

SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL
PARENT
INFORMATION
NETWORK

May 2022

Volume XXXVIII, No. 4

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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Kauai - **274-3141**

Hawai'i - **974-4000**

Maui - **984-2400**


Molokai - **1-800-468-4644**

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 E-MAIL
spin@doh.hawaii.gov

 WEB
www.spinhawaii.org

 Like us on Facebook

Think Mental Wellness

"Your child's mental health is more important than ~~their grades~~ ANYTHING." -- *The Minds Journal*

May is National Mental Health Month. It's a time when we call attention to the mental health needs of children and teens and focus on prevention. Sadly, despite the efforts of family members, educators and health professionals, children's mental health has been negatively affected by the stresses associated with the COVID-19 pandemic including:

- increased social isolation,
- health & safety concerns,
- family economic hardships,
- loss of normal social activities (sports, school events, hobbies, etc.),
- family illness and loss,
- increased screen time and lack of exercise, and
- decreased access to medical and mental health care.

The infographics on page 2 and 3 are a reminder of both the challenges



we face, as well as the positive steps we as parents can take to ensure our child's mental wellness.

The staff at SPIN and the parents and helping professionals in our network want to remind you first of all that **you are not alone**. There are lots of us ready to extend an ear and a helping hand. Some of those resources are listed on page 3.

Secondly, **don't be afraid to talk about mental health**. For too long parents have been ashamed to admit

to a mental health issue affecting the family. It's time we treat mental health like any other health need.

And most importantly,

recognize that your own

mental health challenges may be affecting your children. The Center for Disease Control and prevention has put together a wonderful on-line tool called **How Right Now** that asks you how you are feeling and then connects you to useful resources (<https://www.cdc.gov/howrightnow/>). By nurturing your own mental wellness, you will help your child be healthier, too.



New Guidelines on ESY

The Special Education Advisory Council (SEAC) has recently shared a new infographic on Extended School Year (ESY) Services for use by IEP team members in determining whether a student with a disability needs services beyond the school day to benefit from special education. It is based on ESY guidelines released in October 2021.

WHAT'S INSIDE

Understanding Mental Health	2
Supporting Mental Health	3
Extended School Year/ESY	4-5
Virtual Summer Learning	6
SPIN Awards Quest	6
App Corner	7
Spotlight on Parent Guide	7
Year End IEP Tips	7
Family Surveys	8
Calendar of Events	9



Understanding Children's Mental Health



The Mental Health Continuum*

Mental Illness Factors

- Brain chemistry
- Family history
- Family stressors
- Traumatic life events
- Unhealthy lifestyle
- Physical illness
- Substance Abuse
- Social/cultural expectations
- Unsafe environment



Mental Wellness Factors

- Mindfulness
- Medication
- Supportive family life
- Evidence-based therapy
- Healthy lifestyle
- Physical wellness
- Safe environment

For each Essential Life Function below, look for any areas of concern, and gauge whether it is mild, moderate or severe. Even a mild problem with any function might be an early warning sign worth looking into.

Social Functions

(for example, participation, ability to form and maintain healthy relationships, appropriate interactions, adapt to new environments. etc.)

Academic/Work

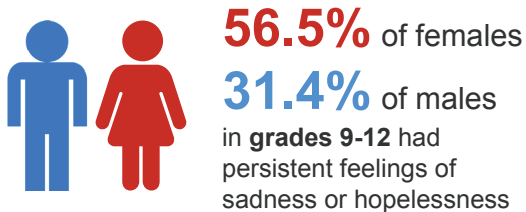
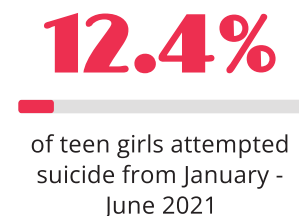
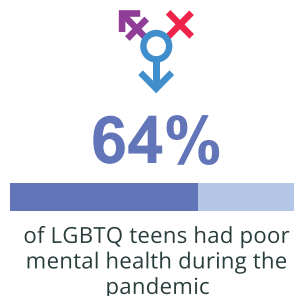
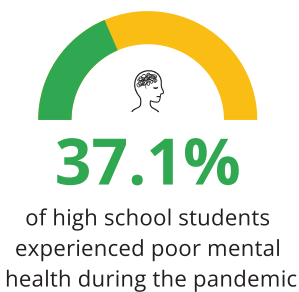
(for example, engagement, appropriate achievement, ability to manage projects & assignments, problem solving, cooperate with others, etc.)

Daily Activities

(for example, seeing, eating, personal hygiene, self-care, manage personal affairs, etc.)

** Adapted from the Youth Mental Health Project, ymhproject.org*

COVID- Related Statistics on Youth Mental Health**



Pediatric mental health ER admissions **increased 31%**



SPIN News
May 2022

** Sources: Adolescent Behaviors and Experiences Survey, United States, January - June 2021
"Mental Health Effects of the COVID-19 Pandemic on Children and Adolescents", May 2021



Supporting Children's Mental Health



What Parents Can Do



OBSERVE

Is your child acting differently?
Has the new behavior lasted more than a few weeks?



TALK

Encourage communication.
Talk to your child often about how they feel.



TRUST

Trust your gut. If you believe your child is struggling or needs help, trust that feeling.



ROLE MODEL

Show your child it is okay to care for their mental health by taking care of yourself.



ENCOURAGE

Teach your child coping strategies for when they feel overwhelmed.



ASK FOR HELP

Don't be afraid to seek help from counselors, therapists, doctors, and friends.

Source: Adapted from an Infographic by the Federation of Families for Children Mental Health, <https://ffcmh.org>

Sources of Youth Mental Health Support



Hazel HEART

(Hazel's Early Assessment, Response and Treatment)

- Short term teletherapy sessions by licensed mental health therapists
- Available in-school or in-home
- Contact your child's school for more information.



Hawai'i Keiki Health Hotline

- School nurses answer questions re: mental or physical health concerns
- FREE and confidential
- Available M-F, 8 a.m. to 3 p.m.
- (844) 436-3888



Child & Adolescent Mental Health Division (CAMHD)

- Provides FREE mental health services for eligible youth who have severe emotional and/or behavioral challenges
- Available on every island
- Main Admin: (808) 733-9333



- On-line resources for youth and families by MHA of Hawaii
- www.noshamegethelp.org
- (808) 521-1846



- Local crisis line open 24/7
- Oahu: (808) 832-3100
- N.I.: 1-800-753-6879

The National Crisis Text Line

- Trained Crisis Counselors available 24/7, 7 days/week
- Text "ALOHA" to 741741



SPIN News
May 2022

Extended School Year: Is it right for your child?

What is ESY?

- Special education and related services that considers 6 factors
- Services provided during school breaks for students with disabilities aged 3-22
- Services determined by the IEP team to address prioritized IEP goals in the student's current IEP
- Specially Designed Instruction (SDI) provided in any location, consistent with the student's IEP and least restrictive environment

What ESY is NOT:

- Summer Fun, summer school or credit recovery
- ESY does not require regression and/or recoupment
- Provided because the student got it last year
- Based on a disability category or medical diagnosis
- Provided as childcare or respite
- Compensatory services to make up for services not received during the school year

There are 6 Factors IEP teams must consider annually for ESY eligibility:

Not all factors have to be met, only considered.



Nature of Disabling Condition

Does the nature of the student's disability impact the emergence of a critical skill or keeping a learned critical skill?



Severity of the Disabling Condition

Does the student require consistent education with no big breaks, to make progress on IEP goals?



Areas of Learning Crucial to Self-Sufficiency Goals

Is the student at a crucial stage to master a critical skill to gain self-sufficiency or independence?



The Extent of Regression Caused by Interruptions

If the regression is more than a student without a disability would have, ESY may be warranted.



Rate of Recoupment after a Break in School

Does the student need extensive review to show what they already learned?



Special Circumstances or Other Factors

Extended School Year: Let's Talk About Factors & Special Circumstances

Examples shown are
not all-Inclusive



Nature of Disabling Condition

- Is the disabling condition impacting the learning of critical skills? (self-help, safety, emerging communication, emerging reading, social-emotional, etc.)
- Have there been multiple illnesses or a mental health condition that prevent access to learning?



Severity of the Disabling Condition

- Does the student need a consistent & highly structured program without big breaks to learn? (for reading, behavior, self-care, communication, etc.)
- Do the IEP goals/objectives focus on critical skills and/or maintaining those skills?



Areas of Learning Crucial to Self-Sufficiency Goals

- Are there emerging skills or breakthrough opportunities that might be missed with a break in service such as learning to read, social skills, etc.?
- Is the student at a critical stage of mastering a new level of independence?

Source: [HIDOE ESY Guidelines](#)



The Extent of Regression Caused by Interruptions

- Is there data to show the student has significant regression, or impacts to their rate of progress, with breaks in school?
- If no data is available, the IEP team can predict a potential regression based on the student's disability and/or needs (team input, parent report, teacher report).



Rate of Recoupment after a Break in School

- Does it take a lot longer for the student to catch up or re-learn skills or do they need a more extensive review or supports after a break in school?
- Consider social-emotional, behavior and other parts of their program, not only academics.



Special Circumstances or Other Factors

- The IEP team may determine whether, without ESY, other factors will prevent the student from receiving benefits from their program during the regular school year.
- The team should include needed accommodations and programming around prioritized IEP goals.



for more information visit



SEAC-Hawaii.org



Updated
4/2022

Summer Virtual Learning Still Going Strong

When it comes to summer learning and activities, opportunities for children and youth with disabilities can be few and far between, and with COVID-19 cases surging again, many families are looking for virtual options to keep their keiki safe while still offering learning and enrichment opportunities. We've compiled a list of fun classes and camps online that kids might enjoy during the summer months.



Varsity Tutors offers large, celebrity-led classes for free and fee-based week-long camps, classes and clubs, as well as tutoring for kids with learning differences. www.varsitytutors.com



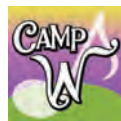
Outschool is another variety camp option for different ages and interests and has some great “adulting” classes for older students. www.outschool.com



Virtual Summer Camps has a big list of current virtual classes taking place this summer. Some are fee-based and some are free. www.virtualsummercamps.org



PBS for Kids is geared towards young children and is loaded with games, activities and educational videos to teach and entertain kids all summer. www.pbskids.org



Camp Wonderopolis is a free camp with 5 different camps: music, construction, health, animals and a general Mission to Wonder. www.camp.wonderopolis.org



Khan Academy is free and offers lots of classes in academics as well as life skills like growth mindset and social emotional learning. www.khanacademy.org



The **Smithsonian Museums** have a full schedule of games, activities and pre-recorded programs for kids of all ages to enjoy. www.si.edu/kids

If you are looking for some in-person offerings or are looking for some fun family outings this summer, check out the list of museums in Hawaii, www.en.wikipedia.org/wiki/List_of_museums_in_Hawaii.



2022 SPIN Awards Need Your Nominations!

We are delighted to announce the SPIN Awards are back after a 2-year break for our virtual conferences! SPIN publicly celebrates wonderful parents and professionals whose efforts make a positive difference in the lives of our keiki with disabilities and their families. The SPIN Advisory Committee is looking for candidates for our 2022 SPIN Awards, and we need your help in nominating someone who models the qualities and actions that families appreciate and rely on. There are three award categories:

- The **Parent of the Year Award** is given to a parent or parents of a child or young adult with a disability whose actions and advocacy have benefited other families.
- The **Professional of the Year Award** is given to a professional who has had a significant impact in improving services for children and/or youth with a disability and their families.
- The **Family Choice Award** is given to a professional who has been particularly helpful to families as they sort out services for their child with a disability. This individual may not have an impact on the larger system, but is recognized in his or her community as an extraordinary professional.

We encourage you to share your aloha and nominate one or more very special people for any or all of the awards. You can go to our website at www.spinhawaii.org, click on the conference tab and download an award nomination form. Or call us at 586-8126, and we'll accept your nomination over the phone or mail you a form. **Deadline to apply is Sept. 23rd.**

**NOMINATIONS
NOW OPEN**





Are you planning to travel this summer? The Dr. Panda Airport app might make traveling with your child a little more fun and prepare them for what is to come. With 10 different activities, your child

can become more familiar with the different places in the airport and what they may have to do when they get there.

The app begins with check-in and takes them on a journey of taking a trip on an airplane. Activities include the security check and x-ray, lost and found, finding your gate, washing the plane and more. There are no in-app purchases or third party ads for your kids to click on and no text to read, so it's easy to pick up and play. You can download this app to both apple and android devices for a small fee of \$2.99 and it is rated for kids ages 3 years and up.

Spotlight on Support

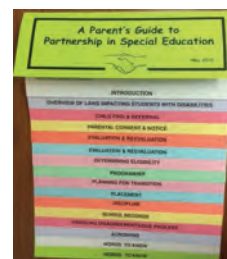


A Parent's Guide to Partnership in Special Education

Every state has their own set of special education laws, based on the federal law of IDEA -- the Individuals with Disabilities Education Act. In Hawaii, our special education law is called Chapter 60. You can find the official Chapter 60 Administrative Rules on the State of Hawaii Board of Education page by clicking on this link: <https://boe.hawaii.gov/policies/AdminRules/Pages/AdminRule60.aspx>. These rules are written in formal language and not always easy for families to understand, so SPIN and SEAC (Special Education Advisory Council) created the *Parent's Guide to Special Education* as an easy-to-read document to help families and professionals understand Hawaii's laws and processes. In the guide, you will find chapters on:

- Referrals to special education
- Evaluations
- Eligibility
- Programs & Placement
- Handling disagreements
- and more!

Download your copy today at <https://spinhawaii.org/education-parent-guide/>



8 Tips for Wrapping up the IEP Year

As the school year comes to a close, it's time to start getting all your ducks in a row and papers sorted so when August rolls around - and you know it will come quickly - you'll be organized and ready to go. Here are a few tips from Wrightslaw.com/howey/10tips.end.sch.yr.htm:

- 1 Review your child's IEP** - Did your child make progress this year? Does the IEP address your child's needs?
- 2 Ask for an IEP Team meeting** - If you feel the IEP needs some adjusting, ask to schedule a meeting in August.
- 3 Prepare for the IEP meeting** - Write down your concerns and suggestions, so you remember them when August comes.

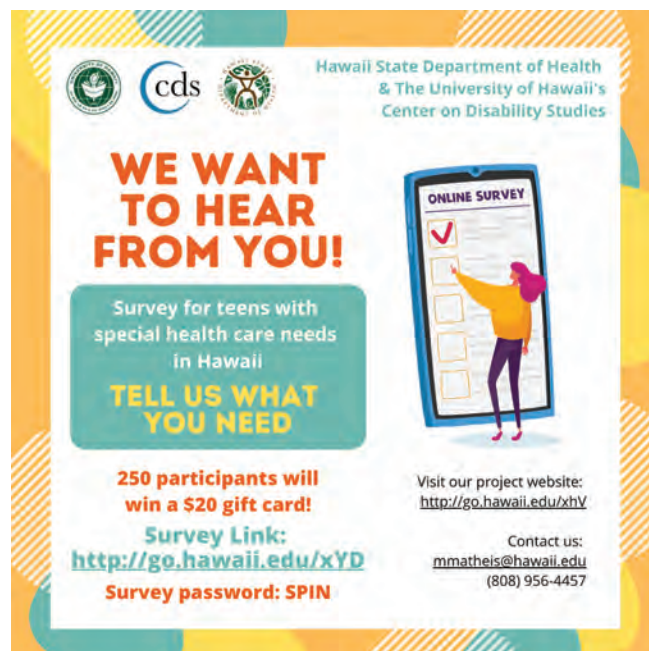
- 4 Say "Mahalo" to those who helped** - Send a note to those who made a difference in your child's day and helped them through the year.
- 5 Ask for a copy of needed information** - Do you have a copy of teacher reports, evaluation reports or other items? If not, ask your team.
- 6 Ask the IEP team to address Extended School Year** - ESY guidelines have been updated; talk with your team about eligibility.
- 7 Plan for other summer learning programs** - Summer school, virtual learning or summer fun are not individualized, so plan for supports.
- 8 Make a Year-End binder** - gather the IEP, evals, tests, notes and communications and put them in a binder, so you can find them easily.

Survey for Parents & Teens

Calling all teens with special health care needs, we want to hear from you! The University of Hawaii's Center on Disability Studies (CDS) is conducting a needs assessment in partnership with the Hawaii State Department of Health. We want to hear from teens (ages 12-22) with special health care needs about their experiences with the health care system (like doctor and dentist visits), especially during the COVID-19 pandemic.

The survey is anonymous (no names collected) and is online. It will take about 15 minutes to complete. If your teen is unable to complete the survey on their own, a parent/legal guardian can fill out the survey on their behalf, or you can contact CDS and we can assist your teen in completing the survey.

At the end of the survey, click on a link to enter into a drawing for a \$20 gift card.



Survey on Health, Education & Employment

The Hawaii State Council on Developmental Disabilities (DD Council) is asking for input from individuals with intellectual and developmental disabilities (I/DD) and their families and caregivers on how well the state is responding to the needs of persons with I/DD.

It is our hope that we are able to reach all individuals with intellectual and developmental disabilities in Hawaii, so we can hear from them, their families and their caregivers about their health, education and work/employment needs that are so vital to their quality of life and well-being.

The survey will take about 20 minutes to complete online and responses are confidential. The information gathered will be compiled into a final report with recommendations for statewide improvements and change.

Survey link: www.surveymonkey.com/r/HSCDDsurvey

The survey will be open from May 18 to August 3, 2022. If you need assistance answering any or all of the questions in the survey, or if you have questions about the survey itself, please email us at HSCDDsurvey@gmail.com.



Survey on Afterschool Programs

The University of Hawaii's Center on Disability Studies (CDS) is also interested in developing an afterschool enrichment program in the future, specifically for students with disabilities at Hawaii Department of Education schools.

We are asking for your feedback to help us develop a program and apply for grant funding. Our goals for the afterschool enrichment program are to combine Native Hawaiian cultural activities, adapted physical activities, and popular Paralympic activities. This will allow students to learn and appreciate Native Hawaiian culture and learn recreational activities that they can engage in outside of school with family members.

The survey should take about 10 minutes to complete online and will be open until the end of June. We are collecting confidential information from parents/guardians, teachers, health care workers and those who work with students with disabilities.

Survey link: <https://forms.gle/iM1MrNyCSRx8uaGY7>

For more information, email Kelle Murphy at kellem@hawaii.edu.



Summer Calendar of Events



TACA Coffee Talk & Learn

6:00 pm FREE

The Autism Community in Action (TACA) hosts monthly virtual coffee talks for newly diagnosed families or those new to TACA. RSVP by visiting their website: www.tacanow.org/local-chapters/west/hawaii

6/23

Ho'omana Parent to Parent Support

7/28

6:00 - 7:30 pm FREE

Virtual meetings for families on all island, who have a child with a disability attending public school. Email for a link: hoomanagroup@gmail.com or call 808-426-6879 for more information.

7/9

Access Surf Day at the Beach

9:00 am - 1:00 pm, FREE surfing event for all ages and abilities. White Plains, Ewa Beach
Sign up online at www.accessurf.org



LDAH Parent Talk Cafe

Meets Thursday evenings from 6:00-7:00 pm
FREE Virtual meetings held each week.
Monthly themes with different topics weekly.
Held on both Facebook and Zoom. For more information, call 808-536-9684.



SAVE THE DATE!

10/22

36th Annual SPIN Conference "It's a Marathon, Not a Sprint"

8:30 am - 3:30 pm at UH Campus Center
In-person and virtual options. Registration form and airfare scholarships available
www.spinconference.org, call us at 586-8126 or email spin@doh.hawaii.gov.

5/28

LDAH Health & Wellness Fair Drive Thru
8:30 am - 12:00 pm, 245 N. Kukui St., Honolulu, HI 96817. Free hearing and vision screening, grab-n-go resources, vaccinations and more. Pre-register for free at <https://forms.gle/ZJLOQS5ESDJRDT879>

Leadership in Disabilities & Achievement of Hawai'i

Let's Grow!

Health & Wellness Fair Drive Thru

FREE HEARING AND VISION SCREENING!

MAY 28, 2022
8:30 AM TO 12:00 PM
HARRY & JEANETTE WEINBERG KUKUI CENTER
245 N. KUKUI ST. HONOLULU, HI 96817

VACCINATIONS!

GRAB N' GO RESOURCES!

Pre-Register Here!

COMMUNITY CASE MANAGEMENT CORP. Helping Hands Hawai'i

United Healthcare

Read To Me

HEAP

PATCH

Music by PRIMETIME PIPI

BENTO LUNCH PRE-ORDER PROVIDED BY: **Fort Ruger Market**

Hawaii Literacy

FOR MORE INFORMATION CALL: 808-596-5361 OR 808-536-9684
PRE-REGISTER AT: <https://forms.gle/ZJLOQS5ESDJRDT879>

Save the Date for our 36th annual

SPIN CONFERENCE

"It's a Marathon, Not a Sprint"

A conference to celebrate families and helping professionals

Raising a child with a disability is not a sprint to the finish, it's a marathon of training, humor, endurance and support.

Join us for a day filled with

- In-person & virtual workshops
- Networking & Information
- In-person Resource Fair

OCTOBER 22, 2022
8:30 am - 3:30 pm

for more info:
www.SPINconference.org
SPIN@doh.hawaii.gov
808-586-8126

For more events and happenings around the state, be sure to visit our website events calendar at <https://spinhawaii.org/events/> and like us on Facebook!

SPIN - Special Parent Information Network