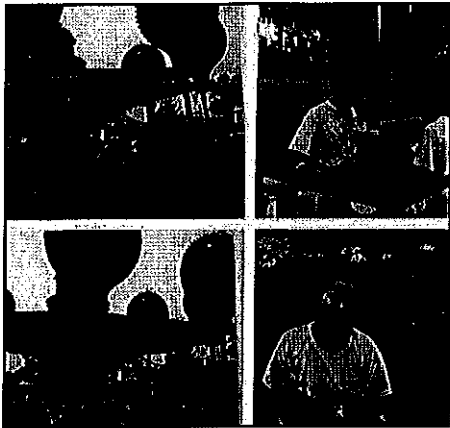
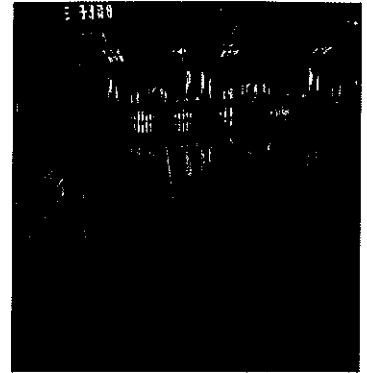


United Cerebral Palsy of New York City

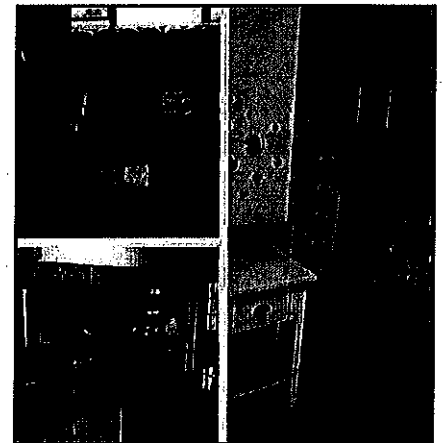
RESPIRE PROGRAM



UCP of NYC Overnight Respite Program offers temporary overnight relief for families in New York City who need a break from the continuous demands of caring for a family member who is developmentally disabled.



Located on the grounds of UCP of NYC's Hausman Campus in the Pelham Gardens neighborhood of the Bronx, families can be assured of a safe, comfortable, homelike and caring environment for their loved one. With a basketball court and picnic area on 12-acres of land, it's like having a park right in your backyard!



The freestanding residence is completely wheelchair accessible, open 24-hours a day, seven days a week, and is available at no cost to families living in the five boroughs. The program is open to children and adults and can accommodate individuals with multiple disabilities. Wi-Fi available for assistive technology devices.

We also provide **free transportation** for those living in, Manhattan, Staten Island, Queens, and Brooklyn.



For more information please contact
PROJECT CONNECT 1.877.827.2666
projectconnect@ucpnyc.org
www.ucpnyc.org





Providing Multicultural, Lifespan Services For People with Disabilities



2082 Lexington Avenue, 4th Floor
New York, NY 10035

Tel: (212) 643-2840 Toll Free: (866) 867-9665

Fax: (212) 643-2871

E-mail: information@sinerגיאny.org

Website: www.sinerגיאny.org

Visit our blog: <http://sinerגיאלaesquinlta.blogspot.com/>

Donald Lash
Chief Executive Officer/President

Johnny C. Rivera
President, Board of Directors

Vacancy Report

May 13, 2014

OPPORTUNITIES AVAILABLE IN THE FOLLOWING PROGRAMS

Non-Medicaid Case Management

In Manhattan only

Educational Advocacy

In Manhattan only

Housing Advocacy

All Boroughs

Parent Training

All Boroughs

Overnight Respite

In Manhattan only

Family Reimbursement

In the Bronx and Brooklyn only

**For more information please call Intake
(212) 643-2840 ext. 336**



► LINK MEMO

TO: DD Council
FROM: Cathy Bechler
DATE: May 6, 2014
RE: Vacancies

FAMILY SERVICES VACANCIES:

- **Family Support Group for Caregivers of Children with Autism (all ages)** – Parent/caregiver support group for parents of children with Autism in English, Spanish and Mandarin. For more information, please contact YAI ► **LINK** at 212-273-6182. A schedule of the groups can be found through YAI's website: www.yai.org/services/autism
- **Mainstreaming At Camp (MAC)** - Now's the time to think about summer camp, YAI's inclusive summer camp is for campers aged 8-18 and is a sleepaway camp in Frost Valley, NY www.yai.org/camping
- **YAI Autism Center** – offering private pay programs in Yoga with Ballet/Dance social skills groups & music therapy. Call ► **LINK** 212-273-6182 for more information.
- **Manhattan Star Academy** – Accepting inquiries for the school, a unique learning opportunity for elementary school children. Call Rae Eisdorfer at 212-420-0510 for more information, application and tuition.
- **Toilet training** – 6-week program for parents living in Manhattan (through project intervene). Contact Danielle Bardwell at 212-273-6314.
- **Family Reimbursement** – for Manhattan, Brooklyn and Queens families. Contact Shanique Soto at 212-273-6585
- **Manhattan Based Recreation programs** – Recreation programs for individuals with DD 16+, Tuesdays through Saturdays. Openings for individuals living anywhere in NYC. Activities include weeknight group activities and Saturday trips. All levels welcome. No transportation provided. Contact Pamela Accardo at 212-645-1616 x 618 or Edna Bey at 212-645-1616 x620.
- **Manhattan Overnight Respite** – Ages 5 and up. Must be ambulatory. Contact Vanessa White Germany at 212-255-267.
- **Manhattan Holiday Respite** – ages 6-18 with DD, live at home with their family. Taking applications for waiting list contact Jenaire Feimster 212-273-6503
- **Bronx Leisure Trax** - free or low-cost vacation program for OPWDD eligible adults living with their family in Bronx. Contact Michael VanConant at 212-273-6100 x 2364
- **Emergency Respite Reimbursement** - for Brooklyn (call Cheryl Jones at 718-743-5311), Queens (call Jackie Nunez at 718-793-2182 x 231) & Manhattan (call Maria Leonardo at 212-273-6229) families.
- **Independent Living Program** – 6 month classroom course for adults looking to develop their independent living skills. For Brooklyn, Bronx, Queens and Manhattan residents. Call ► **LINK** for more information 212-273-6182.
- **Autism Social Skills Groups** – currently accepting applications for Social Skills groups for children aged 9-18 in Manhattan with ASD. In Brooklyn for children ages 5-12 years old with ASD. Children must reside at home with their family, be verbal with no major behaviors and OPWDD eligibility is needed. Contact ► **LINK** for more info 212-273-6182
- **Leisure Trax** – vacations/trips for adults 18 or older, free or low cost for those living with family in the Bronx. Trips are open to groups from other Boroughs – contact 212-273-6254 or www.yai.org/travel.
- **Brooklyn Extend-a-family** – *Overnight respite provided in home of host family. Ready availability for young children who are non-ambulatory.* Contact Cheryl Jones at 718-743-5311. Also looking for Brooklyn families who would like to host families are fully trained and reimbursed by YAI, call Cheryl Jones at 718-743-5311 for more information.
- **Brooklyn Saturday Drop Off** - Saturday evenings for individuals 16+ with Mild to Moderate ID. Call Cheryl Jones at 718-743-5311
- **Brooklyn Yoga Ballet** – 10-week Yoga/Ballet class for girls and boys with autism, from age 5 to 10 years old. Contact LINK for more information 212-273-6182.
- **Overnight Respite** - Located in Corona section of Queens, for individuals 12+ from Brooklyn or Queens. Contact Marie Fazal at 718-393-3545
- **Project Grow** – 7-week parent training for parents of children with Developmental Disabilities. Program available to parents whose children live at home with them in Manhattan, the Bronx, or Staten Island. Day and Evening groups in English, Spanish, Mandarin and Cantonese available. Call 212-273-6259.
- **Project Grown-up** – 5-week training for parents of children with Developmental Disabilities. Program available to parents whose children live at home with them in Manhattan or Queens. Day and Evening groups in English and Spanish. Call Daisy Sosa at 212-273-6259.
- **Queens Crisis Intervention program** – In home behavior management provided in English & Spanish. Parent training groups also offered, call Alison Fichera 718-793-2182 x221 or Jackie Nunez 718-793-2182 x231 (Spanish).
- **Queens Family Training Program** – 6 week parent training for parents of children with Developmental Disabilities in English and Spanish through the Queens Crisis Intervention program, contact Jackie Nuñez 718-793-2182 x 231
- **Queens Saturday Recreation Programs** – Recreation programs for 16+. Contact Edna Bey at 212-645-1616 x 620
- **Queens Thank Goodness it's the Weekend** – Evening social 2 Fridays a month, age 16+. Edna Bey at 212-645-1616 x62

- **Parents with Special Needs** – Accepting referrals for parent training for parents with DD who live with their children in Manhattan, Brooklyn call 212-273-6100 x2360 for Manhattan and Brooklyn contact Nafiza Somalpersaud for Queens 718-793-2182 x203.
- **Queens After School Program** – After School program for 6-21 year old children residing in Queens. Contact Stacy Tinglin 718-793-8695 x210.
- **Queens & Brooklyn: FREE Psychologicals and Psychosocials** – evaluations for those who are not Medicaid eligible and applying for OPWDD services. Call ► **LINK** at 212-273-6182.

PREMIER HEALTHCARE (call ► **LINK** to make referrals 212-273-6182):

- **Manhattan:** There is ready availability of Internal Medicine, Pediatrics, Dental, Audiology, Gastroenterology, Gynecology, Podiatry, Prosthetics & Orthotics, Psychiatry and Speech Therapy.
- **Bronx:** There is ready availability of Internal Medicine, Pediatrics, Dentistry, Neurology (adult), Podiatry, Nutrition, Ophthalmology, Prosthetics & Orthotics, Audiology, OT, PT, Speech Therapy and Psychiatry.
- **Queens:** There is ready availability of Internal Medicine, Pediatrics, Podiatry, Dermatology, PT, Speech, Nutrition, Audiology, Endocrinology (child), Speech Therapy, Urology. Dental desensitization program.
- **Brooklyn:** There is ready availability of Internal Medicine, Pediatrics, Dentistry, Audiology, Podiatry, OT, PT, Speech Therapy, Nutrition, Ophthalmology, Urology, OT. Dental desensitization program.

CENTER FOR SPECIALTY THERAPY (call ► **LINK** to make referrals 212-273-6182):

- **Manhattan:** There is ready availability for Psychological evaluations in English & Spanish and Psychosocial evaluations in English.
- **Queens:** There is ready availability for Psychosocial Evaluations (English & Spanish), Psychological testing (English) and Psychotherapy (Evening & Saturday hours available).
- **Brooklyn:** There is ready availability for Psychosocial Evaluations in English, and there is ready availability of Psychotherapy, particularly in mornings.
- **Bronx:** There is ready availability for Psychosocial Evaluations in English.
- Families living in Manhattan, Queens and Brooklyn who need evaluations to access OPWDD services but who do not have insurance that will cover the evaluations can call YAI ► **LINK** at 212-273-6182.

DAY HABILITATION:

- **Manhattan:** Accepting referrals for the Manhattan Day Hab programs. Contact Domingo Hernandez at 212-645-1616
- **Brooklyn:** Accepting applications for ambulatory individuals. Contact Nia Cordani at 718-646-7699 x 312.
- **Queens:** Accepting applications for all 3 Queens Day Hab programs. Contact Monica Cedeno at 718-793-2182 x 258

EMPLOYMENT:

- **Manhattan Employment:** Openings for Manhattan supported employment (all boroughs) Programs. Contact Satera Febus at 212-273-6100 x 2448.
- **Brooklyn Supported Employment:** Accepting applications Brooklyn Supported Employment program for adults with Developmental Disabilities. Call Stefon Smith at 718-368-9311.
- **Queens Supported Employment:** Accepting applications, call Chris Bechler at 718-389-1300 x227.
- **Bronx Supported Employment:** Accepting applications Bronx Supported Employment program for adults with Developmental Disabilities. Call Stefon Smith at 718-368-9311.
- There are openings city wide for individuals with Developmental Disabilities who are employed and who need follow along support services.

RESIDENTIAL:

YAI has the following **potential** residential openings, call Tom Ott 212-273-6462 or ► **LINK** 212-273-6182 before sending packet.

- **Queens, IRA** – Potential male opportunity, Male, ambulatory, functioning in the mild to high moderate range of intellectual ability, willing to share a bedroom and live with 13 other people, able to be safely supervised by a minimum staffing of 3 staff to 14 people.

YAI Seeing beyond disability.

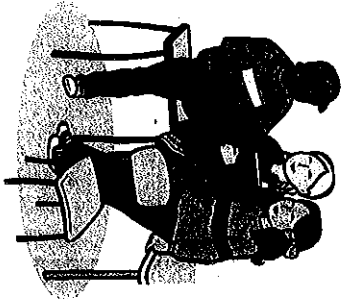
ASD Socialization Skills Group Youth and Young Adults

Currently accepting referrals

For more information please call: Justin Stanford

(212) 273-6100 ext. 2872

Or call YAI LINK: 212 273 6182



- ✓ A 10-week social skills group for individuals ages 9-18
- ✓ Individual must have a documented diagnosis of Autism Spectrum Disorders (ASD)
- ✓ Group is located at 406 10th Ave on the 9th floor, New York
- ✓ The group typically takes place on Thursdays, from 4:30-6p.m.

✓ Eligibility requirements:

- must live in Manhattan
 - must have recent psychological evaluation (within last 3 years)
 - psychological evaluation must meet OPWDD requirements (three low adaptive scores)
 - ✓ Accepting referrals for all levels of development
- Behavior issues that may impact the Group will be assessed individually

- ✓ Transportation reimbursement will be provided
- ✓ A snack will be provided for the individuals
- ✓ Each session is prepared specifically to suit the needs of the group
- ✓ All sessions include a parent talk providing resources and information related to the target social skills and how to facilitate them at home

Call now to schedule an intake with ASD Staff/
Open enrollment



► Autism Family Support Series

yai.org/autismsupport

For caregivers of people with autism spectrum disorders (ASD).

APRIL

Monday 7th

6:00pm – 8:00pm

Living with autism and depression: challenges and coping strategies

Grazyna Kusmierska, PhD
Psychotherapist, Premier HealthCare

Wednesday 23rd

Preparing for a successful college transition
Ronni Aronow MA, MS Supporting Success, LLC, Independent Educational Consulting and Coaching

Tuesday 29th

An overview of SSI benefits
Ann Rauch, LCSW Program Coordinator, REAP, Mount Sinai Hospital

MAY

Thursday 15th

Understanding my child's IEP
Raymond Velez District Family Advocate; Natalie McQueen Director of Transition Programs; Sherri Lafond IEP Coach; Thomasina Howe Director of Autism; Karen Sutherland Supervisor of Psychologists; Sasha Inglis Executive Assistant to Superintendent/ District 75 Programs

Wednesday 21st

Social cognition: helping children and adolescents participate in the social world

Sarah Kern, LCSW Program Coordinator, Autism Spectrum Disorder Clinical and Research Program, Child Study Center, NYU Medical Center

Thursday 29th

Behavior management strategies: schedules and routines
Justin Stanford Senior Assistant ABSS, YAI Project Intervene

JUNE

Tuesday 3rd

How to manage wandering and elopement in the community
Lana Small, MSW Coordinator, YAI Project Assist; Mary Downing, BA Senior Supervisor, YAI Project Assist

Tuesday 10th

6:00pm – 8:00pm

Yoga, relaxation, and everything in between: tips for parents and children to use at home
Angellina Rubino Certified Children's Yoga Instructor; Ashley Ahern, LMSW Intake Specialist, YAI LINK; Certified Children's Yoga Instructor

Wednesday 11th

Learning to let go: a parent's perspective
Morahina Rodriguez Mother and Family Peer Advocate

Monday 16th

My self, my world, my dreams: identifying what matters most to you and your child
Meghan Blaskowitz, DrPH(c) MOT, OTR/L Research Associate

Wednesday 25th

Psychotropic medications: opportunities and challenges
Roey Pasternak, MD Psychiatrist, Premier HealthCare

JULY

Thursday 17th

Repetitive behaviors and OCD in autism spectrum disorder
Maria Scalley-Gagnon, PsyD Psychology Coordinator, YAI

Tuesday 29th

Mealtime madness: occupational therapist's role in sensory and feeding issues
Allison Valeriano, MS OTR/L Sr. Occupational Therapist, Premier HealthCare; Aenid Yu, OTR/L Sr. Occupational Therapist, Premier HealthCare; Abby Tayamen-Macatangay, OTR/L Chief of Rehabilitation Services, Premier HealthCare

AUGUST

Tuesday 5th

Evidence based practice in autism spectrum disorders: what does it mean?
Jill Krata, PhD Manager of Clinical Services of the Autism Center, YAI

Spring & Summer 2014

Registration is required
Call ►YAI LINK 212.273.6182

FREE

For parents and caregivers only – no children please.

Structure
First half: presentation
Second half: support

Location
460 West 34th Street
11th Floor
New York, NY 10001

Funded in part by NYS OPWDD and NYC Council's Autism Initiative.

All Sessions
10:00am to 12:30pm
Except where noted.

Para grupos en español favor de ver el reverso.

► Autismo: Series de Grupo de Apoyo para la Familia

yai.org/autismsupport

Para proveedores de cuidado de personas con trastornos del espectro autista.

ABRIL

Martes 7

Transición a la vida adulta - más que solo servicios de día

Monica Cedeno Wagner Intake/Outreach Specialist, YAI Day Services
Adriana Neumann-Redlin
Bilingual Intake Specialist, YAI LINK

Miércoles 9

Preguntas y respuestas sobre el sistema de servicios para personas con discapacidades del desarrollo

Mara Henríquez Sr. Supervisor of Targeted Community Outreach, YAI LINK

MAYO

Lunes 12

Estrategias proactivas para el manejo de comportamientos difíciles: manejando situaciones de estrés y crisis con su hijo/a con autismo

Luisa Paz Bilingual Assistant ABSS, YAI

JUNIO

Martes 17

Herramientas para una buena comunicación con las organizaciones que pueden apoyar a su familiar con autismo

Adriana Neumann-Redlin
Bilingual Intake Specialist, YAI LINK

Martes 24

¿Cuál va a ser mi hogar? Hablemos de opciones residenciales a futuro.

Della Tucker, MPA Assistant Director,
YAI Residential Services

JULIO

Martes 22

Yo te apoyo, tú me apoyas. ¡Venga a compartir e intercambiar información, ideas y recursos necesarios!

Mara Henríquez Sr. Supervisor of Targeted Community Outreach, YAI LINK

Primavera & Verano 2014

Se requiere registración
Llame a ► YAI LINK al
212.273.6182

Gratis

Para padres y proveedores de cuidado. No se permite la asistencia de niños.

Duración

1ra parte: presentación

2da parte: grupo de apoyo

Lugar

460 West 34th Street

11th Floor

New York, NY 10001

Financiado en parte por el
NYS OPWDD y el NYC Council's
Autism Initiative.

Todas las sesiones 10:00am a 12:30pm

See the reverse side
for English groups.



Viendo más allá de la discapacidad.

Health Education Workshops

FREE classes for professionals serving people with intellectual and developmental disabilities.

Premier HealthCare is proud to once again offer a series of free Health Education Workshops designed for service coordinators, residential health care staff and other professionals serving people with intellectual and developmental disabilities (ID/DD) throughout New York City.

People with ID/DD often have complex health care needs. As an experienced provider of medical, medical specialty, dental, rehabilitation and mental health services, the staff of Premier HealthCare understand the importance of coordinated care.

Premier HealthCare provides expert primary and specialty health care – a comprehensive array of medical, dental, mental health, rehabilitation and support services under one roof, which enables individuals and their families to easily access all the treatment they require.

Recognized as a Level 3 Patient-Centered Medical Home by the National Committee on Quality Assurance.

Recognized by the US Surgeon General as a national model for the provision of specialized health care.

Recognized by the National Council on Disabilities for raising the standards of health care services for people with developmental and intellectual disabilities.

Affiliated program of The Seaver Autism Center for Research and Treatment at The Mount Sinai School of Medicine.

For referrals to health care services or other YAI network programs, call ►YAI LINK 212.273.6182.

Funded in part by a grant from the New York City Council's Autism Awareness Initiative.

TO REGISTER

Call ►YAI LINK 212.273.6182 or go to www.yai.org/news

LOCATIONS

Midtown West

406 10th Avenue, 9th floor
New York, NY 10001
Tel. 212.273.6515

Workshop location:

460 West 34th Street 11th floor

Pelham Bay

3060 East Tremont Ave., 2nd floor
Bronx, NY 10461
Tel. 718.239.1790

Brooklyn Heights

175 Remsen Street, 4th floor
Brooklyn, NY 11201
Tel. 718.306.1300

Marine Park

3364 Nostrand Avenue
Brooklyn, NY 11229
Tel. 718.743.3850

Workshop location:

3353 Nostrand Avenue

Bayside

211-11 Northern Blvd, 2nd floor
Bayside, NY 11361
Tel. 718.705.1000

Schedule on reverse.

► Premier HealthCare Health Education Workshops

SUMMER 2014 www.yai.org/hews

TO REGISTER Call ► **YAI LINK** 212.273.6182
or go to www.yai.org/hews

JUNE

TUESDAY 17th PELHAM BAY **Evidence Based Approaches**

While many interventions for autism exist, only some have been shown to be effective through scientific research. Join us for a discussion on evidence-based practice and learn about research on interventions that have had positive outcomes in helping people with autism flourish.

Jill Krata, PhD *Manager of Clinical Services, YAI's Autism Center*

WEDNESDAY 18th MIDTOWN WEST ***9:30am – 11:00am** Check-in 9:15am

Autism Assessment – A Panel Discussion

Join us for a unique opportunity to understand how a clinician diagnoses autism from the perspective of a psychologist, a pediatrician, a neurologist and a psychiatrist.

Charles Cartwright, MD *Director, YAI Autism Center & Chief, Premier HealthCare Autism Program*

David Kaufman, MD *Pediatric Neurologist, Medical Director, YAI Center for Specialty Therapy*

Diane Liu, MD *Pediatrician, Premier HealthCare*

Charles Yurkewicz, PsyD *Assistant Supervisor of Psychological Testing, YAI Center for Specialty Therapy*

THURSDAY 19th BAYSIDE **Finding Your Voice with Augmentative and Alternative Communication**

Join us to learn about Augmentative and Alternative Communication (AAC), including the evaluation process, various types of communication systems, access methods, and funding sources. We will debunk common AAC myths and help you recognize when an individual may benefit from a communication system. Attendees will have an opportunity to explore a variety of communication devices.

Maegan Meneses MA, CCC-SLP *Speech Therapist, YAI Center for Specialty Therapy*

FRIDAY 20th MIDTOWN WEST **The A-B-C's of S-E-X for People with ID/DD**

Explore ways to assist people with intellectual and developmental disabilities develop a healthy social/sexual life through this interactive workshop. Learn social skill building techniques and how to develop a program. Aspects of healthy relationships and sexuality will be discussed.

Bobra Fyne, LMSW *Assistant Coordinator of Sex Education, YAI*

MONDAY 23rd BROOKLYN HEIGHTS **"Needles, Drills and Blood, Oh My!" Desensitization Techniques for Individuals with ASD Who are Resistant to Medical and Dental Procedures.**

Do the people you serve run away screaming when they see a needle or hear the dentist's drill? A visit to the doctor's office can be especially threatening to individuals with autism spectrum disorders. Hear some tried and true techniques for managing fear of medical, nursing or dental procedures.

Anne Halligan Luca, RN, CDDN *Associate Nurse Administrator, Premier HealthCare*

Beth Diviney, PhD, BCBA *Psychotherapist, YAI Center for Specialty Therapy*

Shonette Collins OTR/L *Occupational Therapist, Premier HealthCare*

Aenid Yu, OTR/L *Sr. Occupational Therapist, Premier HealthCare*

JULY

THURSDAY 17th MARINE PARK **Acute Stress Management - Working with Individuals with DD in Emergency Situations**

The provision of effective psychological support during disaster response and recovery efforts is critical to the recovery and long term stability of people with developmental disabilities who are impacted by these events. Join us to discuss how to support people with DD who are experiencing acute traumatic stress and how to care for caregivers caring for people with DD experiencing acute traumatic stress.

Cheryl Karran, LMSW *Senior Coordinator, YAI Residential Services*

THURSDAY 24th MIDTOWN WEST ***9:30am – 12:30pm** Check-in 9:15am **What Every Service Coordinator Needs to Know but Doesn't Know Whom to Ask**

The best kept secrets of service coordination are revealed! Learn about a wide range of resources and supports available within New York City, including general resources, information and referral, housing, emergency resources, education, recreation, health care, home care, benefits assistance, guardianship, future care planning, etc.

Marianne Ardito, LCSW ACSW *Assistant Director, YAI Clinical and Family Services*

Jennifer Shaoul, MPA *Senior Coordinator, YAI LINK*

Michelle Lang, LMSW *Assistant Supervisor, YAI LINK*

Anthony Marucci, LMSW *Coordinator, YAI Medicaid Service Coordination*

Jenny McFadden, LMSW *Medical Social Worker, Premier HealthCare*

Lauren Pincus, LMSW *Medical Social Worker, Premier HealthCare*

ALL SESSIONS 10:00AM TO 11:30AM

**Except where noted.*

Check-in 9:45am

Space is limited.

Attendees must bring registration confirmation.

Medicaid Service Coordinators will receive a certificate of attendance to use for training credits.

Family Education Workshops

FREE SESSIONS designed for families and caregivers...but open to all.

Manhattan

FEBRUARY

Travel training: The path to independence

THURSDAY, FEBRUARY 27
10:00am - 12:00pm

Jacqueline Rumolo
Director of Community Affairs and Community Support Services, CPA of NYS

Margaret Groce
Director, Office of Travel Training, NYC DOE

Kelly McCardle
Senior Travel Trainer, InterAgency Council

Stephanie Rozanski, MS Ed
Senior Supervisor of Training, Day Services, YAI

MARCH

Future care planning

WEDNESDAY, MARCH 5
6:00pm - 8:00pm

Tom Ott, LCSW
Residential Support Planning, YAI

Robert M. Freedman, Esq
Partner, Schiff Hardin LLP, Specializing in Special Needs Planning and Elder Law

Stuart Flaum, ChSNC
Managing Director, Special Needs Family Planning

Victor Muro, MBA, CLU, ChFC
President/CEO, Financial Integrity Strategies, Inc.

APRIL

Relax your body, recharge your brain. An experiential workshop

TUESDAY, APRIL 22
6:00pm - 8:00pm

Katie Brisley-Logue, PHR
Senior Manager, Human Resources, YAI

MAY

Transition to adulthood: It's not just about a day activity*

FRIDAY, MAY 16
10:00am - 12:00pm

Jennifer Shaoul, MPA
Senior Coordinator, YAI LINK

Winter/Spring 2014

Registration is required
yai.org/familyeducation
Or call ► YAI LINK 212.273.6182

Location
460 West 34th Street
11th Floor
New York, NY 10001

Supported in part by a generous grant from the TAFT Foundation.

*Mandarin interpretation available
Contact YAI LINK for more info.

Para grupos en español favor de ver el reverso.



Seeing beyond disability.

Talleres educativos para las familias

SESIONES GRATUITAS diseñadas para familias y proveedores de cuidado...pero abiertas a todos.

Manhattan

FEBRERO

Aprender a utilizar medios de transporte: La clave para la independencia*

JUEVES, 27 DE FEBRERO
10:00am - 12:00pm

MARZO

Planificando para el futuro*

MIÉRCOLES, 5 DE MARZO
6:00pm - 8:00pm

ABRIL

Relaja tu cuerpo y recarga tu mente. Disfruta de la experiencia

MARTES, 22 DE ABRIL
6:00pm - 8:00pm

Arielle Cutler
Certified Yoga Instructor, YAI

MAYO

Transición a la vida adulta - Más que solo servicios de día

VIERNES, 16 DE MAYO
10:00am - 12:00pm

Adriana Neumann-Redlin, BA
Bilingual Intake Specialist, YAI LINK

Invierno/Primavera 2014

Necesita registrarse
yai.org/familyeducation
O llame a ▶ YAI LINK 212.273.6182

Ubicación
460 West 34th Street
11th Floor
New York, NY 10001

Sesiones financiadas en parte con el generoso aporte de la Fundación TAFT.

*Estas presentaciones son en inglés. Se ofrece interpretación al español

See the reverse side for English groups.



Viendo más allá de la discapacidad.

NYMetroParents

Your source for local listings
and parenting ideas

THE IMPORTANCE OF SPENDING NIGHTS AWAY FROM HOME

[Home](#) > [Articles](#) > [Support & Inspiration: Special Needs](#)

by *Jennifer Shaoul, MPA*

March 21, 2014

Spending the night away from home is an important rite of passage for children with disabilities. There are services to help and tips for making it easier on the child and the parent.

Working in the developmental disability information and referral field for two decades, you hear stories. Some are heartwarming. Some are complicated. Some are tragic. But the hardest stories to hear are the ones in which an *unavoidable* emergency leads to a second *avoidable* crisis for a family. Caregivers become unexpectedly ill, they may have to travel to help other loved ones that live far away, or there may be another situation that leaves them unable to temporarily or permanently take care of their child with a disability. Relatives, friends, and agencies scramble to make sure the child is cared for and has a place to stay.

And then a second crisis ensues: If the child has never spent a night away from his or her parents, not only does she experience the upheaval affecting the family, but she is also challenged by the loss of familiar and comforting routines while being away from home in a strange bed for the first time.

It doesn't have to happen this way. Parents are often wary of allowing their child to spend a night away from them or participate in overnight programs. You may worry that your child will be fearful or vulnerable. These are legitimate concerns. The fact remains, though, that your child will likely have to be away from you at some point in time. Why not give her the opportunity to gain skills and become more independent in a positive, planned, and controlled manner?

A Rite of Passage

Remember your first night away from home? Was it at your grandmother's house? With your cousin? Your best friend? While a few people may remember feeling homesick, most recall the excitement and the fun they had, being with people they loved and experiencing new things. It was an important part of maturing and preparing for a future that could include camp and travel and college and eventually living independently. Whether or not your child will be able to experience each of these milestones, he deserves the opportunity to take the first step. You must find the fine line between protecting your child and preparing him.

Starting Simple

Begin with one night. Do you have a friend or a relative whom you trust to care for your child? If you have the financial means, is there a babysitter who might do it? Does your child have



a friend with whom he would enjoy having a sleepover? You may feel like it's too much to ask someone, especially if your child has lots of needs and behavior issues; it's a legitimate concern. But if someone offers or agrees to help, take them up on it and prepare them well. If it's another parent of a child with special needs, make sure you reciprocate so that both children get to experience being away from home and both parents get a break. And if it doesn't work the first time, that's okay. As with every skill we learn, we need practice.

Overnight Respite Programs

Depending on the support system you have in your life, you can build up to a weekend, then a week, and possibly a summer away from home. However, you may not have family or friends who can offer that level of support. You may also prefer a professional alternative. There are local programs that can support an overnight stay for children as young as 3 years of age with staff that are trained to care for people with disabilities. Some of these programs may start with a dinner visit, then an overnight visit, and may offer weeklong stays during school holidays or over the summer. They will match children with others of similar age and needs. They offer structured activities and recreational opportunities that provide a fun-filled mini-vacation for the child.

While these programs have extensive eligibility requirements and enrollment procedures, they are usually free and generally have availability. Some even have opportunities for emergency respite if something urgent should come up for a family.

This is a wonderful way to prepare your child for an eventual camping experience. Your child can visit the program and meet the staff beforehand. She can try short stays and feel comfortable knowing that you are close by if needed—and you can feel comfortable knowing that you are only a phone call away. You can also make your child feel more comfortable by sending her with another child or group that she knows well. That familiarity typically helps a reluctant child adapt.

Find a list of overnight respite programs in the [NY metro area here](#).

Camping and Travel

Once your child has been able to stay overnight at someone else's home or in a respite program successfully, you may want to think about camp. So many people, and you may be one, have such treasured memories and lifelong friendships from their summers at sleepaway camp. There are a host of camps that cater to the special needs community.

Sometimes the great outdoors doesn't suit a person. Not everyone loves camp. And not everyone goes on vacation with their parents their entire life. It's nice to know that there are travel programs for individuals with disabilities, beginning in their teen years. One agency takes kids to Washington, D.C. during certain school breaks. Vacations are often exhausting and don't feel like a break for parents who have children with a lot of needs. Travel programs can offer an individual the fullest travel experience possible while sparing parents from returning from vacations more depleted of energy than when they left.

Separation Anxiety, but Whose?

Believe it or not, both YAI's respite and camp programs report that children attending for the first time do well more than 90 percent of the time. Staff are used to helping children get over their anxiety about being away from home, and there are usually so many fun activities planned that the child is often having too good a time to be sad. It's frequently the parents that struggle the most. That's why it's good to start small and start local. Both you and your child will feel better knowing that you're just a phone call away.

A Deserved Gift for You

And by the way, you deserve a break. While your child is learning and experiencing new things, you can rejuvenate and spend time with other loved ones. Once you feel confident that your child is in safe hands and has had successful overnight stays, you may want to take a vacation yourself. You'll return to your child refreshed, with the knowledge that you both gained something from the separation. Then when that emergency comes, you will know that your child has the ability to successfully be away from you and away from home, you'll have resources to call upon to support your child, and with any luck, he will be staying in a familiar place with familiar people that know your child and can provide the best possible support in your stead.

SINAGR: 220 East 86th Street, New York, NY 10023 PH: (212) 499-9996 Email: info@snacknyc.com
 Snack: 109 East 80th Street (2nd Flr, NYC)

SNACK*

SPRING 2014 MON TUE WED THU FR SAT SUN

Activity/Event	Time	Special Event	Special Event	Special Event	Special Event	Special Event	Special Event
Activity/Event	6:30-7:30M	@ 81 Bklyn	@ 81 Bklyn	6:30-8:00M	7:30-8:30M	7:30-8:30M	8:00-9:00M
NO CLASS	6:55-8:00M	6:55-8:00M	6:55-8:00M	7:30-8:30M	7:30-8:30M	7:30-8:30M	8:00-9:00M
7:15-8:15M	8:15-9:00M	8:15-9:00M	8:15-9:00M	8:30-9:30M	8:30-9:30M	8:30-9:30M	9:00-10:00M
7:45-8:45M	8:45-9:30M	8:45-9:30M	8:45-9:30M	9:00-10:00M	9:00-10:00M	9:00-10:00M	9:30-10:30M
8:15-9:15M	9:15-10:00M	9:15-10:00M	9:15-10:00M	9:30-10:30M	9:30-10:30M	9:30-10:30M	10:00-11:00M

HOLIDAY MON TUE WED THU FR SAT SUN

Activity/Event	Time	Special Event	Special Event	Special Event	Special Event	Special Event	Special Event
Activity/Event	6:30-7:30M	@ 81 Bklyn	@ 81 Bklyn	6:30-8:00M	7:30-8:30M	7:30-8:30M	8:00-9:00M
NO CLASS	6:55-8:00M	6:55-8:00M	6:55-8:00M	7:30-8:30M	7:30-8:30M	7:30-8:30M	8:00-9:00M
7:15-8:15M	8:15-9:00M	8:15-9:00M	8:15-9:00M	8:30-9:30M	8:30-9:30M	8:30-9:30M	9:00-10:00M
7:45-8:45M	8:45-9:30M	8:45-9:30M	8:45-9:30M	9:00-10:00M	9:00-10:00M	9:00-10:00M	9:30-10:30M
8:15-9:15M	9:15-10:00M	9:15-10:00M	9:15-10:00M	9:30-10:30M	9:30-10:30M	9:30-10:30M	10:00-11:00M

SUMMER 2014 MON TUE WED THU FR SAT SUN

Activity/Event	Time	Special Event	Special Event	Special Event	Special Event	Special Event	Special Event
Activity/Event	6:30-7:30M	@ 81 Bklyn	@ 81 Bklyn	6:30-8:00M	7:30-8:30M	7:30-8:30M	8:00-9:00M
NO CLASS	6:55-8:00M	6:55-8:00M	6:55-8:00M	7:30-8:30M	7:30-8:30M	7:30-8:30M	8:00-9:00M
7:15-8:15M	8:15-9:00M	8:15-9:00M	8:15-9:00M	8:30-9:30M	8:30-9:30M	8:30-9:30M	9:00-10:00M
7:45-8:45M	8:45-9:30M	8:45-9:30M	8:45-9:30M	9:00-10:00M	9:00-10:00M	9:00-10:00M	9:30-10:30M
8:15-9:15M	9:15-10:00M	9:15-10:00M	9:15-10:00M	9:30-10:30M	9:30-10:30M	9:30-10:30M	10:00-11:00M

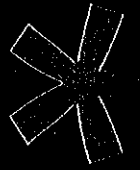
SUMMER 2014 Holiday Program 8/1-8/29
 220 E 86th Street, NYC, NY 10023
 (212) 499-9996 info@snacknyc.com

snack*

www.snacknyc.com

CREATED BY A FAMILY WITH A SPECIAL NEEDS CHILD

CALL, EMAIL, OR VISIT US AT SNACKNYC.COM TO SIGN UP FOR A FREE TRIAL CLASS!!!



SOCK*

SOCK after school and weekend programs, geared toward children ages 8-12 with social needs, are designed and staffed to address challenging behavioral issues. Increase skill levels and promote improved social interaction. Our high ratio of student to staff (2:1), class size limit (maximum 8 per class), and use of the principles of Applied Behavior Analysis (ABA) to manage behavior and provide reinforcement, enables children who participate to make progress and have fun!

Summer Classes

Enroll your child in one of our summer classes today!

Stamps @ Stamps

Stamps @ Stamps is a fun and interactive program for children ages 8-12. This program is designed to help children learn about stamps and the history of the United States. Children will learn about the different types of stamps and how to use them. They will also learn about the different ways to collect stamps and how to display them. This program is a great way for children to learn about the history of the United States and to have fun at the same time.

SNACKS FOR THE STUDENTS OF SCHOOLS

SNACKS FOR THE STUDENTS OF SCHOOLS is a program that provides nutritious snacks for children in schools. This program is designed to help children learn about healthy eating and to have fun at the same time. Children will learn about the different types of snacks and how to make them. They will also learn about the different ways to display snacks and how to share them. This program is a great way for children to learn about healthy eating and to have fun at the same time.

SOFTBALL CLASSES

SOFTBALL CLASSES are designed to help children learn about the sport of softball and to have fun at the same time. Children will learn about the different types of softball and how to play them. They will also learn about the different ways to display softball and how to share them. This program is a great way for children to learn about the sport of softball and to have fun at the same time.

Social Classes

Social Classes are designed to help children learn about social skills and to have fun at the same time. Children will learn about the different types of social skills and how to use them. They will also learn about the different ways to display social skills and how to share them. This program is a great way for children to learn about social skills and to have fun at the same time.

Teen Programs

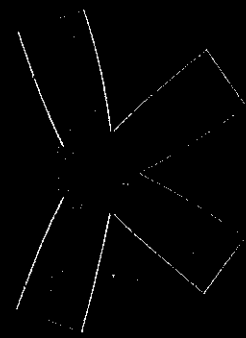
Teen Programs are designed to help teenagers learn about life skills and to have fun at the same time. Children will learn about the different types of life skills and how to use them. They will also learn about the different ways to display life skills and how to share them. This program is a great way for teenagers to learn about life skills and to have fun at the same time.

Multicultural

Multicultural programs are designed to help children learn about different cultures and to have fun at the same time. Children will learn about the different types of cultures and how to appreciate them. They will also learn about the different ways to display cultures and how to share them. This program is a great way for children to learn about different cultures and to have fun at the same time.

HOPE

HOPE (Home Observation for Promotion of Excellence) is a program that provides support and resources for parents and teachers. This program is designed to help parents and teachers learn about the different ways to promote excellence in their children and to have fun at the same time. Children will learn about the different types of excellence and how to achieve them. They will also learn about the different ways to display excellence and how to share them. This program is a great way for parents and teachers to learn about the different ways to promote excellence in their children and to have fun at the same time.



YAI Speakers Bureau



YAI Association for the Advancement of the American Indian

YAI Speakers Bureau

is available to present to family members, caregivers, individuals with developmental disabilities and professionals on a variety of topics.

How to navigate the ever-changing service system for individuals with developmental disabilities.

Transition to adulthood – it's not just about a day activity.


What in the world is a Medicaid Waiver?

Or... tell us what you need.

We can customize presentations to include an overview of supports and services as well as a range of topics related to autism spectrum disorder (ASD).

*We'll come to you...
Presentations in English and Spanish.*

Mandarin coming soon.



**To schedule a presentation
call YAI LINK 212.273.6182
link@yai.org**

Supported in part by a generous grant from the TAFT Foundation.

YAI

Gallery YAI

yai.org/art

Gallery YAI offers artists the opportunity to develop new skills, exhibit their work and share their visions with the community.

Programs include

Art Studio

Photography Studio

Gallery Walls: Bringing Artwork to Corporate Spaces

A Day with an Artist

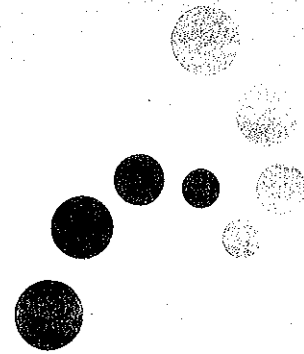
Ceramics Studio

Gallery YAI is supported by private donations, grants and proceeds from the sale of artwork. Artists receive 60% of the profits.

If you would like to support one of our programs or help develop a new YAI ARTS initiative, please contact Seema Moondra
smoondra@yai.org or 212.273.6115

 Seeing beyond disability.

YOU'RE INVITED!



advocacy
RESOURCE CENTER

FRIDAY MAY 16, 2014

YAI Seeing beyond disability.

Launch party

Ribbon cutting ceremony and reception

12:30PM - 2:00PM

Open house 2:00PM - 4:00PM

Refreshments will be served by the Culinary Tech Center

Location

460 WEST 34 STREET, 11 FLOOR, NEW YORK CITY

RSVP requested by May 9

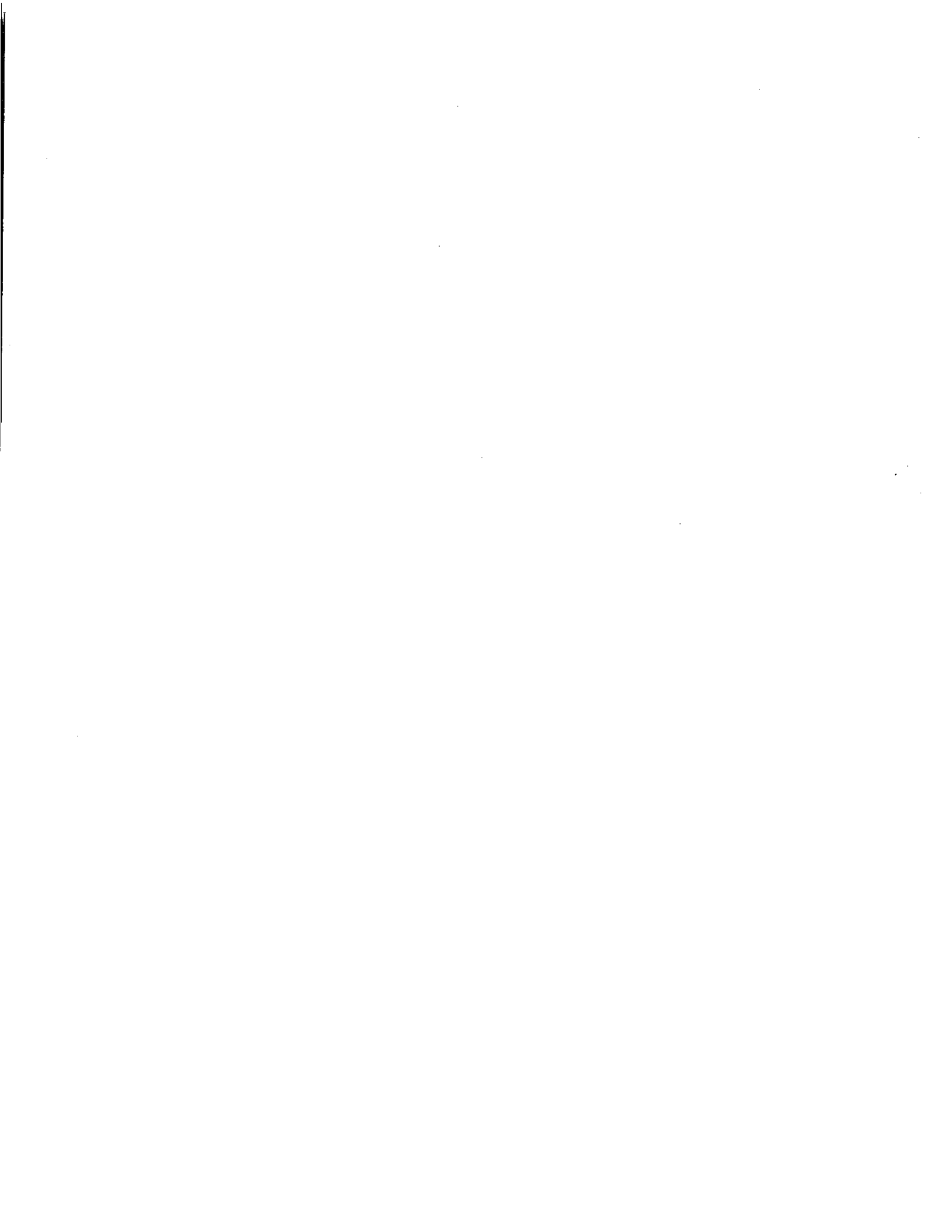
212.473.5173 or advocacyresourcecenter@yaf.org

ADVOCACY RESOURCE CENTER

An interactive and welcoming meeting space where individuals with intellectual and developmental disabilities and their families can come to learn and share with peers, other families and professionals.

YAF Seeing beyond disability.

Supported in part by a generous grant from the TAFT Foundation.



CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM 2014 Health Education Forums

Wednesday
March 12, 2014

Wednesday
September 17, 2014

The Affordable Care Act: New Health Insurance Benefits for Your Children and Family

*Caroline Heindrichs
Executive Director,
Office of Health Planning
Bureau of Primary Care Access
and Planning
New York City Department of Health
and Mental Hygiene*

The Office of Health Planning is responsible for devising and implementing policy, program and research initiatives that help vulnerable populations obtain and maintain health insurance coverage and access primary and preventive health care services.

Discussion Topics:

- overview of the Affordable Care Act (ACA) and essential health benefits for children and families
- changes to existing insurance coverage navigating new insurance options
- helpful online resources
- health Department Certified Application counselors will be available to provide assistance and answer questions about high-cost health insurance options.

Getting On the Right Track: Working with Schools to Support Your Child's Emotional and Learning Needs

*Kari K. Collins, Ph.D.
Assistant Professor of Pediatrics,
Albert Einstein College of Medicine,
Director of Mental Health Services, School Health Program, Montefiore Medical Center
Polina Umylny, Ph.D.
Healthy Steps Specialist, Montefiore Medical Group Comprehensive Health Care Center*

*Candida Brooks-Harrison, MSW, LCSW
Director, The Village Enrichment, Expert Learning Disabilities*

Montefiore Medical Center provides primary and specialty care in New York City. The Village Enrichment provides psychotherapy, education, evaluation and consultation services.

Discussion Topics:

- how to integrate positive behavior interventions
- benefits of the School-Based Health Center Model
- tips for talking to school staff to effectively resolve problems
- the school's role and what to expect
- supporting growth and positive outcomes for your child, family, school and community

Self-Care for Caregivers: How Do I Manage Everything and Take Care of Myself at the Same Time?

*Annette Raia
Regional Coordinator, Parent to Parent of New York State, Family Voices of New York State
Dahn Yoga, Yoga Instruction and Relaxation Techniques*

*TIRA TIME, Meditation and Yoga
Carla Gervasio, L.AC., Tai Chi, Acupuncture*

Parent to Parent of New York State provides information, referral services, training and support for parents and caregivers through the Parent Matching Program.

Discussion Topics:

- accepting help and getting relief
 - managing your time and getting organized
 - coping with stress and mastering relaxation
- Various professionals will introduce relaxation techniques and offer five-minute massage, group meditation, tai chi and yoga instruction.

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