

ProActive Caring e-News



December 2021

School & Home Transition Exchange recap to air Thursday

After broadcasting biweekly through the 2021 school year, the *ProActive Caring School & Home Transition Exchange* will hold a recap session at 7 p.m. on Thursday, Dec. 2, to review information provided over the course of the year. This is the only Exchange scheduled this month.

You may view previous programs by going to the [ProActive Caring Digital Resource Center](#), where links to *School & Home Transition Exchange* video recordings and downloadable handouts are available.

A Chinese translation of slides used in the "Transition Planning and Services Overview" presented by Joyce M. Hawk of the Westchester Institute for Human Development is also available. It was graciously provided by parent advocate Bin Feng.

Our thanks go to the New York State Developmental Disabilities Planning Council, which has funded this series for individuals and families navigating the COVID-19 pandemic. Thanks also to members of the ProActive Caring Advisory Council, who have provided (and continue to provide) guidance and support. We wish you a happy holiday season and look forward to connecting with you in the

About the School & Home Transition Exchange

The School & Home Transition Exchange is a forum for family members and educators to discuss how to support students with intellectual and developmental disabilities as they prepare to live as adults.

The Exchange is moderated by Lawrence Force, Ph.D., LCSW-R, and facilitated by parent/advocate Lisa Nathan, below left, and school psychologist/advocate Peggy Pisano, below right.



To participate in Thursday's session, click the registration button below. If you have registered for a previous *School & Home Transition Exchange* program, you need not register again.

All are welcome, and the program is

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Exchange participants' advice for people in transition: Enjoy the journey!

In “Voices of Self-Advocates and Carers,” the *ProActive Caring School & Home Transition Exchange* held on Nov. 18, participants shared a lot of wisdom:

- *There have been times in my life when I thought that I knew what I wanted. There are times in my life when I knew that I knew what I wanted. And there are times in my life, like right now, when I have no idea what direction life is going to pull me in. The advice that I would give to anyone going through transitions: Enjoy the journey!*
- *Sometimes the journey is difficult ... but if it weren't for my struggles, I wouldn't have learned the lessons I've learned. Whatever struggle you're going through will pass. We're always transitioning.*
- *There is a famous quote: "Life is like stepping into a river. You can never step into the same place twice." As much as we want things to stay the same, they're always changing. You have to be flexible and go with the flow.*



- *Never give up! Be motivated to seek out what's out there, because supports are always changing.*
- *Our outlook is so important. It goes back to the thought loops we have in our heads. Make sure we're coming from a positive viewpoint. Change the*

wording of our thoughts from negative to positive.

- Seek to help others who have similar struggles. We — all of us — can make life better. No one person can do it on their own. It's important to identify partnerships, teams — people who want to work together.

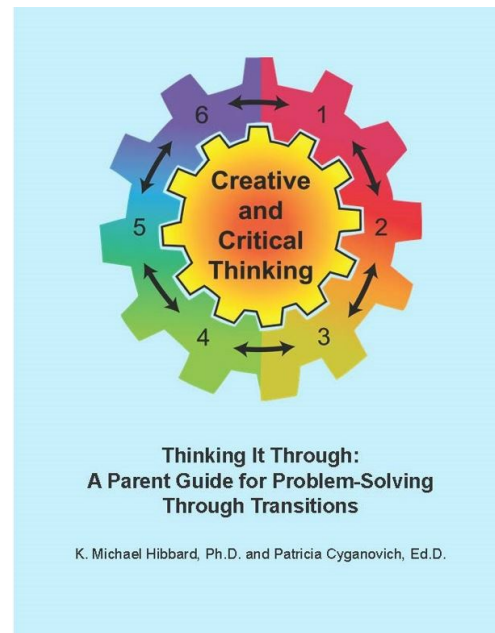
You can view a video recording of [this webcast](#) in the ProActive Caring Digital Resource Center.

Want to help your child tackle life's next stage with less anxiety? A new booklet can help

A new booklet, *Thinking It Through: A Parent Guide for Problem-Solving Through Transitions*, by K. Michael Hibbard, Ph.D. and Patricia Cyganovich, Ed.D., is now available in the ProActive Caring Digital Resource Center.

The booklet was developed following a webcast presentation by the authors in Week 7 of the *ProActive Caring School & Home Transition Exchange*. It aims to develop the capacity of parents and young people to apply problem-solving skills to challenges posed by the transitions people experience throughout their lives.

Using a variety of concrete examples, the first half of *Thinking It Through: A Parent Guide for Problem-Solving Through Transitions* teaches a helpful six-step process utilizing creative and critical thinking skills along with executive functioning skills to solve problems.



The second half of the text is devoted to an extended discussion of how to manage the specific challenge of finding a job.

Check it out [here!](#)

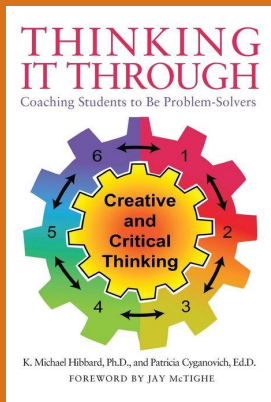
New book for educators offers strategies for developing problem-solving skills

In addition to the *Parent Guide* described above, Drs. Hibbard and Cyganovich recently published *Thinking It Through: Coaching Students to Be Problem-Solvers*, a book designed for teachers and prospective teachers, counselors, and coaches in elementary schools, middle schools, and high schools.

Seasoned educators have long agreed it is more desirable for students to be active learners than to be the passive recipients of knowledge, and that learning how to use knowledge to solve problems is more useful than rote memorization. What this book does is provide strategies for teaching *how* to use creative and critical thinking skills to empower problem-solving.

After discussing their model of problem-solving ("The Cycle and System of Problem-Solving"), the authors identify four developmental levels and provide

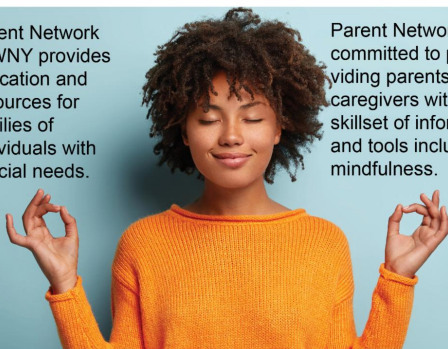
detailed examples of how educators can apply problem-solving strategies to specific challenges at each level. The book concludes with resources for teaching and learning designed to support educators incorporating problem-solving in their teaching, followed by a robust bibliography.



Thinking It Through: Coaching Students to Be Problem Solvers, by K. Michael Hibbard, Ph.D., and Patricia Cyganovich, Ed.D., is available from Amazon, Barnes and Noble and other vendors.



Parent Network of WNY provides education and resources for families of individuals with special needs.



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The ProActive Caring Program is funded by a grant from the New York State Developmental Disabilities Planning Council.



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