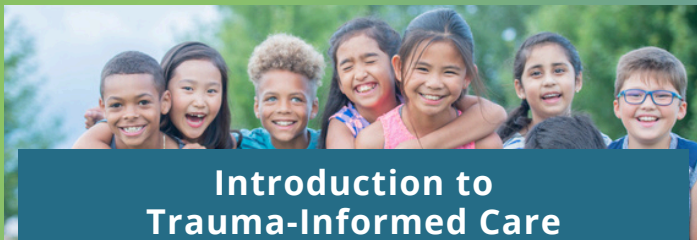


NORTHSHORE



# SPRING 2024 NEWSLETTER



## Introduction to Trauma-Informed Care

For Health Professionals Working with Children and Youth

### Virtual Workshop!

Hosted by Northshore Families Helping Families in  
Louisiana Department of Health Region 9

Tuesday, May 14th | 11:00 am - 1:00 pm

### PRESENTER

Sheri Eastridge, BA | Bureau of Family Health, ACE Educator Program Coordinator

#### Attendees will learn about:

- Trauma-informed care principles and ways to apply them.
- The impacts of early adversity and toxic stress on children.
- Strategies to mitigate and prevent childhood adversity.

2 Free CEUs  
for Nurses and  
Social Workers



### Join Us on Zoom!

Scan the QR Code or use this link to register:  
<http://tinyurl.com/NFHE-ACEs>



For more information about this event contact: [ashleynielsen@fhfnorthshore.org](mailto:ashleynielsen@fhfnorthshore.org)



Free CEUs for nurses and  
social workers! Pg. 6

## Board of Directors

### Executive Board

Jillian Gibbs	Chairperson
Sean Morrison	Vice Chairperson
Amanda Mitchell	Secretary
Troy Broussard	Treasurer

### Members at Large

David Anderson

## NFHF Board Meetings

You are always welcome at NFHF board meetings which are held every other month at the NFHF center.

If you would like to attend a board meeting, address the board, or if you would like to learn more about becoming a member of the board, please contact us at (985) 875-0511.

### 2024 Board Meeting Dates

All meetings are held at the NFHF center and begin at 6:00 pm

January 17, 2024  
March 20, 2024  
May 15, 2024  
July 17, 2024  
September 18, 2024  
November 20, 2024  
December 2024 (TBA)

## Staff Members

Karen Artus  
Executive Director  
kartus@fhfnorthshore.org

Ashley Nielsen  
Family Health  
ashleynielsen@fhfnorthshore.org

Dianthe' Rose  
Education Liaison  
drose@fhfnorthshore.org

Laura Keyes  
Education Liaison  
lkeyesnfhf@gmail.com

Rachael Sykes  
Adult Program Coordinator  
rachaelsykes@fhfnorthshore.org

Click on Image Below for Brief Survey



## PROGRAM FUNDERS



Louisiana Developmental  
Disabilities Council



**FLORIDA PARISHES  
HUMAN SERVICES AUTHORITY**



*The work of NFHF, including publication of this newsletter, is funded by Florida Parishes Human Services Authority, Louisiana State Department of Education, Louisiana Department of Health, Louisiana Developmental Disabilities Council, Families to Families Health Information Center and is supported by corporate and individual contributors.*

*Opinions contained herein do not necessarily represent those of the funding source, and no endorsement should be inferred.*



Northshore  
Families Helping Families  
108 Highland Park Plaza  
Covington, La. 70433

(985) 875-0511  
(800) 383-8700  
(985) 875-9979 fax

[fhfnorthshore.org](http://fhfnorthshore.org)  
[info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)

Center Hours  
Monday thru Friday  
9:00 am to 4:00 pm

## MISSION

To provide individuals with disabilities the services, information, resources, and support needed to enhance their independence, productivity, and inclusion within our community.

## VISION

To ensure all individuals with disabilities have equal opportunities to be educated, live, work and recreate in their own communities.

## PARISHES SERVED

NFHF serves individuals and family members in Region 9 including: Livingston, St. Helena, St. Tammany, Tangipahoa, and Washington parishes.



# SUPPORT NFHF DURING GIVE NOLA DAY

*Give NOLA Day is a 24-hour event hosted by the Greater New Orleans Foundation and Northshore Families Helping Families is asking for your support.*



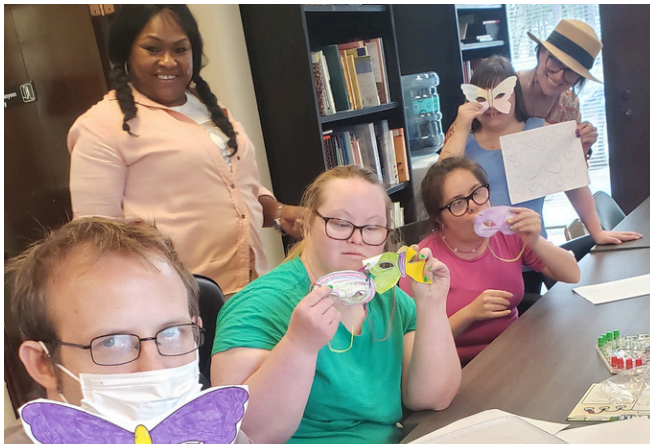
**Early Giving Starts April 23, 2024**

# MAY 7, 2024

When You Support NFHF You're Helping Us Support  
Students, Families, and Adults with Disabilities



The mission of Northshore Families Helping Families is to provide individuals with disabilities the services, information, resources and support needed to positively enhance their independence, productivity and inclusion in St. Tammany, Washington, Tangipahoa, St. Helena, and Livingston Parishes.



"Thank you Northshore Families Helping Families for all the support you have given our family! They have a wealth of knowledge and resources ranging from school services and IEPs, to health services, state laws, and many other important issues. But more than that, they have been supportive during both the challenging and rewarding moments of parenting a special needs child."  
L. Lappin

\$20 can help a Family get Referrals & Resources.

\$40 helps a Parent get Disability Info.

\$80 could help a parent with Special Education services.

\$100 helps us to provide social activities for Adults with Disabilities.

\$150 will help us provide Disability Related Trainings.

# INFORMATIVE WEBINARS

April  
**16**  
12:00pm

## INTRODUCTION TO 504 PLANS

<https://tinyurl.com/NFHF-504plan>



April  
**25**  
12:00pm

## YOUR FAMILIES HELPING FAMILIES AND LACAN ADVOCACY

<https://tinyurl.com/FHF-LaCANAdvocacy>



May  
**16**  
12:00pm

## DISPUTE RESOLUTION

<https://tinyurl.com/DisputeResolution2024>



June  
**06**  
12:00pm

## WHAT HAPPENS AFTER HIGH SCHOOL

<https://tinyurl.com/AfterHighSchoolJune2024>



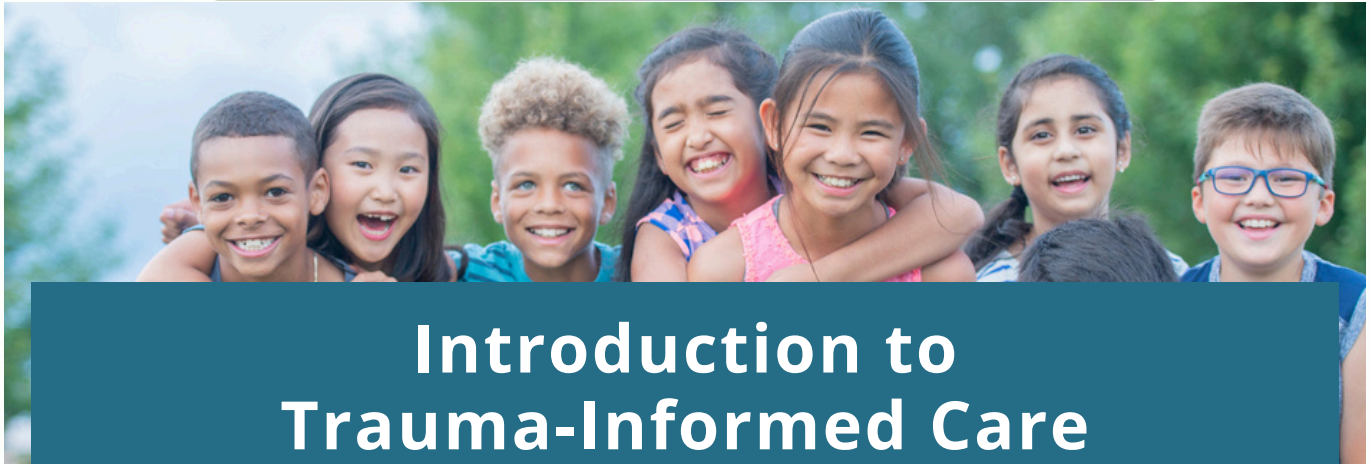
June  
**13**  
12:00pm

## SPECIAL EDUCATION ADVOCACY

<https://tinyurl.com/SpEdAdvocacyJune2024>



# REGIONAL INFORMATION WORKSHOP



## Introduction to Trauma-Informed Care

For Health Professionals Working with Children and Youth

### Virtual Workshop!

Hosted by Northshore Families Helping Families in  
Louisiana Department of Health Region 9

**Tuesday, May 14th | 11:00 am - 1:00 pm**

### PRESENTER

**Sheri Eastridge, BA | Bureau of Family Health, ACE Educator Program Coordinator**

#### Attendees will learn about:

- Trauma-informed care principles and ways to apply them.
- The impacts of early adversity and toxic stress on children.
- Strategies to mitigate and prevent childhood adversity.

**2 Free CEUs  
for Nurses and  
Social Workers**



### Join Us on Zoom!

Scan the QR Code or use this link to register:

<http://tinyurl.com/NFHF-ACEs>



The Bureau of Family Health is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association. LSNA Provider No. 4003257. The event planners and presenter(s) have no relevant financial disclosure. Nurses must attend the entire event and complete an evaluation to receive a continuing education (CE) award. The views and information expressed by the presenter(s) of this training/event and any supplemental information provided by the presenter(s), in print or electronic form, should not be construed as legal advice or final determinations of the Louisiana Department of Health and do not necessarily represent the opinions or policies of the Louisiana Department of Health, Office of Public Health or the Bureau of Family Health.

The activity has been submitted for approval to the LA Department of Health, Office of Public Health, Bureau of Family Health for 2 General contact hours of Social Work Continuing Education. The Louisiana Department of Health, Office of Public Health, Bureau of Family Health is an authorized approval organization of the Louisiana Board of Social Work Examiners. Presenters have no conflicts of interest to disclose. Social Workers must attend the entire event and complete an evaluation to receive a continuing education (CE) award. The views and information expressed by the presenter(s) of this training/event and any supplemental information provided by the presenter(s), in print or electronic form, should not be construed as legal advice or final determinations of the Louisiana Department of Health and do not necessarily represent the opinions or policies of the Louisiana Department of Health, Office of Public Health or the Bureau of Family Health.

For more information about this event contact: [ashleynielsen@fhfnorthshore.org](mailto:ashleynielsen@fhfnorthshore.org)



# STATEWIDE FHF INFORMATIONAL WEBINAR

## PLACING YOUR EMPLOYMENT FUTURE ON THE FRONT BURNER

*presented by:*

**Jeannie Doiron, CFSP**  
Disability Rights Louisiana  
CAP Program Manager



**May 15, 2024 ~ 2 - 3:30 PM**

*In-person and Virtual Options*

**Bayou Land**

**Families Helping Families**

**286 Highway 3185, Thibodaux, LA**

**Register at:**



[https://tinyurl.com/  
mpcday23](https://tinyurl.com/mpcday23)

Finding a job may just be the toughest job you'll ever have in life. This training will teach you about the current state of employment for people with disabilities in Louisiana. The information shared will not only give you the knowledge of what supports and resources are available, but, more importantly, how to think about employment through the successes of others. There will be a lively discussion, thought-provoking ideas, and you will leave with a greater understanding about the possibilities for meaningful employment.

*This training is a collaboration between:*



**DISABILITY RIGHTS  
LOUISIANA**  
Protect. Advocate. Empower.



# ADULTS BUILDING LIFE EXPERIENCES



Hi, I'm Rachael. I'm the Adult Program Coordinator here at Northshore Families Helping Families.

This group is for adults ages 16 and up and we have events every month for those who want to attend. Many of our members' families and support workers attend our events too.

JOIN US IN AT

## GLOBAL WILDLIFE CENTER

26389 LA-40  
FOLSOM, LA 70437

**JUNE 14, 2024**  
**9:30 MEET-UP TIME**  
**10AM TOUR**

Get your tickets here:

<https://tinyurl.com/ABLEatGlobalWildlife>

Attendees will be responsible for the purchase of their own tickets.

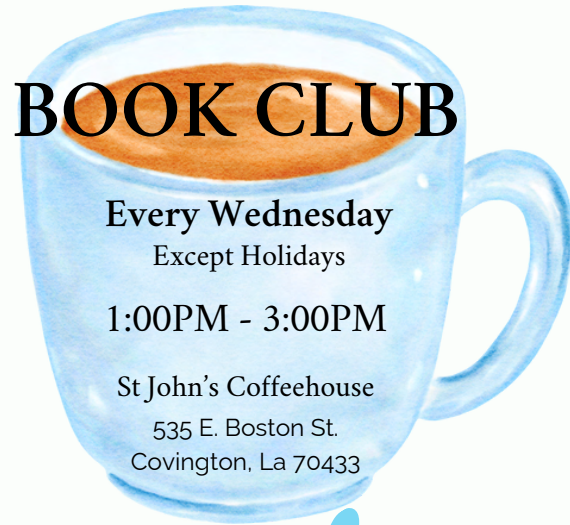


## BOOK CLUB

Every Wednesday  
Except Holidays

1:00PM - 3:00PM

St John's Coffeehouse  
535 E. Boston St.  
Covington, La 70433



JOIN US FOR AN AFTERNOON OF FUN!

## PICNIC & *Splash Pad*



@ ABITA SPRINGS PARK

**JUNE 7, 2024**  
**10:00 AM - NOON**

**Cracker Barrel**

**April 18, 2024**  
**5:30PM - 7:30PM**

8001 Pinnacle Pkwy, Covington



Register

<http://tinyurl.com/ABLEApril2024>

**Olive Garden**

**May 16, 2024**  
**5:30PM - 7:30PM**

8001 Pinnacle Pkwy, Covington



Register

<http://tinyurl.com/ABLEMay2024>

**George's Mexican Restaurant**

**June 20, 2024**  
**5:30PM - 7:30PM**

1461 N Causeway Blvd Mandeville



Register

<http://tinyurl.com/ABLEdinnerJune2024>



# Louisiana Council's Advocacy Network



My name is Angel Magee, I am the LaCAN Leader for Region 9 (serving Livingston, Tangipahoa, St. Helena, St. Tammany, and Washington Parishes).

I am the married mother of four wonderful children: three boys and one girl. As the parent and caretaker of multiple children and family members with disabilities, I will bring varied experiences and knowledge to the LaCAN team.

My daughter, Savannah, has a profound hearing loss and is also diagnosed with Unilateral Open Lipped Schizencephaly with right sided Hemiparesis which causes global delays. My oldest son also has a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), and my godson has an Autism Spectrum Disorder (ASD) diagnosis. My husband, Mitch, and I have been married 25 years and love this crazy life we live.

Over the past several years, I have served as a brain injury rehabilitation nurse and a nurse for a pregnancy resource center. I am passionate and fully invested in making a difference in my community. I have continued to search for opportunities to help others and find ways to create systems change through advocacy which is what led me to LaCAN.

Feel free to reach out to me at anytime. I would love to get to know you and share little about myself and how you can get more involved in LaCAN.

I look forward to hearing from you.

Angel Magee, LaCAN Leader for Region 9  
amagee@lacanadvocates.org  
985-351-2130



# Turn your passion for disability services into action.



## JOIN THE **NORTHSHORE FAMILIES HELPING FAMILIES BOARD OF DIRECTORS**

### **About Us**

Northshore Families Helping Families (NFHF) helps individuals with disabilities and their families by connecting them with information and resources they need. NFHF is the first place families should go when they receive a diagnosis.



NFHF provides ongoing training and information, and most importantly we connect you and your loved ones with peers who understand what you're going through. Headquartered in Covington, we serve five Parishes within the Florida Parishes Region: Livingston, St. Helena, St. Tammany, Tangipahoa, and Washington.

### **About Our Board of Directors**

The NFHF Board of Directors oversees the operations and programs of NFHF. The Board influences policy, engages in fundraising, provides budgetary oversight, and engages in strategic planning. At any given time, there are between 5 and 15 members. While the Board is a mix of the population, at least 51% must be an individual with a disability or a family member.

### **Board Member Responsibilities**

As a Board member you will be expected to do the following:

- Attend monthly Board meetings
- Volunteer! We are a working board, which means we do expect members to engage in various volunteer activities throughout the year
- Help with fundraising through public outreach, fundraising events, or grant research
- Join at least one working subcommittee
- Be ready to commit a few hours, each month to helping NFHF serve the disabilities community

### **How to Apply**

You can begin the process by completing an application located on the NFHF website.

Selected candidates will meet with Board members or our Executive Director to discuss interest and needs of the organization. Ultimately, Board members will be selected by the existing Board of Directors.