

CAC News

VENTURA COUNTY SELPA, May 2021



INFORMATION FOR FAMILIES AND CAREGIVERS OF STUDENTS WITH DISABILITIES

A collaborative partnership of school districts, staff, students, parents/families, and community agencies

Supporting Equitable Learning, Programs and Access for ALL students.

Community Advisory Committee (CAC)

You are invited, please join us!

CAC Meeting via Zoom

May 3, 2021 4:00pm to 6:00pm

The Ventura County SELPA has a [Community Advisory Committee \(CAC\)](#) that facilitates communication between districts and families, has regular meetings to discuss issues with SELPA leadership, and provides parent trainings on topics such as the IEP process, behavior strategies, life after high school and social skills. The CAC promotes services and resources for special education students and their families. We meet in early September and on the first Monday of November, February and May. [CAC Meeting Schedule](#)

Please call the Ventura County SELPA if you would like to participate in this meeting.

Ventura County SELPA

Located at the Ventura County Office of Education

5100 Adolfo Rd • Camarillo, CA 93012

Phone: 805-437-1560 • Fax: 805-437-1599

Local Plan

2021-2022 Budget and Annual Review

The Ventura County SELPA would like to encourage you to attend a review of the [2021-2022 Local Plan Section D: Budget and Section E: Annual Services](#).

During this meeting, you will be able to learn about the Ventura County SELPA Annual Budget for the 2021 -2022 school year and Annual Services.

In addition to this meeting, the Local Plan will be available for review online for a 30 day time period between May 3, 2021 and June 1, 2021.

A public hearing will also be held for the VC SELPA Annual Budget and Annual Services on June 7, 2021 at 4:00 pm.

Please call the Ventura County SELPA if you would like to participate in this meeting.

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Mental Health Awareness Month



For 2021's [Mental Health Awareness Month](#) NAMI will continue to amplify the message of "You Are Not Alone". Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives – a nation where no one feels alone in their struggle.

[Mental Health By The Numbers](#)

[Support and Education](#)

[Mental Health Conditions](#)

Are You Concerned?

It's easy to know when your child has a fever. A child's mental health problem may be harder to identify, but you can learn to recognize the symptoms. Sudden changes in your child's behavior can tip you off to a problem.

SIGNS THAT YOUR YOUNGER CHILD MAY NEED HELP:

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Sadness that doesn't go away
- Hyperactivity

- Persistent nightmares
- Persistent disobedience or aggression
- Hurting or destroying things
- Frequent temper tantrums

SIGNS THAT YOUR OLDER CHILD OR TEEN MAY NEED HELP:

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Exercising too much
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger that seems to come from nowhere
- Explosive behavior

Can symptoms be caused by stressful events?

Yes, events like a death in the family, illness in a parent, the stress of family financial problems or divorce can affect every member of a family, even the youngest child. It's normal for stress to cause a child to be upset. Remember this if you see mental, emotional, or behavioral symptoms in your child. Take note if he or she gets better with time. If more than a month goes by, professional help may be needed.

Intellectual and Developmental Disability (I/DD) and Mental Illness

- 30-40% of all persons with I/DD have a psychiatric disorder.
- 10-20% have challenging behavior (self-injury, aggression, destructive behavior) severe enough to impair daily life.
- Yet, they are under-diagnosed, not treated, or inappropriately diagnosed.
- Symptoms of mental illness often present differently in individuals with intellectual disabilities.
- Determining accurate psychiatric diagnosis becomes especially difficult as the level of intellectual functioning declines

[Support Needs of People with I/DD and Co-Occurring Mental Health Challenges and their Families](#)

SELPA Mental Health Resources

[Educationally Related Social Emotional Services \(ERSES\)](#)

[Social Emotional Services](#)

[Social Emotional Continuum](#)

[Residential Care Fact Sheet](#)

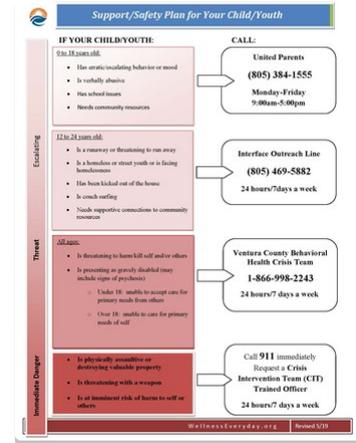


Community Mental Health Resources

[Wellness Everyday](#)

[Distance Learning Mental Health Resources](#)

[United Parents](#)



Better Hearing and Speech Awareness Month

Speech, language, or hearing problems can lead to trouble making friends and doing well in school. Give your child success—get help early.

Find your child's age below and learn about her speech, language, and hearing development.

- [Birth to One Year](#)
- [One to Two Years](#)
- [Two to Three Years](#)
- [Three to Four Years](#)
- [Four to Five Years](#)



Children develop at their own rate. These charts tell you when **most** children who speak only one language will reach each milestone. Your child should master the skills listed by the time he reaches the top of the age range. Missing one skill in the age range does not mean he has a problem. You may want to seek help if you answer "no" to most of the skills. Here are some of the key benefits of early treatment:

Maximizes a child's success. Treatment at any age is worthwhile, but earlier is usually most effective. Early treatment can reduce the need for school-based services later.

Saves time and money. It can take less time to treat a communication delay or disorder when families act on the early warning signs. Fewer treatment sessions can also mean fewer out-of-pocket expenses. Many early intervention programs offer free or low-cost services to children ages birth to 3 years and their families. They also can link you to other community supports.

Prepares a child for kindergarten. What happens between birth and age 3 lays the foundation for kindergarten readiness. Strong speech, language, cognitive, and social skills are necessary for reading, writing, and academic success—as well as all the other demands of school.

Sets a child on a course to school, social, and life success. All families want what's best for their children. Acting early can have positive, long-lasting effects on your child's communication, social relationships, learning, and daily life activities well into adulthood.

Hearing Loss:

- [What is Hearing Loss?](#)
- [Types of Hearing Loss](#)
- [Causes of Hearing Loss](#)
- [Effects of Hearing Loss on Development](#)
- [Auditory Processing Disorder](#)
- [Tinnitus](#)
- [Unilateral Hearing Loss in Children](#)

Learn more about the benefits of early identification and treatment at:
www.IdentifytheSigns.org.

Apraxia Awareness Month

During Apraxia Awareness Month, [Apraxia Kids](#) hopes to make an impact and Be the Voice for children with apraxia of speech!

WHAT IS CHILDHOOD APRAXIA OF SPEECH (CAS)?

Childhood apraxia of speech (CAS) is a motor speech disorder that makes it hard for children to speak. Children with the diagnosis of apraxia of speech generally have a good understanding of language and know what they want to say. However, they have difficulty learning or carrying out the complex movements that underlie speech.



WHAT IS THE DIFFERENCE BETWEEN CAS AND A SPEECH DELAY?

A true developmental delay of speech is when a child is following a "typical" path of speech development, although at a rate slower than normal. A child with apraxia of speech is on a "different" path, and has difficulty planning the movement sequences required for speech. This may result in inconsistent errors and difficulty with smooth transitions from sound to sound or syllable to syllable to form words, phrases, and sentences.



Ventura County Hearing and Audiology Services

[Ventura County Hearing Conservation](#) and Audiology Services supports Ventura County schools and community in the provision of comprehensive hearing screening, in-depth hearing evaluation, and collaborative special education supports to minimize the educational impact of hearing loss.

SELPA Resources

[Deaf and Hard of Hearing Resources and Publications](#)

[Apraxia of Speech Guide](#)



Hunter Syndrome (MPS II) Awareness Month



Prader-Willi Syndrome (PWS) Awareness Month



Williams Syndrome (WS) Awareness Month

Hunter Syndrome (MPS II)

[Hunter Syndrome](#) (MPS II) is a mucopolysaccharide disease known as Hunter syndrome. MPS II has a wide range of symptoms that vary in severity and can be managed and treated with enzyme replacement therapies. There is no cure for MPS II.

MPS II patients are missing the enzyme iduronate sulfatase, which is essential to breaking down the mucopolysaccharides dermatan and heparan sulphate. These materials remain stored in the body's cells, causing progressive damage. Babies may show little sign of the disease, but as cells sustain damage, symptoms start to appear.

Prader-Willi Syndrome

The symptoms of PWS change over time in individuals with [PWS](#), and a detailed understanding of [the nutritional stages of PWS](#) has been published.

In addition to obesity, a variety of other symptoms can be associated with Prader-Willi syndrome. Individuals usually exhibit cognitive challenges, with measured IQs ranging from low normal to moderate intellectual disability. Those with normal IQs usually exhibit learning disabilities. Other issues may include growth hormone deficiency/short stature, small hands and feet, scoliosis, sleep disturbances with excessive daytime sleepiness, high pain threshold, speech apraxia/dyspraxia, and infertility. Behavioral difficulties may include obsessive-compulsive symptoms, skin picking, and difficulty controlling emotions. Adults with PWS are at increased risk for mental illness. PWS is a spectrum disorder and symptoms vary in severity and occurrence among individuals.

Williams Syndrome (WS)

[Williams Syndrome](#) (WS) is a rare genetic condition that is present at birth and can affect anyone. WS affects 1 in 10,000 people worldwide – an estimated 20,000 to 30,000 people in the United States. It is known to occur equally in both males and females and in every culture.

It is characterized by medical problems, including cardiovascular disease, developmental delays, and learning challenges. These often occur side by side with striking verbal abilities, highly social personalities, and an affinity for music. WS occurs equally in males and females and in all cultures worldwide.

There are many [features](#) common to those with Williams syndrome.

Future SELPA Events

You can find our [Future Events List](#) by clicking on the "Workshops and Conferences" tab. You can also find the fliers for any /all SELPA events by clicking the "Workshops and Conferences" tab on the [SELPA](#) website homepage and then clicking on the date.

SELPA Email Sign-Up

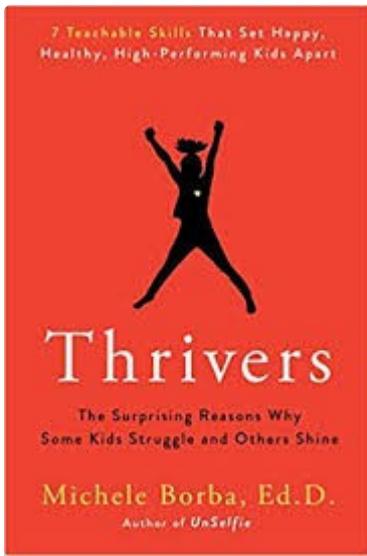
Email Sign-Up!



The Ventura County SELPA is dedicated to providing information and support to families and caregivers of students with disabilities so that they can be informed partners in the educational process of their children. There are numerous activities and resources that are provided to fulfill that mission.

[Sign up to receive announcements of informational items for families directly to your email.](#)

Community Events



From Surviving to Thriving!

Join renowned educational psychologist Dr. Michele Borba for a unique virtual learning engagement. Across four webinar sessions, Dr. Borba will guide participants from across California through each chapter of her latest book, *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine*. She will outline the seven essential character traits that help children thrive, including the ability to nurture a caring heart, develop a strong mind and cultivate a determined will. Participants will leave each session with relatable and applicable ideas to help students learn and grow.

This series is designed for families, educators, and all champions for kids and youth!

The first 1,000 registrants will receive Dr. Borba's book, *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine*, so register now!

Please register for the Summer webinar series below. If you have any questions, please contact SIP Project Coordinator, Janelle Mercado at: jmercado@edcoe.org or Program Assistant, Jessica Takacs at jtakacs@edcoe.org

[Register Here For The Summer Series](#): June 2, 9, 16 & 23, 2021

SELPA Resources



Distance Learning/Covid-19 Information

[Educators](#)

[Parents](#)

[School Reopening Questions and Answers](#)

Transition Resources

[Transition Resources](#)

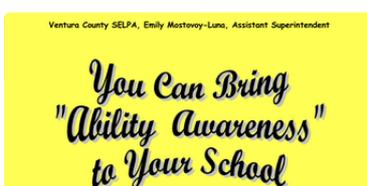
[Special Education Rights at Age of Majority](#)

[Transition Information For Students](#)

[Transition Agency Padlet](#)

Just a Reminder....

Starting again in Fall 2021, you can bring Ability Awareness to your school.



Available to all Schools in Ventura County SELPA!

- Ideal for PTAs, PTCs, PFCs and special education groups
- For Elementary and Middle Schools
- Ability awareness fairs are opportunities for helping students understand different disabilities and the challenges their peers face.
- All materials are provided for you.

Areas covered are ADHD, Autism, Communication Disorders, Deaf/Blind, Fine Motor Disabilities, Hearing Impairment, Intellectual Disability, Learning Disabilities, Mobility Disabilities, and Visual Impairment. All you need to provide is the volunteers to man the stations! It's that easy!!

This is a 3-day event for most schools so all classes may have the opportunity to experience this unique opportunity.

COST: \$250.00

Please call the Ventura County SELPA for more information at (805) 437-1560 or via e-mail at vcselpa@vcoe.org.

Rainbow Connection Family Resource Center

For more information and to register or for ongoing Support Groups, Training & Activities go to:

www.rainbowconnectionfrc.weebly.com

Call: 805-485-9643 or 800-332-3679

Email: rainbow@tri-counties.org



State Council on Developmental Disabilities (SCDD)

Welcome to SCDD!

The State Council on Developmental Disabilities ([SCDD](http://www.scdd.ca.gov)) is established by state and federal law as an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need.

Consumers know best what supports and services they need to live independently and to actively participate in their communities. Through advocacy, capacity building and systemic change, SCDD works to achieve a consumer and family-based system of individualized services, supports, and other assistance.



Vision:

Californians with developmental disabilities are guaranteed the same full and equal opportunities for life, liberty, and the pursuit of happiness as all Americans.

Mission:

The Council advocates, promotes and implements policies and practices that achieve self-determination, independence, productivity and inclusion in all aspects of community life for Californians with developmental disabilities and their families

Meet Councilmember Sandra Aldana



TRI-COUNTIES REGIONAL CENTER

Tri-Counties Regional Center is one of twenty-one non-profit regional centers in California providing lifelong services and supports for people with developmental disabilities residing in San Luis Obispo, Santa Barbara and Ventura Counties.



TCRC provides person and family-centered supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning, and recreating in the community.

<https://www.tri-counties.org>

[Register Here For Regional Email Alerts](#)

Re-Opening TCRC Offices

Effective May 3rd, will welcome TCRC staff back to their offices. Throughout the reopening process, the health and safety of our visitors and employees remains a top priority. Facilities have been adapted to allow for social distanced work stations and air quality monitoring has been added to conference rooms. The tiered plan will allow for visitors in TCRC offices approximately one month after offices re-open: June 1st by appointment only. TCRC looks forward to safely reconnecting with in the

On-Call Managers

Simi Valley Office: (805) 456-8020 sv@tri-counties.org

Oxnard Office: (805) 456-8021 ox@tri-counties.org

Early Start Program – Newborn to Age 3, No Referral Needed

Are you concerned about your [child's development](#)? Does any aspect of their speech, physical abilities, behavior, or any other area seem delayed? We want you to know that the Tri-Counties Regional Center Early Start program is here to identify and treat developmental delays in children 0-3 years of age. These services are free; there is no cost to you. Our clinical and intake teams are fully operational. Please share the word that anyone may refer to our Early Start program. If you are concerned about your child's development, visit our [Connect with an Intake Coordinator](#) web page. Learn more about our [Early Start program here](#).

SELPA COMMENDATIONS

To nominate someone (Teacher, Student, Parent, Specialist) for "going above and beyond" in serving special education students and/or families, go to the [SELPA website](#), click on "Information for Families" and look under CAC for an application.



Ventura County SELPA

 Facebook  @VenturaCOE

The Ventura County SELPA office is responsible for the implementation of the Ventura County Special Education Local Plan, and for ensuring a free appropriate public education to all students with identified disabilities according to the Individuals with Disabilities Education Act PL 94-142 (amended by PL 108-446, 2004).

 5100 Adolfo Road, Camarillo, C...  vcselpa@vcoe.org
 805-437-1560  vcselpa.org

[Emily Mostovoy-Luna](#) - Associate Superintendent

[Sarah Fontenot](#)- Administrative Assistant III

Local Plan Implementation

Interagency Coordination, Policies & Procedures

SELPA Office Operations

Related Staff: Adapted PE Teachers, Assistive Technology Assessment Center, Orientation & Mobility Specialists, Residential Placement Consultants

[Regina Reed](#) - Director of Personnel Development

[Barbara Rush](#) - Administrative Assistant II

Program & Personnel Development

ERSES Program & COEDS

Behavior

Early Start

Related Services Staff: Social/Emotional Services Specialists, DHH Teachers

Joanna Della Gatta - Director of Technical Support and Transition

Juanita Delgadillo - Administrative Assistant II

SIRAS Support, Forms & Instructions

Private Schools

Pattern of Strengths & Weaknesses Model

WorkAbility Program

Transition

Related Services Staff: Occupational Therapists, Physical Therapists, WorkAbility Specialists

