



SPIN NEWS

The Newsletter for Parents of Children with Disabilities

SPECIAL
PARENT
INFORMATION
NETWORK

June 2020

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SPIN is co-sponsored by the Disability & Communication Access Board and the Department of Education. Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, teachers and people with disabilities.

SPIN

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Hawai'i - 974-4000

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www.spinhawaii.org



Like us on Facebook

Parenting Special Keiki in a Pandemic

In searching for a way to express our deep concern and aloha for all of the families and professionals who are faithful readers of this newsletter, we found the perfect quote from Jim Casey. It captures the mission of SPIN since our humble beginnings more than 35 years ago --veteran families of children with disabilities sharing their experiences and advocacy to help other parents find information, services, reassurance, and training. By pulling together, we have made big and small improvements to the system of care for our children.

Now we are all in uncharted waters, seeking safe passage in the face of sudden changes brought about by the COVID-19 pandemic. The SPIN ohana believes we have a better chance of not only surviving, but of thriving, if we look out for each other, if we share resources, if we offer hope and a vision of a better tomorrow.

This issue of the newsletter is focused on what folks may need to know NOW in the midst of our economic and health care crisis. New resources that weren't even on our radar screen just a few months ago may now be essential supports, including temporary public assistance for folks whose jobs have been lost while the community shelters in place and summer meal options.

School closures have required parents to know more about online learning resources and how to prepare for a virtual IEP meeting. We also describe the process of deciding whether related services, like speech therapy, occupational therapy, counseling or ABA services, can be delivered safely and effectively using technology rather than face-to-face sessions.

Anxiety is another topic we feel we must bring up and explore. Are our children managing well with all the stress of changes to their routines, or are there signs that they may need additional help to cope? We point you to some sources of assistance.

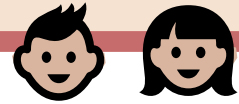
The issue wraps up by reminding you of all the ways SPIN provides support today and in the future. We invite you to share ideas that we can pass along to other families. Remember: we're all in this together, so what we can do for one helps us all.



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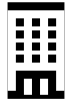
Temporary Public Assistance During COVID-19 Pandemic



Apply for Child Care Subsidies and Preschool Open Doors!

During this COVID-19 crisis, Hawai'i has temporarily changed its rules for child care subsidies. Many more families are now eligible. We urge all families who have been financially impacted by this pandemic to apply today.

Learn more about applying to Child Care Connection Hawai'i online at <http://humanservices.hawaii.gov/bessd/ccch-subsidies/how-to-apply/>



Child Care Connection Hawai'i Office
49 S. Hotel Street, Suite 301
Honolulu, HI 96813



(808) 566-2600; Fax: (808) 537-2416



BESSD.Rescare.Honolulu.ChildCare@dhs.hawaii.gov

Apply for Health Insurance- Med-QUEST (Hawaii Medicaid) or Healthcare.gov



Our organization is doing our part to help slow the spread of the Coronavirus while continuing our services. We encourage our community to:

1. Apply for Medicaid benefits online: <https://medical.mybenefits.hawaii.gov>
2. If you do not have access to a computer, apply by calling (808) 524-3370 (Oahu) OR 1-(800)-316-8005 (Neighbor Islands)
3. Please avoid coming to our offices.



A drop box is available at our office to receive paper applications if you are unable to apply online or call.

Please know that if you were on Medicaid as of 3/18/2020 or have become eligible since then, your Medicaid coverage will NOT be terminated during this period of National Emergency.

If you don't qualify for Med-QUEST (Hawaii Medicaid), we can assist you with applying to the Federal Health Insurance Marketplace (808) 692-8151.

Apply for Food Assistance (SNAP)/Financial Assistance



The Benefit, Employment and Support Services Division (BESSD) of DHS will continue to serve residents throughout the pandemic.

Applicants:

- Use the digital fillable/printable application form on the DHS website: <http://humanservices.hawaii.gov/bessd/1961-2/> OR
- Call the office for an application form: <https://humanservices.hawaii.gov/wp-content/uploads/2018/04/Statewide-Processing-Centers-04-2018.pdf>
- Drop off your forms at the processing center drop box.

Items that may be needed: birth certificate, valid ID (such as driver's license/state ID), Social Security Number

Current Recipients:

Eligibility reviews (ER) during March, April, and May will be extended an additional six (6) months to ensure benefits during COVID-19 pandemic.



Call 1-(855)-643-1643 (toll free)

Able-Bodied Adults Without Dependents (ABAWD):

- **There will be No Work / Education & Training requirement temporarily.**



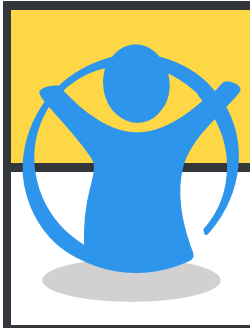
In partnership with Kamehameha Schools and Partners in Development Foundation

City and County of Honolulu

May 7, 2020

From child care to Grab-n-Go meals, here are your Summer Time Resources

Lists for Childcare



1

After School Alliance
hawaiiafterschoolalliance.org/
List of camps & childcare facilities.

2

Hawaii Children's Action Network
covid19.hawaii-can.org/
Lists of childcare, food and shelters.

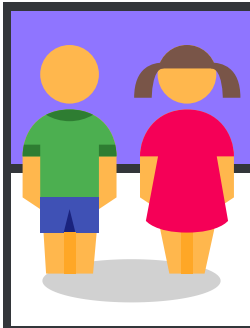
3

PATCH Hawaii
Patchhawaii.org
List of childcare providers for all ages.

4

Honolulu Star-Advertiser
staradvertiser.com
Search for Childcare for Essential Workers gives a list of programs.

In -Person Care/Camps



1

Kama'aina Kids
kamaainakids.com/
Essential worker childcare

2

City & County Summer Fun
honolulu.gov/parks/program/summer fun program
On site registration begins June 20

3

YMCA Honolulu
www.ymahonolulu.org
In person summer camps, limited space.

4

DOE Summer School / ESY
Check with your child's IEP team or school for summer school options.

Covid 19-Related Resources



1

Special Parent Information Network
spinhawaii.org/
Has a dedicated page for education, health and community information

2

Hawaii DD Council
hiddcouncil.org/
Has information with plain language for people with disabilities and families

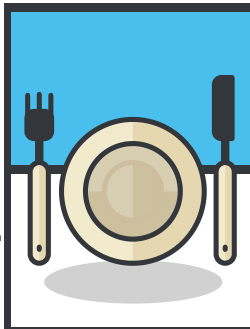
3

Hawaii Kids Can
hawaiikidscan.org/community resources/
For parents, teachers, and community members to keep updated on Covid 19

4

Help Your Keiki
helpyourkeiki.com/whats new 2/
Hawaii specific, parent and provider information, including financial help.

Summer Meal Options



1

Hawaii Pubic Schools
Over 50 schools will provide free breakfast and lunch through July 17

2

The Salvation Army
hawaii.salvationarmy.org/hawaii/Coronavirus
Food baskets & meal to go options

3

Hawaii Food Bank
hawaiifoodbank.org
To find distribution sites around the state

4

University of Hawaii system
https://www.hawaii.edu/offices/student affairs/emergency food assistance/ for info around the state



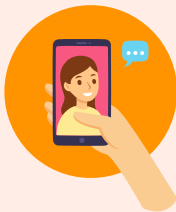
Parent Tips for Virtual IEPs

During this time of closures due to the COVID-19 pandemic, schools must make every effort possible to meet required timelines by scheduling and holding your child's Individualized Education Program (IEP) meeting online or by phone.



BE READY FOR THE CALL

- If your child's annual IEP or initial IEP is due, you will be contacted by someone from your child's school to set up the IEP meeting.
- If you have recently changed your phone number or email address, be sure to let the school know as soon as possible.



YOUR IEP MEETING WILL NOT BE IN PERSON

- The Individuals with Disabilities Education Improvement Act (IDEA 2004) requirements for IEP review, development, evaluations and eligibility are still in place.
- IDEA has provisions to use different ways to participate in meetings, including video conferences like Skype, Zoom or WebEx or by phone.
- Work with your child's school to decide the best way to hold your meeting.
- Ask your school when and how you will receive documents before the meeting.



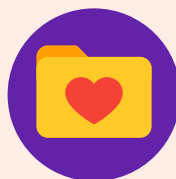
WHAT YOUR IEP MEETING WILL BE LIKE

- Your IEP meeting will not be in person. You and the IEP Team may agree to conduct IEP meetings through alternate means, including videoconferencing or telephone conference calls.
- All required IEP members must attend unless you and the school, in writing, consent to excuse a team member.
- Team members should review relevant materials ahead of time to prepare for this IEP meeting. Ask the school if you can receive copies in advance of the meeting of important information that will be used to make decisions at the meeting (like draft goals and objectives, recent evaluations, etc.).



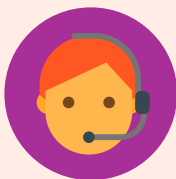
ATTENDING YOUR IEP MEETING

- Make sure your phone or device is fully charged and you have access to a good cell or WiFi signal. You may want to dress like you would for a regular meeting.
- Have all your documents ready: your current IEP, any evaluations, classwork or other evidence, and any concerns and suggestions you have.
- Find a quiet, comfortable place with a place to write and good lighting.
- Be engaged and ask questions.
- Request a re-cap of IEP agreements before the meeting ends.



AFTER YOUR IEP MEETING

- Contact your child's special education teacher right away, if you forgot to mention something important during the meeting discussion.
- Look for the final copy of the IEP within ten days of the meeting.



WHAT IF I NEED HELP

- Call your child's special education teacher or the school's Student Services Coordinator for assistance, copies of documents and current assessments.
- Call or email Leadership in Disabilities and Achievement of Hawaii @ 808-536-9684 for IEP preparation and support, and questions about IDEA and your rights.
- Call or email SPIN @ 808-586-8126 for support, information and questions about special education and community resources.



Using Technology to Deliver Related Services

Telepractice allows a student to benefit from related services when it is unfeasible or unsafe to deliver those services in person. It involves using technology to provide an IEP service, (like speech therapy, ABA services, counseling, etc.) remotely.

Determining the Appropriateness of the Telepractice:

The IEP team members first consider the following questions:

- Does the student need to access services at home?
- Is telepractice appropriate for this particular student and can the service can be delivered via telepractice? One consideration would be does the student have access to a device and internet connection?
- Are the parents and therapist in agreement about using technology?

1



Determining the Need for an E-helper:

While some students are able to interact with the therapist without assistance, others may need help logging in at the scheduled time, having needed materials available, prompting through verbal or physical assists or aiding in communication. If help is needed, is a parent or other family member available and willing to assist?

2



Training and Support for the E-helper:

Once an E-helper is identified, the related service provider will provide any necessary training and support *virtually*. That means that the therapist will use videoconferencing and/or teleconferencing to provide instruction to the E-helper to enable him or her to assist the student, including helping the student complete assignments.

3



Setting up a Service Delivery Plan:

When the necessary technology and in-home E-helper (if required) are in place, the parent and therapist can agree on a plan and a schedule to provide services. Generally, services fall within the hours of a typical school day.

4



Obtaining Parent/Legal Guardian Approval:

The last step in setting up telepractice sessions is to get the approval of the student's parent or legal guardian to receive these services.

5



Information in this infographic was provided by the Hawaii Department of Education, March 2020

Safe Family Activities To Do During A Pandemic

Exercise and fresh air is an essential part to cope with stress during this difficult time with COVID-19. Here are some safe activities you can do with your loved ones.



GO OUTSIDE AND PLAY RESPONSIBLY

- Enjoy nature walks with your family. It's important that all guidelines from state and local health officials, such as social distancing (at least 6 feet from others) and practicing good hygiene, are still followed. Avoid public parks.
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk, go for a jog and take a bike ride.
- Create an obstacle course with toys and games from your garage or in your backyard.



EXPLORE MORE INDOORS

- Play indoor games such as: Simone Says, Duck Duck Goose, or Follow the Leader. Older children can play "I Spy," charades, or indoor bowling or make up new games!
- Try cooking a new recipe or make dinner as a family: find recipes and tips for cooking with children safely.
- Get the creativity flowing. Give your kids art supplies such as crayons, colored pencils, markers, or paints.
- Family game night. Hold a monopoly tournament, chess, bingo or take that puzzle off the shelf.



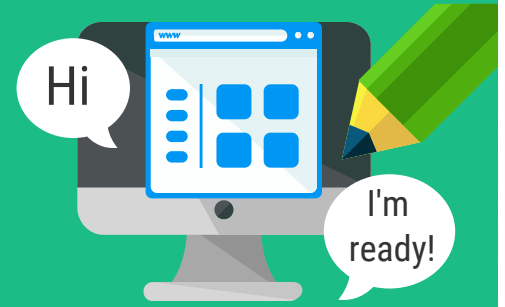
COMPUTER FUN

- Challenge yourself with computer games at PBS Kids.
- Are your children missing their school friends or other family members? Set up a virtual playdate with their friends or connect with family members living afar via video chat.
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity from credible websites.
- Search YouTube for video tutorials on how to draw, learn a foreign language, or how to make those repairs you have been putting off.
- Pop some popcorn and cuddle up for a movie marathon.



A Guide To **FREE** Online Summer Learning

To help keep your kids engaged and learning new things this summer, try out a few of these **FREE** virtual options.



HI DOE Continuity of Learning

<https://sites.google.com/k12.hi.us/resources-student-parent/home?authuser=0>

Choice Boards are set up for grades PreK-12 and give web links for online and ideas for offline work. It also includes additional resources, and information for special populations and parents.



Wide Open School

<https://wideopenschool.org/>

Powered by Common Sense Media and Understood, choose activities for kids K-12. They have daily schedules for both online and offline, and include math, arts, movement, life skills, virtual field trips and more.



Camp Wonderopolis

<http://camp2014.wonderopolis.org/>

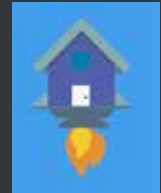
A fun website for all ages and abilities. Kids earn badges from 6 different tracks including astronomy, biology, physics, zoology, physics and geology. Each track is filled with activities and things to make.



Camp Kinda

<https://campkinda.org/>

5 weeks of learning for kids K-8 (but older kids will have fun too), that incorporates daily playlists of on and offline activities and will allow them to explore, create, read, play and move, all around a weekly theme.



PBS Kids for Parents

<https://www.pbs.org/parents/>

You probably know that PBS has great content for young learners. They are also dedicated to helping parents find activities, crafts, games and books that will support academic and social emotional health and growth.



Start with a Book

<https://www.startwithabook.org/>

Part of the Reading Rocket family, this summer reading program has 24 themed areas that will provide reading lists, websites to explore, hands-on activities to do at home, writing prompts and apps to play with.



Local Online Resources

- Bishop Museum 4 weeks of learning begins June 8 https://www.bishopmuseum.org/virtual_camps/
- Hawaii State Library Summer Reading Challenge <https://librarieshawaii.beanstack.org/reader365>
- Activity Hero online & in person camps by zip code <https://www.activityhero.com/>

Additional Online Resources

- YogaEd providing free yoga and mindfulness classes https://yogaed.com/school_closures
- Metropolitan Opera 8 week program for all ages https://www.metopera.org/discover/education/global_summer_camp/home/
- Varsity Tutors Free classes for all ages and abilities <https://www.varsitytutors.com/>

This information has been compiled by SPIN Hawaii in June 2020. Websites and content are subject to change without notice.

Managing Anxiety in the Era of COVID-19



For Hawaii's keiki, the current pandemic has caused a disruption in normal activities, a sudden separation from friends and family, and fears about getting the virus or having loved ones become sick. It has created a stressful situation for both adults and children by the nature of being invisible, unpredictable and sustained. A certain amount of anxiety is expected under the circumstances. Knowing whether your child's anxiety rises to the level of needing outside help requires that you recognize its signs, try some interventions of your own, and monitor your child's mood and behavior.

7-8%

of youth 3 to 17

have been diagnosed with anxiety.
About 60% receive treatment. Girls are more likely than boys to have anxiety.

Recognizing the Signs of Anxiety in Children and Youth

- Seeking reassurance often
- Having trouble sleeping
- Showing physical symptoms like headaches or stomach aches
- Having tantrums or meltdowns



- Being reluctant to separate from parents
- Repeating bothersome thoughts (obsessions) or actions (compulsions)
- Being afraid of making mistakes or embarrassing oneself

8 Ways to Manage Your Child's Anxiety About COVID-19



Listen to your child & check in often



Create a routine



Look for signs of anxiety



Teach coping skills



Focus on doable tasks like washing hands



Encourage positive thinking



Stay connected with friends/family



Seek professional help if needed

Sources of Help

- Your pediatrician who can offer screening & referral
- Free Health Hotline and Telehealth for DOE Students (844) 436-3888
- Crisis Text Line Text "START" to 741-741 to receive 24/7 text support
- The Parent Line provides free parent information and advice. 526-1222 or 1 (800) 816-1222

Adapted from an infographic from Children's Health Medical Center in Dallas, Texas

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Ways SPIN Can Support You



SPIN's Warm Line offers parents and professionals a live person to talk to. For information, referrals or to talk story, call us at 808 586 8126.



Email and Snail Mail to share information, ask a question, or for conference registration.
spin@doh.hawaii.gov
1010 Richards St., Room 118
Honolulu, HI 96814



E Blasts allow us to share community events and information that is important to parents. To sign up, email spin@doh.hawaii.gov



E Newsletters are published and sent to your inbox 5 times a year, with local and national special education news. To sign up, email us at spin@doh.hawaii.gov



The **SPIN Website** has a calendar for local events, resources for families, a special COVID 19 page and more!
www.spinhawaii.gov



SPIN is on Facebook! Follow our page to see local events, connect to other organizations and see the latest news in special education.



SPIN attends meetings in our community to listen, learn and share parent perspective and voice. We advocate for families and students with disabilities in Hawaii.



The annual **SPIN Conference** brings families together with dynamic speakers and resources for a day of fun, networking and learning.



SPIN provides **staff and technical support** to the Special Education Advisory Council, a federally mandated advisory board dedicated to improving special education in Hawaii. www.seac.hawaii.org

SPIN is a unique partnership between the Hawaii Department of Education and the Hawaii Department of Health. Our office is located within the Disability and Communication Access Board.