

## SPECIAL EDUCATION RESOURCES

For updated information about FCPS Distance Learning Plan for Students with Disabilities [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 reopen, 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.

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

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

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

**All FCPS school buildings and administrative offices are closed until further notice.**

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. **The ACSD will hold its' next meeting on June 10, 2020 at 5:00pm.** 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)

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

**All FCPS school buildings and administrative offices are closed until further notice.**

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders and meets on a monthly basis. 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-f426ebbbf7.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>

**Happy Campers at Home: Navigating Summer with Children During COVID-19**

**Monday, June 1, 2020, 4:00pm, Webinar with Replay Link**

Learn practical ways to create happiness and connection at home this summer, including ways to talk with your kids about difficult topics.

Register: [https://us02web.zoom.us/webinar/register/WN\\_0wJNZhynR1KyVEhtT6i0VA](https://us02web.zoom.us/webinar/register/WN_0wJNZhynR1KyVEhtT6i0VA)

**Sleep Solutions for the ADHD Brain**

**Tuesday, June 2, 2020, 1:00pm, Webinar with Replay Link**

Learn about the impact of poor sleep on ADHD symptoms throughout the lifespan and strategies to improve sleep in families with ADHD.

Register:

[https://goto.webcasts.com/starthere.jsp?ei=1313090&tp\\_key=e18a241283](https://goto.webcasts.com/starthere.jsp?ei=1313090&tp_key=e18a241283)

**Talk Saves Lives**

**Tuesday, June 2, 2020, 5:00pm – 6:00pm, Online**

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

Register: <https://virtualtsl-6-2-20-5pm.attendase.com>

**Distance Learning and Trauma Informed Schools**

**Tuesday, June 2, 2020, 7:30pm, Online**

Learn the principles and practices of trauma informed schools and why they are vital during distance learning and the return to learn scenarios.

Register: <https://virtualtsl-6-2-20-5pm.attendase.com>

**Nutrition for Stress Management During COVID-19**

**Friday June 5, 2020, 12:00pm – 1:00pm, Webinar**

Learn how what you eat influences how you feel, including foods that trigger uncomfortable emotions, and foods that help calm you.

Register: <http://bridgestherapyandwellness.com/event/nutrition-for-stress->

**Talk Saves Lives**

**Saturday, June 6, 2020, 10:00am – 11:00am, Online**

Suicide can be prevented. Learn about common risk factors, warning signs, and how to stay safe. Includes firearms considerations.

Register: <https://virtualtslfirearms-6-6-20-10am.attendase.com>

## **Transition University – Plan Ahead – Five-Session Self-Paced Course *Online***

**Sunday, June 7, 2020, 8:00pm - Monday, July 20, 2020, 4:00pm**

Parents/guardians of school-age children can learn how to navigate the transition process to prepare their children for the adult world.

Register: <https://www.eventbrite.com/e/summer-2020-transition-university-virtual-training-registration-80303508957>

## **Capacity Building for IEP Teams**

**Sunday, June 7-21, 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://www.eventbrite.com/e/building-capacity-for-iep-teams-june-registration-103276081540>

## **Learning, Fun, Free Time: How to Balance and Structure the Lazy, Crazy Days of Summer for Children with ADHD**

**Monday, June 8, 2020, 1:00pm – 2:00pm, *Webinar with Replay Link***

Learn how to focus and engage your child by creating flexible schedules for reading, projects, trips and time online.

Register: <https://www.additudemag.com/webinar/summer-schedule-for-children/>

## ***Intelligent Lives* Reunion Webinar**

**Wednesday June 10, 2020, 1:00pm – 3:00pm, *Via Zoom, with replay link***

Watch the film and a discussion on how persons with intellectual disabilities need not be denied higher education, meaningful jobs, and intimate relations.

Register: [https://unh.zoom.us/webinar/register/WN\\_AncfsaRwRLigTRUZeqhHDw](https://unh.zoom.us/webinar/register/WN_AncfsaRwRLigTRUZeqhHDw)

## **Talk Saves Lives**

**Thursday June 11, 2020, 5:00pm – 6:00pm, *Online***

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

Register: <https://virtualtsl-6-11-20-5pm.attendase.com>

## **Talk Saves Lives**

**Tuesday, June 16, 2020, 5:00pm – 6:00pm, *Online***

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

Register: <https://virtualtsllgbt-6-16-20-5pm.attendase.com>

## **Five Common Emotional/Behavioral Challenges Children Face and Strategies for Addressing Them (Part 1) — *Webinar***

**Thursday, June 18, 2020, 1:00pm – 2:30 pm, *Extended Access June 18-July 18***

Register: <https://cdn.givecloud.co/s/files/1/0000/0613/files/webinarflyer2019-2020-600.pdf> \$0-\$15. Free with coupon code.

## **Talk Saves Lives**

**Tuesday, June 18, 1:00pm – 2:00pm, Online**

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

Register: <https://virtualtsl-6-18-20-1pm.attendase.com>

## **Emergency Planning: Preparing for the Unexpected**

**Thursday, June 18, 2020, 2:00pm – 3:15pm**

Learn how making key contacts in the community and other strategies can help families with disabilities plan for emergencies.

Register: <https://thearc.org/webinars/emergency-planning-preparing-for-the-unexpected/>

## **An Individualized Approach to Raising Your Challenging Child – Plan Ahead – Nine-Session Self-Paced Course Online – \$ Cost varies**

**Tuesdays beginning June 23, 2020 - August 25, 2020, 7:30pm – 9:00pm, 9 sessions course via Zoom**

This program is to help parents identify the source of their child's challenging behavior and learn what they can do about it. For parents of children ages 3-12.

Register: <http://www.parentchildjourney.com/journey/>

## **ADHD Medication Part 1: Diagnosis, The Case for Medication, How to Do a Trial – \$ Cost varies**

**Thursday, June 25, 2020, 7:30pm – 9:00 pm, via Zoom**

Learn from a behavioral pediatrician about the process of ADHD diagnosis, how to think about medication, and how to start.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1nj0ssab378243&oseq=&c=&ch=>

## **Talk Saves Lives**

**Tuesday, June 27, 2020, 10:00am – 11:00am, Online**

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

Register: <https://virtualtsllgbt-6-27-20-10am.attendase.com>

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

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

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=a07eh1pgfwfbbf8ab11&oseq=&c=&ch=>

**Plan Ahead — Transition Series 2020 – \$25-\$50 – Marymount University, Arlington**

**Saturday September 26 & Oct. 17, 2020, 8:30am – 3:00pm**

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 — NAMI Basics**

**NAMI Basics is a 6-session educational program for parents and caregivers of children and youth who are experiencing mental health symptoms.**

Access: <https://namivirginia.org/programs/for-parents-of-children-and-youth-virginia-family-network/child-and-teen/>

### **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)

### **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**

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday of each month at 6:30 pm. Contact Alyssa at [ADHDParentMountVernon@gmail.com](mailto:ADHDParentMountVernon@gmail.com) or call 303.903.9972.
- **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.

**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

We are pleased to share that the [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were made available to the public on the FCPS website the first day of school, August 26, 2019. The 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](#) .