

NEWS SEPTEMBER 2016

FROM YOUR PEER LIAISON



TINA VANDE KAMP

IFAPA Peer Liaison

How to Contact Me:

844-451-6813

712-451-6813

tvandekamp@ifapa.org

I UNDERSTAND... I AM A FOSTER PARENT TOO

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues



www.ifapa.org



Understanding Individualized Education Programs

What is an IEP?

A federal law called the *Individuals with Disabilities Education Act* (IDEA) requires that public schools create an IEP for every child receiving special education services. Kids from age 3 through high school graduation or a maximum age of 22 (whichever comes first) may be eligible for an IEP.

The IEP is meant to address each child's unique learning issues and include specific educational goals. It is a legally binding document. The school must provide everything it promises in the IEP.

Here's a quick look at what an IEP must include, by law:

- A statement of your child's present level of performance (PLOP)—this is how your child is doing in school now
- Your child's annual educational goals
- Special education supports and services that the school will provide to help your child reach goals
- Modifications and accommodations the school will provide to help your child make progress
- Accommodations your child will be allowed when taking standardized tests
- How and when the school will measure your child's progress toward annual goals
- Transition planning that prepares teens for life after high school

Who qualifies for an IEP?

Two things must happen before a child can get special education services.

1. An evaluation. Parents, teachers, a counselor, a doctor or anyone else who suspects a child is struggling can request an evaluation. The school psychologist and other professionals may give your child various tests. They also may observe your child in the classroom. Keep in mind that a physician or another medical professional—not the school—diagnose medical conditions, including ADHD.

2. A decision. The IEP team, which includes parents and school officials, decides whether or not your child needs special education services in order to learn the general education curriculum. IDEA says that having any of 13 disabilities: autism, deaf-blindness, deafness, emotional disturbance, hearing impairment, intellectual disability, multiple disabilities, orthopedic impairment, other health impairment including ADHD, specific learning disability such as dyslexia and others, speech or language impairment, traumatic brain injury or visual impairment may qualify a child for special education. The school and parents review the evaluation and determine whether the results show that your child needs services and supports.

If the IEP team agrees that your child needs services, then the next step is to create an IEP. If your child is found ineligible, you can still try to get services for your child. For instance, you might pursue a 504 plan. The IEP team creates the plan.

If you feel your child needs additional help in school, ask. Advocate. Be their voice. Help is available!

NEWS FROM YOUR IFAPA PEER LIAISON

IFAPA's Training Schedule

SEPTEMBER TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
Saturday, Sept. 17, 2016 (9am-12:15pm)	Calming the Trauma Storm (Marty Wallace, LMHC)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Sept. 17, 2016 (1:15pm-4:30pm)	Time to Get the Schools on Board (Marty Wallace, LMHC)	3 hours	Sioux City Stoney Creek Inn 300 3rd Street Nebraska Room
Saturday, Oct. 22, 2016 (9am-12:15pm)	A Guide to Trauma and PTSD in Children (Jolene Philo)	3 hours	Sioux City TBA
Saturday, Oct. 22, 2016 (1:15pm-4:30pm)	You Can't Push My Buttons Anymore: Resolving Your Own Trauma so You Can Effectively Parent Traumatized Children (Jolene Philo)	3 hours	Sioux City TBA

Join us for a great weekend of fellowship and training!

FALL 2016 CONFERENCE

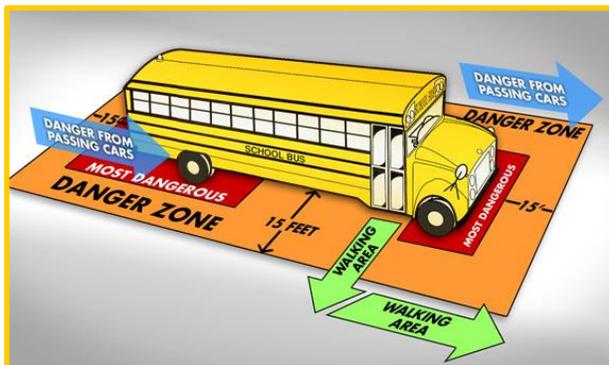
Friday & Saturday, October 28 & 29
Marriott & Conf. Center in Coralville

A SAMPLE OF THE WORKSHOP TOPICS OFFERED AT THE FALL CONFERENCE:

- Building the Best Team
- Supporting Healthy Transitions
- Human Trafficking
- Psychotropic Medications
- Supporting LGBTQ Youth
- Effects of Disrupted Attachment
- Helping Kids Make & Keep Friends
- How Trauma Impacts Kids in Care
- Identity Formation in Adoption
- Culturally Responsive Parenting
- Understanding Learning Disorders
- Keeping Up with the Drug Culture

Remember School Bus Safety

As our kids head back to school, **ALWAYS** stop when a bus has flashing lights!



Make School Lunch Time FUN!



OWL



FISH



BUNNY



LION



COW

*Get creative

*Keep lunches colorful

*Add a special note of encouragement

*Keep a variety of breads, lunch meats and cheeses on hand