolescents with developmental disabilities. Because research shows that children with developmental disabilities are at a higher risk of being sexually abused or exploited, it is important that parents educate their children about their bodies, how to set personal boundaries and how to stay safe.

This three-hour training will provide participants with some basic tools and language to facilitate healthy discussions and education around sexuality and boundaries.

Date: Wednesday, September 25, 2019

Time: 5:30 to 8:30 p.m.

Fee: This training is free to families currently receiving services through Woodfords; for all others the fee is \$25

Location: Woodfords Training & Resource Center
15 Saunders Way, Ste. 700, Westbrook

To Register: Contact Training Coordinator Maria Romano
(207) 878-9663, x 4131, or mromano@woodfords.org

Advanced registration is required.



Understanding Trauma

This training will provide parents, foster parents, care providers and professionals with an understanding of trauma and its potential effects on children, as well as the coping strategies often used by children who have experienced trauma.

Also discussed will be the importance of self-care, developing strategies for preventing burnout and secondary traumatic stress, as well as ways to build resilience in children and families.

Date: Wednesday, October 2, 2019

Time: 5:30 to 8:30 p.m.

Fee: This training is free to families currently receiving services through Woodfords; for all others the fee is \$25

Location: Woodfords Training & Resource Center
15 Saunders Way, Ste. 700, Westbrook

To Register: Contact Training Coordinator Maria Romano
(207) 878-9663, x 4131, or mromano@woodfords.org

Advanced registration is required.



Safety-Care for Families Skills for Managing Challenging Behaviors

This course provides parents, family members and caregivers with the skills, interventions and confidence needed to improve behavior and to prevent, minimize and manage potentially dangerous incidents. The Safety-Care for Families curriculum consists of four, three-hour sessions. Essential Skills are presented in a lecture format while Advanced Skills are trained in a small group for individualized instruction. ***This training is free to families currently receiving services through Woodfords.*** For all others the fee is \$25 per session.

Essential Skills, Part I - Wednesday, October 9, 2019, 5:30 to 8:30 p.m.

Topics: Collaboration w/ professionals, legal issues, challenging behavior, reinforcement, safety habits, elbow check, safety stance, managing your own behavior, differential reinforcement

Essential Skills, Part II - Wednesday, October 16, 2019, 5:30 to 8:30 p.m.

Topics: Antecedents to challenging behavior, triggers, signals, basic principles of de-escalation, development of a comprehensive family safety plan

Advanced Skills*, Part I - Wednesday, October 23, 2019, 5:30 to 8:30 p.m.

Topics: Use of behavioral momentum to improve cooperation, advanced de-escalation strategies, management of weapons, basic physical safety skills, releasing from holds

Advanced Skills*, Part II - Wednesday, October 30, 2019, 5:30 to 8:30 p.m.

Topics: Emergency physical intervention, one-person stability hold, two-person stability hold (optional), releasing from stability hold, recovery and debriefing

Location: Woodfords Training & Resource Center, 15 Saunders Way, Ste. 700, Westbrook

Classes must be attended in order. Advanced registration required. FMI or to register, contact Training Coordinator Maria Romano, (207) 878-9663, x 4131, or mromano@woodfords.org.

*** A Safety-Care for Families Referral Form signed by a Licensed Physician, Licensed Psychologist, Licensed Social Worker or Board Certified Behavior Analyst (BCBA) recommending participation in the course is needed prior to training.**

Resources for Parents



Supported Transitions to Kindergarten

The move from preschool to kindergarten is a big step for all children, especially those with special needs. It's a big step for parents too!

Learn what you can do at home to prepare for your child's transition into public school. Woodfords' Training Team and Clinical Staff will outline your role in the transition process and discuss the responsibilities of your child's preschool, public school and CDS.

Set your child up for success! Informed and involved parents help to build a child's security and confidence in the classroom and at home.

Date: Wednesday, November 6, 2019

Time: 5:30 to 7:30 p.m.

Location: Woodfords Training & Resource Center
15 Saunders Way, Ste. 700, Westbrook

The workshop is FREE but advanced registration is requested. To register, contact Training Coordinator Maria Romano at (207) 878-9663, x 4131, or mromano@woodfords.org.

Note. This training is based on the "Supported Transitions to Kindergarten" curriculum developed by Woodfords Family Services and funded by IDEA Discretionary Funds, administered by the Maine Department of Education in conjunction with CDS.



Woodfords FAMILY SERVICES

Training & Resource Center: 15 Saunders Way, Ste. 700 Westbrook, ME 04092

Phone: (207) 878-9663 Fax: (844) 372-4054

Please print clearly, indicating how you would like your name to appear on your certificate.

Name of Participant(s): _____

Email Address: _____ **Phone #:** _____

Home Mailing Address: _____

If accommodations are necessary for you to attend, please specify (i.e. allergies, special education supports):

Signature: _____ **Date:** _____

Name of child or adult's Clinician, Case Manager or Field Supervisor: _____

Agency: _____ Agency Phone #: _____

Please  each session you are registering for.

COURSE & DATES	COURSE TIMES	COST
<input type="checkbox"/> 09/17/2019- Pathways to Transitions: Supported Decision Making	6:00 pm - 8:00 pm	FREE
<input type="checkbox"/> 09/25/2019- Sexuality & Boundaries	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 10/02/2019- Understanding Trauma	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 10/09/2019- Safety-Care for Families: Essential Skills Part I	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 10/16/2019- Safety-Care for Families: Essential Skills Part II	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 10/23/2019- Safety-Care for Families: Advanced Skills Part I*	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 10/30/2019- Safety-Care for Families: Advanced Skills Part II*	5:30 pm - 8:30 pm	\$25
<input type="checkbox"/> 11/06/2019- Supported Transitions to Kindergarten	5:30 pm - 7:30 pm	FREE

All trainings above are offered free to families currently receiving services through Woodfords.

* A written recommendation by a **state-licensed** physician, nurse practitioner, psychologist, social worker, mental health counselor, or BCBA is required for attendance at the Advanced Skills sessions due to the physical component. Please use attached form.

Thank you for choosing Woodfords Family Services for your training needs!



Quality Behavioral Solutions to Complex Behavior Problems

Safety-Care for Families™ Referral for Advanced Training

Name of participant _____

Training provided by (agency) _____

Agency contact person _____ Phone _____

Please ☐ Fax completed form to this number: _____

☐ Return completed form using the attached self-addressed stamped envelope

The participant named has requested to attend **Safety-Care for Families**, a training for people who assist individuals who have the potential to engage in dangerous behavior. The initial training classes are open to any adults, and are required before participation in advanced training. The advanced classes include personal physical safety and physical holding techniques. These procedures are intended to be used only as a last resort, to enhance safety in the event that an individual with disabilities engages in very dangerous behavior. They do, however, present a risk of serious harm, especially if used improperly.

To Be Filled Out By The Person Making The Recommendation

Your name (please PRINT legibly) _____

Your profession/role: ☐ Licensed Physician ☐ Licensed Psychologist ☐ Licensed Social Worker

Organization you are affiliated with _____

Phone _____

How you know the participant _____

Please Check One:

☐ I recommend that the above-named person participate in the Safety-Care for Families advanced training. It is my opinion that the training will benefit this person and his or her family and I am unaware of any reason to believe that abuse may occur as a result of this training. I believe that this person will use the physical safety strategies taught in the course—if they become necessary—carefully and responsibly.

☐ I do not recommend that the above-named person participate in the Safety-Care for Families advanced training.

Signature _____ Date _____