

# Michigan Family Connections Newsletter

WINTER 2023

## Making Music and Changing Lives

Famous musician Bono once said “Music can change the world because it can change people.” A simple note or song can invoke some of our most powerful emotions. It is no wonder that music can also be therapeutic.

Music therapy is the clinical, evidence-based, use of music interventions to meet individualized goals. It must be performed by a credentialed professional who has completed an approved music therapy degree program.

Music Therapists assess emotional and physical well-being, social functioning, communication abilities and cognitive skills through musical responses. They use this information to design music therapy sessions based on their client’s needs using a variety of interventions.

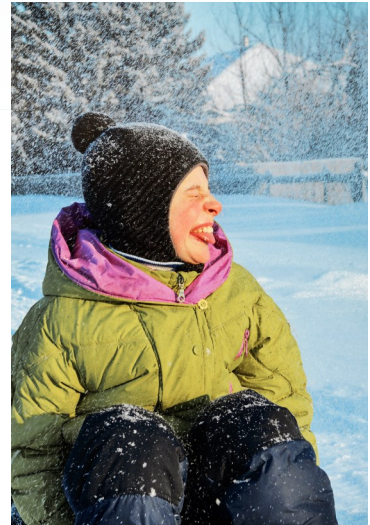
The different activities may include: music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, learning through music, and music performance.

Individuals with mental health needs, developmental and learning disabilities, brain injuries, physical disabilities, and other acute and chronic conditions can all benefit from music therapy.

Stacy Bell, whose daughter, Josie, attends music therapy at Harmony Gardens Music Therapy, LLC, in Jackson, has seen the tremendous impact that music therapy has had on her daughter.

“The way she lights up with her music therapist is exciting, and encouraging”, she said. “It is nice for her to have an activity she truly enjoys. She is so happy afterward, and it is good for any level and any ability.”

To locate a certified Music Therapist search the directory of the [Certification Board of Music Therapists](#)



A newsletter for families of children and youth with special health care needs, and the professionals who care for them. Connecting you with information and news you can use.

A virtual publication brought to you by the Family Center for Children and Youth with Special Health Care Needs and Michigan Family to Family Health Information Center



*Pictured above: Josie at music therapy*

## Beaverton Buddies Are Making A Difference

Beaverton School District in Gladwin County recently created a Buddies program, a peer-to-peer program pairing high school general education students with elementary students who have an Autism Spectrum Disorder (ASD) diagnosis.



***Pictured above: Alex, Beaverton High senior and Tanner, Beaverton Elementary student.***

The program takes the high school students through several modules on topics specific to Autism, including how to engage effectively with those with an ASD diagnosis.

Following the modules, the students are paired with a student with ASD, where they spend several hours a week helping with things such as communication skills, socialization, behaviors, academic skills and anything else helping both students become more successful.

This program exists to help eliminate stereotypes and create relationships to ensure that all students, diagnosis or not, have a buddy!

A video was created to share information about the program and its benefits. You can watch ***Beaverton School Presents...Buddies!*** on [Beaverton School's YouTube.](#)

## MI DD Council Sexuality Educator Workshop

People with disabilities are sexual human beings. This means that like all humans, they have sexual feelings and needs. Many people with disabilities get negative messages about sexuality.

The Michigan Developmental Disabilities Council wants to ensure that people with disabilities have access to sexuality education. To do this, they are working to create a cadre of trained educators throughout our state using the Elevatus training curriculum.

This curriculum aims to dispel myths and replace them with positive messages for people with developmental disabilities.

This workshop will help increase your skill and comfort level when addressing sexuality with

people. Join them for this free interactive educational opportunity by staff of the Michigan Developmental Disabilities Council and self-advocate peer educators.

The series will occur virtually on the following dates and times:

Feb 24, 27 and 28, 2023 from 9 am to 3 pm

To register, please use the following link:

[MI DDI Becoming a Sexuality Educator Registration](#)



## MI HEARTSafe School

Sudden cardiac death of the young (SCDY), or sudden unexplained death, occurs when a young, apparently healthy person dies suddenly from a cardiac arrest or an unknown cause.

SCDY claims the lives of more than 300 Michigan children and young adults between the ages of 1-39 years annually.

The Michigan Alliance for Prevention of Sudden Death of the Young (MAP-SCDY) works to prevent death due to sudden cardiac arrest by encouraging communities to be prepared to provide the best possible response to a cardiac emergency.

The MI HEARTSafe School Award Program was created to support school communities' efforts to prevent SCDY. Schools are supported to create a cardiac emergency response plan, including screening athletes for inherited sudden cardiac arrest syndromes and increasing the

awareness of how to recognize the signs of a sudden cardiac arrest and respond quickly.

The MI HEARTSafe Schools Award Program helps schools prepare for a cardiac emergency. Schools meeting the criteria will be awarded the MI HEARTSafe School designation, receive a letter of commendation, and be featured on their website, **all at no cost to the school.**

The MI HEARTSafe School application period for the 2022-2023 school year is open January through May 15, 2023. For more information about the program, eligibility, and how schools can apply, visit the [MI Genetic Resource Center website](#).



## 2023 FINDS National Survey Opportunity

The Research and Training Center on Community Living at the University of Minnesota, in collaboration with The Arc of the United States, is conducting the Family and Individual Needs for Disability Supports (FINDS) Survey\*. This survey was last completed in 2017, and they recognize that a lot has changed since then.

This survey seeks information from caregivers to learn about the kinds of supports families provide along with the effect that providing supports has on families.

It is open to family members or unrelated caregivers (such as a friend or neighbor) who provides primary and frequent support to a person with an intellectual or developmental disability (IDD) living in the United States or its territories.

This information is being collected so policymakers and others can understand how families with members living with a disability are doing. The survey can be found at the link below.

[2023 Family and Individual Needs for Disability Supports Survey Link](#)



\*This project is funded through a grant #90RT5019 from the U.S. Department of Health and Human Services, Administration on Community Living, National Institute on Disability and Independent Living Rehabilitation Research.

# MSU Extension Child Development & Parenting

Michigan State University (MSU) Extension helps people improve their lives by bringing knowledge and resources to individuals, communities, and businesses. For more than 100 years, MSU Extension has equipped Michigan residents with the information that they need to do their jobs better, raise healthy and safe families, build their communities, and empower our children to dream of a successful future.

You may know that MSU Extension helps grow Michigan's agriculture economy and identify ways to sustain use of our natural resources. But they also do a lot more. They help people manage chronic illnesses to reduce health care costs. They offer child and family development programs to promote learning success and positive life skills. These programs focus on topics such as guidance and discipline, school readiness, and social emotional development.

With a presence in every Michigan county, MSU Extension faculty and staff provide tools to live and work better. From personal meetings to information online, MSU Extension educators work to provide the most current information when people need it to ensure success.

MSU Extension is a valuable and often overlooked resource for all Michigan families. They offer articles, classes, events, podcasts, recipes, videos, and more. To explore what MSU Extension can offer you, your child, and your family, visit the [MSU Extension website](#).



## Hope for Aging Caregivers Project

The Michigan Developmental Disabilities Institute (MI-DDI) has partnered with Hope Trust to bring you the *Hope for Aging Caregivers* project.

This project will guide family caregivers to plan for their loved one's future. Project participants will work with a Family Support Navigator (FSN) to use the Hope Trust platform to create a care plan.

*Hope for Aging Caregivers* aims to improve the health and well-being of aging family caregivers of adults with intellectual and developmental disabilities. The project will use new technology that enables coordinated, cost-effective and sustainable care planning.

MI-DDI is recruiting a limited number of family caregivers who support an individual with intellectual/developmental disabilities.



HOPE TRUST



Caregivers must be at least 50 years old.

Participation is free. Families who participate in the project will receive:

- Support from a FSN to guide the creation of a care plan for their loved one
- Draft of a special needs trust

If you are interested in participating in this project, please go to the [Interest Form Link](#).

Questions? Contact Nia Anderson at [cp8512@wayne.edu](mailto:cp8512@wayne.edu)

## Statewide Youth Advisory Committee Opportunity

The Association for Children’s Mental Health’s Statewide Youth Advisory Committee (YAC) is currently accepting applications for membership.



This opportunity is open to all youth, ages 15 - 20, in Michigan who have or are currently experiencing a mental health or behavioral challenge.

The YAC empowers and supports Michigan youth to create positive changes in policies that impact them, giving them the opportunity to advise legislators, mental health administrators and community members about important issues that matter to youth and work on awareness projects that are meaningful to them.

It is a fantastic opportunity for youth and young

adults interested in using their voice to make a difference. They learn leadership and strategic sharing skills that they can take into their future endeavors. The Youth Advisory Committee also looks great on college applications and resumes.

In addition, YAC members are able to network and build connections with both fellow members and mental health and advocacy professionals that they interface within this role.

Applications are due by **March 13, 2023**.

**YAC Links:** [Information Page and Application](#)

You can also watch a video on the [Youth Advisory Committee YouTube Channel](#)

## MTSA “Making the Difference” 2023 Conference

The Michigan Transition Services Association is hosting their 2023 conference, “Making the Difference”, on Feb 21—23, 2023 at the Lansing Center.

The focus of this conference is to provide information, resources, and support to those who assist young adults with disabilities in planning to achieve their transition goals.

The MTSA conference is open to educators, agency personnel, parents, individuals with disabilities and caregivers and features keynote speakers, session presenters, exhibitors and more.

By attending the 2023 MTSA annual



conference, participants can engage and network with professionals in the field of transition, learn new strategies, gain information and new tools, and meet with presenters and exhibitors to discuss various resources.

Conference registration is still open, with all payments due by February 10, 2023.

To register visit:

[MTSA Annual Conference registration website.](#)

# Family Center & MI F2F Trainings and Events

## Parent Connect Calls

- Topic: The Busy Family's Guide to School, Wednesday, February 8, 2023, 11:00 am—12:00 pm.  
[Parent Connect Call: The Busy Family's Guide to School Tickets, Wed, Feb 8, 2023 at 11:00 AM | Eventbrite](#)
- Topic: Transition, Wednesday, March 8, 2023, 4:00 pm—5:00 pm.  
[Parent Connect Call: Transition Tickets, Wed, Mar 8, 2023 at 4:00 PM | Eventbrite](#)

## Professional Connect Calls

- Topic: Children with Special Needs (CSN), Thursday, February 16, 2023, 11:00 am—12:00 pm.  
[Professional Connect Call: CSN Fund Tickets, Thu, Feb 16, 2023 at 11:00 AM | Eventbrite](#)
- Topic: Family Center 101, Thursday, March 16, 2023, 3:00 pm—4:00 pm.  
[Professional Connect Call-FC 101 Tickets, Thu, Mar 16, 2023 at 3:00 PM | Eventbrite](#)
- Topic: Children's Special Health Care Services 101, Thursday, April 20, 2023, 11:00 am—12:00 pm.  
[Professional Connect Call: CSHCS 101 Tickets, Thu, Apr 20, 2023 at 11:00 AM | Eventbrite](#)

## Parent Mentor Trainings

**Weekday Virtual Parent Mentor Trainings:** Tuesday—Wednesday, 9:00 am—11:30 am and Thursday, 9:00 am—12:00 pm.

- February 14-16, 2023

[Virtual Parent Mentor Training Tickets, Tue, Feb 14, 2023 at 9:00 AM | Eventbrite](#)

**Saturday Virtual Parent Mentor Trainings:** Saturdays from 9:00 am — 3:30 pm

- Rare Disease—February 25, 2023

[Saturday Parent Mentor Training: Rare Disease Tickets, Sat, Feb 25, 2023 at 9:00 AM | Eventbrite](#)

- March 25, 2023

[Virtual Saturday Parent Mentor Training Tickets, Sat, Mar 25, 2023 at 9:00 AM | Eventbrite](#)

**Bereavement Parent Mentor Trainings:** Tuesday—Wednesday, 9:00 am—12:30 pm on both days

- March 28—29, 2023

[Bereavement Parent Mentor Training Tickets, Tue, Mar 28, 2023 at 9:00 AM | Eventbrite](#)

## Growing As Leaders: A Parent Leadership Series

Next Workshop is February 15, 2023 from 12:00 pm—1:00 pm.

**Topic: Identifying Your Interests and Passions**

These events are free, registration is required. Open to any parent interested in developing their leadership skills. A joint project of MI F2F and the Parent Leadership in State Govt Initiative.

To register for February 15, 2023 use this link: [Leadership Series Registration](#)

## Who We Are:

The Michigan Family to Family Health Information Center (MI F2F) is a federally funded project. They share resources and information on disability and health issues with families of children and youth with special health care needs.



MI F2F also works with health and other professionals. MI F2F helps families make educated decisions and supports families to partner with various professionals. They work to make services for children and youth with special health care needs better.

For more information and helpful resources, look for us on Facebook or visit our website

### [MI F2F Website](#)



Like us on [Facebook](#)

The Family Center for Children and Youth with Special Health Care Needs (Family Center) is the statewide parent-directed center within Children's Special Health Care Services (CSHCS) and the Michigan Department of Health and Human Services (MDHHS).



The primary role of the Family Center is to offer emotional support, information and connections to community-based resources to families of children and youth with special health care needs, including all children who have, or are at an increased risk for physical, developmental, behavioral or emotional conditions.\*

Family Center Direct Line (517) 241-7630

CSHCS Family Phone Line (800) 359-3722

### [Family Center Website](#)

\*Children do not have to be enrolled in CSHCS to receive services from the Family Center.

**Disclaimer:** The Family Connections newsletter includes information and links to the internet and other resources. These resources are for your consideration only and are not endorsed by the Family Center for Children and Youth with Special Health Care Needs, Michigan Family to Family Health Information Center, or our funders. The Michigan Family to Family Health Information Center is a project of the Michigan Public Health Institute. It is funded by Health Resources Services Administration Maternal and Child Health Bureau under Grant H84MC26214. The information or content and conclusions of the author should not be construed as the official policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government. Furthermore, the information provided should not be used for diagnosing or treating a health problem or disease, and is not a substitute for professional care. Please direct any questions through the Family Phone Line or MI F2F website listed above.