

## FAMILY PARTNERSHIP RETREAT MINUTES

Facilitator: Tracy Simmons, Bev Woodhurst  
Carla Sandwell, Jayna Slade

Time: Friday 6-9 pm, Saturday 9am-3pm

Date: November 3-4, 2006

Recorder: Jayna Slade

Place: Quality Inn, Columbia, MO

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### Participating:

- |                     |                      |                      |                         |                    |
|---------------------|----------------------|----------------------|-------------------------|--------------------|
| 1. Annie Albright   | 11. Anna Bratton     | 21. Gloria Dyer      | 31. Belle Harris        | 81. Tracy Simmons  |
| 2. Buffy Atkins     | 12. Rhonda Clay      | 22. Donna Foster     | 32. Tony Harris         | 82. Carla Sandwell |
| 3. Bonnie Baker     | 13. Judy Collins     | 23. Kenneth Franklin | 33. Kathy Harris        | 83. Bev Woodhurst  |
| 4. Mike Ballantyne  | 14. Chris Combs      | 24. Angela Franklin  | 34. Amanda Harness      | 84. Jayna Slade    |
| 5. Bev Ballantyne   | 15. Beth Combs       | 25. Wanda Frazier    | 35. Irene Hollandsworth |                    |
| 6. Karen Bennett    | 16. Sue Conrad       | 26. Rick Gravel      | 36. Tim Hollandsworth   |                    |
| 7. Lance Boggs      | 17. Nancy Creek      | 27. Lorinda Gravel   | 37. Ernest Johnson      |                    |
| 8. Brandie French   | 18. William Daniel   | 28. Sharon Go        | 38. Peggy Johnson       |                    |
| 9. Donna Boyer      | 19. Tanya Daniel     | 29. Karri Hadrick    | 39. Mark Jones          |                    |
| 10. Sharon Anderson | 20. Gina Debarthe    | 30. James Harris     | 40. Jennifer Jones      |                    |
|                     |                      |                      |                         |                    |
| 41. David Kaiser    | 51. Beverly Meyers   | 61. Chester Taylor   | 71. Bill Wieners        |                    |
| 42. Lillith Kaiser  | 52. Troy Meyers      | 62. Dessa Taylor     | 72. Diana Willard       |                    |
| 43. Phrana Komm     | 53. Abrian Mills     | 63. Zolton Tomory    | 73. Eric Williams       |                    |
| 44. Steve Lammers   | 54. Suzanne Murray   | 64. Jane Tomory      | 74. Jimmie Williams     |                    |
| 45. Linda Lammers   | 55. Lorie Perdieu    | 65. Curtis Tucker    | 75. Julie Worthington   |                    |
| 46. Heather Lammers | 56. Christine Cloe   | 66. Sherri Tucker    | 76. Crystal Worthington |                    |
| 47. Katy Lutz       | 57. Ken Quinton      | 67. Kevin Vogler     | 77. Debbie Loveall      |                    |
| 48. Joe Martin      | 58. Julia Quinton    | 68. Cindy Vogler     | 78. Georgia Mueller     |                    |
| 49. Sherry McMullin | 59. Barb Scheidegger | 69. Tracy Wheaton    | 79. Linda Clarke        |                    |
| 50. Donna Hensley   | 60. Curtis Staggs    | 70. Sue Wieners      | 80. Teresa Capps        |                    |

Guests:

1. Anne Roux
2. Georgia Mueller

3. Phyllis Larimore

<b>TOPIC/PERSON</b>	<b>DISCUSSION</b>	<b>ACTION</b>
<b>I. Welcome</b>	Teresa Capps, Administrator of Miller County Health Center introduces herself. She also introduces Jayna Slade as the new SHCN Coordinator. The Family Partners introduce themselves.	FYI
<b>II. Dinner</b>	Dinner was served at 6:05. Parents were involved in networking.	FYI
<b>III. Ice Breakers and Games</b>	The Family Partners set up the game FP Round up and they are dressed in western. The participants were split up into four groups. Each team had an answer cube with the numbers 1 thru 4, and true and false displayed on the cube. Tracy reads questions and the teams hold up their cubes and display the right answers. When the team answers the question right they are given a point. Participants also participated in Pictionary the team that answers the first received a point. At the conclusion of the game the two teams with the highest score are awarded large candy bars. The two teams with the lowest score were award smaller candy bars.	FYI
<b>IV. Adjourn</b>	The meeting was adjourned at 9:00pm. We will meet again tomorrow from 7:30 to 9:00 am for breakfast and resume the meeting at 9:00am.	FYI
<b>V. Breakfast</b>	Breakfast was served buffet style from 7:30 to 9:00am.	FYI

**VI. Building a Successful Special Education Parent Advisory Council**

Anne Roux M.A. Speech-Language Pathologist is a parent to a child with autism. She is also President of Parkway Parents Advisory Council for Children with Disabilities.

Carolyn Radicia M.S. Special Educator is a parent to two children with autism. She is also a past president of Parkway Parents Advisory Council for Children with Disabilities.

Their presentation was titled Building Successful Special Education Parent Advisory Council. They began by telling us, the purpose of the Parent Advisory Council. They explained that the purpose of the PAC is to improve special education services through collaboration between district personnel and parents. They also explained the benefits of a Special Education Parent Advisory Council, they include a parent perspective on advisory role in programming. Also, it will improve the outcomes for children. They talked about how to start a PAC they said it was like starting your own business. A few important steps include: to identify the official decision makers such as the Board of Education and Superintendent. Identify the informal decision-makers such as a Parent-Teacher Organization or Teachers. Finally, understand the system do your homework and look around you. Then they spoke about fostering effective members. They suggest listen and learning, provide mentorship as needed, be willing to say "I need more information before I can comment". Also ask questions if you don't understand, do your homework and think about your personal skills. In conclusion they talked about five ways to solve a problem. Step 1. Do it yourself, Step 2. Ignore it, Step 3. Pay someone else to do it, Step 4. Sit down with everyone and work out a solution, and Step 5. Moan about it for the rest of your life.

FYI

**VII. Bullying**

(Georgia Mueller from MPACT) Presentation was titled "Is Your Child a Target of Bullying". She talked about the outcomes of bullying which include school avoidance, low self-esteem, increased fear or anxiety, depression, low grades and increased violence in the school. Georgia also talked about Disability Harassment and defined it as, intimidation or abusive behavior toward a student based on disability that creates a hostile environment. Children who are bullied are not victims; they are targets that can change what is happening to them with help from parents and school staff. Types of Bullying are Physical, Verbal, Emotional and Sexual. She also talked about planning, that includes teaching self-advocacy skills, helping your child understand their disability, encourage social development and build support systems. Also, she said talk to your child about bullying, ask your child questions and recognize your reaction. There can be indirect and direct reactions to bullying. You can do many things to help prevented bullying she explained, you can get involved and encourage other people to be involved, seek the help of professionals, be involved at school, connect with role models, promote change in your child's school. Read the laws related to harassment and roles of your schools policy. If your child as been involved in bullying notify your schools administrators.

FYI

<p><b>VIII. Safe Travel for All Missouri KIDS Transporting Children with Special Health Care Needs</b></p>	<p>(Phyllis Larimore RN, MSN, CPST-1 Car Seat Program Coordinator) Presented us with the laws and protects and everything in between when it comes to car seats. She began with a definition "Children with special health care needs are those who have or are at increased risk for a chronic physical, developmental, behavioral, or emotional condition and no require health services of a type or amount beyond that required by children generally. She spoke about the SAFE Kids campaign to educate all parents on the proper car seat laws. She then had many car seats spread throughout the room she displayed the proper way to use the car seats. She spoke about the different disabilities that children have and the different car seats that are offered related to those disabilities. She spoke about restraint options that should be considered they are the following; child's age; weight and height; body support or positioning requirements; supervision requirements; allergies or physical sensitivities; devices and equipment requirements. She gave out her card to participants that were interested. They could call her and she would evaluate your child's needs and recommend a car seat.</p>	<p>FYI</p>
<p><b>IX. Break/Lunch</b></p>	<p>Lunch was served poolside. Participants had the chance to look around at vendors and network.</p>	<p>FYI</p>
<p><b>X. Show-Me legislative Advocacy</b></p>	<p>Carla Sandwell spoke to us about meeting legislators some of the steps include introduce yourself; show pictures; be polite; tell them what your purpose is; share your story; here what is wrong; tell the official what you want; ask for their support if they agree with your you; thank the public official; leave a fact sheet with your contact information. If they say no you can ask for another meeting; ask them to visit your home; leave your info with staff. Keep in touch, develop a relationship over time; send reminders; send a thank you note; drop by your local office. Write letters, make it easy to read, be clear. Keep it real, be sincere, use your own words, don't use form letters, and keep it positive. Leave clear straightforward contact information such as full name, address, phone number and email address. Be clear and briefly state exactly what you want them to do. Most important share personal information.</p>	<p>FYI</p>
<p><b>XI. Drawings for Door Prizes, Evaluations &amp; Final Announcements</b></p>	<p>Jayna and Family Partners passed out evaluations. Jayna spoke and thanked the family partners for all their hard work and dedication. She also thanked all participates for being with us for the retreat. Several door prizes were given away including; 2-2 day trips for 4 to Tan-Tara (which included use of the golf club, resort, marina and indoor water park); dinner gift certificates; 2 Bird Houses; an autographed Carl Edwards Calendar and several more prizes. We all are looking forward to next year's retreat. The conference closed at 3pm.</p>	<p>FYI</p>