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**Parent Resource Center Report to SEAC
Nov. 1, 2018**

The Anne R. Lipnick Special Education Family Resource Center, also known as the Parent Resource Center or the PRC, is located in Room 134 of the Minnie Howard Campus of T.C. Williams High School, 3801 W. Braddock Road, Alexandria, VA 22302. The Parent Resource Center is open every school day from 8:30-3:30. The PRC offers the following services at no cost to anyone who lives, works or goes to school in the City of Alexandria:

- A lending library with over 500 books and DVDs on a variety of disabilities and parenting issues;
- A list of service providers in the community, such as speech therapists, math tutors and respite care providers;
- Support groups for parents;
- A workshops series for parents on various disabilities and general parenting topics;
- Individual confidential consultations to help parents understand their child’s special education services and to support them with the challenges of raising a child with a disability or learning difference.

The following is a summary of Parent Resource Center activity for the months of September and October, 2018.

I. PRC Contacts:

- A.** For PRC data recording purposes, a “contact” has traditionally been communication **initiated** by a parent, staff member or community member with the PRC, either by phone, email or in-person meeting.
- B.** As of September, 2018, The Virginia Department of Education expanded its definition of “contact” to also include communication initiated by PRC staff to individual parents, ACPS staff or members of the Alexandria Community. Consequently, numbers of contacts will be significantly larger than those of previous years, reflecting this change.

C. Comparison of PRC use for 2013-2014 through 2018-2019 School Years

MONTH	2013-2014	2014-2015	2015-2016	2016-2017	2017-	2018-
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					2018	2019
August	6 (PRC opened 8/19)	15 (PRC opened 8/15) Includes data from summer	49 (PRC opened 8/21) Includes data from summer	54 (PRC opened 8/22) Includes data from summer	70 (PRC opened 8/4) includes data from summer	128 (PRC opened 8/6) includes data from summer
September	16	78	139	91	90	290
October	18	108	136	119	168	375
November	12	124	139	149	152	
December	28	63	70	87	93	
January	79	189	98	172	202	
February	60	102	130	152	188	
March	61	112	124	181	138	
April	79	91	125	127	213	
May	79	100	62	149	186	
June	46 (PRC closed for summer 6/23 with the end of the school year)	114 (PRC closed for summer 6/22 with the end of the school year)	69 (data is through 6/24 and the end of the school year)	66 (data is through 6/22 and the end of the school year)	79 (data is through 6/20 and the end of the school year)	
TOTALS	484	1096	1141	1347	1579	
Percentage Change		+126.4%	+4.1%	+18.1%	+17.2%	

- D. Contact breakdown for September: parents (154), ACPS staff (114), community members (22).
 - E. Contact breakdown for October: parents (139), ACPS staff (176), community members (60).
 - F. Top disability areas for September: ASD (16), ADHD (8) ED (2), MD (1).
 - G. Top disability areas for October: ASD (14), ED (5), ADHD (2), ID (1)
 - H. Top reasons for contacting PRC in September: workshops (134), PRC resources (42), Community resources (40), support groups (37), strategies (29), IEP (17).
 - I. Top reasons for contacting PRC in October: workshops (198), Community resources (74), PRC resources (54), strategies (36), IEP (23), support groups (20)
- II. Family Engagement Workshop Series and Other Workshops:**
- A. Family Engagement Workshops
 - a. ACPS staff members are welcome and encouraged to attend workshops. Each workshop in the Family Engagement series has been built into PLMS, and staff can receive re-certification points for attending.
 - b. All ACPS workshops are free, but registration is required, for planning purposes. Workshops may be cancelled for insufficient registration.

- c. PRC staff members have consulted with PRC staff in Arlington, Fairfax, Stafford, Loudoun and Prince William to see if ACPS PRC cancellation policies were in concert with those of other Northern Virginia PRCs. Each PRC concurs: if a workshop is being presented by an in-house, school division staff member, the workshop will go forward, even if only one person has registered. However, there must be a minimum of ten registrants for a workshop to go forward, where there is an outside presenter. Workshops will be cancelled 48 hours prior to the workshop, if there is insufficient enrollment by that time.
- d. *Understanding Social Security Benefits for Adults with Developmental Disabilities* took place on Oct. 3. Seven people attended. The workshop was well received. Six evaluations were returned, and all but one indicated that the attendees found the workshop informative, felt that it provided helpful strategies, and indicated that overall, they were satisfied with the presentation. One evaluation indicated that the question of providing helpful strategies was not applicable and that overall, she was not satisfied with the presentation. Specific comments included: “*would like more advanced-have already applied for SSI for my daughter;*” “*it was very informative, although I will need to do further research to be more prepared for the next workshop. Would be happy to participate in a follow-up;*” “*great presentation. Would like information for adult children who are disabled because of mental illness;*” “*happy to participate in follow-up;*” “*the presenter primarily read the charts. I didn’t get the sense she really understood the material. Good materials and mtg. space. She was very friendly. I would like a follow up.*” PRC staff hope to provide a more in-depth follow-up session on SSI/SSDI in later November or early December.
- e. Two people attended *Augmentative and Alternative Communication: AAC Partner Training Strategies* on Oct. 15. The one evaluation sheet returned indicated that the attendee found the workshop informative, that it provided helpful strategies, and that overall, she was satisfied with the presentation. Her specific comments were: “*I would love for my son’s teachers and TAA to have some training, if they have not already.*” The AAC workshop will be presented three more times during the school year, twice as an evening workshop and once more during the daytime.
- f. *Social Stories* was presented on Oct. 22 in the PRC. Six people attended, and one parent use Spanish interpretation. Four people returned evaluation sheets, and each indicated that the attendees found the

workshops informative, that it provided helpful strategies, and that, overall, they were satisfied with the presentation. Specific comments included: *"I appreciated practical suggestions;" "This was fantastic-it was great to learn more depth about the structure of social stories and various ways they can be applied. Thank you!" "Gracias, penso que le va ayudar mucho a mi hijo. (Thanks. I think it will help my child a lot.)"* The social stories workshop will be presented again in the spring.

- g. *Managing Challenging Behaviors in Teens with Disabilities* took place on October 24. Six people attended and five evaluations were returned. Four of the five evaluations indicated that the attendees found the workshop informative, and that it provided helpful strategies. One indicated that the attendee found it somewhat informative and somewhat helpful in providing strategies. All six indicated that, overall, they were satisfied with the workshop. Specific comments included: *"I was very impressed with Dr. Gresham's enthusiasm and knowledge. I believe that teachers would of found this lecture very informative. Please indicate if presentation is geared towards educators, etc. Beginning at 7:00 instead because of family responsibilities and traffic;" "Fantastic! Energetic presentation + made it very applicable to participants. Highly recommend;" "very interactive; spot on techniques;" "I thought it was a very helpful tool for figuring out how to be proactive before negative behaviors present."*
- h. Eight people attended the Oct. 29 daytime workshop, *Assistive Technology Tools: What Parents Need to Know*. Six evaluations were returned, and all six indicated that the attendees found the workshop informative, that it provided helpful strategies, and that overall, they were satisfied with the presentation. Specific comments included: *"they were good informative and allow us to focus in some electronic devices to assist our kids in different way;" "was really good. I learn a lot and love to talk with other parents and share the experience;" "there were a lot of things I didn't know about that could be great!" "learn about my son device, updates and questions;" "I was impressed by how much I learned that I'll use for myself, not just my kids."* This workshop will be presented again on April 29.

B. Other Workshops/Trainings

- a. PRC staff presented *A Parent's Perspective* at two training sessions for ACPS City wide paraprofessionals on Oct. 8 (JGR, CPD). The training was very well received. Of the 32 evaluations returned, 31 indicated that the attendee

found the workshop useful. The one evaluation that indicated that it was not useful also indicated that the attendee found nothing informative in the workshop. Specific comments included: *“very educational and educative presentation and real life experiences. Very, very good workshop;”* *“one of the best classes I’ve been to in ten years;”* *“as a parent of a child with MD, very involved, it was validating, informative, encouraging to hear solid awareness of what we go through. Very positive! Thank you;”* *“to hear more story from parents what they are going through or went through;”* *“you guys did great! Very informative;”* *“I’m glad I came because of me being sick I got lots of information. Lots of information I didn’t know. My son had an IEP;”* *“this was very interesting and informative! Thank you!”* *“very informative;”* *“great presentation;”* *“it was great hearing from a parent with a child with spec. needs. I knew there were ‘services’ but I didn’t really realize the cost (money) comes out of pocket like that;”* *“loved Janet Reese’s testimony;”* *“wonderful presentation. Very informative;”* *“an educative session;”* *“thank you;”* *“the training was interesting. The acronyms exercise was helpful. I loved the personal stories of the presenters;”* *“informative, helpful, and a dose of understanding/reality;”* *“great class and presenters! Thanks;”* *“the Parent Resource Center is a very useful program. I loved the lesson and there should be more;”* *“Everything was very informative. The lady may be informative but together they are POWERFUL! Keep up the work you all are doing. Mrs. Lipnick would be very proud;”* *“The most important part was regarding how to build a relationship with the parent that you work with them. Thank you so much;”* *“Good group;”* *“We are all in this fight together! Great presentation;”* *“very nice class;”* *“really enjoyed this presentation. The sharing of the personal story and the reality of her story put my job in perspective and endears me to my students even more. Thank you;”* *“excellent lesson.”*

III. Raising Awareness of PRC/Community Outreach/Transition

- a. 10/11-meeting with MH counselors re PRC resources and services (JGR, CPD)
- b. 10/16 meeting with Lead Psychologist re collaboration on Teen Suicide Prevention workshop (JGR,CPD)
- c. 10/17 meeting with community service provider, Teri Brooks, Ph.D. re PRC services and possible workshop collaboration (JGR, CPD)
- d. 10/23 meeting with Krishna Leyva re collaboration between FACE and PRC to promote Spanish language workshops. (JGR/CPD)
- e. 10/24 conference call with Aaron Rakow of College Steps. (JGR)

IV. Support Groups

- a. The support groups have been rebranded as “Monthly Conversations.”
- b. Monthly conversations for parents of young children receiving special education services Oct. 2-two parents attended. This was the first meeting for the school year.
- c. Monthly conversations for parents of students receiving special education services (all ages) Oct. 10-six parents attended. This was the first meeting for the school year.
- d. At the discretion of school administrators, PRC staff will provide surveys to gauge the interest level of parents at various schools in school-based support groups for the 2018-2019 school year. Surveys have been distributed to Hammond and Mt. Vernon families of students with disabilities. So far, only one parent from Mt. Vernon has returned a survey, and none has been returned to Hammond.

V. Library

Twenty-one books and DVDs have been borrowed from the PRC library this school year.

VI. Facebook and Twitter

Parents are encouraged to “like” the PRC Facebook page found at *The Anne R. Lipnick Special Education Parent Resource Center*. The PRC now has 229 people following on Facebook and 85 Twitter followers (LearnwithThePRC).

VII. Mail Chimp

The PRC uses Mail Chimp as a means of distributing information about PRC and community events, usually on a weekly basis, at a minimum. People receiving PRC mailings through Mail Chimp have the option of unsubscribing. Currently, 1275 people are receiving the PRC Mail Chimp mailing. The PRC Mail Chimp list has been merged with the account sponsored by the ACPS School Division, because it was approaching the 2000 member limit. As a result of the merger, the Mail Chimp list will continue to send messages without interruption.

VIII. PRC Webpage

The website has been updated with several books and resources for parents of students with disabilities and providers. In addition, the calendar reflects all PRC activities, including workshops and support group meetings. There have been 822 visits to the PRC webpage.

IX. Other Technology

The PRC intake form has now been converted to an electronic form housed on the Google drive. As a result, PRC team members and visitors to the PRC will have the ease of using a

laptop to complete the form in a paperless format, increase efficiency, and maximize resources to collect and analyze the data required by the Virginia Department of Education. The launch and implementation of this tool will begin on Nov. 1, 2018.