



# Reaching Out

A quarterly newsletter for families raising individuals with FASD.

MCFARES (Macomb County Fetal Alcohol Resource & Support Coalition) - (586) 541-0033 - [www.careofmacomb.com/MCFARES.html](http://www.careofmacomb.com/MCFARES.html)

## IEPs According to Dr. Seuss

Do you like these IEPs?

I do not like these IEPs.

I do not like them, Jeeze Louise.

We test, we check, we plan, we meet,

But nothing ever seems complete.

Would you, could you like the form?

I do not like the form I see.

Not page 1, not 2, not 3.

Another change, a brand new box,

I think we all have lost our rocks.

Could you all meet here or there?

We could not all meet here or there.

We cannot all fit anywhere.

Not in a room, not in a hall,

There seems to be no space at all.

Would you, could you meet again?

I cannot meet again next week.

No lunch, no prep,  
please hear me speak.

No, not at dusk and not at dawn,

At 4 p.m., I should be gone.

Could you hear while all speak out?

Would you write the words they spout?

I could not hear, I could not write.

This does not need to be a fight.

Sign here, date there, mark this, check that.

Beware the student's ad-vo-cat(e).

You do not like them so you say,

Try it again! Try it again!

And then you may.

Say! I almost like these IEPs.

I think I'll write 6003.

And I will practice day and night,

Until they say,

"You've got it right!"



Fall 2007

Issue #8

### Special Points of Interest:

- ☺ Gap Funds
- ☺ FASD Day
- ☺ Special Ed. Health Fair
- ☺ Children's Health Fair

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## How to Advocate for Your Child

Parents are often the best educational advocates for their children, especially children with disabilities. True advocacy is largely a positive process, which should build on your child's strengths and challenges. As your child's best advocate you are in a unique position to implement positive changes. Here are some suggestions:

**\*\*Know the rules** **\*\*Get to know the people who make decisions about your child's education** **\*\*Keep records** **\*\*Gather information** **\*\*Communicate effectively** **\*\*Know your child's strengths and interests and share them with educators** **\*\*Emphasize solutions** **\*\*Focus on the big picture** **\*\*Involve your child in the decision making!**

[www.Idonline.org/article/107](http://www.Idonline.org/article/107)

# A Fresh Start: Partnering with the Teacher

- ☺ **Get to Know One Another** - Try to meet face to face and assure the teacher you only need ten minutes.

Things to discuss at this first meeting:

Strengths: Special talents, hobbies, personality, preferred ways of learning, interests and abilities

Concerns: Areas of difficulty, teaching methods that have had negative results, past issues

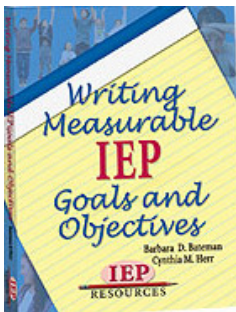
- ☺ **Strategize together** - Work with the special education and general education teachers as a team.
- ☺ **Keep Communication Flowing** - Communication between all parties throughout the year is key. Put a plan in place that might include: weekly progress reports or activity logs, daily planners, homework review system.
- ☺ **Be Flexible** - A child's relationship with his school changes constantly. It's important for parents and teachers to be flexible and change their game plan if things aren't working. Because each child is unique, strategies and rewards need to be individualized and reviewed regularly.
- ☺ **Maintain a Sense of Humor**- There may be times when this is hard to do, but a little laughter can ease the tension. A sense of humor and giving another person the benefit of the doubt can go a long way.

Parents and teachers working together contribute to a child's success at school. Each depends on the other for information and support throughout the year. Although difficult at times, the rewards are worth it !

[www.schwablearning.org](http://www.schwablearning.org)

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## Book of the Month



This book is written by **Drs. Barbara Bateman** and **Cynthia Herr**, two famous special educators and legal experts.

- **Part I:** About Goals & Objectives (measurability, vagueness / specificity)
- **Part II:** Writing Goals & Objectives (present levels, writing goals & objectives, writing measurable goals & objectives, how to project annual goals, how to move the child's performance to the goal, how to put PLOP, Objectives / Benchmarks, Goals in the IEP).
- **Part III:** Sample PLOPs, Objectives, Goals (includes 75 samples for children with various disabilities)

## Websites of the Month

- [LD Online :: IEPs](#)
- [Ed.gov - A Guide to the Individualized Education Program](#)
- [What is an IEP?](#)
- [Ed.gov - No Child Left Behind](#)
- [Coping.org: The Individual Education Plan \(IEP\)](#)
- [KIDS TOGETHER, Inc. IEP Planning](#)

## "Just a MOM" Makes Things Happen in Macomb

MCFARES co-founder Charisse Cossu-Kowalski often introduces herself as "Just a Mom" but we all know that this master-trained social worker is the force behind the FASD agenda in Macomb County. Charisse is passing the baton this month to new co-chairs Sue Lind and (interim) co-chair Melissa Sienkiewicz. Before MCFARES existed only 3 families knew of each other. Now we have 96 families and counting. Many THANKS to Charisse for her 5 years of service!

## FASDay 2007: Project Recovery Walk and Rally

## GAP Funds

On September 8th, MCFARES participated in the Celebrate Recovery Walk & Rally at Belle Isle Park to commemorate the successes of those recovering from alcoholism and other addictions. We proudly displayed our Nine Months, Zero Alcohol banner and conveyed our message to the nearly 1,500 people in attendance. In addition, we gave away school supplies and water bottles donated by St. John Health and other members of our coalition. A few of our families came down as well to enjoy the festivities on this beautiful day!



**Nine Zero.**<sup>TM</sup>

**Nine months. Zero Alcohol.**

**Gap Funds are available!**

To receive a gap fund request form, please contact your parent liaison, Melissa Sienkiewicz at (586) 541-0033 ext 236 or online: [msienkiewicz@careofmacomb.com](mailto:msienkiewicz@careofmacomb.com)

A review panel will process all requests within ten working days.

All families are encouraged to submit their requests.

## Yahoo to You

To celebrate September 9th, National Fetal Alcohol Spectrum Awareness Day, a few of us gathered at the Fraser Family Fun Event. Once the weather cleared, everyone had a great time. Free food, moonwalks, candy drop, games and prizes - who could ask for more? For those of you who couldn't make it, keep the first weekend after Labor Day open next year. We would like to make this an annual picnic date.



Faith and Mayor Pro tem Wilson

For on-line support, join Families and Supports Affected by FASD by visiting:

[groups.yahoo.com/  
group/FaSAFASD/](http://groups.yahoo.com/group/FaSAFASD/)

**Let's Get Connected!**

## From a Mother's Heart

Top Tips for Helping Your Discouraged Child in School!

1. Show empathy - open the lines of communication
2. Hit the "Reset" button - stop, take a breather, and try again
3. Focus on the positive - make a list of what they can do
4. Help them be super heroes- nurture their strengths and super powers
5. Foster motivation - use positive rewards
6. Look at the big picture - the whole world is still waiting to be discovered
7. Take a long-term view - with every try, you learn something
8. Coax a smile - laughter and good times are the antidote to discouragement

[www.schwablearning.org](http://www.schwablearning.org).



# Calendar of Events

## FASD Support Group

Raising children with FASD  
2nd Monday of every month  
6:30—8:30 PM  
Meetings at CARE

## Children's Health Fair

Saturday, October 20, 2007, 12-3 pm  
Macomb Community College  
Sports and Expo Center, South Campus  
14500 E. 12 Mile Rd., Warren, Mi 48092  
Open to all Macomb County families with children birth to 18 years of age.  
Health screenings, immunizations, dental assessments, children's fingerprinting, demonstrations, entertainment and more.



Macomb PAC/MISD/CAUSE presents:

## 3rd Annual Special Education Fair

For any parent of a child with an IEP  
Saturday, October 20, 2007 8-3pm  
MISD - 4401 Garfield Rd., Clinton Twp.

**Free event with complimentary continental breakfast and lunch**

For reservations call:

CAUSE - 1(800)-298-4424

For more information:

email Charisse -

mcydck@comcast.net

A CHILD NEEDS ENCOURAGEMENT JUST AS A PLANT NEEDS WATER.

— Rudolph Dreikurs



## MCFARES Macomb County Fetal Alcohol Resource, Education, and Support Coalition

Charisse Cossu-Kowalski, MSW, Co- Founder, Parent of individual with FAS ~ Gayle Gregorczyk, Co-Founder, Grandparent of FAS individual

Agency members: Arc Services of Macomb, Inc. ~ CARE ~ CAUSE ~ Down to Earth ~ Easter Seals of Michigan ~ Macomb County Health Department ~ Macomb County Department of Human Services ~ Macomb County Mental Health, Office of Substance Abuse ~ Macomb Family Services ~ Macomb Family YMCA ~ Macomb Intermediate School District's Early-On Program ~ Madonna University School of Nursing ~ New Haven Community Schools~ Oakland University School of Nursing ~ St. John Health - St. Joseph's Healthcare

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use disorder. Federal and State, and local funding have been provided through Macomb County Community Mental Health/Office of Substance Abuse to support project costs. Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Advisor, 31900 Utica Road, Fraser, MI 48026, (586) 541-0033 ext. 116 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.



If you would like to receive this newsletter via email instead, please send your email address along with your name to msienkiewicz@careofmacomb.com and we will add you to our list!

www.careofmacomb.com

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Resource, Education, & Support

Macomb County Fetal Alcohol

MCFARES