



STAR Parent Training

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

The Summit Center's STAR Training, funded by the Office for People with Developmental Disabilities (OPWDD), offers parents and caregivers new strategies to manage various stages of their 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.

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

To register: Please call Tim Philo, intake specialist, at 716.629.3421. 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 ten 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.***

-  **Adaptive Skills** **Saturday, April 5, 2025** **10:00–11:30 a.m.**
Virtual Session
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 and teach simple strategies that focus on using reinforcement to encourage skill building in these areas.
Presenter: Gretchen Abdulla, Supervising Clinician, Behavior Support
-  **Emotional Co-regulation** **Tuesday, April 8, 2025** **6:00–7:00 p.m.**
Virtual session
This training will teach caregivers to identify and implement effective de-escalation strategies for their child. Topics will reflect how self-regulation relates to co-regulation, developing meaningful calming techniques, and teaching your child to request and rely upon these skills when escalated.
Presenter: Juli Gunner, M.S., BCBA
-  **Independence with AAC** **Thursday, April 24, 2025** **6:00–7:00 p.m.**
Virtual session
This training will teach caregivers to feasibly integrate the use of their child's augmentative and alternative communication (AAC) device into family routines. We will address demystifying basic device setup, strategies for modeling and prompting device use, and fun activities to support the independent and spontaneous use of their AAC. Additionally, we will address the use of AAC devices to navigate communication breakdowns and help safely communicate at times of escalation and/or crisis.
Presenter: Juli Gunner, M.S., BCBA

 **Community Social Skills** **Wednesday, April 30, 2025** **4:00–5:00 p.m.**
Virtual Session
This training will provide caregivers with an overview of generalized methods for the use of prosocial behavior in community spaces as well as assist in identifying strategies that may help their children remain safe and succeed in community settings.
Presenter: Angela Deoki, B.A.

 **Managing Challenging Behaviors** **Tuesday, May 6, 2025** **6:00–7:00 p.m.**
Virtual session
****New & Improved**** This training will focus on teaching caregivers where challenging behaviors typically come from, what challenging behaviors mean, and some simple strategies that use reinforcement to decrease challenging behaviors and build skills.
Presenter: Juli Gunner, M.S., BCBA

 **Behavior Basics** **Saturday, May 17, 2025** **10:00–11:30 a.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: Gretchen Abdulla, Supervising Clinician, Behavior Support

 **Toileting** **Wednesday, May 21, 2025** **6:00–7:00 p.m.**
Virtual session
Many children, regardless of a developmental disability, can struggle with aspects of toileting. This training will identify the challenges that caregivers typically face and teach simple strategies that focus on using reinforcement to encourage skill building in this area.
Presenter: Angela Deoki, B.A.

 **Emotional Co-regulation** **Wednesday, June 11, 2025** **6:00–7:00 p.m.**
Virtual session
This training will teach caregivers to identify and implement effective de-escalation strategies for their child. Topics will reflect how self-regulation relates to co-regulation, developing meaningful calming techniques, and teaching your child to request and rely upon these skills when escalated.
Presenter: Angela Deoki, B.A.

With a staff of 600 professionals and expertise in autism and social/emotional development, The Summit Center is Western New York's leading provider of evidence-based educational, behavioral health, adult, and community programs to more than 1,000 children and adults each year.



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