



Fall 2019

## Welcome Back!

### PRESIDENTS MESSAGE

Let me begin with Thank You. Thank You to all of the parents, employees and community partners. I am both grateful and honored to serve as the President of the CAC. My name is Jennafer LaPaglia-Griswold, and I look forward to working with all of you to improve access to services for all students in our SELPA. The first area I would like to address is the participation and empowerment of families of students with special needs. As the mother of two students with unique needs and as an employee of Special Education at a high school, I can speak both personally and professionally the need of families to have access to the tools and resources that ensure the best possible outcome for their students.

I often say families have 1 or 2 students with special needs while Districts have hundreds, so I believe it is up to the family to play a huge part in the process. I believe it is a huge mistake for families to view their school district as an adversary or problem. Through education and training, parents should come with an open mind and a positive attitude to craft a plan that facilitates the best outcome for their students.

I would like to invite all families and advocates to our CAC meetings. We have a great schedule of speakers and resources to share. Please consider the CAC as a place to find answers, connections and resources that will improve the lives of all students. Please encourage teachers, families and students to attend, so they can access all of the amazing resources we have to offer.

Sincerely,  
Jennafer LaPaglia Griswold

### CHALLENGES: WHY SELF-CARE IS ESSENTIAL TO PARENTING

BY: JULIANN GAREY

An article was recently shared with parents at the most recent CAC meeting, we wanted to ensure all have access to this important resource. This article discusses how caring for a child with special needs is full-time job that can become overwhelming if parents do not have the proper supports. The consequences of chronic stress related to raising kids who have intense needs are real and studies show that parents of children with developmental, psychiatric or learning disorders are far more likely than others to experience anxiety, depression, insomnia, fatigue, and marital problems. It is essential for parents to care for themselves, so they can be ready to care for others.

*“Caring for children with intense needs can take an emotional (and physical) toll on parents”*

The article goes on to talk about important topics such as accepting limits to what you can do, how isolation and exhaustion sets in, how it take a village but you need to ask in order to get the village to help, the importance of getting out and about, and last, how to nurture your marriage. If you would like to read the full article by Juliann Garey please click the link below.

<https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/>



# Student Spotlight

## AIDAN LEE

Aidan Lee is 15 years old and attends San Jacinto High School. Aidan enjoys participating in morning calendar, loves PE and his cooking class, and proudly shows off his independence when he orders his lunch. He is a super hockey fan and shares this passion with one of his teachers, Mrs. Miranda Houwaart. Aidan and Mrs. Houwaart have created a special bond over KINGS hockey. Aidan also likes Sea World and going places with his family. In fact, Aidan loves to go, go, go. His desire to go, go, go has created a love for motorcycles, trains, airplanes, and cars. The only thing he loves more is music and dancing! Aidan demonstrated his athletic skills at the Special Olympics hosted by his school District, San Jacinto Valley USD and earned a medal in his events. Aidan had the opportunity to attend Legislative Action Day with his mom and dad, a couple of peers and their families, and Leah Davis, Riverside County SELPA Executive Director last spring. Aidan loved visiting the Capitol in Sacramento and served as a great spokesperson for the needs of EACH student.



Aidan shared his story through pictures and words written on a card and made a real impact on our legislators. Aidan's mom is a passionate advocate for the needs of all children and serves as a CAC member and Member at Large on the Riverside County SELPA CAC Executive Board. We are appreciative of Aidan and the Lee family for their continued drive to stay informed, educate others, and ensure Aidan (and every student) has a voice in their future.



## LEGISLATIVE UPDATES

### Bills signed by the Governor:

**AB 988 (Berman)** - removed existing barriers for out of state special education teachers to become credentialed

**AB 605 (Maineschein)** - Allows students the use of school-purchased assistive technology devices at home or in other settings if IEP team determines student requires such and allows students to retain device for a period of up two months if they disenroll

## UPCOMING EVENTS

11/20/19 at 5:30 pm  
**CAC Business Meeting/Presentation**

01/22/20 at 5:30 pm  
**CAC Business Meeting only**

1/24/20 from 9:00 am - 2:00 pm Location: TBD  
**Regional and Transition Support Fair**

04/15/20 at 6:00 pm  
**13<sup>th</sup> Annual Recognition Event**

05/04/20 from 9:00 am - 2:00 pm Location: TBD  
**Parent Workshop**

05/06/20 at 5:30 pm  
**CAC Business Meeting**

