

ProActive Caring e-News



September 2021

New School & Home Transition Exchange webcasts set in Sept.

If you care for or support a young person with an intellectual or developmental disability, please join the ProActive Caring Program's *School & Home Transition Exchange* to discuss how to help them become more independent and achieve their goals.

The *School & Home Transition Exchange* will host two webcasts in September.

The Sept. 9 program will address the challenges posed by another school year in which COVID-19 is an unavoidable consideration in student education and activities. A brief presentation to spark discussion will be given by the facilitators.

On Sept. 23, the Exchange will welcome guest speaker Brian Orzell, Special Education Trainer for the Mid-Hudson Regional Partnership Center (RPC) at Dutchess BOCES. The RPC is part of the larger New York State Education Department (NYSED)

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 and school psychologist/advocate Peggy Pisano. Each of the biweekly videocasts focuses on a different topic and generally runs for 45 minutes, including discussion with participants.

Upcoming Webcasts

Sept. 9: "Uncertain school times again: Remaining calm and stress-free during another transition"

Sept. 23: A discussion with guest speaker Brian Orzell, Special Education Trainer for the Mid-Hudson Partnership Center at Dutchess BOCES.

Office of Special Education (OSE) Educational Partnership. The OSE Educational Partnership is a coordinated and cohesive network of support focused on enhancing services and supports for students with disabilities from early childhood and school-age education to engagement in post-school opportunities.

Orzell has been involved with professional development in Special Education on behalf of NYSED since 2002. Prior to that, he had a career in the mental health field as a social worker. He is also the husband of Stacey Orzell, a frequent participant in the *ProActive Caring School and Home Transition Exchange* and a member of ProActive Caring's Advisory Council, and the father of a high school-aged son on the autism spectrum.



School & Home Transition Exchange webcasts will be held at 7 p.m. every other Thursday through the fall semester. To participate, click the registration button below.

Registrations are appreciated at least a day in advance so we have time to send you a Zoom link.

If you have registered for a previous *School & Home Transition Exchange* program, you need not register again. Those who have registered will automatically receive a reminder and a link for future programs. All are welcome, and the programs are free of charge.

[Click here to register](#)

Mindfulness Family Stress Reduction **series to include 3 sessions in September**

The ***Mindfulness Family Stress Reduction*** (MFSR) series offered by Parent Network of Western New York (PNWNY) will alternate with the *School & Home Transition Exchange* through mid-October. The series is a biweekly opportunity for families to get together to learn and practice mindfulness-based stress reduction techniques, share and explore stressors and solutions and connect with each other.

Youth with disabilities may participate fully on-screen or simply be in the room while their parents participate. The goal is for families to learn and practice stress reduction together, with some parents learning how to

introduce strategies to their children at a later time.

All are welcome to attend the upcoming virtual programs, and there are no fees to participate. Each 45-minute session will begin at 7 p.m.:

Sept. 2: Living in the present: Avoiding habituation.

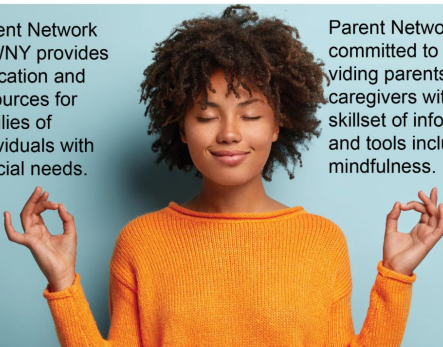
Sept. 16: Preparing for collaboration: Knowing our needs.

Sept. 30: Mindful collaboration: The four pillars of getting to “yes.”

To register for the *Mindful Family Stress Reduction* sessions or to obtain more information, [click here](#). You may also call PNWNY at 716.332.4170 or email info@parentnetworkwny.org.



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



Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.

716-332-4170 | www.parentnetworkwny.org
info@parentnetworkwny.org



**HUDSON VALLEY
HEALING CENTER**
SALT CAVE • YOGA • LIFESTYLE

51 Springside Ave, Poughkeepsie NY 12603
845-849-0838
www.HudsonValleyHealingCenter.com

Working to provide individuals with disabilities a full range of options & opportunities.

Make an impact on public policy – Support ACCSES TODAY!



To learn more about our mission and how to become a Champion of support visit ACCSES.ORG



**Developmental
Disabilities
Planning Council**

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



[Proactive Caring Digital Resource Center](#)

