



# 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 10 days to complete. Timeframes for approval through Self-Direction may vary. Allow sufficient time for this approval process prior to each session you wish to attend.***

**Puberty and Sexuality**      **Tuesday, July 14, 2026**      **6:15–7:15 p.m.**  
*Virtual Session*

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

**Presenter:** Jasmine Atkinson, B.A.

**Transition to Adulthood**      **Saturday, July 18, 2026**      **10–11 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

**Communication**      **Wednesday, July 29, 2026**      **6:15–7:15 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.

**Toileting**      **Tuesday, August 4, 2026**      **6:15–7:15 p.m.**  
*Virtual session*

Many children, regardless of a developmental disability, have difficulty with 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:** Jasmine Atkinson, B.A.

**Introduction to OPWDD & Care Management**      **Saturday, August 8, 2026**      **10–11 a.m.**  
*Virtual session*

An introductory overview of OPWDD and the services offered, along with navigating the care management system. This includes the eligibility process, the role of a care manager, and how to obtain programming.

**Presenter:** Tim Philo, Intake Specialist

**Emotional Co-regulation****Wednesday, August 12, 2026****6:15–7:15 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 19, 2026****10–11 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**Adaptive Skills****Tuesday, September 22, 2026****6:15–7:15 p.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:** Jasmine Atkinson, B.A.**Managing Challenging Behaviors****Wednesday, September 30, 2026 6:15–7:15 p.m.***Virtual session*

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 build skills and decrease challenging behaviors.

**Presenter:** Angela Deoki, B.A.

*The Summit Center is Western New York's leading expert on autism spectrum disorder. Through our educational, behavioral health, and community integration programs, we support more than 1,200 children and adults each year with autism and other developmental disabilities. For more than 50 years, we've given people the tools to achieve their greatest potential.*

*Learn more at [TheSummitCenter.org](http://TheSummitCenter.org).*