



Family Support Newsletter

August 2010

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~ *From the Executive Director*

Where are we headed — where have we been?

One of the great virtues of the New Hampshire developmental services system is the far-sighted vision that has consistently guided it over the years. The other day I came across a document from 1995 written by Rich Crocker (then the Director of the NH Bureau of Developmental Services) entitled *New Hampshire's Developmental Services System: Where Are We Headed?* This is a roadmap that describes our journey over the intervening fifteen years, as well as a vision of the destination that still lies ahead of us. Here it is:

- * Moving from a community-based system of services to supporting individual lives in the community
- * Consumer-directed planning and evaluation of supports and services
- * Increased flexibility to achieve personalization of supports
- * Assessment of need and provision of supports and services based on interests, preferences, and capacities of consumers rather than deficits and needs
- * Reduction in professional service determinations and services menus
- * Supports for people to develop and maintain relationships with unpaid citizens and participation in community associations
- * Individualized budgets
- * Elimination of program services in favor of supporting people's needs in the areas of housing, work, health, social relationships, education, leisure, etc.
- * Practical assistance to help people negotiate their communities
- * Increased consumer involvement in all aspects of system design and development.
- * Equity of access with respect to supported work and supported living
- * Consumer control of resources and flexible relationships with the system.

We have achieved a lot of these goals, but we have much left to do, particularly in the areas of paid employment, friendships, and true involvement with community groups and associations. It's a great vision, as relevant today as it was a decade and a half ago.

In the coming fifteen years we will see the retirement of most of the leaders who have brought us this far. The responsibility for the vision will pass to people currently working their way up in our state government, our area agencies, and our vendors. To ensure continuity of values and vision we need to be providing them with opportunities to grow and learn. It behooves those of us in leadership positions to see that this is happening.

-Bob James



Enjoy the
Summer!



Your Family Support Team

The One Sky Family Support Team is here to assist families in navigating through the options and opportunities available to them. Our team has a coordinator for each stage of your child's development, as well as members to help with Respite and Resource Coordination.

Lenore Sciuto, the *Director of Family Support*, is our dedicated leader who works tirelessly to advocate for the families within our system.

Heidi Jackman is the *Children's Coordinator*. Heidi works with families with children from 5-15, helping them make the most of the resources available to them.

Shannon Smith is *Early Childhood Coordinator*, working with children from 3-5 as they transition from Early Intervention services. Shannon is also our Resource Coordinator, finding community resources that are available to supplement and complement traditional supports.

June Kleczek, *In-Home-Support Coordinator*, oversees the services of families who require dedicated In-Home services.

Karen Tellier, *Transition Coordinator*, works with families with children ages 16-21 as they make the transition from the school system to Adult Services.

Tony Herrera is the newest member of the Family Support Team. Tony is the *Respite Coordinator* as well as *Adult Family Support Coordinator*. With respite recently added to his duties, Tony will work with families to evaluate and address respite needs. As Adult Coordinator, Tony works with families who have adult family members with disabilities living at home.



Parenting Classes at Community Campus

"Keeping Your Cool" Monthly Strategy Night Third Thursday each month, 6–7:30 pm

To bridge the gap between our four-week "Keeping Your Cool" classes, we now offer a monthly "Keeping Your Cool" Strategy Night. Virtually no parent is always able to keep his or her cool. When parents lose their cool, they reduce their effectiveness, their ability to keep their kids calm, and to model constructive ways of handling anger. Coffee breaks, reflection time and regrouping are not a natural part of a day with children. Parents have to actively incorporate time and tools to keep cool. On the third Thursday of each month, staff or a guest presenter will lead parents through one or two new methods to learn, practice and incorporate at home. These programs are relaxed, non-judgmental and attended by every kind of parent.

Single Parenting

First Wednesday of every month, 6–7:30 p.m.

Following through when it's only you. We all want to have children who listen and behave. We want to keep daily life somewhat free of chaos and stress. To do this, parents have to be able to establish routines, make rules and follow through on what they say. Single parents have it both easier and harder than those with a parenting partner when it comes to sticking with a rule and a plan. This program will look at this and how to make what's hard get easier.



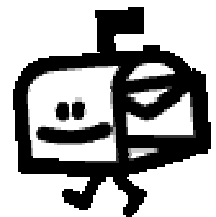
Free Family Movies

The Regal Fox Run Stadium 15 Theatre in Newington is showing FREE family movies every Tuesday & Wednesday in August.

All movies are rated G or PG and begin at 10:00 am. Arrive early as tickets are limited & this a popular program. For more information, go to:

<http://www.regmovies.com/nowshowing/familyfilmfestivalschedule.aspx?state=NH>

One Sky After-Hours Drop Box



One Sky now has a drop box available for delivering your paperwork when the office is closed.

You can leave your respite vouchers or other paperwork in the drop box between 4:30 pm and 8:30 am.

The box is located on the bottom level of One Sky's building, behind the Marines' office, next to the garage doors.



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We're On The Web!

www.oneskyservices.org



!! Upcoming Events !!

The 19th Annual Challenger's Cup Regatta is right around the corner. Your invitation should arrive in late summer, but be sure to **Save the Date: Saturday, September 11th**

One Sky's 3rd Annual Awards Banquet will be held **Thursday, October 14th**. Our guest speaker will be Family Advocate and author **Kathie Snow**. Be sure to **~ Save The Date ~**

and watch for your invitation in the Fall.

