

Promise Newsletter May 2017

IEP Meetings: A Teen and Parent Guide

An IEP is more than a long document. It is the guide that the IEP team follows throughout the year. Teachers will be checking in to tell you how things are going and checking in on goals throughout the year. It's also possible for you the parent, you the teen, or a teacher to ask to meet to talk about the IEP or make changes to the plan.

For more tips on planning for an IEP meeting, please see our Parent and Teen Guides below:

[Teen IEP Resource Guide](#)

[Parents IEP Resource Guide](#)

Read more about IEP Meetings as well as a link to the Postsecondary Transition Plan (PTP) App [here](#).

Upcoming Trainings

On May 9th in Madison and June 13th in Menomonie the Soft Skills Team are offering the *Using Universal Design for Learning (UDL) in Soft Skills training*.

This train-the-trainer presentation by Hedy Burke will include group work and hands-on application of strategies designed to provide you with opportunities to practice what you learn. Click [here](#) to learn more and register.

May 11th in Barron there will be a Community Forum on *Employing Young Adults with Barriers: Finding Workforce Solutions*. Businesses have workforce needs and young adults with disabilities and other barriers have the skills and desire to work. Join the discussion to help identify how to make these connections. [FLYER](#)

Ellie's Updates

As more Promise kids and families take advantage of opportunities and access Promise services, we're beginning to hear more feedback from participants whose lives are changing as a result.

Our most recent Success Story:

In Central Wisconsin a job developer helped a Promise youth get his first job doing food preparation in November of 2015. With the skills that the Promise youth learned through that experience, he has been able to move on and find other employment (also doing food preparation). He has been employed at his current position since September of 2016, when he turned 18. In June of 2016, he became a father and continues to be involved in his child's life. He has used the other Promise services, the financial coaching and the savings account to help him pay back a loan so that he could have a decent running vehicle. He has completed the other trainings, health literacy and self-advocacy and has benefited from meeting with the family advocate. He has also taken advantage of Work Incentives Benefits Counseling and will be helped by either a benefits analysis or a section 301 as he continues to be involved with DVR. He plans to graduate from high school this year.

Be sure to check out our enrollment updates and more success stories. [Read More](#)

Tips for Healthy Living

Our lives are busy and having a disability can add a layer of complexity to it. Sometimes, it

feels like it takes all we have just to make it through the day. It's moments like that when we should stop and think about how healthy our lifestyle is. [Here](#) you will find the opportunity to learn about the benefits of physical activity, getting enough sleep, eating well, and managing stress.

Did you know that Social Security offers many work incentives to help you reach your work goals?

The work incentive, Section 301, applies if you participate in an approved employment plan like Promise and/or DVR. You may continue to receive cash benefits if Social Security determines you do not have a disability, as long as you continue to participate in the approved employment plan. [Learn more](#)

Promise Meet Your Family Advocate

Michelle Steffen

Wausau, WI; WDA 6

Michelle has been working with families with special needs kids for three years. It's something that she has been passionate about for a long time. She is on several committees that work with families of children and young adults with special needs. Michelle feels that by empowering one person they will pass that knowledge on to at least one other person... it's a positive cycle that she loves seeing in action.

[Meet our Family Advocates](#)

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