

## SPECIAL EDUCATION RESOURCES

For information about the FCPS Plan for Return to School [CLICK HERE](#)

### Virginia Department of Education 2020 Special Education Parent Survey

Your opinion matters! Please complete the Virginia Department of Education (VDOE) survey by December 18, 2020 if your child is provided special education services through an individualized education program (IEP). Families who have more than one child receiving special education services should complete a survey for each child. [CLICK HERE](#) to access the online survey in English. [CLICK HERE](#) to access the survey in Spanish.

### The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

#### COVID-19 (Coronavirus) Response Update:

FCPS Parent Resource Center is still available by phone or email during the FCPS shutdown. Please email [prc@fcps.edu](mailto:prc@fcps.edu) or call 703.204.3491. We will be checking email and voicemail twice daily and responding within 48 hours. We are here to help, Monday - Friday, 8:00am to 4:00pm.

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations, an extensive lending library, and a year-long calendar of workshops are normally offered for parents, educators, and community members. Contact the PRC by [phone](#), [email](#); or when FCPS reopens, visit us Monday-Friday during the hours of 8:00am-4:00pm at the [Dunn Loring Center for Parent Services](#). Follow us on [Twitter](#), like us on [Facebook](#), and tune into our [You Tube Channel](#) to see some of our recorded workshops. Bookmark our [PRC website](#) to stay up-to-date with all our workshops and resources.

#### Join us for our July virtual workshops:

#### Summer Story Time at the PRC: A Virtual Webinar for Families, The Seven Essential Life Skills Every Child Needs

**Tuesdays and Thursdays July 7 - July 28, 2020, 10:00am – 10:45am**

Join us for Story Time for children ages 5-8 and their families!

This Story Time will highlight books and activities to support the executive functioning skills of your child. Tip sheets, book lists and activities will be sent to each family so that the skills can be practiced at home. This is an evidence-based program focusing on the Seven Essential Life Skills Every Child Needs. Register for one or all sessions.

July 7: Focus and Self Control

July 9: Perspective Taking

July 14: Communicating

July 16: Making Connections

July 21: Critical thinking

July 23: Taking on Challenges

July 28: Self-Directed, Engaged Learning

[Register for Summer Story Time at the PRC: A Virtual Webinar for Families](#)

## **The Juggle: Building Your Resilience through Self-Care: A Webinar for Parents and Caregivers**

**Friday July 10, 2020, 10:00am – 11:30am**

Parenting is challenging. We are constantly juggling demands and especially now, need to practice self-care more than ever. This workshop will acknowledge and celebrate parents/caregivers and introduce practical strategies to build resilience based on brain science.

Webinar Highlights:

- Importance of self-care
- Identifying when you need self-care
- Tips and activities for adults to improve self-care
  - Movement and breath practices
  - Letting go of the “shoulds”
  - Benefits of using humor

Presented by Laura Thieman and Stephanie Herman, FCPS School Social Worker Supervisors

[Register for The Juggle: Building Your Resilience through Self-Care: A Webinar for Parents and Caregivers](#)

[CLICK HERE](#) to stay informed about future virtual workshops.

### **The Advisory Committee for Students with Disabilities (ACSD)**

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets on a monthly basis. Its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff. **Next meeting TBA.** Committee members will participate electronically due to the COVID-19 emergency. Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>

[CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

### **Applied Behavior Analysis Program (ABA)**

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place.

[CLICK HERE](#) for more about the FCPS ABA Program.



## The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members.

Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for predominantly general education students. A SEPTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. A SEPTA allows for these parents, students and professionals to:

- Connect with and support one another
- Fund, sponsor and provide special trainings, workshops and events unique to special education needs
- Understand and navigate the special education system and special education and disability rights under the law.

The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

### Parent Information Relating to Special Education

**The below SEPTA- recommended resources are FREE unless otherwise noted. Registration is required where indicated:**

**Fairfax-Falls Church Community Service Board** – providing free access to web and mobile tools to support our resilience and well-being. Appropriate for ages 13-adult. Start here:

<https://files.constantcontact.com/bbee573c701/92633049-c14e-4509-8384-f426ebbbf7e7.pdf>

**Neighborhood Community Services** – providing *NCS Connects*, an online resource for youth, teens, and parents this summer. Adapted resources are included at Exploration

Station: <https://www.fairfaxcounty.gov/neighborhood-community-services/ncs-connects>

**2020 Special Needs Summer Camp Guide** — *with Covid-19 Updates*

Some summer camps are still available for children with special needs. This Guide, compiled by FCPS, includes private camps, in-person and virtual.

**Request a copy** by email: [prc@fcps.edu](mailto:prc@fcps.edu)

**FCPS school counselors, psychologists and social workers are available during summer** – Any FCPS parent may schedule a 30-minute phone consultation for themselves or their middle or high school student. Consultations will provide support and strategies to students who may be experiencing difficulties with anxiety, mood, behavior, or peer or family interactions.

Register: [https://docs.google.com/forms/d/e/1FAIpQLSeFLnv14CZ1Pga7QpeDpxXpKNVM4U8YvJdS08XL9yKEk7fJtA/viewform?utm\\_name=](https://docs.google.com/forms/d/e/1FAIpQLSeFLnv14CZ1Pga7QpeDpxXpKNVM4U8YvJdS08XL9yKEk7fJtA/viewform?utm_name=)

### **S.O.S. A Parent's Guide to Daily Routines, Screen Limits & Safe Social Outings**

**Wednesday, July 1, 2020, 1:00pm, *With Replay Option***

Hear practical advice on creating effective summer routines, managing screen time, and arranging safe peer interactions.

Register: <https://www.additudemag.com/webinar/summer-activities-adhd-children-pandemic/>

### **ADHD Medication Part II: Side Effects, Uneven Coverage and Discontinuation Trials - \$ Cost varies**

**Thursday, July 2, 2020, 7:30 – 9:00 pm, *Via Zoom, With Replay Link***

Learn from a behavioral pediatrician about managing ADHD medications, including side effects, uneven coverage, and stopping smoothly.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pgfwfbf8ab11&oseq=&c=&ch=>

### **Una Introducción a la Prevención del Suicidio**

**Lunes, 6 de Julio, 2020, 6:30pm – 8:30pm, *Via Zoom***

Los participantes conocerán los factores de riesgo del suicidio, cómo reconocer las advertencias de otras personas y cómo mantener a salvo a nuestros seres queridos.

Regístrate: <https://nacts107062020.attendase.com/register/registration/form>

### **Summer Story Time at the PRC: Seven Essential Life Skills Every Child Needs**

**Tuesdays and Thursdays July 7 – July 28, 2020, 10:00am –10:45am, *Online***

These events are for children ages 5-8 and a parent! Books and activities will be shared to support the executive functioning skills of your child, including at home.

Register for one or all sessions.

### **Financial Planning for Your Future 101**

**Thursday, Jul. 9, 2020, 1:00 pm, *via Zoom***

Learn about goal based financial planning, budgeting, risk management, investments, estate planning, and the SECURE Act.

Register: <https://adoptionssupport.org/free-webinar-financial-planning-for-your-future-101/>

### **Learning to Manage Anxiety, Part I: A Systems Approach to Exposure Therapy- \$ Cost varies**

**Thursday, July 9, 2020, 7:39:00pm, *Via Zoom, With replay link***

After reviewing some background concepts and specific strategies, Dr. Dan will lead a group discussion of individualized approaches to implementation.

Register:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pio4ke9db8a50&oseq=&c=&ch=>

### **The Juggle: Building Your Resilience through Self-Care**

**Friday, July 10, 2020, 10:00am –11:30 am, *Webinar***

This workshop will acknowledge and celebrate parents/caregivers and introduce practical strategies to build resilience based on brain science.

Register: [https://docs.google.com/forms/d/e/1FAIpQLScV66P2uPxcg84HIVoX\\_MAAw1xqzR\\_Fi-0WVX9mm-UibHtk0KVA/viewform](https://docs.google.com/forms/d/e/1FAIpQLScV66P2uPxcg84HIVoX_MAAw1xqzR_Fi-0WVX9mm-UibHtk0KVA/viewform)

### **Capacity Building for IEP Teams**

**Sunday, July 12 – 26, 2020, 3 hours – Available 24/7 Online**

Learn practical strategies to help future IEP meetings be more positive, productive, and collaborative for parents and educators.

Register: <https://bit.ly/2yIe0JC>

### **Learning to Manage Anxiety, Part II: Practical Strategies - \$ Cost varies**

**Thursday, July 16, 2020, 7:30pm – 9:00pm, Via Zoom, With replay link**

After reviewing some background concepts and specific strategies, Dr. Dan will lead a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pjoze2ed12a08&oseq=&c=&ch=>

### **Talk Saves Lives**

**Sunday, July 19, 2020, 4:00pm – 5:30pm, Online**

Suicide can be prevented. Learn about suicide prevention, including common risk factors, warning signs, and how to stay safe.

Register: <https://ncactsl07192020.attendase.com/register/registration/select>

### **When Behavior Impedes Learning: A Parent's Guide to Advocating Objectively and Effectively at School**

**Thursday, July 23, 2020, 1:00pm, With Replay Option**

Learn about functional behavior assessments (FBA) and how to use one to craft a behavior intervention plan (BIP) to help a child improve behavior.

Register: <https://www.additudemag.com/webinar/functional-behavior-assessment-adhd/?>

### **Coexisting ADHD, Anxiety, and Autism**

**Thursday, July 23, 2020, 7:30pm – 9:00 pm, Via Zoom, with replay link - \$ Cost varies**

After reviewing some background concepts and specific strategies, Dr. Dan will lead a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1ppj9f74620816&oseq=&c=&ch=>

### **Movie Screening: “Deej” — #NoBodyIsDisposable Film Series**

**Thursday, July 23, 2020, 8:00pm – 10:00pm**

*Deej*, a movie about a nonspeaking child with autism who does not give up his pursuit of learning and college, will be followed by a discussion with advocates.

Register: <https://tinyurl.com/DeejNoBodyIsDisposable> ASL/Captioning provided.

### **Disability Visibility Project — Book Launch**

**Saturday, July 25, 2020, 7:00pm, Webinar**

Readings from these first-person stories by disabled people will be combined with a panel discussion with five of the book’s contributors.

Register: <http://tinyurl.com/dvbooklaunch>

## **“You’re So Emotional!” Why ADHD Brains Wrestle with Emotional Regulation**

**Tuesday, July 28, 2020, 1:00pm, *Webinar with replay link***

Learn about recent research on emotional dysregulation due to ADHD, current understanding, and effective treatments.

Register: <https://www.additudemag.com/webinar/emotional-regulation-adhd-anger-management/>

## **Helping Your Child Experience Social Success**

**Thursday, July 30, 2020, 7:30pm – 9:00 pm, *Via Zoom, with replay line - \$ Cost varies***

After reviewing some background concepts and specific strategies, Dr. Dan will lead a group discussion of individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pkngsa3c0585d&oseq=&c=&ch=>

## **Plan Ahead — Transition Series 2020 – \$25-\$50**

**Saturday, September 26 & October 17, 2020, 8:30am – 3:00pm, Marymount University Arlington**

Students with developmental disabilities and/or their parents can learn how to plan for the transition to many aspects of life after school.

Register: <https://thearcofnova.org/programs/transition-series/>

## **On Demand Resources**

### **Wrightslaw Special Education Law and Advocacy Training**

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>.

### **The Parent Playbook — 9 Module Online Course on Autism**

From the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: [https://vcuautismcenter.org/te/courses/parent\\_playbook.cfm](https://vcuautismcenter.org/te/courses/parent_playbook.cfm)

### **Dyslexia & the IEP: How to Make Sure the IEP is in Tip-Top Shape**

Webinar On demand, available 24/7: <https://www.youtube.com/watch?v=frehRL58UTs>

## **SEPTA – Recommended Support Groups**

The groups listed below are open to newcomers and are free of charge, except where indicated.

**Many group offerings have switched to online format.** A diagnosis is not required for participation. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources. Confidentiality is respected:

**Alpha Moms** – Support group for adoptive parents meets monthly in McLean. Contact: [robin4brady@gmail.com](mailto:robin4brady@gmail.com)

**Autism Dads** – Meets monthly in Falls Church. Contact: George Buzby at 571.419.1257 or [gbuzby@aol.com](mailto:gbuzby@aol.com)

**Autism Society of Northern Virginia Virtual Support Group** – Second and fourth Saturday of the month, 1:00pm – 2:30 pm via Zoom. Meeting ID: 83085728013

### **Business Networking Event for Special Needs Parents**

Alternate Fridays, beginning May 29th and following, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

**CHADD** – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Burke CHADD Support Group for Parents, Caregivers and Family Members** – Meets last Thursday of the month at 7:00pm. Contact: Kim Griffin at [kimberlyrgriffin@yahoo.com](mailto:kimberlyrgriffin@yahoo.com)
- **Loudoun County CHADD Parent Support** – Meets third Tuesday morning of each month, Sterling. Contact: Bonnie Little, 571.306.2932 or on Facebook @loudounahdhsupport
- **West Fairfax CHADD Evening Parent Support Group** – Meets third Thursday of each month at 8:00pm. Contact: Sharon at [clintob@aol.com](mailto:clintob@aol.com) or 703.716.4646.
- **West Fairfax CHADD Morning Parent Support Group** – Meets first Tuesday of each month, time TBA. Contact: Sharon [clintob@aol.com](mailto:clintob@aol.com) or 703.716.4646.

**CSB Family Support Group** – Gatlan Center – Meets second and fourth Wednesday of each month from 6:00pm-7:30pm via Zoom. Contact [Samar.Chwairy@fairfaxcounty.gov](mailto:Samar.Chwairy@fairfaxcounty.gov) or call 703.799.2882.

**D.A.D.S. – Dads Appreciating Down Syndrome** – Meets third Tuesday of each month from 7:00pm-9:00pm via Zoom. Contact George Buzby at [gbuzby@aol.com](mailto:gbuzby@aol.com) or call 703.545.6089.

**Dr. Dan's Support Group for Parents Raising Challenging Children** – Meets via Zoom on Mondays, 1:00pm – 2:00pm, Register: [www.parentchildjourney.com/journey/](http://www.parentchildjourney.com/journey/)

**Fairfax Juvenile Court Parent Support Group** – For problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, school, or in the community. Sign up for a phone consultation at <https://www.fairfaxcounty.gov/juveniledomesticrelations/juvenile-intake> .

**Meditation and Mindfulness:** Monday, Tuesday, Thursday & Friday; 12:15pm:  
<https://www.si.edu/Events?trumbaEmbed=eventid%3D143846035%26view%3Devent%26-childview%3D>

**NAMI: National Alliance on Mental Illness** – builds better lives for affected families. Arlington Parent Support Group meets two Sundays per month at 7:00pm-8:30pm. Contact: Michelle Best at [mczero@yahoo.com](mailto:mczero@yahoo.com)

**OCD Family Support Group** – Meets first Monday of each month at 7:30pm. Contact: [familygroupocd@verizon.net](mailto:familygroupocd@verizon.net) or call 202.215.5859.

**Parents of Autistic Children (POAC-NOVA) Parent Support Group** – Meeting times vary.  
Contact: Brianne Russel-Morris at [administrator@poac-nova.org](mailto:administrator@poac-nova.org) .

**Parents of Autistic Teens** – Meets the second Saturday of each month in Oakton. Contact: Maria Dubuc 703.970.3676 or [Admin@ASNV.org](mailto:Admin@ASNV.org)

**Parents in a Pandemic** – A support group for families of children or young adults with developmental and/or behavioral challenges. Meets Tuesdays, twice monthly, 5:30pm – 6:30pm. Contact Diane Manning at [dmonnig@thearcofnova.org](mailto:dmonnig@thearcofnova.org) .

[CLICK HERE](#) and scroll down to view SEPTA’s complete list of upcoming events.

### **Best Buddies International**

<https://www.bestbuddies.org/>

State Headquarters 6231 Leesburg Pike, Suite 310 Falls Church, VA 22044  
(703) 533-9420

Best Buddies is the world’s largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world.

[CLICK HERE](#) to learn more about Best Buddies in the Capital region.

### **The Parent Educational Advocacy Training Center**

<http://www.peatc.org/>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities in order to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing:

- Services and support for families and professionals;
- Easy-to-understand, research-based information and training; and
- Opportunities for strategic partnerships and advocacy for systemic improvement.

### **Twice-Exceptional (2e) Handbook**

The [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. Please view this brief [video](#) to learn about the contents of the handbook.

For more about FCPS Special Education Instruction [CLICK HERE](#) .