



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.***

Managing Challenging Behaviors

Saturday, July 19, 2025

10–11:30 a.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: Gretchen Abdulla, Supervising Clinician, Behavior Support

Toileting

Wednesday, July 30, 2025

6–7 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.

Communication

Wednesday, August 6, 2025

6–7 p.m.

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: Angela Deoki, B.A.

Puberty and Sexuality

Saturday, August 9, 2025

10–11 a.m.

Virtual Session

This training will provide an overview of puberty and sexuality, potential obstacles, and suggested skills to work on.

Presenter: Gretchen Abdulla, Supervising Clinician, Behavior Support

Chores for people with Different Abilities Thursday, August 14, 2025 6-7:30 p.m.

Virtual session

This training will focus on providing caregivers with the understanding of generalized methods for teaching children to complete chores. It will help caregivers to choose household tasks that are realistic based on their child's developmental level, create beneficial independent living skills for their children, and are easily built into their family's routine.

Presenter: Juli Gunner, M.S., BCBA, Behavior Consultant

Transition to Adulthood Tuesday, August 12, 2025 6-7:30 p.m.

Virtual Session

This training will cover many components of the process for transitioning students who will graduate with a Skills and Achievement Commencement Credential. Including an overview of the process, potential options for adulthood, skills that may be needed for a successful transition to the adult world, and tasks that may need to be completed during the final two years of school.

Presenter: Tim Philo, Intake Specialist, Community and Adult Services

Emotional Co-regulation Wednesday, September 10, 2025 6-7:00 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.

Transition to Adulthood Saturday, September 13, 2025 10-11:30 a.m.

Virtual Session

This training will cover many components of the process for transitioning students who will graduate with a Skills and Achievement Commencement Credential. Including an overview of the process, potential options for adulthood, skills that may be needed for a successful transition to the adult world, and tasks that may need to be completed during the final two years of school.

Presenter: Tim Philo, Intake Specialist, Community and Adult Services

Transition to Adulthood Wednesday, September 24, 2025 6-7:30 p.m.

Virtual Session

This training will cover many components of the process for transitioning students who will graduate with a Skills and Achievement Commencement Credential. Including an overview of the process, potential options for adulthood, skills that may be needed for a successful transition to the adult world, and tasks that may need to be completed during the final two years of school.

Presenter: Tim Philo, Intake Specialist, Community and Adult Services

Independence with AAC Thursday, September 25, 2025 6-7 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 for them learn to use their AAC independently and spontaneously. 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

Toileting

Saturday, September 27, 2025

10–11 a.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: Gretchen Abdulla, Supervising Clinician, Behavior Support

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.



TheSummitCenter.org