



Dear Parents/Grandparents/Guardians and Professionals,
The MSC Department at STIC invites you to a new round of Family Education and Training Sessions at **Southern Tier Independence Center, 135 East Frederick Street, Binghamton, NY 13904. Please see our website for directions: www.stic-cil.org**

Please note:

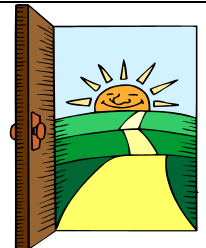
- Due to State Requirements, there are limited spaces available for each session, please call to register.
- For lunch or dinner time sessions you are welcome to bring a bag lunch/dinner. Due to budgetary constraints, no beverages or snacks will be provided. Please feel free to bring your own if desired.
- During the winter months, opposite side street parking is in effect in Binghamton. If it is an odd numbered day, you may park on E. Frederick Street next to the building. There is no parking on the other side of E. Frederick St so if it's an even numbered day, please park in the fenced lot across the street.
- For questions or to reserve your space, please **contact Cynthia Meredith at Phone/TTY (607)724-2111 x349, fax 772-3602, or email cynthiam@stic-cil.org** (please put "FET" in subject line for faxes or emails).
- Please contact YOUR Medicaid Service Coordinator to let him/her know that you will be attending an FET at STIC, there is paperwork MSCs must complete in advance for your FET to count as a waiver service.
- If you do not need FET waiver credit, come anyway – parents, guardians, friends, professionals!
- If you need a sign language interpreter or other accessibility accommodations, please let us know in advance. Our building is accessible. This flyer is available in large print and by email. Please call, email, or fax us to request either.
- These classes are provided for parents/guardians and providers of people with disabilities. Due to insurance limitations, we cannot provide child care and the classes are for adults only, thank you for your understanding.

Self Directed Services

Presented by: Cindy Spann, SDS Coordinator, Broome DDRO

Wednesday March 2, 2016, 10am-12noon

We believe that all individuals have the right to direct their own lives
with the freedom to develop a personal life plan,
the authority to control a targeted amount of resources,
receiving the support needed to attain personal goals,
with the responsibility for contributing to one's community and using public dollars wisely.



One way to achieve this is through a program called Self Directed Services, where an individual (or designated representative) is empowered to choose a mix of services and supports that work best for him/her; how and when they are provided; and the staff or organizations who provide them; exercise control over and responsibility for their budget; and have employment authority to hire, schedule, and supervise staff; and choose the waiver supports, NYS funded supports and natural and community supports to help achieve personal goals.

Learn about SDS, and if it's right for you!

MORE ON THE NEXT PAGE!!!!!! ➡

*Southern Tier Independence Center
135 E. Frederick Street, Binghamton, NY 13904
Phone/TTY: (607)724-2111; Fax: (607)772-3602; Email: sc@stic-cil.org*



Don't Let Challenging Behavior Challenge You

Presenters: Shannon Smith, Training Specialist, Special Education Parent Technical Assistance Center,
Colleen McKinney, Education Specialist, Early Childhood Direction Center

Tuesday March 15, 2016, 12noon-2pm

Have you ever asked yourself "Why is this child acting like that? How can I get them to stop?"

If so, then bring a bag lunch and join us for an interactive training session
to learn why behavior may be occurring and strategies to help encourage positive behavior in children.

This workshop is recommended for parents and professionals.



Educational Advocacy

Presented by: Gayle Barton, Educational Advocate/Parent Mentor Advocate, STIC

Wednesday April 13 2016, 10am-12noon

Let's prepare for your child's CSE meeting or other school related meetings.

Feel free to bring your child's IEP or 504 plan and your questions in order to gain a
better understanding of the Special Education System. Increase your ability to advocate for your child
so that their educational needs are met as required by law.

Teachable Moments Regarding Sexuality for People with Developmental Disabilities

Presented by Tiffany Vandermark, CAPP Coordinator,
Family Planning of South Central NY

Wednesday April 20, 2016, 12noon-2pm

A teachable moment is

a situation where opportunity knocks and is a time at which a person, especially a child, is likely to be particularly disposed to learn something or particularly responsive to being taught or made aware of something. With accurate information and adequate support, young people can make healthy and responsible decisions about having sex and using contraception. Adults can be most effective by providing the information and support needed to promote responsible decision-making in youth and help ensure transition to adulthood is safe and healthy. The goal of this presentation is to educate and empower youth workers, unfamiliar with the field of sexual and reproductive health, to make the most of teachable moments with the young people they serve regarding safer sex and contraceptive choices. By the end of this presentation, participants will be able to: (1) define "teachable moment"; (2) identify at least three examples of teachable moments; (3) identify at least three tips to create a teachable moment; and (4) identify at least three important messages about safer sex to convey during a teachable moment.

