



Newsletter Spring 2003

Budget Worries

Although we are always told that it is not in the best of taste to discuss money matters, we have to do it right now. It would be less than fair to you, our parent and professional members and friends, to withhold the fact that with what is happening in the State of New Hampshire at present, our core funding and therefore our programs are in jeopardy.

We hope that you will help us by sending in your 2003 memberships of \$10 for parents or \$25 for professionals. We also hope that you will be as generous as possible in late June/early July when our Board President, Dr. Douglas Williamson, sends a letter requesting a donation.

Being told to "live within your means" when you are already on a shoestring budget shows a complete lack of understanding of families and non-profit organizations whose means are limited.

A person who recently reviewed SNSC-UV's programs and budget said he could not believe how much we offer with such a low budget. We felt so good about that - until we heard from a core funder that we are likely to lose many thousands of dollars. How can we possibly continue to offer our present supports with much less money?

Please call Philip Eller at 448- 6393 if you are willing to help by staying informed of what the New Hampshire legislature and governor are doing.

Challenging Behavior Series

Special Needs Support Center Of The Upper Valley, West Central Services and NAMI NH are co-sponsoring an educational series for parents who have children with challenging behavior.

The seven week series, which starts on Monday, April 21, will be held from 6:30- 8:30p.m.

Topics and speakers for the series are as follows:

- April 21 - Introductions Diagnosis and Medications, Dr. Liz Tomlinson
- April 28 - Oppositional Defiant Disorder, Post Traumatic Stress Disorder, Conduct Disorder, Steven Atkins, Psy.D., DHPA
- May 5 - Depression & Anxiety, Kristen Stidham, M.S., Fellow in Psychology, DHPA
- May 12 - Loss and behavior Problems Family Dynamics, Jack Kubiak, M.S.
- May 19 - School Issues (IEP, Behavior Plans)
- May 27 - Siblings Resiliency, Karen Rogers, Ph.D.
- June 2 - Resources (Disability Rights Center, NAMI)

The series is for parents only, and parents should plan on attending one of the first three sessions if they would like to attend sessions beyond the third. As in the past, the School Issues evening is open to anyone. Please call Special Needs Support Center Of The Upper Valley, 448-6311, 448-6393 or 800 698-5465 to register or for more information.

Many thanks to West Central Services and to Dartmouth Hitchcock Psychiatric Associates for providing speakers for this community effort. Thanks also to the Mascoma Savings Bank Foundation for funding support.

Social Skills/Appropriate Behavior Group

The teen/young adult Relationship and Appropriate Behavior Group, known also as the David Royle Group, has been meeting quite regularly throughout the winter, in spite of the severe weather.

The group, which numbers over 15 at this point, meets at either SNSC-UV or UDS for one hour and then heads to a local restaurant to spend an hour enjoying a meal and discussing topics such as manners, dating and anger management. SNSC-UV is applying for a grant for continuation of this important effort. We thank Sylvia Dow, parent, and Kim Carroll. UDS for their co-facilitation and also thank the many parents who help with transportation and accompanying the group to their dinner sites.

Summer Camp - Info and Funding

It's hard to believe, but soon summer camps and recreation programs will start to fill up. Have you thought about what you might like for your child(ren) for school vacation?

Whether it is a day recreation program, a summer day camp or an overnight camp, SNSC-UV may have the information you need to help make your decision. We have info on local programs, a three-ring binder filled with camp information and, of course, the internet to help find specific camps.

When you find the program or camp that looks right for your child and you realize that you need some funds to make it possible for your child to attend, our Respite Child Care program might be able to help. If you have a child with a chronic health condition, our Partners in Health program is the place to look.

Come into the office to look for camps or call Nicole Demers, Respite Coordinator at 448-1268 or Katie Merrihew, Partners in Health Coordinator at 448-7108 for questions on funding support.

FAMILY CENTER AT CHaD

The CHaD Family Center is now open. It is on Level 3 East in the Dartmouth Hitchcock Medical Center. It's a small, comfy space for parents and kids and we WELCOME your visit to meet Robin Goodrich, our pediatric resource specialist. The Center is building a small, health library; has a computer for parents to access Internet Explorer; and Robin, who is there to be a good listener and connector to resources both at DHMC and in our communities. We look forward to community agency participation in the center - coffee hours and a place for you to meet families. 603-650-7397.

Kudos to Kristen Murphy, Toni LaMonica, Dr. Bill Boyle and Jane Stetson of the Boyle Community Pediatric Program for making the Family Center a reality.

Happenings, etc.

The Happenings crowd gathered for a dance in early February. Once again, a great time was had by all. We thank Brian Warren for his DJ skills, Karen Currier for her creative decorating, Pia Pearce and Sue Rump for helping Karen, and Agnes Guay, Sylvia and David Dow, Doreen Beidler and Kit Farnsworth for helping coordinate and make the evening possible. And let's not forget the teens and young adults who come to have a good time! They are proof that having a great time and being well-behaved with good manners are not mutually exclusive.

A dance was planned and decorations were in place for April 4, but the weather forced a change in plans. Thanks to Karen and Sue for what would have been a stunning dance hall!

Special Education Workshop offered in May

If you are a professional who attends IEP meetings or if you are a friend or relative attending with a parent, you may be

SIBSHOP

There is a SIBSHOP on May 10th for kids 6-12 who have siblings with any kind of special health need. It will be at the Ray School in Hanover and will

Asperger's Syndrome Panel Discussion

Plans are in the works for a May SNSC-UV/West Central Services co-sponsored panel discussion on Asperger's syndrome.

interested in a May 19 workshop organized by SNSC-UV and presented by staff of the Parent Information Center.

We have heard from social workers, case managers, mental health professionals and early interventionists that it would be helpful to have a "refresher" workshop to cover some of the laws governing special education, the Individual Education Plan and behavior assessments.

A workshop is scheduled for May 19 at 3 p.m. The workshop is open to parents as well. Please call SNSC-UV, 448- 6311 to register.

feature kite making! \$5 per child with scholarships. SibShop begins at 10 and is over at 1:30.

Interested? Please let Toni LaMonica (653-1488), Phil Eller (448-6393) or Melissa Eastman (448-2077 know and they'll be happy to register children.

Panelists will include a clinician, a parent and a special educator.

ADD/ADHD Support Group

The SNSC-UV/CHaD co-sponsored ADD/ADHD Support Group will have its monthly meeting on May 21 in Auditorium F at Dartmouth Hitchcock Medical Center.

Dr. Peter isquith, DHPA, will speak on the topic of executive function.

The meeting will take place from 5:30 until 7:00 p.m. Parents and professionals are welcome! Call Philip Eller at 448-6393 for more information.

Many Thanks to Leona Ryder

The Board and staff at SNSC-UV along with the Respite Advisory Committee of the Early Childhood Mental Health Network thank Leona Ryder for the excellent work she did in developing the Respite Child Care Program. She had the program up and running and supporting families in record time!

We wish her well as she begins her new job as Director of the Mascoma Senior Center in Enfield.

SNSC-UV - ON THE WEB!

The Special Needs Support Center Of The Upper Valley website is up and running at SNSC-UV.org!! The site, designed by webmaster Ted Bergeron of Keene, was recently chosen "Website of the Week" by nh.com. Parents and others are finding information and resources, and if visitors to the site have questions, they can email SNSC-UV directly from the site. Check it out and call us with any comments or suggestions - or leave a message at the website.

While you're on the web, stop in at the Parent to Parent website at P2PNH.org. Recently, there were several parents chatting about a possible move to New Hampshire, so it really IS a place to meet other families!

Respite Program Welcomes Nicole Demers

Nicole Demers of Lebanon is now the Coordinator of SNSC-UV's Respite Child Care Program.



From Nicole -

I am the new Respite Child care Program Coordinator, and I am very enthusiastic to be joining the Special Needs Support Center Of The Upper Valley team. I look forward to supporting families and developing the respite program further.

I attended Plymouth State College and graduated with a Bachelor of Science degree focused on Early Childhood Education and mathematics. After school, I moved to Colorado and was the lead teacher in a preschool classroom. There I helped to develop curriculum and manage classroom staff. After teaching, I decided to pursue a different realm of working with children, I began working at a short-term residential facility for children birth to 15 years old. The majority of the children were at the facility because they had been abused and/or neglected. Some children were there on court orders and some because they were beyond the control of their parents. This job proved to be very challenging but extremely rewarding. I had the opportunity to participate in and lead some therapy groups, as well as help with crisis management. As a case manager, I also helped develop therapy goals and attended staffings.

My past work experience gives me confidence about being the Respite Child Care Program Coordinator. I will do my best to maintain all that has been accomplished and I look forward to expanding the program to offer a greater variety of respite possibilities to families.

SNSC-UV Staff

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The SNSC-UV homepage address is www.sns-c-uv.org