



# VIRTUAL S.T.A.R. Parent Training

*For parents and caregivers of children and young adults with developmental disabilities*



The Summit Center’s S.T.A.R. Training, funded by the Office for People with Developmental Disabilities (OPWDD), offers parents and caregivers the opportunity to learn new strategies to support you through various stages of your child’s life. **All sessions will be conducted virtually** by members of The Summit Center’s professional staff with significant background, training, and experience working with individuals with developmental disabilities. For those who participate, virtual respite opportunities may be available at a later date.

**Eligibility:** All sessions are free of charge and open to those who are OPWDD eligible. Those who have Self Direction will need to include this in their budget. Call the numbers below for more information.

**To register:** Please call: Laurlen Parry, Coordinator of Community Services, at 716.799.8163 or Melissa Kimmel, Director – Community Services, at 716.799.8141. **A link to the training will be emailed to you after you are registered.**



### **Training Topic: Transition to Adulthood (five sessions)**

This transition series will cover many components that are part of the process for transition for students who will be graduating with a Skills and Achievement Commencement Credential. An overview of the process will be provided in *session one*. *Session two* will focus on some potential options for adulthood. *Session three* will discuss skills that may be needed for a successful transition to the adult world. *Session four* focuses on tasks that may need to be completed during the final two years of school. **Session five** session will outline some supports that might be available if you need to obtain legal guardianship for your child at age 18. *You may register for one or for all five sessions.*

**Presenter:** Lori Simmons, Supervising Clinician – Behavior Support

| Session | Date          | Time             | Presentation                            |
|---------|---------------|------------------|---|
| 1       | Sat. Feb. 6   | 10-10:45 a.m.    | Let’s Talk Transition                   |
| 2       | Sat. Feb. 13  | 10-10:45 a.m.    | Options for Adulthood                   |
| 3       | Sat. Feb. 27  | 10 – 10:45 a.m.  | Skills for Transition to Adulthood      |
| 4       | Thurs. Mar. 4 | 4:30 – 5:15 p.m. | Transition in the Final Years of School |
| 5       | Fri. Mar. 5   | 4:30 – 5:15 p.m. | Guardianship – Potential Supports       |



### **Training Topic: Behavior Basics (one session offered on two dates).**

This training will focus on basic proactive strategies to help caregivers reduce challenging behaviors that their children may exhibit. Topics will include reinforcement of positive behaviors, simple communication strategies, and other behavioral tips and techniques.

**Presenter:** Mary Chambers, M.S., C.A.S., BCBA, LBA Supervising Clinician – Behavior Support

| Date          | Time            | Presentation    |
|---------------|-----------------|-----------------|
| Sat. March 13 | 10 – 11:30 a.m. | Behavior Basics |
| Sat. June 12  | 10 – 11:30 a.m. | Behavior Basics |



**Training Topic: Adaptive Skills (one session)**

**Saturday, March 20**

**10-11:30 a.m.**

Many children, regardless of a developmental disability, can struggle with aspects of Toileting, Sleeping and Feeding. This training will identify the challenges that caregivers typically face as well as teach simple strategies that focus on using reinforcement to encourage skill building in these areas.

**Presenter:** Johanna Shaflucas, M.S.Ed., BCBA, LBA, Clinical Coordinator - Behavior Support



**Training Topic: Managing Challenging Behaviors (one session) Sat. April 17 10 – 11:30 a.m.**

This training will focus on teaching caregivers where challenging behaviors typically come from, what challenging behaviors mean, as well as some simple strategies that focus on using reinforcement to decrease challenging behaviors and build skills.

**Presenter:** Johanna Shaflucas, M.S.Ed., BCBA, LBA, Clinical Coordinator - Behavior Support



**Training Topic: Sleep Solutions (one session)**

**Saturday, May 8**

**10-11:30 a.m.**

Many individuals and families struggle with inconsistent sleep patterns and habits. This training will identify common sleep problems, discuss environmental factors that affect sleep, and offer basic behavioral treatment strategies for sleep problems.

**Presenter:** Mary Chambers, M.S., C.A.S., BCBA, LBA, Supervising Clinician – Behavior Support

**About our presenters:**

**Johanna Shaflucas, M.S.Ed., BCBA, LBA**, is Clinical Coordinator of The Summit Center's Behavior Support Department. **Mary Chambers, M.S., C.A.S., BCBA, LBA** and **Lori Simmons** are Supervising Clinicians in Summit's Behavior Support Department. They each have many years of experience working with children and young adults with autism and developmental disabilities.

*With a staff of 500 professionals, The Summit Center is Western New York's leading provider of evidence-based educational, behavioral health, community and adult programs and services to more than 1300 individuals with autism and other developmental, social and behavioral challenges.*

[www.TheSummitCenter.org](http://www.TheSummitCenter.org)

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