

SPECIAL EDUCATION RESOURCES

For current information about the FCPS Plan for distance learning supports for students with disabilities [CLICK HERE](#).

Virginia Department of Education 2020 Special Education Parent Survey

Your opinion matters! Please complete the Virginia Department of Education (VDOE) survey by December 18, 2020 if your child is provided special education services through an individualized education program (IEP). Families who have more than one child receiving special education services should complete a survey for each child. [CLICK HERE](#) to access the online survey in English. [CLICK HERE](#) to access the survey in Spanish.

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

FCPS Parent Resource Center is still available by phone or email during the FCPS shutdown. Please email prc@fcps.edu or call 703.204.3491. We will be checking email and voicemail twice daily and responding within 48 hours. We are here to help, Monday - Friday, 8:00am to 4:00pm.

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations, an extensive lending library, and a year-long calendar of workshops are normally offered for parents, educators, and community members. Contact the PRC by [phone](#), [email](#); or when FCPS reopen, visit us Monday-Friday during the hours of 8:00am-4:00pm at the [Dunn Loring Center for Parent Services](#). Follow us on [Twitter](#), like us on [Facebook](#), and tune into our [You Tube Channel](#) to see some of our recorded workshops. Bookmark our [PRC website](#) to stay up-to-date with all our workshops and resources.

Join us for our November virtual workshops:

SibShops: A Webinar for Brothers and Sisters of Children with Special Needs

Monday, November 2, 2020, 10 am – 11:00am or 1:00pm –2:00pm

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

- Meet other siblings in a relaxed, virtual setting.
- Celebrate the many contributions made by brothers and sisters of children with special needs.
- Share sibling experiences and receive peer support.
- Play games and have fun!

[Register for SibShops: A Webinar for Brothers and Sisters of Children with Special Needs](#)

Digital Citizenship Series: Tips for Parents – Helping Kids Navigate Life in the Digital Age Series Part 1: How to Find Balance with Technology

Friday, November 6, 2020, 10:00am – 11:30am

- When technology becomes the primary place for school and connecting with others, what does it look like to set boundaries?

- We will discuss ways to stay connected with the world and how to get back on track when it goes too far.

Series Part 2: Hot Topics: What Concerns You the Most?

Friday, November 13, 2020, 10:00am – 11:30am

- What can you do to set your child up for success to handle whatever challenges and temptations they may face with technology?
- What can you do to help them rebound when they make a mistake? We will be asking you to share your top concerns about the world of technology and your child so that we may craft this webinar around advice and resources on the hottest topics.
- Friday, November 13, 2020, 10 a.m. - 11:30 a.m.

[Register for Digital Citizenship Series: Tips for Parents: Helping Kids Navigate Life in the Digital Age](#)

Encouraging Positive Behaviors at Home Series

Thursday, November 19, 2020, 10:00am – 11:30am and 6:30pm – 8:00pm

Challenging Behaviors: Prevention Strategies and Teaching Self-Control

Future Sessions –

- December 17, 2020 – All Behavior Happens for a Reason: Behavior as Communication
- January 21, 2021 – Strategies for Increasing Replacement Behaviors
- February 18, 2021 – Regaining Control and Teaching your Children to Follow Directions
- March 18, 2021 – Effectively Communicating with Your Child
- April 22, 2021 – Minimizing Prompts and Maximizing Your Child's Independence

[Register for Challenging Behaviors: Prevention Strategies and Teaching Self-Control](#)

[CLICK HERE](#) to stay informed about future virtual workshops.

The Advisory Committee for Students with Disabilities (ACSD)

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets monthly and its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff. **Next meeting TBA.** Committee members will participate electronically due to the COVID-19 emergency. Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>

[CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place.

[CLICK HERE](#) for more about the FCPS ABA Program.



The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members.

Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for predominantly general education students. A SEPTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. A SEPTA allows for these parents, students and professionals to:

- Connect with and support one another
- Fund, sponsor and provide special trainings, workshops and events unique to special education needs
- Understand and navigate the special education system and special education and disability rights under the law.

The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

The below SEPTA- recommended resources are FREE unless otherwise noted. Registration is required where indicated:

A Deeper Look at ADHD: The Know/Go Model

Monday, November 2, 2020, 6:30pm – 8:00 pm

Learn about the Know/Go model for ADHD that can help you understand your kids better and will limit negative messaging for your kids.

Register: <http://bridgestherapyandwellness.com/event/a-deeper-look-at-adhd-the-know-go-model/>

REVIVE Training

Monday, November 2, 2020, 2:00pm

Learn what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies are provided for use when needed.

Register: <https://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive>

Creating an ADHD-Friendly Home Environment – 3 session course

3 Tuesdays: November 3 to November 17, 2020 - 12:00pm – 1:00pm, \$20, includes book

Learn about the many ways ADHD commonly affects children's behavior, along with what to avoid and what to embrace to help your child be successful.

Register: <https://chadd.z2systems.com/np/clients/chadd/event.jsp?event=1359&>

Tech Tips and Tricks: Helping Your Child with Virtual Learning

Wednesday, November 4, 2020, 7:00pm – 8:00pm

Learn how to navigate virtual learning and help your child thrive while in an online classroom.

Register: <https://register.gotowebinar.com/register/2005124789163736334>

Placing Real Estate in a Special Needs Trust

Friday, November 6, 2020, 10:00am – 12:00pm, Webinar

Learn how property can be handled and leveraged in Special Needs Trusts to increase housing for individuals with disabilities.

Register: <https://thearcofnovatrust.org/event/fffp-placing-real-estate-in-a-special-needs-trust-webinar/>

Exceptional School Fair

Sunday, November 8, 2020, 11:00am – 3:00pm

This event showcases private day schools, boarding schools and therapeutic services for children with special needs.

Register: <http://exceptionalschoolsfair.com>

Wrightslaw Special Education Law and Advocacy

Tuesday, November 10, 2020, 11:00am – 7:00pm, Online, \$195, includes 3 texts

Learn about special education law, rights, and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Register: <https://www.eventbrite.com/e/wrightslaw-special-education-law-and-advocacy-conference-tickets-79738404715?aff=ebdssbonlinesearch/>

2020 Autism Hope Summit

Friday, November 13, 2020, 9:00am – 4:00pm

This conference will include a keynote, 3 concurrent sessions with 12 presentations, a resource fair and a closing Q&A panel of self-advocates.

Register: <https://web.cvent.com/event/db1e29b0-d2db-45fd-a88b-41d8c291ef1b/summary>

The Autism Umbrella

Friday, November 13, 2020, 10:00am – 11:30 am

Register: <https://us02web.zoom.us/meeting/register/tZApc-qurD0uGtQgvDXWPZcFac03PRv-w0xq>

Innovations in Epilepsy Treatment and Care

Tuesday, November 17, 2020, 7:00pm

Gain an overview of the newest treatment options including medication, surgery, devices and diet; and a review of current research, including how to be involved.

Register: <https://epilepsywdc.org/news/announcing-virtual-epilepsy-education-series/>

Helping Police and First Responders Better Communicate with People with Autism

Wednesday, November 18, 2020, 12:00pm – 1:30pm

Lunch webinar by the Virginia Autism Council.

Register: <https://cvent.me/WL3zQ7>

Why Are You So Sensitive? Understand How Sensory Processing Sensitivity Affects the ADHD Brain

Wednesday, November 18, 2020, 1:00pm, with replay access

Learn about the symptoms of Sensory Processing Sensitivity, how it affects the brain, and how to manage it alongside ADHD.

Register: <https://www.additudemag.com/webinar/hps-and-adhd/>

Understanding Tourette Syndrome and Co-Occurring Conditions

Wednesday, November 18, 2020, 7:00pm – 8:00pm

Learn about tic disorders, which may accompany ADHD, OCD, or anxiety, along with tips on how to help your student with virtual learning.

Register: <https://register.gotowebinar.com/register/4195614734972573966>

Organized Chaos: Executive Functioning Strategies for Learning in a Variety of Environments

Wednesday, November 18, 2020, 7:30pm – 9:00pm

Learn key strategies and tips for K-12 students on time management, physical and digital organization of workspace, ergonomics, and planning.

Register: https://us02web.zoom.us/webinar/register/9216032881733/WN_QC3XN7kyRuGRJQ1UzzMD0g

Challenging Behaviors: - ABCs of Behavior & How to Respond

Thursday, November 19, 2020, 10:00am – 11:30 am or 6:30pm – 8:00 pm

Learn how to teach self-control strategies along with tips on how to proactively prevent challenging behaviors.

Register: https://docs.google.com/forms/d/e/1FAIpQLSe5zNKjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name=

Advanced Training in the Collaborative and Proactive Solutions Model

Friday and Saturday, November 20 and 21, 2020, 9:00am – 4:00pm, online, \$200

Direct teaching, interactive case studies, and Q&A will provide an in-depth orientation to key themes, assessments and treatment facets of this model.

Register: <https://campaign.gmdpages.com/4children-dr-greenes-2-day-workshop/>

ADHD Anger, Tantrums, and Mood Shifts: Effective Treatments for Emotional Dysregulation

Tuesday, November 24, 2020, 1:00pm, with *replay link*

Learn the causes of, and effective treatments for emotional dysregulation, a common and under-appreciated challenge for many children with ADHD.

Register: <https://www.additudemag.com/webinar/anger-management-adhd/>

SEPTA - Recommended *On Demand* Resources

Dyslexia & the IEP – How to Make Sure the IEP Is in Tip-Top Shape, \$200 (*scholarships available*), webinar, available 24/7

Access: <https://www.youtube.com/watch?v=frehRL58UTs>

Parent – Child Journey, \$200, (scholarships available)

Online course; content available for one year.

This program helps parents identify the source of their child's challenging behavior and learn what they can do about it; for parents of children ages 3-12.

Information: <http://www.parentchildjourney.com/journey/>

Accommodations for Recreational Classes and Camps with Fairfax County Parks

Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email gary.logue@fairfaxcounty.gov or 703.324.8563.

Scholarships for Classes with Fairfax County Parks

Children of families that receive public assistance, (i.e., Medicaid, free school lunch, SNAP, TANF), are eligible to take one set of classes per quarter for a \$15 registration fee.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

NAMI Basics

This 6-session course is for adults who provide care for youth, (ages 22 and younger), who are experiencing mental health symptoms (including ADHD and ASD).

Register: <https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

Wrightslaw Special Education Law and Advocacy Training, \$50-\$90

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

The Parent Playbook

9 Module Online Course on Autism

From the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Adapted Recreation for Kids – Fairfax County Parks

Swimming, gymnastics, ice skating, fitness, park explorers.

Information: <https://www.fairfaxcounty.gov/parks/adapted-programs>

Fairfax County Therapeutic Recreation

Program is currently inactive but may resume in the future.

Information: <https://www.fairfaxcounty.gov/ncs/tracers/up/ProgramListing.aspx?pDGID=2>

SEPTA - Recommended Support Groups for Youth

Autism Social Club – For teens and young adults with ASD meets virtually Saturdays, 12:00pm – 1:00pm. Contact: Dr. Nicci Dowd, autismsoclub@gmail.com

Back to School Online Support Group – Meets the second Tuesday of each month at 6:30pm. Talk with peers and get ideas.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeMCUsoJt-4SQnLkFR0lj7OtV3WcEbEAA7got97KAG_Yi2omQ/viewform

Stronger Together – Meets alternate Tuesdays, 7:00pm – 8:00pm, beginning October 6, 2020. This peer support group is for youth ages 14 – 22. Parents, caregivers, and guardians meet elsewhere at the same time, and both groups are facilitated by professionals. Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>

Teen Topics – For teens with and without ASD, meets some Saturdays, 4:00pm – 5:00 pm, to learn and practice social and life skills and to build independence. RSVP Director@ASNV.org.

SEPTA - Recommended Support Groups for Parents

The groups listed below are open to newcomers and are free of charge, except where indicated.

Many group offerings have switched to online format. A diagnosis is not required for participation and confidentiality is respected. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources.

Alpha Moms – Support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Autism Dads – Meets monthly in Falls Church. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism Social Club – For teens and young adults with ASD meets virtually Saturdays, 12:00pm – 1:00pm. Contact Dr. Nicci Dowd at autismsoclub@gmail.com

Autism Society of Northern Virginia Virtual Support Group – Second and fourth Saturday of the month, 1:00pm-2:30pm via Zoom. Meeting ID: 83085728013

Business Networking Event for Special Needs Parents

Alternate Fridays, beginning May 29th and ongoing, 9:00-10:30 am *Via Zoom*. Connect with

fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday of each month at 6:30 pm. Contact Alyssa at ADHDParentMountVernon@gmail.com or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday morning of each month, Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook @loudounahdhsupport
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday of each month at 8:00 pm. Contact Cathy at ocgreulich@aol.com

CSB Family Support Group – Gatlan Center – Meets second and fourth Wednesday of each month from 6:00pm-7:30pm via Zoom. Contact Samar.Chwairy@fairfaxcounty.gov or call 703.799.2882.

D.A.D.S. – Dads Appreciating Down Syndrome – Meets third Tuesday of each month from 7:00pm-9:00pm via Zoom. Contact George Buzby at gbuzby@aol.com or call 703.545.6089.

Dr. Dan’s Support Group for Parents Raising Challenging Children – Meets via Zoom on Mondays, 1:00pm – 2:00pm, Register: www.parentchildjourney.com/journey/

Epilepsy Parent Support Group & Discussion Series – Meets fourth Thursday of each month, 7:00pm -8:30pm. Register: <https://epilepsywdc.org/events/epilepsy-parent-support-group-discussion-series-virtual/>

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy, and serious behavioral problems at home, school, or in the community. Sign up for a phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>

Grupo de Chat para Padres: Unete a nuestro nuevo GRUPO DE CHAT mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw>, (Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.)

NAMI: National Alliance on Mental Illness – builds better lives for affected families. Arlington Parent Support Group meets two Sundays per month at 7:00pm – 8:30pm. Contact Michelle Best at mczero@yahoo.com

OCD Family Support Group – Meets first Monday of each month at 7:30pm. Contact: familygroupocd@verizon.net or call 202.215.5859.

Parents of Autistic Children (POAC-NOVA) Parent Support Group – Meeting times vary. Contact Brianne Russel-Morris at administrator@poac-nova.org.

Parent Café (for all Fairfax County parents and guardians) – Meets via Zoom in English on Monday, 7:45pm – 9:15 pm, and en Español, Miércoles, 7:00pm – 8:30pm. Register at least 24 hours in advance via email at BuildingStrongerFamilies@fairfaxcounty.gov or 703.324.7720

Parents in a Pandemic – A support group for families of children or young adults with developmental and/or behavioral challenges. Meets Tuesdays, twice monthly, 5:30pm – 6:30pm. Contact Diane Manning at dmonnig@thearcofnova.org.

Stronger Together – Meets alternate Tuesdays, 7:00pm – 8:00pm, beginning October 6, 2020. This peer support group is for youth ages 14 – 22. Parents, caregivers and guardians meet elsewhere at the same time, and both groups are facilitated by professionals.

Register: <https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101?>

[CLICK HERE](#) and scroll down to view SEPTA’s complete list of upcoming events.

Best Buddies International

<https://www.bestbuddies.org/>

State Headquarters 6231 Leesburg Pike, Suite 310 Falls Church, VA 22044
(703) 533-9420

Best Buddies is the world’s largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world. [CLICK HERE](#) to learn more about Best Buddies in the Capital region.

The Parent Educational Advocacy Training Center

<http://www.peatc.org/>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing:

- Services and support for families and professionals;
- Easy-to-understand, research-based information and training; and
- Opportunities for strategic partnerships and advocacy for systemic improvement.

Twice-Exceptional (2e) Handbook

The [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. Please view this brief [video](#) to learn about the contents of the handbook.

For more about FCPS Special Education Instruction [CLICK HERE](#) .