



# 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 new strategies to manage various stages of your child's life. Sessions will be conducted by The Summit Center's professional staff who have significant background, training, and experience working with individuals with developmental disabilities. Respite opportunities may be available at a future date for participants.

**Eligibility:** All sessions open at no cost to those who are OPWDD eligible. Those with Self Direction must include this in their budget.

**To register:** Please call Laurlen Parry, Coordinator of Community Services, at 716.799.8163 or Ashlee Bronson, Assistant Director of Community Services, at 716.799.8156. For virtual sessions, a link to the training will be emailed to you after you are registered. ***Please note that the registration/ approval process may take up to five days to complete. Timeframe for approval through Self-Direction may vary. Please allow sufficient time for this approval process prior to each session you wish to attend.***



## **Toilet Training**

**Tuesday, January 11, 2022**

**4-5:30 p.m.**

*Virtual session*

This training will address typical challenges caregivers encounter when trying to toilet train their child. Caregivers will learn the basics of intensive toilet training as well as how to recognize ready skills, assess and teach toileting skill deficits. Caregivers will learn strategies to shape positive bathroom behavior, promote independence and have more successful bathroom experiences.

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



## **Sleep Solutions**

**Saturday, January 22, 2022**

**10 a.m. – Noon**

*In-person session at 165 Creekside Drive, Amherst, NY 14228. Limited respite spots available.*

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



## **Managing Challenging Behaviors**

**Saturday, January 29, 2022**

**10 a.m. - Noon**

*Virtual session*

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



## **Behavior Basics**

**Tuesday, February 8, 2022**

**4-5:30 p.m.**

*Virtual session*

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:** Lori Simmons, Supervising Clinician – Behavior Support



**Topic: Puberty and Sexuality**

**Saturday, February 12, 2022**

**10 a.m. – Noon**

*Virtual session*

Puberty and Sexuality- Trainer will discuss puberty and sexuality topics including planning for puberty, hygiene, menstruation, masturbation, relationships, and privacy. Discussion will include when to teach these topics and provide examples and resources of how to tackle each topic and skill. Training materials will include social stories, picture schedules, task analysis, and video models. Caregivers will learn how to break skills down and use reinforcement to promote positive change.

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



**Topic: Behavior Basics**

**Saturday, March 5, 2022**

**10 a.m.- Noon**

*Virtual session*

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



**Topic: Communication**

**Saturday, May 7, 2022**

**10 a.m.- Noon**

*Virtual session*

This training will discuss the basics of functional communication, how to encourage communication, promote communication independence, and capitalize on naturalistic teaching opportunities.

**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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