



# *Developmental Disabilities Resource Center*

Children and Family Services \* 11177 West 8th Avenue Suite 300 \* Lakewood, Colorado 80215  
Voice (303) 233-3363 \* Toll Free (800) 649-8815 \* Fax (303) 233-4622

## **CHILDREN AND FAMILY SERVICES NEWS & RESOURCE LETTER May 2010**

### **Greetings!**

#### **DDRC Central Reception 303.233.3363 CFS Staff & Direct Lines 303-462 + extension**

Rachel Baldon, Resource Coordinator (6621)  
Molly Balmes, Service Coordinator (6615)  
Lindsay Bollwahn, Service Coordinator (6570)  
Sherri Go (Dupuis), Service Coordinator (6619)  
Tracy Fields, Service Coordinator (6661)  
Rosa Harford, Bilingual Service Coordinator (6658)  
Monica Jeske, Service Coordinator (6657)  
Susan Johnson, CFS Director (6612)  
Sue Lewis, CFS Assistant (6576)  
Susanne Lindwood, Children's Intake RC (6610)  
Corinne Lipski, (3-18) RC Team Leader (6617)  
Allicia Maestas, Senior RC (6639)  
Joy Miles, (0-3) SC Team Leader (6656)  
Desiree Nash, Resource Coordinator (6577)  
Yvette O'Hara, Service Coordinator (6586)  
Ramee Otterpohl, Resource Coordinator (6613)  
Sheryl Vick, Resource Coordinator (6527)  
Kris Stolzenburg, Service Coordinator (6620)  
Joann Wilson Resource Coordinator (6651)

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DDRC's regular business hours are Monday through Thursday 8:00 AM to 5:30 PM. For information about DDRC services and other useful links visit our website at [www.ddrcco.com](http://www.ddrcco.com). Staff email addresses are First name.Last name@ddrcco.com

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#### **3<sup>rd</sup> Annual TRIAD ECC CHILDREN'S CHAMPION BREAKFAST**

Triad, the Early Childhood Council of Clear Creek, Gilpin, and Jefferson Counties, presents the 3rd Annual Children's Champion Awards. You are invited to join service providers, policy makers, and community members in learning more about the state of well being for our young children, collaborative efforts to improve services and outcomes for children, and honoring those who have made significant contributions to improving the lives of young children and their families. Guest speaker: Senator Evie Hudak  
June 1, 2010 7:30 AM - 9:30 AM  
Sheraton Denver West Hotel  
City Lights Room 1 & 2  
360 Union Blvd. Lakewood, CO 80228  
RSVP to Michaela Sanders at 303-914-6307

### **GUARDIANSHIP and other OPTIONS**

#### **When a Person Turns 18**

**A two-part series** Presented by DDRC and The Arc in Jefferson County

**Session 1: Monday, June 21, 2010**

4:30 to 6:30 pm

DDRC

11177 West 8th Ave  
Lakewood, CO 80215

This is a panel discussion to learn all about guardianship and answer your questions. What alternatives are available? What are your responsibilities? What does it mean for a person with disabilities?

**You must attend Session 1 to attend Session 2**

**Session 2 (optional): Monday, June 28, 2010**

4:30 to 6:30 pm

DDRC

All guardianship paperwork, as required by law, will be provided and step-by-step instructions on completing the forms.

Space is limited. RSVP required.

Please RSVP to Megan Martin at  
303-462-6590

#### **DDRC 18<sup>th</sup> Annual CHARITY GOLF TOURNAMENT**

Benefitting people with developmental disabilities.

Arrowhead Golf Club – August 16<sup>th</sup>

Presenting sponsor, 1STBANK!

Arrowhead Golf Course has incredible scenic views and accommodating facilities. For more information and registration go to our web site at [www.ddrcco.com/golf](http://www.ddrcco.com/golf) and see what you'll get when you sign up to play in our tournament.

Also go to [www.arrowheadcolorado.com](http://www.arrowheadcolorado.com), click on golf and take the course tour. Please share this information with your friends, put together your foursome, sign up early, and/or let us know of any businesses that may want to be a sponsor. For more information please call Megan Martin 303-462-6590 or Ron Marquez 303-462-6623.

### **JEFFERSON CENTER PARTNERS**

Quick, easy access to low-cost counseling services! Help for individuals and families coping with the challenges of the severe economic downturn, and other tough life issues.

**Short term counseling for individuals and families:** quick, easy access to outpatient counseling services; \$5 co-pay.

**Wellness Services:** access to free classes and groups on topics that help people manage stress, such as ‘managing stress’, ‘managing anxiety’, household budgeting’, and ‘healthy eating on a budget’.

**Navigation Services:** free assessment, screening and problem solving for all public benefits; referrals to resources in the community  
For more information call (303) 425-0300.

### **CLINIC SERVICES AVAILABLE through JEFFERSON COUNTY PUBLIC HEALTH**

Family Planning, Sports’ Physicals, Teen Physicals, HIV Counseling & Testing, Sexually Transmitted Diseases (STD), Cancer Screening, and Adult Health!

Clinic visits are by appointment only! Charges for clinic services are on a sliding fee scale based on income. Services will not be denied due to inability to pay.

Lakewood Clinic Call 303-239-7078

260 S. Kipling Lakewood

Arvada Clinic Call 303-275-7500

6303 Wadsworth Bypass Arvada

For information on immunization clinics call 303-232-6301

### **PRODUCE & HEALTH FAIR**

Each adult will receive a bag of free fruits and vegetables! Cooking demonstrations & Health Resources! No income or residential requirements to participate

9:00 a.m. to 11:30 a.m.

**Friday, June 11<sup>th</sup>, 2010**

**Friday, July 16<sup>th</sup>, 2010**

**Friday, August 13<sup>th</sup>, 2010**

Healing Waters Family Center

6475 West 29<sup>th</sup> Avenue

Wheat Ridge, CO 80214

This project is funded in part by LiveWell Colorado, a non-profit committed to reducing obesity in Colorado by inspiring healthy eating and active living.

### **SOCIAL SKILLS GROUPS for Children**

#### **Ages 6-11**

The groups will address the following areas of need using instruction, team activities, group discussion, role-play, and other fun activities:

- Friendship Skills and Getting Along with Others
- Coping & Calming Skills & Conflict Resolution
- Focus and Attention
- Self-Esteem and Self-Confidence
- Reading social cues & Reciprocal Social Communication

#### **Summer Sessions (5 weeks) \$95/resident**

Session 246101-01 Mondays: June 7 – July 12  
(no class July 5) from 3:30-4:15

Session 246101-02 Mondays: July 26 – August 23 from 3:30-4:15

#### **Green Mountain Recreation Center in Lakewood**

To Register Call: 303-987-7830

Or Register online: [www.lakewood.org](http://www.lakewood.org)

The groups are run by an Education and Behavior Consultant with a teaching credential and Masters Degree in Special Education. For questions please call (303) 667-9792 or visit website: [www.DenverBehaviorConsultants.com](http://www.DenverBehaviorConsultants.com)

### **REBUILDING TOGETHER Metro Denver**

- Do you need assistance with home repairs or energy savings?
- Are you over 55 or have a disability?
- Do you live on a limited income?
- Do you own and occupy your home?

You may be eligible for this program! They do: ramps, furnace repairs, water heater replacement, handrails and grab bars, doors and windows, light plumbing and electrical work, insulation, energy improvements, smoke alarms, roof repair, and appliances. Rebuilding Together partners with the community to rehabilitate homes of low-income seniors and disabled individuals at no cost so they may live in warmth, safety and independence. For more information or to volunteer call 720-524-0840.

### **TELEPHONE ASSISTANCE AVAILABLE**

To learn more about which low income programs allow you to qualify for telephone assistance and how to apply, visit [www.qwest.com/TAP](http://www.qwest.com/TAP) or call Qwest at 1-800-244-1111

**DDRC BEHAVIORAL HEALTH TEAM**  
**Trainings for Parents and Caregivers 2009**

All trainings will be held at DDRC  
11177 West 8<sup>th</sup> Avenue Lakewood, CO 80215

**Toilet Training-Is it that time?**

Is it time to start toilet training? How do I begin? This presentation is intended for **parents/caregivers** who are interested in beginning the toilet training process or are experiencing difficulty with the process. The training will address:

- Child and parent readiness
- Preparation for and development of a toileting plan
- The toilet training process
- Problem solving strategies

Cost: \$10 pp/ \$15 per couple

Date and Time: October 13, 2010 9:00 to 11:00 am

Facilitator: Pamela Martien, M.Ed., BCBA/ Tina Hanson, MS, BCBA

RSVP: online or with Paula Emerson 303-233-3363

**Understanding Why Challenging Behaviors Occur With Children and What You Can Do About It**

This training will provide **parents/caregivers** with tools to aid in determining why their child is engaging in a challenging behavior and will provide tips on how to develop strategies to change the behavior. This training is **ideally for parents of children ages 1 to 5 years old.**

Cost \$10 pp/\$15 per couple

Date and Time:

November 17, 2010 9:00 to 11:00 am

Facilitator: Tina Hanson, MS, BCBA

RSVP: online or with Paula Emeson 303-233-3363

**Preventing Challenging Behaviors in Your Young Child with Special Needs**

This training is intended for **parents/caregivers** who have a young child (*birth to age 3*) with special needs. This training will answer the following questions:

- Why are challenging behaviors more prevalent in persons with special needs?
- How/Why do challenging behaviors develop?
- How do I *prevent* challenging behaviors occurring with my child?
- What are the critical skills I need to teach my child?
- How do I teach these critical skills?

Cost: \$10 per person or \$15 per couple

Dates and Times:

September 23, 2010 9:00 - 11:00 am

Facilitator: Tina Hanson, MS, BCBA

RSVP: online or with Paula Emeson 303-233-3363

**MOBILIZING FAMILIES SEPT/OCT 2010**  
**Presented by the Arc in Jefferson County**

When a child is identified as having special needs, parents can feel as if they've entered an uncharted world without maps or a compass or the basic tools and information to ensure their child's well-being. There is so much to learn and do that it can be hard for families to know where to start or how to begin. Generously funded by the McDonnell Family Foundation, *Mobilizing Families* is an award-winning 8-week training program designed to equip families with the necessary resources to access support and be the best advocates for their children.

**Classes will be held Thursdays from 6-9 PM on the following dates:** September 9, 16, 23, 30 and October 7, 14, 21, 28

Session materials, training, dinner, and child care will be provided at no cost to participants.

To register or for more information, call Jo Lynn Osborne at (303) 232-1338 x206 or email [joLYnn@arcjc.org](mailto:joLYnn@arcjc.org).

**SENIOR REACH**

Concerned about an older person?

Senior Reach is a community program that identifies older adults who may need emotional or physical support and/or connection to community services. It's a simple way to help older adults get assistance before a serious crisis develops. If you know an older adult who seems distressed or is in need of assistance, call 1-866-217-5808 or go to [www.seniorreach.org](http://www.seniorreach.org)

**COMMUNITY RESOURCES & HOUSING DEVELOPMENT CORPORATION**  
**(CRHDC)**

Determine if homeownership is right for you, learn about the home buying process, and avoid common pitfalls. Certified advisors assist clients in achieving homeownership and financial security through one-on-one advisory sessions and group education. Pre-purchase assessments, foreclosure prevention services, homebuyer education classes, financial fitness classes, home equity conversion mortgage counseling, and post-purchase education. For more information call 303-428-1448, or visit [www.crhdc.org](http://www.crhdc.org)