



Families Together, Inc.

P2
[Family Story](#)

P3
[Journey to Adulthood](#)

P4
[Frequently Asked Questions](#)

P6
[KanCare](#)

Connections

Summer 2013

A

Board of Education Passes Regulations on the Use of Emergency Safety Interventions

On February 13, 2013 the Kansas State Board of Education voted, by a 9-1 vote, to adopt regulations regarding the use of seclusion and restraint in Kansas. The regulations became effective on April 19, 2013 and are known as Emergency Safety Interventions. It is important to know that the use of seclusion and/or physical restraint shall only be used when a student presents an immediate danger to self or others or engages in violent destruction of property. The regulations require each school district to establish written policies that meet the minimum requirements and definitions of the state regulations. These policies must be provided to parents annually. The state regulations prohibit face-down and face-up physical restraints, all chemical restraints (except those as prescribed by a person appropriately licensed to issue such treatments), and all mechanical restraints, except for protective and stabilizing devices, devices used by

law enforcement officers in carrying out enforcement duties, and seatbelts or other safety equipment used during transportation. The State regulations also require districts to provide training to staff on prevention, de-escalation, and positive behavioral intervention strategies. Any time seclusion or a physical restraint is used the child's parents must be notified within two school days. Documentation, including the date and time of the intervention, the type of intervention used, the length the invention lasted and the school personnel who participated in or supervised the intervention, must be maintained by the district. A copy of this documentation would be kept in the child's file and available for parents to inspect and review upon request. Additionally, each district must establish a dispute resolution process to investigate complaints. For a complete copy of the State regulations, visit <http://ksdetasn.org/cms/index.php/esi-resources>

Restraint or seclusion should not be used as routine school safety measures; this is, they should not be implemented except in situations where a child's behavior poses imminent danger of serious physical harm to self or others and not as a routine strategy implemented to address instructional problems or inappropriate behavior (e.g., disrespect, noncompliance, insubordination, out of seat), as a means of coercion or retaliation, or as a convenience.

Families Together has developed an [Emergency Safety Intervention Family Guide](#) which can be accessed on our website at www.familiestogetherinc.org under the "Resources" link. In addition to the Family Guide, a 90 minute training has been developed for parents on the use of Emergency Safety Interventions. The training explains the current state regulations, including a section on prevention and will be presented at various locations throughout Kansas.

Family Story

Several years ago there was a popular song entitled "I'm not who I was." This particular song resonates so deeply within me because the person and parent I am today is not who I was three years ago. From the beginning, my second born son wasn't like his older brother or the other children his age. He could be difficult to connect to, fussy, and extremely high maintenance. Even though these issues were beyond my control, I blamed myself for being a horrible mother who just needed to read more parenting books, get advice from the "good moms" and start seeing a therapist to help me change so I could transform my son.

By the end of the of Parker's first grade year the divide between Parker and his peers was widening greatly. So, with the urging of my counselor, I took Parker in to see our family doctor to see if maybe it was ADHD. She had me fill out a questionnaire, observed Parker and after much discussion, prescribed a typical medicine for attention deficit. The medicine worked like magic the first few weeks until suddenly he became agitated and hyper focused and eventually he became psychotic. At this point, I was completely undone as a parent and felt I would never have any sort of joy in my life again. To hear my seven year old verbalize that he wanted to kill himself and had a plan was so utterly painful that I didn't even know if I had the strength to go on.

Luckily, it was at my lowest point that three profound blessings came into our life. We found an amazing Pediatric Psychiatrist who immediately understood how

Parker's brain functioned and was able to diagnose Parker with ADHD, PDD-NOS, and an underlying mood disorder. We worked closely with the doctor for almost a year before the right combination of medicine helped Parker function at his optimal level. Believing that medication alone wasn't the answer, we started taking Parker to an autism specialist who conducted Social Thinking groups. Parker continues to receive Social Thinking therapy and it has allowed him to communicate in ways I never thought possible. The third and ongoing blessing was getting connected to Families Together, Inc.

My first exposure to Families Together was through a Special Education Law workshop. At the conference, I learned not only how to navigate the special education system but, also that I was not alone in my journey parenting a child with exceptionalities. Through Families Together's Parent-to-Parent program, I became friends with another mother who constantly instilled in me that my child wasn't broken and didn't need fixing. What did need to shift was my myopic focus on me and to start advocating for Parker so his strengths could shine through.

Today I am thankful to say I am no longer who I was. I am truly grateful to Families Together and to those who have taught me to fully embrace my son. I am no longer weighed down with feelings of being a failure as a mother, but rather I now have joy knowing I am enough for my beautiful exceptional child.

Klondy Nelson

From the Director's Desk

Parents and Appointed Education Advocates:

At Families Together we are working hard to look through the evaluations you have given us, the trends in education that you need to know, and all of the information we have gathered as you have called us. That information is SO valuable to us as we plan next school year's events and training for you. We continue to work to encourage, educate and empower each of you to be great advocates for your son, daughter, or child for whom you are an appointed advocate. Watch for information about the great conferences and training coming to you from Families Together in the 2013-14 school year!

This summer is also "moving season" for three of our offices. The Topeka Center moved from Downtown Topeka to an office near 29th and I-470 in June. The Administration office is consolidating space with the Wichita Parent Center in a new suite of offices in the Independent Living Center Building. Each of the new spaces offers great opportunities for our staff to better serve families by utilizing our funding and personnel resources more efficiently. The new addresses are:

Topeka Parent Center
5611 SW Barrington Ct. South
Suite 120
Topeka , Kansas 66614

Wichita Parent Center
and Administrative Center
3033 W Second St, Rm 122
Wichita, Kansas 66203

Please come by to visit us in our new locations or in the Kansas City or Garden City locations.

Have a safe, fun, and productive summer practicing all the great skills from the past school year: READ READ READ!

Connie

Topeka Parent Center
5611 SW Barrington Ct. South
Suite 120
Topeka , Kansas 66614

Wichita Parent Center
and Administrative Center
3033 W Second St, Rm 122
Wichita, Kansas 66203

Kansas City Parent Center
10563 Lackman Road
Lenexa , Kansas 66215

Garden City Parent Center
1518 Taylor Plaza
Garden City, Kansas 67846

How Well Are We Preparing Students for the Journey to Adulthood?



It has been said that success is a journey, not a destination. So how well are we preparing students with disabilities for the trip? It's a question we need to ask young people with disabilities who have left school and are trying to make it in the adult world. We do that every year by using postschool outcomes surveys.

One year after leaving school, young adults in selected school districts across the state who had Individualized Education Programs (IEPs) are contacted for a survey to see how well they are doing. Are they enrolled in college? Are they pursuing some kind of job training? Have they found competitive employment? These are all good questions.

Surveys are conducted between June and September each year. In Kansas the surveys are made by phone calls to former students one year after graduation or exit. The survey takes about 10-15 minutes to complete. If you see "Kansas Department of Education" pop up on the caller ID, please answer! Your responses are important!

Participation is voluntary, of course, but the feedback from former



students is invaluable. The information is used to improve how we prepare youth with disabilities to move from high school to adulthood – a big step for any student.

Locating former students can be a challenge, however. Young adults tend to be quite mobile so it's likely that at a student's final IEP meeting, schools will ask students for accurate telephone numbers and e-mail addresses for family members – and others who know the student well – before they leave school. That way, it will be much easier for them to reach former students and find out how they are doing in the future. This contact information is collected in different ways by different states. In Kansas, for example, students go

online to complete a Senior Exit Survey with a case manager or service person from the school.

States are required to collect this information under the Individuals with Disabilities Education Act (IDEA) in order to develop strategies to improve the number of former students with disabilities who are enrolled in higher education or are competitively employed. All answers are confidential and the responses are anonymously compiled into district and state reports. The results are included in the Annual Performance Report each state submits to the U.S. Department every year in the section for "Indicator 14" (Postschool outcomes). Kansas progress reports are available online at: <http://www.ksde.org/Default.aspx?tabid=5558#apr>

Everyone wants to see students with disabilities become successful adults. Research indicates that when parents, teachers, and students work together to map out a realistic plan for the future, the transition to adulthood goes more smoothly. The more we know about the journey former students are on today, the better we can help other youth with disabilities make their travel plans for tomorrow.

Education Advocate Update

Summer is here and your jobs as an education advocates are a bit easier for a couple of months. As of today, we have 749 kids, age 3-21, who have an education advocate appointed to them. A good majority of these students are served for behavioral issues in some capacity. I would strongly encourage you to download a copy of the Emergency Safety Intervention regulations and Families Together's Family Guide to Emergency Safety Interventions. You can find these documents on the links mentioned on the front page of this newsletter. When school commences in August, be sure you receive a copy of the child's school policies on the use of seclusion and restraint. These will be invaluable resources for you. Lastly, please work diligently with your school team to ensure the child you serve has a well-written behavior intervention plan, with plenty of positive behavior supports. Emergency Safety Interventions should only be used as a last resort. We, as IEP teams, need to work hard to prevent the need for any type of seclusion and/or restraint.

As always, if you have any questions, please feel free to contact a Families Together staff person at the center nearest you. Thank you for your continuous support of kids!

Frequently Asked Questions

Common Core

Q: The law says that each child with an exceptionality must have an IEP in effect at the beginning of each school year. Does that mean that the child must begin to receive the special education and related services specified in the IEP on the very first day of school?

A: It depends on the frequency, location and duration of services documented in the child's IEP. The IEP team must make an individual determination regarding when special education and related services will begin and end for each child. Some services may not be provided to the child until the second quarter or second semester of the school year. Some children

may benefit from having the first week of school in general education in order to acclimate to new general education teachers, classrooms, expectations, and routines. Other children may need services beginning the very first day of school. Decisions regarding when special education and related services will begin for a new school year are not to be based on convenience of school staff, but the individual needs of each child. If the IEP is silent regarding provision of services during the first and last weeks of a school year, parents often presume that services will be provided during that time. The IEP is to indicate when services begin and the frequency, location and duration of the services. This is to be clear to the parents and the educators/providers.

The Common Core Standards establish high-quality academic expectations in English language arts (ELA) and mathematics that define the knowledge and skills all students should master by the end of each grade to be on track for success in college and career.

The Common Core Standards initiative was led by states through the National Governor's Association and the Council of Chief State School Officers.

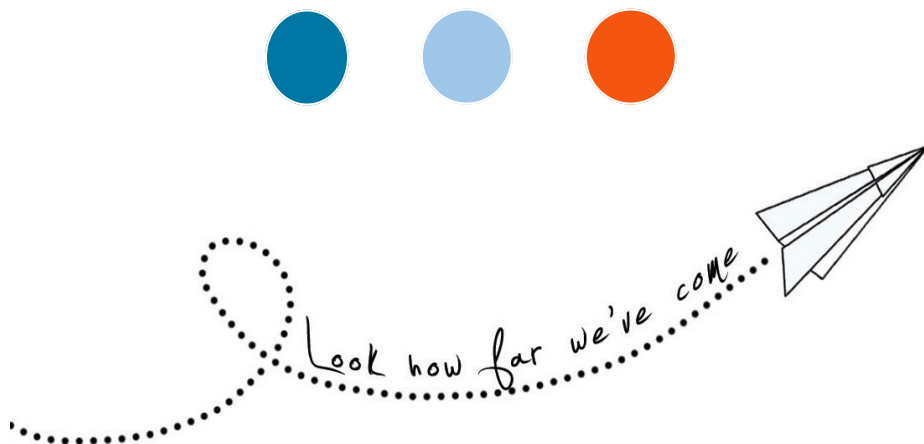
The federal government was not involved in the standards development and has not mandated adoption of the standards.

A diverse team of teachers, parents, administrators, researchers and content experts developed the Common Core to be academically rigorous, attainable for students and practical for teachers and districts.

Kansas revises its content standards every seven years. The Kansas math and reading standards were due to be revised in 2010.

Kansas review committees, made up of Kansas educators, joined education experts from other states in reviewing and providing feedback to the Common Core Standards.

*Taken from the KSDE website. For more information, go to: http://www.ksde.org/Portals/0/Learning%20and%20Innovative%20Services%20Documents/FACT_SHEET_DColl_CC.pdf



SAVE THE DATE—2013

Parent & Sibling Mini Conference	Garden City	August 3
Step by Step Walk, Run and Roll	Wichita	September 7
Parent Leadership Conference	Topeka	October 4-5
Spanish Family Enrichment Weekend	Salina	October 11-12

**CHECK OUR WEBSITE FOR MORE FAMILIES
TOGETHER OPPORTUNITIES!**

Calendar of Events

August 3, 2013	Let's Talk... Parent/Sibling Mini Conference, Garden City	888-820-6364
September 7, 2013	Step by Step Walk, Wichita	888-815-6364
September 16, 2013	Bullying Workshop, Dodge City	888-820-6364
September 28, 2013	Transition Team Empowerment Conference, Garden City	888-820-6364
October 4-5, 2013	Parent Leadership Conference, Topeka	800-264-6343
October 11-12, 2013	Spanish Family Enrichment Weekend Salina	800-499-9443
November 16, 2013	Holiday Extravaganza, Garden City	888-820-6364
February 14-15, 2014	Family Enrichment Weekend, Garden City	888-820-6364

Check our website for added events or see us on Facebook.

Calendario de Eventos

3 de Agosto del 2013	Hablemos de ... Padre / Hermano Mini Conferencia, Garden City	888-820-6364
7 de Septiembre del 2013	Caminata de Paso a Paso, Wichita	888-815-6364
16 de Septiembre del 2013	Taller de Acoso, Dodge City	888-820-6364
28 de Septiembre del 2013	Equipo de Transición Conferencia de Empoderamiento, Garden City	888-820-6364
4-5 de Octubre del 2013	Conferencia de Liderazgo para Padres, Topeka	800-264-6343
11-12 de Octubre del 2013	Español Fin de Semana de Enriquecimiento Familiar, Salina	800-499-9443
16 de Noviembre del 2013	Festival de Extravagancia, Garden City	888-820-6364
14-15 de Febrero del 2014	Fin de Semana de Enriquecimiento Familiar, Garden City	888-820-6364

Lower Cost & Better Care: Can Kancare Deliver?

Effective January 2014 the three managed care companies (MCO's), Amerigroup Kansas, Inc., Sunflower State Health Plan and United Healthcare of the Midwest will begin to manage services provided under the Home and Community Based Services (HCBS) Waivers as part of the new Medicaid program, KanCare.

Many families, providers and caregivers are concerned and are asking, "My child/youth is on a Home and Community Based Services (HCBS) waiver; will their waiver services change?"

KanCare Administrators addressed that concern on the FAQ section on the KanCare website (http://www.kancare.ks.gov/provider_qas.htm), "If you are on the DD waiver, the KanCare health plans will not manage those services until January 2014. All other HCBS waiver services are being managed by the KanCare health plan you choose or were assigned to. When your plan of care is due for review, there might be changes, but the health plan care manager will make sure you get the services you need."

However, when Lurena Mead, the Community Relations Manager at Johnson County Developmental Supports was asked that question she offered a different response stating, "The Administration says they won't cut services, so when it's time to review the plan of care, the State and the Managed Care Organizations (MCO's) say they will be creative in finding ways to assist individuals reach their highest potential if current services aren't meeting their needs. There will be some cases of great opportunity for some. I heard an example of a young man who participated in a day service but really wanted a job. This individual needed intense supports that current providers couldn't afford to provide in a community setting. The MCO contracted with a local business to hire/train this individual (with staff support) in place of the typical day service. That is an example of a waiver service changing in a positive manner.

However, since the MCO's hold the purse strings and receive an incentive for saving the State dollars, there may be some cases that aren't so positive. With the thousands of plans of care, some individuals are bound to fall through the cracks, some individual's services may be deemed "inappropriate" or some services may be altered because a health care manager thinks they should be. It is imperative that MCO's listen to the experts - community providers, case managers, families and clients. Quality of services can't be measured by savings; it is measured by increased satisfaction."

The only thing we do know is time will tell whether KanCare can deliver.

Resource:

You may file a grievance if: You are concerned about the type of care your child/youth are getting, You are concerned about the quality of the care your child/youth are getting, or You have other concerns about your child/youth's health plan or your child/youth's provider.

You may ask for a fair hearing or an appeal if: You do not agree with an action such as a denial or limit on services, You feel your child/youth had to wait too long to get services, or Your KanCare plan is not paying for a service your child/youth got.

The Ombudsman can especially help people in the HCBS waiver program or people who get other long-term care services through KanCare. The Ombudsman will help KanCare consumers with problems in getting KanCare services. The Ombudsman will give information about the KanCare grievance and appeal process. The process is available through the KanCare health plans and the State fair hearing process. He will also help KanCare consumers with any problems dealing with their KanCare plan. To contact the Office of KanCare Ombudsman call toll-free at [855-643-8180](tel:855-643-8180) or email the office at KanCare Ombudsman

A fair hearing is like a trial in court. The hearing is your chance to tell a third party why you disagree with the agency. You must request a fair hearing within 30 days of when you were told of the decision. For more information on the fair hearing process, please contact Customer Service at 1-800-766-9012.

For more information or if you have questions about KanCare

contact a Families Together F2F Center near you:

Garden City 620-276-6364 ~ Kansas City 913-287-1970 ~ Topeka 785-233-4777 ~ Wichita 316-945-7747

Costos bajos y un mejor cuidado: ¿Pueden

Kancare cumplir?

A partir de enero de 2014, la tres compañías administradoras de cuidado (siglas en ingles MCO), Amerigroup Kansas, Inc., Sunflower State Health Plan and United Healthcare of the Midwest comenzarán a administrar los servicios provistos bajo los Servicios Basados en el Hogar y Comunidad (siglas en ingles HCBS) exenciones (waivers) como parte del nuevo programa de Medicaid, Kancare.

Muchas familias, proveedores y los cuidadores están preocupados y se preguntan: "Mi niño o joven está en una exención (waiver) de Servicios Basados en el Hogar y Comunidad (HCBS), ¿Acaso su servicios de exención (waiver) cambiarán?"

Administradores de KanCare dirigieron esta preocupación en la sección de preguntas frecuentes en el sitio web KanCare (http://www.kancare.ks.gov/provider_gas.htm): "Si usted está en la exención (waiver) DD, los planes de salud KanCare no manejan esos servicios hasta enero de 2014. Todos los demás servicios de exención HCBS están siendo manejados por el plan de salud KanCare que usted eligió o fue asignado. Cuando su plan de cuidado sea reexaminado, puede haber cambios, pero el gerente de cuidado del plan de salud se asegurará de que usted reciba los servicios que necesita".

Sin embargo, cuando Lurena Mead, la gerente de relaciones comunitarias del condado de Johnson del desarrollo de Apoyos hizo esa pregunta. Ella ofreció una respuesta diferente diciendo: "La administración dice que no cortarían los servicios, así que cuando llegue el momento de revisar el plan de cuidados, el Estado y las organizaciones de administración de cuidado (MCO) dicen que van a ser creativos en la búsqueda de maneras de ayudar a las personas alcanzar su máximo potencial si los servicios actuales no están cumpliendo con sus necesidades. Habrá algunos casos de gran oportunidad para algunos. Escuché un ejemplo de un joven que participó en el servicio de día, pero en realidad quería un trabajo. Esta persona necesita apoyos intensos que los proveedores actuales no podían ofrecer pagar en un ambiente comunitario. La MCO contrato con una empresa local para contratar/entrenar a este individuo (con el apoyo del personal) en lugar de servicios típicos del día. Esto es un ejemplo de un servicio de exención (waiver) cambiando de una manera positiva.

Sin embargo, dado que el MCO sostiene los cordones de la bolsa y recibe un incentivo por ahorrar dinero al estado, puede haber algunos casos que no son tan positivos. Con los miles de planes de salud algunos individuos caerán en las grietas, los servicios de un individuo pueden ser considerados "inadecuados" o algunos servicios pueden ser alterados por un encargado médico cree que debería ser. Es imperativo que los MCO a escuchen a los expertos - proveedores de la comunidad, administradores de casos, familias y clientes. Calidad de los servicios no puede ser medida por el ahorro, sino que se mide por el aumento de la satisfacción". Lo único que sí sabemos es que el tiempo dirá si KanCare puede cumplir.

Recursos:

Usted puede presentar una queja si: Usted está preocupado por el tipo de cuidado que su hijo/a está recibiendo, Usted está preocupado acerca de la calidad de cuidado que su hijo/a está recibiendo o Usted tiene otras preocupaciones acerca del plan de salud de su hijo/joven o proveedor de su hijo/joven

Usted puede solicitar una audiencia justa o una apelación si: Usted no está de acuerdo con una acción como la negación o limitación de los servicios, Usted cree que su hijo/joven a tuvo que esperar demasiado tiempo para obtener servicios, o Su plan de KanCare no está pagando por un servicio que su hijo/joven tiene.

El Procurador puede ayudar especialmente a la gente en el programa de exención (HCBS waiver) o a las personas que reciben otros servicios de cuidado médico a largo plazo a través de KanCare. El Procurador ayudará a los consumidores con cualquier problema para obtener servicios de KanCare. El Procurador ofrecerá información sobre el proceso de apelación y quejas de KanCare. El proceso está disponible a través de los planes de salud KanCare y el proceso de audiencia imparcial del Estado. También asistirá a los consumidores con cualquier problema relacionado con su plan de KanCare. Para contactar la Oficina del Procurador KanCare la llamada es gratuita al 855-643-8180 o por email a la oficina de [KanCare Ombudsman](#)

Una audiencia imparcial es como un juicio en la corte. La audiencia es su oportunidad de decirle a un tercero por qué no está de acuerdo con la agencia. Usted debe solicitar una audiencia imparcial dentro de los 30 días de cuando que se le dijo de la decisión. Para obtener más información sobre el proceso de audiencia, por favor hable con el Servicio al Cliente al 1-800-766-9012.

*Para obtener más información o si tiene preguntas sobre KanCare
Hable al Centro de Familias Unidas F2F más cercano:*

Garden City 620-276-6364 ~ Kansas City 913-287-1970 ~ Topeka 785-233-4777 ~ Wichita 316-945-7747

Families make the difference.

Families Together, Inc. founded in 1982, serves as the Parent Training and Information Center and Family to Family Health Information Center for Kansas and provides opportunities for families to come together and meet other families who are navigating the special education and disability services maze. Each year, Families Together, Inc. provides, without fees, direct support to thousands of Kansas families. In addition, through workshops, conferences and partnerships with state, local and national organizations, Families Together provides training to nearly 4,000 families and professionals working with children and youth with disabilities and special health care needs.

Garden City Center 1-888-820-6364	gardencity@familiesTogetherinc.org
Kansas City Center 1-877-499-5369	kansascity@familiesTogetherinc.org
Topeka Center 1-800-264-6343	topeka@familiesTogetherinc.org
Wichita Center 1-888-815-6364	wichita@familiesTogetherinc.org

Visit our website at:

www.familiesTogetherinc.org

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