**2025 New Hampshire Family Support Conference Workshops**

**Workshop A *- Title:*** Stop Special – Let’s Get the Word Out! *Embracing Inclusive Language for Disability Justice.*

***Presenter*:** Disability Rights Center

*Words matter – our language can empower, respect, and uplift those around us. Yet many words used to describe people with disabilities all too frequently support negative stereotypes. In the words of those who have signed the Stop Special Pledge:*

*“My education isn't special--it's accessible. My needs aren't special--they're human.”\**

*“My needs are the same as everyone else. In some things, I need support, but that doesn’t make me “special”. Used that way, it implies inferiority. I like to think we are all unique human beings.” \*\**

*“My kid with an Individualized Education Plan (IEP) has the same right to high-quality education as my other three kids. When one of my kids needs extra instruction, they stay after school or do additional work during a study period: when an IEP is involved, something routine like this is described as "special."\*\*\**

*In this workshop, participants will explore the concept of linguistic ableism and learn about the national* ***Stop Special Campaign****, which amplifies the voices and experiences of people with disabilities through powerful videos and testimonials. Attendees will leave with practical tools and actionable steps to shift away from harmful euphemisms and embrace inclusive, empowering language.*

*Through meaningful dialogue and resources, this session will challenge outdated norms and inspire participants to take part in creating a world where disability is seen as a natural and valued part of life. Words matter. Together, we can move toward dignity, respect, and true inclusion for people with disabilities. Together, we can get the word out!*

**Workshop B *- Title:*** Hello, My Name Is \_\_\_: Ensuring Teams are Meeting the Whole Person Needs of Those We Care For.”

***Presenter:*** Julie Lago

*What is Person-Centered Planning, and why is it important? In this workshop, we will demystify the concept of Person-Centered Planning, and help you navigate the goal-setting process for yourself and family members of all ages.*

*One of the beliefs of our advocacy work is that crafting meaningful goals unlocks the key to long-term successes. Goals that are grounded in a person’s unique value system are proven to be more achievable. We will help you get there!*

*Participants will use a plain-language framework that assists them in planning important life goals. Whether you are working with children, teens, or adults, we will show audience members an effective way to create intentional goals that result in achievable successes.*

**Workshop C - *Title:***  What’s New in Special Education? State and Federal Updates.

***Presenter –*** Bonnie Dunham

*You have probably heard about many changes being made in special education laws, policies and structure at both the Federal and State levels. Some of these changes may have already happened, some are evolving, and others are just speculation. In this workshop, you will learn about what is new; we will separate facts from myths and discuss what those changes may mean for you and your child. This knowledge will help you to be a more effective and informed advocate for your child, and if you choose, for all children by making a difference at a systemic level.*

**Workshop D -**  ***Title:*** Helping young adults build a social network and foster social connections

***Presenter***: Lucie Dufresne

*Once our children leave school the options for developing and maintaining social connections become more limited. Social connections is a model for how a social/recreational group can be organized in a way that is easy to coordinate.*

**Workshop E -**  ***Title:*** Family Support In NH: Yesterday, Today and Tomorrow

***Presenters:*** Karen Blake and Lisa Steadman

*What is Family Support? How did New Hampshire get Family Support for people who experience Developmental Disabilities? Who were the people who advocated for Family Support, the initial legislation will be covered, and how do we continue to keep Family Support robust? What are the current uses of Family Support and what are the challenges? This workshop will highlight where we have been, where we are now and look to potential positive changes in the future with continued support.*

**Workshop F – *Title:*** Person  -Centered Planning: Goal Setting Toolkit for Success

***Presenters:*** Rita Despres and Karin Mortimer

*What is Person-Centered Planning, and why is it important? In this workshop, we will demystify the concept of Person-Centered Planning, and help you navigate the goal-setting process for yourself and family members of all ages.*

*One of the beliefs of our advocacy work is that crafting meaningful goals unlocks the key to long-term successes. Goals that are grounded in a person’s unique value system are proven to be more achievable. We will help you get there!*

*Participants will use a plain-language framework that assists them in planning important life goals. Whether you are working with children, teens, or adults, we will show audience members an effective way to create intentional goals that result in achievable successes.*

**Workshop G** - ***Title***: Supporting Siblings of Individuals with Disabilities

***Presenters*:** Erin Copeland and Katelyn Copeland

*The workshop will include research and studies on sibling stressors, collaboration with direct services, supporting siblings through Sibshops, and building a sibling network. Participants will have the opportunity to engage with the presenters on their own challenges, navigating life with an individual with disabilities, and siblings needing support.*

**Workshop H** - ***Title:*** How Many Spoons Do You Have?

***Presenters****:* Teague Carney and Sam Martin

*We will be using the Spoons theory to through a personal economy workshop in which participants will interact with a hands-on activity that will help the participants visualize all the tasks they balance in their daily lives*.

**Kid’s / Teen Workshops**

Make a musical egg shaker with Granite State Music Therapy

Learning How to DJ / Silent Disco with DJ Mike Phillips

Quiet / Sensory Friendly Workshop (Specific projects TBD)