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## COCAF News

### *Important News in This Edition!*

See page 5 for information on a 2-day FREE training for adoptive parents, professionals, and advocates.

### *Holiday Cheers and Tears*

The holidays are festive and busy and loud and crowded...and we wonder why our children get a little wound up? The holidays are all about overstimulation...lights, music, decorations, and crowds everywhere...it's all part of the fun, but also part of the stress. Try to remember this when your children act out just a little more than normal. Think of it as them trying to match the level of craziness they see developing all around them.

Help them by providing some fun, but calm family activities. Maybe try a slow car ride around the neighborhood to see the holiday light displays, with mugs of hot chocolate for everyone and soft music playing. Or help your children shop for online Christmas gifts, so they don't have to deal with the crowds. One of my friends has an all-day holiday movie marathon; they never get out of their pajamas, and they eat finger food all day while watching the movies. The bottom line is, your children need some downtime during this crazy holiday time, so stop and smell the pine trees; you'll all feel better for the break.

Colleen Tarket, COCAF Development Director  
[Colleen.tarket@cocaf.org](mailto:Colleen.tarket@cocaf.org)

### *Has COCAF Helped You?*

Over the last 10 years, COCAF has provided advocacy support, workshops, and financial assistance for hundreds of Colorado's adoptive families. Have you been one of those families? If COCAF was helpful to you in any way, please consider donating to COCAF so that COCAF can continue to provide you with the best advocacy and assistance possible for adoption-related issues. There are two easy ways to donate to COCAF:

- Go to <http://www.cocaf.org> and click on the Donate Now button on the upper right corner of the screen. Any amount helps. The site is secure and easy to use.
- If you don't want to donate online, just mail your check to:

COCAF  
5702 West 114th Place  
Westminster, CO 80020-6831

Providing support to adoptive families is our mission, and we need your help to continue providing this support.

### *Only ONE More Month!*

Applewood Plumbing, Heating & Electrical is giving away \$12,000 in 12 months by donating \$1,000 a month to local nonprofit companies – and this is the last month! They will be accepting nominations through the mail or on the web and will choose a winner monthly using a random drawing. The more times COCAF is entered into the drawing, the better our chances of winning. **You may re-enter every month (until COCAF wins!), but you may only enter once per month.** Charities may receive multiple entries, so refer this site to your friends. Please take the time to enter COCAF into this drawing. If COCAF wins, the \$1,000 will be used to continue providing support services to adoptive families.

To enter online, go to: <http://www.applewoodfixit.com/12in12.html>

To complete the form for COCAF, enter the following information:

Non-profit name: COCAF

Non-profit phone number: 303-562-9864

Web site: cocaf.org

### *COCAF Services*

If you are in need of COCAF's services or just want to pass on some information, you may email Deborah Cave, Executive Director, at [deborah.cave@cocaf.org](mailto:deborah.cave@cocaf.org).

### *COCAF Newsletter*

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to [colleen.tarket@cocaf.org](mailto:colleen.tarket@cocaf.org) by the 20<sup>th</sup> of the month for consideration for the next month.

## COCAF Upcoming Events

### *Partnering for Best Outcomes: Training for Parents, Social Workers, & Community Providers*

Presented by NACAC Community Champions Network (CCN), COCAF, & COPARC  
Friday, February 19, **and** Saturday, February 20, 2010, 8:30 a.m. - 4:00 p.m.  
Daniels Fund, 101 Monroe St., Denver, CO 80206, rooms 126 & 127

This 2-day training workshop is designed for parents, social workers, and other community providers working with adoptive families. Topics will include:

#### Day 1:

- Adoption 101 Advanced Review
- Normative Developmental Stages in Adoption
- Supporting Families Through Crisis
- When Residential Treatment is Needed

#### Day 2:

- Fundamentals of Case and Class Advocacy Action
- Subsidy in Colorado – Working with State and County
- Post-Adopt Resources: Current and Envisioned
- Parents and Professionals as Partners
- Action Planning

**Cost:** \$20 fee (those who attend will be refunded the fee).

**For further information and to register:** Tanya Hammar at 1-800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

## Adoption/Kinship/Foster Information

### *Beyond Culture Camp: Promoting Healthy Identity Formation In Adoption*

Authors: Hollee McGinnis, Susan Livingston Smith, Dr. Scott D. Ryan, and Dr. Jeanne A. Howard

Published: 2009 November. New York NY: Evan B. Donaldson Adoption Institute

Document Type: Research (112 pages)

Availability: [PDF Full Report](#) | [Web Page](#) | [Press Release](#) | [Executive Summary](#)

This study, released in November, is the broadest, most extensive examination of adult adoptive identity to date, based on input from the primary experts on the subject: Adults who were adopted as children.

The principal recommendations of the 112 page study include:

- **Expand parental preparation and post-placement support for those adopting across race and culture.** Such preparation should include educating parents about the salience of race across the developmental course, instruction about racial identity development and the tasks inherent in such development, and assistance in understanding racial discrimination and how best to arm their children to combat the prejudice and stereotypes they will face. Preparation also should include the understanding that seeking services and supports is a positive part of parenting - i.e., it is a sign of strength, not failure.
- **Develop empirically based practices and resources to prepare transracially and transculturally adopted youth to cope with racial bias.** This study, as well as previous research, indicates that perceived discrimination is linked with greater psychological distress, lower self-esteem, and more discomfort with one's race/ethnicity. Hence, it is essential to arm transracially adopted youth with ways to cope with discrimination in a manner that does not negatively impact their identity.
- **Promote laws, policies and practices that facilitate access to information for adopted individuals.** For adopted individuals, gaining information about their origins is not just a matter of curiosity, but a matter of gaining the raw materials needed to fill in the missing pieces in their lives and derive an integrated sense of self. Both adoption professionals and the larger society need to recognize this basic human need and right, and to facilitate access to needed information for adopted individuals.

- **Educate parents, teacher, practitioners, the media, and others about the realities of adoption to erase stigmas and stereotypes, minimize adoption-related discrimination, and provide children with more opportunities for positive development.** Generations of secrecy, shame, and stereotypes about adoption (and those it affects) have taken a toll, as the respondents in this research make clear. Just as discrimination based on color, gender, sexual orientation, and religion - all components of people's identity - are broadly considered to be socially unacceptable, adoption-related discrimination also should be unacceptable. Professionals and parents also need to be better informed about the importance of providing diversity and appropriate role models.
- **Increase research on the risk and protective factors that shape the adjustment of adoptees, especially those adopted transracially/culturally in the U.S. or abroad.** More longitudinal research that combines quantitative and qualitative methods is needed to better understand the process through which children, teens, and young adults' progress in confronting transracial adoption identity issues. Additional research is also needed on the identity journey experienced by in-race adoptees - and, pointedly, more of the studies of every kind need to include the perspective of adopted individuals themselves

## Conferences

### *Tuning Up Your Skills: Improving Services to Children and Families*

22nd Annual Colorado Child and Adolescent Mental Health Coalition Conference  
Friday, April 16, 2010  
University of Phoenix, Lone Tree, CO

The Colorado Child and Adolescent Mental Health Coalition is trying to determine how much space they will need for their 2010 1-day conference. Please email [cgtjoe@integra.net](mailto:cgtjoe@integra.net) by December 18, 2009, if you anticipate attending.

### *2010 Budget Works Conference*

Presented by The Colorado Fiscal Policy Institute (COFPI)  
Friday, January 8, 2010

The upcoming budget cycle is poised to be one of the most challenging in decades. Prepare yourself with information through an informative program of budget experts, workshops, and panel discussions. Mark your calendars for the 2010 Budget Works Conference.

Stay tuned for more details about location, time, and registration information. For more information, please contact [Mark Neuman-Lee](#) or go to [www.cclponline.org](http://www.cclponline.org)



## *2010 Conference on Inclusive Education*

Presented by PEAK Parent Center  
Hyatt Regency Denver Tech Center, Denver, Colorado  
Thursday-Saturday, February 11-13, 2010

This highly engaging conference will provide families, educators, professionals, and other community members with new possibilities for students with disabilities:

- Learn practical strategies for supporting and including students with disabilities in general education classrooms, schools, and communities
- Develop your parental advocacy skills and learn ways to empower your child
- Improve results for students with IEPs
- Energize your teaching practices

Conference topics include:

- Accommodations and Modifications
- Advocacy
- Differentiated Instruction
- Dropout Prevention
- Early Childhood
- Homework Strategies
- Individualized Education Programs (IEPs)
- Legal Issues
- Peer Supports
- Post-Secondary Inclusion
- Progress Monitoring
- Reading and Literacy
- Response to Intervention (RTI)
- Restraints and Seclusion
- Transition

[Click here](#) to sign up for PEAK's mailing list and be sure you are notified when the 2010 brochure is available. Email [conference@peakparent.org](mailto:conference@peakparent.org) with any questions.

## *Parents Encouraging Parents (PEP) Conference*

Thursday, February 25- Saturday, February 27, 2010  
Colorado Springs, CO

The Exceptional Student Leadership Unit and Early Childhood Initiatives Parents Encouraging Parents (PEP) Conferences are family -centered conferences designed to offer support, information, and education to parents and professionals. PEP promotes the partnerships that are essential in supporting and including children with disabilities and their families in all aspects of the school and community.

These conferences are available to persons residing in Colorado who have a child with a disability - ages birth to twenty-one. Administrators, principals, teachers, medical, and other service providers interested in the Family-Professional Partnership are invited to participate in a PEP Conference.

The two and one-half day PEP Conference begins Thursday evening, at 5:00 p.m. and continues through Saturday afternoon, until 3:00 p.m. The Colorado Department of Education pays for all participant meals (excluding Friday evening) and lodging. Child care and meals for family members are not provided. With these provisions, we hope to provide the opportunity of the PEP experience to all interested families.

The purpose of this conference is to bring parents and other professionals together, allowing them an opportunity to share ideas, discuss concerns, celebrate successes, and obtain information relating to parenting, educating, and supporting a child with a disability.

Large group session activities include:

- Parenting a Child with a Disability and Rebuilding Dreams
- The Law and the Education of Children with Disabilities
- Early Childhood - Resources and Supports
- The Individualized Education Program (IEP)
- Transition IEP

Small group session activities include:

- Advocacy
- Friendships
- Men Only
- Questions for Your Doctor
- Positive Behavior Supports

We strongly encourage that both parents participate in the conference. Single parents are encouraged to attend and may bring a support person who will also participate in the conference. This conference is designed to be of greater value to parents/professionals

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who attend the entire conference. All topics of discussion flow together from beginning session to the end of the conference. No one can be accepted on a part-time basis. Dress is casual.

For more information about PEP, please go to PEP's [Frequently Asked Questions \(FAQ\)](#).

Application Options:

[Apply Online](#)

[Printable Application](#) (PDF) (To be faxed or mailed)

[Protected Application Form in MS Word](#)

(Please save a copy of this form to your computer, fill in form fields, save again and email to [keck\\_k@cde.state.co.us](mailto:keck_k@cde.state.co.us))

For more information about Parents Encouraging Parents contact:

CDE-ESLU-PEP

1560 Broadway, Suite 1175

Denver, CO 80202

Phone: (303) 866-6846

Fax: (303) 866-6767

## *2010 NAMI National Convention*

Washington Hilton, Washington, D.C.

Wednesday-Saturday, June 30-July 3, 2010

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day, known locally as A Capitol Fourth, opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's all free! (The line-up of performers hasn't been announced yet but we'll share it with you as soon as it is.)

The NAMI National Convention is the annual gathering of some 2,500 mental health activists and advocates from all over the U.S. and several foreign countries. Our attendees include:

- Individuals who have a mental illness
- Family members of individuals with mental illness
- Health and social policymakers from both the public and private sectors
- Treatment professionals, including psychiatrists, psychologists, licensed counselors, nurses, and social workers. (CEUs are available for nurses, social workers, and licensed counselors.)

Attendees have one overarching reason for attending the NAMI National Convention: Improving the lives of people who live with mental illnesses and the lives of the people who love and care for them. Most attendees are responsible for securing or recommending mental health services, products, and information for themselves, loved ones, clients, and patients diagnosed with serious mental illnesses. This conference will help participants learn about the latest information, treatment options, coping strategies, support services, health and wellness information and activities, and legal and financial advice.

## *NACAC 2010 Conference in New England*

Hartford, Connecticut

Wednesday-Saturday, August 4 - 7, 2010

The North American Council on Adoptable Children (NACAC) annual conference is for adoptive parents, foster parents, adoption workers, adoptees, kinship care providers, child welfare administrators, and other members of the adoption and foster care community.

The NACAC conference will feature close to 75 workshops by expert professionals and parents addressing a wide variety of topics, including:

- Parenting children with challenges
- Race, culture, and diversity
- Therapeutic techniques
- Agency management
- International adoption
- Search/open adoption
- Post-adoption services

To put your name on a list to receive a conference announcement in January 2010, please contact NACAC at [info@nacac.org](mailto:info@nacac.org) or 651-644-3036.

To learn more, visit [www.nacac.org](http://www.nacac.org).

## Children with Disabilities Information

### *Sports Opportunities*

Looking for sports opportunities for your children with disabilities? Check out <http://www.nscd.org/> for a variety of winter sports camps.

### *Developmental Pathways Wait List*

The non-profit agency, Disability Center for Independent Living (DCIL), recently received funding from the Douglas County Developmental Disability Grant Program to provide assistance to Douglas County families. The grant will serve families until June 30, 2010.

DCIL is a local agency serving clients in the Denver Metro area. Their mission is to help teach independent living skills, such as acquiring various benefits individuals may be eligible for. DCIL and Developmental Pathways are joining together to help clients on the wait list sign up for these various benefit programs. This will help serve young adults, 18+, currently on the wait list sign up for important programs, including SSI/Medicaid, which is a vital step in securing services and funding for Developmental Pathways.

Programs include:

- SSI
- Medicaid
- LEAP
- Food Stamps
- DVR - Division of Vocational Rehabilitation
- EBD - Elderly, Blind, and Disabled program, if eligible
- Males, 18+, signing up for Selected Service
- Voter Registration
- Acquiring a State ID Card/ID card if desired

A DCIL Case Manager will be at the Inverness office once a week to see clients and set up appointments for those needing help applying for these various benefits. Together, the DCIL Case Manager and Pathways client will begin the process and apply for any of the above programs. (If there is another benefit that requires assistance, but not listed, please call to see if the case manager can be of help.) To schedule an appointment, or to find out more information, call Marsha Alston, Developmental Pathways Associate Director for Clients and Families, at 303-858-2390.

## Family Enhancement

### *Nurturing Fatherhood Program*

The Aurora Mental Health Center is currently accepting referrals for the *Nurturing Fatherhood Program* starting January 2010. This is a free program for any male caregiver of a child up to age 12. This free, 13-week class will include dinner and a social skills class for children who attend with the participant. The program will be held Thursday evenings from 5:30-7:30 at 11059 E Bethany Drive, Aurora, CO 80014.

The Aurora Mental Health Center is also accepting referrals for fathers or male caregivers of older children who have dual diagnosis. This class will be held on Saturday mornings, and will include breakfast and group for the participants and children.

Participants do not have to have children as open clients at Aurora Mental Health or live in Arapahoe County.

Contact Nancy Regalado at 303-552-6231 to reserve a space in either class, or for additional information.

## Mental Health

### *Stakeholder Meeting December 2*

Wednesday, December 2, 2009, from 2:30 p.m. - 4:30 p.m.  
Fort Logan Auditorium, 3520 W Oxford, Denver, CO

There will be a Behavioral Health Stakeholder Meeting to discuss budget reductions and the November 1, 2009, budget request. All interested constituents may attend this meeting.

If you have any questions or concerns, please feel free to contact Joscelyn Gay ([Joscelyn.Gay@state.co.us](mailto:Joscelyn.Gay@state.co.us)) or Bernadette Hisel ([Bernadette.Hisel@state.co.us](mailto:Bernadette.Hisel@state.co.us)).

### *Metro Area Support Groups*

Do you have a loved one who has a mental illness? Do you need support? Do you need someone who "gets it"?

Here are some NAMI support groups you might want to consider:

1st Thursday of each month, 7:00 p.m. - 8:30 p.m.  
Foothills Community Church (Fireside Room), 8270 W. 80th Ave., Arvada, CO  
Free and open to everyone regardless of where you live  
For more information, contact Jennie 720-227-7207 [jenvie06@yahoo.com](mailto:jenvie06@yahoo.com)

2nd and 4th Tuesday of each month, 6:30 p.m. - 8:30 p.m.  
Jefferson Center for Mental Health), 9808 W. Cedar Ave., Lakewood, CO 80226  
For more information, contact Pat O'Connell 303-432-5114

For spouses/significant others of those with mental illness:  
3rd Monday of each month, 6:30 p.m. - 8:30 p.m.  
Jefferson Center for Mental Health), 9808 W. Cedar Ave., Lakewood, CO 80226  
For more information, contact Pat O'Connell 303-432-5114



## Resources

### *Respite Resources*

The **National Respite Locator Service** helps parents, caregivers, and professionals find respite services in their state and local area to match their specific needs.

Please note that this database is provided for informational purposes only and is not all-inclusive. The fact that an organization is or is not listed in the database does not represent an endorsement or lack of endorsement for any purpose. The National Respite Locator Service does **not** check the background, references, or any other aspect of the companies and individuals listed on their website. You must take responsibility for checking the background and qualifications of any respite provider you chose.

For more information, go to: <http://chtop.org/ARCH/National-Respite-Locator.html>

### *Prescription Assistance Programs*

If you need help paying for prescription medications, one of these organizations may be able to help you:

- [Rx Outreach](#) Provides qualified low-income individuals and families with access to **generic versions of brand name medications**.
- [Rx Hope](#) RxHope is the only **patient assistance Internet initiative** financially supported by PhRMA (Pharmaceutical and Research Manufacturers of America) and participating pharmaceutical companies.
- [Together Rx Access](#) free savings program that helps **eligible participants save** approximately 25%-40% on over 275 brand-name prescription drugs and other prescription products.
- [Partnership For Prescription Assistance](#) brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the **public or private program** that's right for them.
- [NeedyMeds](#) provides information about patient assistance programs which provide **no cost prescription medications** to eligible participants.
- [NAMI Patient Prescription Drug Assistance Programs](#) **NAMI: The Nation's Voice on Mental Illness** has put together a list of prescription drugs for mental health and a phone number to contact for information on assistance programs.

### *Food SHARE America Program*

The goal of SHARE is to help families save about 50% on their groceries, while encouraging the building of relationships with their neighbors in the community. There are no qualifications...if you eat, you qualify.

Anyone from the affluent to those with struggling budgets can participate in SHARE. The minimal profits in each share of food sold go to support this program and those who can't afford to buy a share. And if you're not interested in participating for whatever reason, SHARE does take donations for what they call a "sponsored share." That means your donation goes to buy food for a neighbor in your community that needs help.

To participate, go to the SHARE website and find your zip code or one close to it. Find a host site location in or around your zip code area. You can go to that host site during the listed registration/sign up times to place and pay for your order. If you've missed the registration times listed, call the numbers for the host site and see if they have another time. If not, you can always call the SHARE main offices for help in signing up or for information. You can also place your order over the phone at the SHARE main office by calling (303) 428-0400 or 800-933-7427. The host site locations accept cash, Quest cards, and most take checks. If placing an order over the phone with the main office, you can use a credit card (Visa, M/C), Quest card, or check by phone.

After you place your order, go back to your selected host site to pick up your order during the designated distribution/pick up day and time. (These days and times are also listed in the newspaper and website.)

For more information, go to: <http://www.foodshareamerica.com/>. Phone orders for December are due December 14; online orders are due by December 15.

### *Flu Shot Clinics*

For a list of flu shot clinics in your area go to:  
<http://www.immunizecolorado.com/findAFluClinic.asp>.

### *Free Food and Clothing*

For those of you who are in financial need and live in the Fountain area, check out **God's Pantry Ministry** at 102 N. Main Street, Fountain, CO 80817. *God's Pantry* is a 501(c)(3) non-profit organization. Their goal to help feed the hungry and offer clothing to those in need. They are a non-denominational organization, assisting all people in need regardless of what their faith is. All of their clothing are offered for free and they support families by giving food items.

For more information, go to <http://godspantryministry.org/> or call (719) 382-0643.

### *Low Cost Used Items*

For those on a tight budget in the Florence area, try Manna House, 208 Main Street, Florence, Colorado. This second hand store has a variety of used items, all priced to sell quickly without breaking your budget.

### *Starlight Foundation*

When a child is diagnosed with a serious illness, the day-to-day joys of childhood take a back seat to the rigors of treatment and hospitalization. For more than 25 years, Starlight Children's Foundation has been dedicated to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear, and isolation of prolonged illness.

Starlight has developed Starbright World, a social networking website for teens with chronic and/or life threatening medical conditions and their siblings. For more information, go to [www.starbrightworld.org](http://www.starbrightworld.org).

### *Updated Resource Guides*

**"Where Do I Start? General Resources"** contains key statewide resources like PEAK Parent Center, Family Voices, and Assistive Technology Partners, to name a few. Use it at home and share it with teachers, physicians, and therapists.

[Click here to download this guide in English.](#)

[Haga clic aquí descargar la versión en español: "¿Dónde empiezo?"](#)

**"Where Do I Start? Disability Specific Resources"** includes specific organizations serving families with children with autism, epilepsy, mental health, sensory processing disorder, and many more. More than 45 disability specific organizations are included.

[Click here to download this guide in English.](#)

[Haga clic aquí descargar la versión en español - "¿Dónde empiezo? Recursos Especificos para Discapacidades"](#)

**"2009-10 Colorado Parent Support Groups"** is a list of statewide parent support groups by Colorado geographical region.

[Click here to download this guide in English.](#)

### *Adoption Support Groups*

For a list of adoption support groups across the state of Colorado, go to [http://www.adoptex.org/site/PageServer?pagename=adoption\\_post\\_coparc\\_supportgroups](http://www.adoptex.org/site/PageServer?pagename=adoption_post_coparc_supportgroups)

## Training Opportunities

### *Child Interview Training*

Presented by The Denver Children's Advocacy Center (DCAC)  
Thursday, December 3, 2009 – Friday, December 4, 2009, 8:30 a.m. – 5:00 p.m.  
Denver Police District 1, 1311 W. 46<sup>th</sup> Ave., Denver CO 80211

This in-depth 2-day training will cover:

- Child interview techniques
- How to utilize the phased interview process
- Trauma and the developing child
- Practical application of language development concepts
- Defense strategies and tactics

This class is a full 2-day class. Case examples will be presented. Trainees will have opportunities for practice and skill development. Speakers will include Karen Blackwell (Forensic Interview Program Manager, DCAC), Stephanie Knapp (Child & Adolescent Interview Specialist, FBI), and others.

*For further information:* Go to [www.denvercac.org](http://www.denvercac.org).

### *Uncovering the Truth about Dyslexia*

Presented by The International Dyslexia Association - Rocky Mountain Branch  
Thursday, December 3rd, 2009, 7:00 p.m. - 8:30 p.m.  
Loveland Public Library, Gertrude B. Scott room, 300 N. Adams, Loveland, CO 80537

This class will help parents, kids, and educators understand why it is so hard for some children to learn to read, write, and spell.

*Cost:* \$10 donation; free for IDA members

*For further information and to register:* [www.dyslexia-rmbida.org](http://www.dyslexia-rmbida.org) or [ida\\_rmb@yahoo.com](mailto:ida_rmb@yahoo.com)

## *Social Skills and Making Friends*

Presented by The Autism Society of Colorado and Sam Towers

Saturday, December 5, 2009, 9:30 a.m. to 4:30 p.m.

First Bank, 550 S. Wadsworth Blvd, Lakewood, CO; Autism Society of Colorado's training room, basement (level 1)

Many individuals with disabilities do not learn social skills readily through the course of natural social interactions. This can hinder their interactions with others and their ability to make friends.

This course is designed for parents, professionals, and other caregivers who wish to increase the positive social interactions of an individual with a disability. Among the topics that will be covered are:

- How to determine which social skills to teach
- How to prompt social skills effectively
- How to provide effective feedback
- How to use role-playing
- How to use social stories
- How to set up opportunities for practicing social skills
- How to help the individual make friends

The course is limited to 35 participants. Some scholarships are available through the Autism Society of Colorado. To apply for a scholarship, call the Bridget at the Autism Society of Colorado at (720) 214-0794, extension 10. You may also e-mail Bridget at [bridget@autismcolorado.org](mailto:bridget@autismcolorado.org). Scholarships are limited, so please apply early.

*Cost:* \$100 per person, if paid in advance; \$120 at the door.

*To register:* Go to [www.towersbehavior.com](http://www.towersbehavior.com) and click on "Public Courses."

*For more information:* Contact Sam Towers at 303-803-0045 by email at [sam@towersbehavior.com](mailto:sam@towersbehavior.com).

## *Surviving the Holidays (Teletraining)*

Dr. Kim Gorgens, trainer

Tuesday, December 15, 2009, 1:00 p.m. – 2:30 p.m.

This presentation will provide practical tips about managing the blues and the inevitable stress of the holiday season for people with cognitive disabilities. Special emphasis will be placed on promoting wellness among clients, their families/loved ones, and care providers. This teletraining course requires that you have a phone and computer to access the class.

Trainer Kim Gorgens, PhD, is a Clinical Assistant Professor, Graduate School of Professional Psychology, at the University of Denver and the Colorado TBI Trust Fund Board President.

*Cost:* \$35

[Click here to register for this event](#)

[Click here to register a group for this event](#)

## *Taking Charge*

Presented by PEAK Parent Center's Person-Centered Planning

Friday and Saturday, January 29 and 30, 2010 (first sessions) – Saturday, June 12, 2010  
Denver, CO

Taking Charge supports young adults with disabilities with planning and taking action steps to move on with their lives in positive ways, including greater inclusion in the community, living in a place they choose, college, jobs, and volunteer opportunities. The target audience for Taking Charge is young adults with disabilities who are between the ages of 21 and 30 years old.

There will be a total of 5 sessions between January and June; four sessions will occur on a Friday and Saturday with overnight hotel accommodations provided; the fifth and final session will be on Saturday only, June 12th. Mileage stipends may be available for those living outside the metro Denver area.

Twelve applicants will be selected to participate in Taking Charge and each of them can invite 2 or 3 additional people (family friends, neighbors, co-workers, etc.) to participate in the sessions with them.

*For more information:* Contact Beth Schaffner at (719) 531-9400, ext. 117 or at (800) 284-0251.

*Partnering for Best Outcomes: Training for Parents, Social Workers, & Community Providers*

Presented by NACAC Community Champions Network (CCN), COCAF, & COPARC  
Friday, February 19, **and** Saturday, February 20, 2010, 8:30 a.m. - 4:00 p.m.  
Daniels Fund, 101 Monroe St., Denver, CO 80206, rooms 126 & 127

This 2-day training workshop is designed for parents, social workers, and other community providers working with adoptive families. Topics will include:

Day 1:

- Adoption 101 Advanced Review
- Normative Developmental Stages in Adoption
- Supporting Families Through Crisis
- When Residential Treatment is Needed

Day 2:

- Fundamentals of Case and Class Advocacy Action
- Subsidy in Colorado – Working with State and County
- Post-Adopt Resources: Current and Envisioned
- Parents and Professionals as Partners
- Action Planning

*Cost:* \$20 fee (those who attend will be refunded the fee).

*For further information and to register:* Tanya Hammar at 1-800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).



## *Step Up Into Your Life*

Presented by Arc of Arapahoe & Douglas

Mondays, March 1, 8, 15, 29, and April 12 & 26, 2010, 6:00 p.m. – 8:00 p.m.

Southbridge Recreation Center Senior Lounge,  
4800 McArthur Ranch Road, Highlands Ranch, CO 80130

The evening will begin with dinner, introductions, and networking. Then speakers will present on the topic for that evening. After the presentation there will be time for questions and more networking.

Topics will include:

- Person Centered Planning: Discuss the concept of “Person Centered Planning” with overview of the PATH Planning and Essential Life Planning.
- How do I pay for it: Provide in-depth information about SSI, Medicaid, Medicaid waiver programs, and financial planning.
- What are you doing all day: Explore a variety of employment options, day programs, and vocational rehabilitation services, as well as discussing recreation and transportation.
- Where will I live: Overview of group homes, host homes, personal care alternatives, apartments, and home ownership.
- Who makes decisions: Guardianship, power of attorney, medical power of attorney, and conservatorship.
- What about health care: Transitioning from pediatricians to primary care physician, medical records, dental, and mental health will be discussed along with current Medicaid benefit packages.

All curriculum materials and dinner will be provided at each session. Childcare reimbursement provided, if needed. Call to discuss your specific needs. Both parents or a parent and a support person are encouraged to attend.

**Cost:** Free, but you must reserve a space to attend. This class is supported by a grant from the Douglas County Mill Levy Funds, Douglas County Human Services.

**To register:** Contact Pam at 303-220-9228 or by email at [pam@arc-ad.org](mailto:pam@arc-ad.org).

## *PEAK Parent Center Class Information*

303-758-5574 or 1-800-284-0251

[denver3mentor@peakparent.org](mailto:denver3mentor@peakparent.org)

The following class information has been provided by the PEAK Parent Center:

December 2. *Toilet Training-Is It That Time?* 9:00-11:00 a.m. at Developmental Disabilities Resource Center. RSVP to Paula at 303-233-3363. \$.

December 2. *Risk, Resiliency and Resources for Babies, Young Children and Their Families.* 8:30 a.m.-4:00 p.m., University of Colorado, Denver. For more information, [info@wonderbabiesco.org](mailto:info@wonderbabiesco.org) or [www.jfkpartners.org/Workshops.asp](http://www.jfkpartners.org/Workshops.asp). \$.

December 2. *RTI in Colorado and the Right of Children with Dyslexia and other Disabilities to a Free Appropriate Public Education.* Randy Chapman, speaker. 7:00 p.m. Location to be announced. RSVP to [ida\\_rmb@yahoo.com](mailto:ida_rmb@yahoo.com). FREE.

December 3 (and four all day Saturday sessions during 2010). *Aurora Life Building Project (8-10 young adults ages 21-30 from Aurora with disabilities).* 6:00-8:00 p.m. Register with PEAK Parent Center at 1-800-284-0251. FREE.

December 5. *Social Skills and Making Friends.* 9:30 a.m.-4:30 p.m. at Autism Society of Colorado. For more information, 303-803-0045 or [sam@towersbehavior.com](mailto:sam@towersbehavior.com). \$ (some scholarships).

December 7. *Aspergers, Autism, and Other Developmental Disorders.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, [www.BoulderPsychologicalServices.com](http://www.BoulderPsychologicalServices.com). FREE.

December 9. *Making the Grade: Schools Are Accountable to You.* 6:00-8:00 p.m. Directions for webinar at 303-365-2772 or [jeanettec@denvermetroprc.org](mailto:jeanettec@denvermetroprc.org). FREE.

December 9. *Making the Grade: Schools Are Accountable to You.* 10:00 a.m.-12:00 p.m. Directions for webinar at 303-365-2772 or [jeanettec@denvermetroprc.org](mailto:jeanettec@denvermetroprc.org). FREE.

December 10. *Understanding Special Education: Writing Effective IEP's.* 10:00 a.m.-12:00 p.m. Directions for webinar at 303-365-2772 or [jeanettec@denvermetroprc.org](mailto:jeanettec@denvermetroprc.org). FREE.

December 12. *Family Partnership and Strategies to Support Students with Challenging Behavior.* 10:00 a.m.-1:00 p.m. at Denver Center at Lowry. To register, [http://cccdbrownbag.eventbrite.com/](http://cccdbbrownbag.eventbrite.com/) or [KMCGough@adams50.org](mailto:KMCGough@adams50.org). \$10. Free for CEC/CCBD members.

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December 14. *Understanding and Dealing with Depression/Bipolar Disorder.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, [www.BoulderPsychologicalServices.com](http://www.BoulderPsychologicalServices.com). FREE.

January 15-16. *Courage to Risk (a collaborative conference on special education).* Colorado Springs. Visit [www.couragetorisk.org](http://www.couragetorisk.org). \$.

February 11-13. *Conference on Inclusive Education.* Denver. Sponsored by PEAK Parent Center. For more information, <http://www.peakparentcenter.org>. \$

March 1 (six Mondays). *Step Up Into Your Life.* Arc of Arapahoe/Douglas transition series (after high school). For more information, call 303-220-9228 or [pam@arc-ad.org](mailto:pam@arc-ad.org). FREE.

## Just for Fun

### *Shopping, Shopping, Shopping!*

Looking for some unique kids' gifts for this holiday season? If so, try checking out some of these websites:

- <http://tagtoys.com/>
- [www.naturegifts.com](http://www.naturegifts.com)
- [www.fatbraintoy.com](http://www.fatbraintoy.com)
- [www.constructiontoyzone.com/](http://www.constructiontoyzone.com/)

### *Northglenn Noel*

Friday, December 4, 2009

Northglenn Recreation Center, 11801 Community Center Drive, Northglenn, CO

1:00 p.m. – Northglenn Senior Organization Bake Sale

5:00-9:00 p.m. – Indoor Carnival with affordable activities for families

6:00 p.m. – Holiday lighting ceremony

7:00 p.m. – Denver Municipal Band's free Holiday Concert with special guests, The Northland Chorale

For more information, contact Jeanette Sanchez at 303-450-8935.

### *Free All The Time!*

**Aurora History Museum**, 15051 E. Alameda Parkway Aurora, CO. (303) 739-6666.

Tuesday-Friday 9:00 a.m.-4:00 p.m., Saturday & Sunday 11:00 a.m. - 4:00 p.m.

**Bluff Lake Nature Center**, off of Havana near Stapleton. For more information or clear directions call (303) 945-6717. Open sunrise to sunset.

For a comprehensive list of things to do for free in the Denver area, go to:

<http://www.denver.org/events/free-events>.

### *Fun Things & Coupons*

For coupons for local Colorado activities, go to:

<http://www.coloradokids.com/listings.php?category=funthings&type=funcenter&region=colorado>

## Website Topics

This section contains the headings from some of the previous COCAF newsletter items. Rather than reprint these items in every newsletter, we're providing the name of the article and a link to the information on the COCAF website.

- Adoption-Related Information [http://www.cocaf.org/adoption\\_topics](http://www.cocaf.org/adoption_topics)  
Adoption Exchange Support Groups Listing <http://www.cocaf.org/support>  
Adoptive Families Denver <http://www.cocaf.org/adoptive>  
COPARC <http://www.cocaf.org/coparc>  
Encouraging Adoption and Helping Families: The Case for Refocusing Federal Funding on Post-Adoption Services  
<http://voice-for-adoption.org/downloads/VFA%20postadopt%20paper%20FINAL%207.9.09.pdf>  
Foster Care and Adoption Self-Assessment Guide <http://www.cocaf.org/adoption-foster>  
Income Taxes & Adoption <http://www.cocaf.org/tax>  
Larimer County Alliance for Grandfamilies (LCAG) <http://www.cocaf.org/kinship-larimer>  
Starting/ Managing Parent Support Groups  
<http://nysccc.org/family-supports/parent-groups/parent-group-management/>  
Supporting Children Exposed to Violence <http://endabuse.org/content/features/detail/1314/>
- Adoption Subsidy Information <http://www.cocaf.org/subsidies>  
Colorado Subsidy Information <http://www.cocaf.org/adoption-subsidy>  
Expanding Title IV-E Adoption Assistance <http://www.cocaf.org/adoption-titleiv>  
NACAC Report on Adoption Subsidies <http://www.cocaf.org/adoption-nacac-report>  
National Subsidy Information <http://www.cocaf.org/adoption-national>
- Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>  
Child Welfare League of America <http://www.cocaf.org/conference-welfare>  
Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>  
"Listening to Parents" Project Discussion Board <http://www.cocaf.org/conference-listening>  
NAMI Children's Conference Calls <http://www.cocaf.org/conference-nami>
- Education <http://www.cocaf.org/education-menu>  
Casey "Foster Parent College" Scholarships <http://www.cocaf.org/scholarships-casey>  
Expanded Access to College Financial Aid for Former Foster Youth <http://www.cocaf.org/college-aid>  
Foster Youth Internship (FYI) Program <http://www.cocaf.org/youth-internship>  
Mobility Issues & Special Education <http://www.cocaf.org/mobility>  
Online Educational Advocacy Resource <http://www.cocaf.org/edu-advocacy>  
Parents of Adults with Disabilities <http://www.cocaf.org/edu-parents>  
Reducing Behavior Problems in the Classroom <http://www.cocaf.org/behavior-problems>  
Spanish-Language Child Welfare Resources <http://www.cocaf.org/edu-spanish>
- Financial Assistance & Information <http://www.cocaf.org/financial>  
Financial Classes <http://www.cocaf.org/financial-classes>  
LEAP <http://www.cocaf.org/financial-leap>  
United Way's 2-1-1 Service <http://www.cocaf.org/financial-united>
- Health Care <http://www.cocaf.org/healthcare>  
Denver Options <http://www.cocaf.org/health-denver>  
EPSDT: What It Is & Why It Is Important to Behavior Health Providers? <http://www.cocaf.org/epsdt>

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Medicaid Waiver Information <http://www.cocaf.org/health-medicaidwaiver>  
UHCCF Grants for Child Health Care Services <http://www.cocaf.org/health-uhccf>

## Legislative Information <http://www.cocaf.org/laws>

Colorado Child Welfare Action Committee <http://www.cocaf.org/legislation-cowelfare>  
Emancipation Documents Colorado Legislation <http://www.cocaf.org/legislation-upcoming>  
Nebraska Safe Haven Law <http://www.cocaf.org/legislative-nebraska>  
Voice for Adoption Child Welfare Legislation Information <http://www.cocaf.org/voice>

## Mental Health Care <http://www.cocaf.org/mental-health>

Attention Deficient Disorder Association (ADDA) <http://www.cocaf.org/mental-adda>  
Autistic Children: ZAC Browser: Zone for Autistic Children <http://www.cocaf.org/mental-zac>  
CHART: Children's Help and Assistance for Residential Treatment <http://www.cocaf.org/mental-chart>  
Considering Residential Treatment Programs for Children <http://www.cocaf.org/mental-residential>  
COPARC Therapist Database <http://www.cocaf.org/mental-nami>  
E.R.I.C. Program <http://www.cocaf.org/mental-eric>  
Guide on Bipolar Disorder in Children and Teens <http://www.cocaf.org/mental-bipolar>  
Mental Health Websites <http://www.cocaf.org/mental-websites>  
NAMI Connections Link <http://www.cocaf.org/mental-nami>  
NAMI Guide to Crisis Intervention Programs for Youth <http://www.cocaf.org/nami-crisis>  
New Parents and Teachers as Allies Resources <http://www.cocaf.org/mental-allies>  
Resources for Youth With a Parent or Sibling Living with a Mental Illness  
<http://www.cocaf.org/nami-resources>  
Therapeutic Services for Jefferson County Victims <http://www.cocaf.org/mental-therapeutic>  
Treatment of Children with Mental Disorders  
<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/index.shtml>

## Services & Resources <http://www.cocaf.org/community>

C.A.S.E. Adoption-Related Services <http://www.cocaf.org/services-case>  
Disability Information [www.disability.gov](http://www.disability.gov)  
Family Unification Program Housing Choice Vouchers <http://www.cocaf.org/fup>  
Grandfamilies State Law & Policy Resource Center <http://www.cocaf.org/grandfamilies>  
Kinship Program at Catholic Charities <http://www.cocaf.org/kinship-catholic>  
Respite Care Services <http://www.cocaf.org/respice-care>  
Respite: Give Me a Break Respite Program <http://www.cocaf.org/respice-break>

## Training Resources <http://www.cocaf.org/trainers>

COCAF Calendar <http://www.cocaf.org/event/2009/04/30/month/all/all/1>  
Colorado Department of Human Services (CDHS) <http://www.cocaf.org/trainers>  
Evan B. Donaldson Adoption Institute <http://www.cocaf.org/trainers>  
Foster Parent College (FPC) <http://www.cocaf.org/trainers>  
Washington Learning Systems Website <http://www.cocaf.org/training-washington>

## Free-For-All <http://www.cocaf.org/free-for-all>

Colorado-for-Free: Things to Do for Free <http://www.cocaf.org/free-colorado>  
Free Car Seat Checks <http://www.cocaf.org/carseat>