

December 2004
HAPPY HOLIDAYS!

Keynote Speaker Named for IL Spring Statewide Meeting

Harvard University faculty member, clinician and author, **Dr. Robert Brooks**, will give the keynote presentation at the 2005 Independent Living Statewide meeting on 28 April 2005. Dr. Brooks is one of today's leading speakers on the themes of resilience, self-esteem, motivation, and family relationships. During the past 25 years, Dr. Brooks has presented nationally and internationally to thousands of parents, educators, mental health professionals, and business people with a message based on encouragement, hope, and resilience. He is renowned for the warmth and humor he uses to bring his insights and anecdotes to life.

Dr. Robert Brooks has lectured nationally and internationally to audiences of parents, educators, mental health professionals, and business people on topics pertaining to motivation, resilience, self-esteem, family relationships, the qualities of effective leaders and executives, and balancing our personal and professional lives. He has also written extensively about these topics. He is the author of a book titled *The Self-Esteem Teacher* and co-author with Dr. Sam Goldstein of the following books: *Raising Resilient Children*; *Nurturing Resilience in Our Children: Answers to the Most Important Parenting Questions*; *Seven Steps to Help Your Child Worry Less* (with Kristy Hagar); *Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger* (with Sharon Weiss); and *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life* (the latter book focuses on resilience in adults). In addition, Dr. Brooks is co-author of a book with Drs. Mel Levine and Jack Shonkoff titled *A Pediatric Approach to Learning Disorders* and has written a sex education book for the young child called *So That's How I Was Born!* Drs. Brooks and Goldstein have also prepared a parenting video and curriculum about resilience and have produced a documentary "Tough Times/Resilient Kids" that was a finalist in the 23rd Annual Telly Awards.

Dr. Brooks received his doctorate in clinical psychology from Clark University and did additional training at the University of Colorado Medical School. He is on the faculty of Harvard Medical School and has served as Director of the Department of Psychology at McLean Hospital, a private psychiatric hospital. His first position at McLean Hospital was as principal of the school in the locked door unit of the child and adolescent program. He has a part-time private practice in which he sees children, adolescents, adults, and families and has appeared regularly on television shows in the Boston area as well as on national cable television. He completed a videotape and educational guide for PBS titled "Look What You've Done! Stories of Hope and Resilience" that focuses on self-esteem and resilience in children with special needs and participated in the production of two videotapes by Sunburst Communications, one about parenting children with learning and attention problems and the other about developing responsibility in children.

More information will be sent to you soon about the Independent Living Statewide meeting, "**Building Bridges to Adulthood**," which will be held 28-29 April 2005 at the Penn Stater Hotel and Conference Center in State College.



Promoting Better Parenting

Free Parenting Tools

The Center for the Improvement of Child Caring (CICC), a nationally known nonprofit parent education and training organization, has launched a free electronic newsletter, *Effective Parenting*, on how to raise healthier, more confident children. Each edition will feature brief stories on parenting topics and issues, as well as information on CICC programs, services, activities and products. To be added to the mailing list, call CICC at 800/325-2242, e-mail kalvy@aol.com, or go to <http://www.ciccparenting.org/> and click on "Add me."

CICC Discovery Tool and Referral System,

Available for use on the Internet at www.ciccparenting.org, the system consists of a series of age-specific questions that parents and others can employ to quickly identify a variety of learning, communication, motor skill, and behavioral problems that might have been overlooked. This resource is part of a National Partnership Campaign to Find and Help Young Children with Special Needs. According to CICC, close to 75% of the 3 million children under age 5 who have disabilities and other special needs are not being identified and treated before entering school. With these tools, parents, grandparents, child care workers, and other users will be able to

- learn about normative child development during the first five years of life;
- help identifying whether a young child may have special needs that require professional attention;
- connect with a range of professionals, resources, and education materials

Marketing Foster Parenting

When children enter the foster care system, there's a reason. But what brings in the adults who open their homes to children in crisis? And how can more people be encouraged to take that step? Connect for Kids' Robert Capriccioso reported on the issue in this recent Connect for Kids article. <http://www.connectforkids.org>

Grow Up Great: Happy, Healthy and Ready for School

If you live near a PNC bank, you can pick up this school-readiness kit with a DVD featuring Sesame Street Muppets getting ready for school, a colorful parent/child activity book, and a magazine for preschool parents on health, social and emotional readiness, and language and learning. The kits, created by the Sesame Workshop, are being given free to families and nonprofit early education centers at PNC Bank branches or via 1-877-PNC-GROW. http://www.pncgrowupgreat.com/grow_up_great.html

Working with Youth in Transition

SAT and College Application Fee Waiver Requests for 2004-2005

The Independent Living Project provides fee waivers for the SAT for juniors and seniors as well as fee waiver request for college admission applications. Youth must be registered in PILOTS to qualify for the waivers. Forms are now available from Ann Molsky at the IL Project. Contact her at akm9@pitt.edu or 717.795.9048, ext. 231.

Assessing the Mental Health Needs of Incarcerated Youth

This Office of Juvenile Justice and Delinquency Prevention bulletin describes a promising new tool to screen entrants into the juvenile justice system for mental health needs. <http://www.ojjdp.ncjrs.org/publications>

Promoting Positive Youth Development

"**Promoting Positive Youth Development: An Investment in Youth & Communities,**" is a six-page brochure that answers the question: How can we better support young people today?

"**Reconnecting Youth & Community: A Youth Development Approach.**" is a 13-page pocket-size booklet that highlights how youth development can help rebuild our communities. Go to <<http://www.ncfy.com/publications>> to view and download PDF versions of these brochures. To order free copies of these, and all of the National Clearinghouse on Families and Youth publications, call them at (301) 608-8098 or e-mail a request to <mailto:info@ncfy.com>.

Independent Living Grantees Post Curricula

The Children's Bureau funded 12 grantees between 2000 and 2003 to develop curricula for training adults who work with youth transitioning out of foster care to independent living. The National Resource Center for Youth Development recently posted information about the resulting curricula of the Independent Living Training grantees on their website. The postings include brief descriptions of each program, contact information, and, in many cases, links to the actual training manuals and other materials. While all the curricula are competency-based training programs that reflect a youth perspective in making the transition to independent living, some programs also address such topics as Native American youth, high-risk youth, coping with substance abuse and mental disorders and sexuality issues.

To view the training program information for all of the grantees, visit the National Resource Center for Youth Development website at www.nrcys.ou.edu/NRCYD/ilgrantees.htm.

MAKING NCLB WORK FOR CHILDREN WHO STRUGGLE TO LEARN

The National Center for Learning Disabilities (NCLD) and Schwab Learning, two national organizations, have collaborated to develop a handbook designed to provide simple, accessible information for parents on the No Child Left Behind Act (NCLB). The 22-page guide addresses the special issues, challenges and opportunities facing parents whose children are struggling to learn, and provides parents with information about specific actions they can take to improve educational services for their children. It is available at http://ld.org/press/PR2004/NCLBGuide_0904.cfm.

"When Violence Hits Home: How Economics and Neighborhood Play a Role"

Available online at the National Institute of Justice Web site at: <http://www.ojp.usdoj.gov/nij/pubs-sum/205004.htm> This report discusses who is most at risk and details the role that economic policies and employment practices might play in reducing the risk of intimate violence. NIJ is the research, development, and evaluation agency of the U.S. Department of Justice and is dedicated to researching crime control and justice issues.

Every Child A Home Campaign,

One Family Inc. in Massachusetts recently launched a campaign to increase awareness about the issues surrounding family homelessness. Visit <http://www.everychildahome.org/> to learn about the plight of homeless children, the costs to society, and details of the Section 8 Program designed to provide homes for America's children and their families. The site offers tools and ideas to help you start a public awareness/media campaign in your community.

Toward Safe and Orderly Schools

The National Study of Delinquency Prevention in Schools, is available online at the National Institute of Justice Web site at: <http://www.ojp.usdoj.gov/nij/pubs-sum/205005.htm>

Employment Planning Website for Youth with Disabilities

Finding employment for youth with disabilities can be challenging. The PACER website offers practical information and links to assist your youth. <http://www.pacer.org/swift/index.htm>

Assessment Resources

New information about how assessments can be used effectively to help youth in their transition to adulthood has been added to the NCWD/Youth website. Good assessments focus on individuals and their abilities, not their perceived deficits. The information on the website is personalized for various audiences, including: Youth and family, Administrators and policymakers, Practitioners, Employers. Valuable research on the use of assessments in career planning for all youth, including youth with disabilities is also featured on the website. <http://www.ncwd-youth.info/resources>

People in the News

Cindy Barr and Somerset County's IL program have moved. Their new address is listed below; telephone and fax numbers remain the same:

Independent Living Program
% Somerset County Children and Youth Services
300 North Center Avenue, Suite 220
Somerset, PA 15501.

Allison Moore, Lead Coach for the Achieving Independence Center, Philadelphia, PA, was presented with the President's Award by Dr. Gabriel Ross, President of Arbor Education & Training, at its annual conference.

If you have news to share, please e-mail Steve Eidson for inclusion in the next UPDATE.

Professional Development Opportunities

2005 CASSP Children's Interagency Conference, Penn Stater Hotel and Conference Center, 3-6 May.

2005 Independent Living Statewide Meeting, "Building Bridges to Adulthood," Penn Stater Hotel and Conference Center, 28-29 April.

2005 Pennsylvania IL Youth Retreat: "Freedom, Focus, Future: Mission Independence," Penn State Mont Alto, 11-15 July.

2005 Communities of Practice Transition Conference, Penn Stater Hotel and Conference Center, 20-22 July.

UNIVERSITY OF PITTSBURGH IL PROJECT

2 MARKET PLAZA WAY; SUITE 102
MECHANICSBURG, PA 17055
717.795.9048

LENORE WYANT , IL Project Coordinator	Ext: 207 E-mail: ldmoton@pitt.edu
IDOTRESS JOSEPH , IL Specialist (East)	Ext. 218 E-mail: irj2@pitt.edu
STEPHEN EIDSON , IL Specialist (West)	814.598.2747 E-mail: see13@pitt.edu
ANN MOLSKY , IL Administrative Assistant	Ext. 231 E-mail: akm9@pitt.edu



ANGELO SANTORE, State IL Grant Coordinator
Phone: 717.772.7012 or asantore@state.pa.us