



Families

Fall 2021 Sessions

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<http://www.uwyo.edu/wind/echo/view-past-sessions.html>

Please Note!
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Session Date

Session Title and Description

Session Date	Session Title and Description
September 29, 2021	<p><u>Parenting with Resilience, Part 1: Introduction to Acceptance & Commitment Training</u></p> <p>Learning Objectives: Review the core principles of ACT (Acceptance & Commitment Therapy); Learn how acting in line with your values can lead to more fulfilling family life.</p> <p>Presenter: Megan Coatley, MA, BCBA, Chief Culture Officer, North Range Behavioral Health</p>
October 13, 2021	<p><u>Parenting with Resilience, Part 2: Identifying Personal Values</u></p> <p>Learning Objectives: Learn the difference between values and goals; Uncover your personal values; and Learn how your values can inform your behavior as a parent.</p> <p>Presenter: Megan Coatley, MA, BCBA, Chief Culture Officer, North Range Behavioral Health</p>
October 27, 2021	<p><u>Parenting with Resilience, Part 3: Developing Presence & Self-Compassion</u></p> <p>Learning Objectives: Learn how difficult thoughts and emotions sabotage your efforts to parent and communicate effectively; Discuss "workable" and "unworkable" behaviors and the costs of avoiding our difficult thoughts and emotions.</p> <p>Presenter: Megan Coatley, MA, BCBA, Chief Culture Officer, North Range Behavioral Health</p>



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Fall 2021 Sessions

November 10, 2021

Parenting with Resilience, Part 4: Acceptance & Committed Action

Learning Objectives: Practice ACT strategies for making value-based decisions and acting in line with personal values, even in the face of difficult thought and emotions; Learn to use the ACT Matrix to work through personal problems and decisions that come up in everyday life.

Presenter:

Megan Coatley, MA, BCBA, Chief Culture Officer, North Range Behavioral Health

December 1, 2021

Planning and Organization Skills: Simple Strategies for the New Year

Participants will be able to describe what planning and organizing skills are and be able to list a few simple strategies to target those areas at home and for school.

Presenter:

Dr. Julie Wittman, MEd, PhD, BCBA



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January 13, 2021

Self-Management and Building Independence

This presentation is about teaching children/young adults with disabilities/special healthcare needs to use self-monitoring strategies to improve their own behavior/social skills. The goal is to decrease the need for parents/caregivers to provide prompting and positive reinforcement by teaching the child to monitor their own behavior/social interactions and deliver their own rewards when they demonstrate positive behaviors/social interactions.

Presenter:

Dr. Julie Wittman, Center on Disabilities and Human Development (CDHD), Univ. of Idaho

January 27, 2021

Identifying and Responding to Developmental Concerns

Learning Objectives: At the end of this session, participants will be able to discuss basic developmental milestones and identify at least one strategy to support children in their development. Participants will be able to identify ways to discuss developmental concerns with providers and early care and education staff.

Presenter:

Wendy Warren, Program Manager, Wyoming Institute for Disabilities

February 24, 2021

Family-Centered Telemedicine Appointments

Learning Objectives: At the end of this session, participants will be able to identify barrier busters to help overcome obstacles to access and other concerns related to telehealth services. Participants will be able to identify solutions and resources to promote family-centered telehealth services.

Presenter:

Wendy Warren, Program Manager, Wyoming Institute for Disabilities



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Spring 2021 Sessions

Social-Emotional Support for Families

March 10, 2021

This session will focus on sources of social-emotional support for parents and siblings, social activities for children with disabilities/families, and tools to de-stress.

Presenter:

Dr. Julie Wittman, Center on Disabilities and Human Development (CDHD), University of Idaho

Emotional Support for Families

March 24, 2021

Join us to learn more about anxiety, depression, and special education services for students in the learning environment.

Presenter:

Nikki Sweets, Director, Parent Information Center (PIC)

Family Support & High Fidelity Wraparound Services

April 7, 2021

This session will help families to understand supports available to them in their communities and across the state. We will also discuss team building, empowerment, and resources for families.

Presenter:

Kyla Maestas, Acceptance and Ability Focused Services and Supports, Inc.

Wrap-Up and Discussion

April 21, 2021

This session will reflect on the 2020-2021 ECHO for Families series and participants will provide feedback for needs for 2021-2022.



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September 30, 2020

Establishing Home Routines

This session will discuss establishing home routines, including routines during remote/hybrid learning. We will also include suggestions for successful participation in Telehealth sessions and virtual meetings.

Presenter:

Dr. Julie Wittman, Center on Disabilities and Human Development (CDHD), Univ. of Idaho

October 7, 2020

Accessing and Navigating Telehealth

Learning Objectives: Be able to define Telehealth, be able to identify basic equipment needed for Telehealth, be able to identify at least two ways to support interactions using Telehealth, be able to identify a Wyoming resource to provide support with Telehealth.

Presenter:

Terri Wofford, MS, CCC-SLP, Speech Language Pathologist,
Wyoming Institute for Disabilities

October 14, 2020

Accessing and Navigating Virtual Special Education Services

Participants will be able to describe the special education services that their child is entitled to within the context of COVID-19. Participants will also be able to list multiple online resources that are available to families to support their child with autism or other developmental disabilities or delays at home.

IEP services + COVID-19, remote learning, virtual special education services, virtual IEP meetings, family & peer connections, and online resources will be discussed.

Presenter:

Rachel Freedman, M.A., M.S., BCBA, LABA, Board Certified Behavior Analyst,
Wyoming Institute for Disabilities



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Fall 2020 Sessions

October 28, 2020

Self-Care for Families

This session will discuss establishing healthy boundaries, work/home/family/life balance, practices to promote resilience and coping skills, and maintaining social connections during distance learning.

Presenters:

Wendy Warren, Program Manager, Wyoming Institute for Disabilities (WIND)
Rachel Freedman, M.A., M.S., BCBA, LABA, Board Certified Behavior Analyst, WIND

November 4, 2020

Early Intensive Behavioral Intervention (EIBI) and Autism Spectrum Disorder (ASD)

Learning Objectives: Understand rationale and support behind Applied Behavior Analysis (ABA) and EIBI; Understand the primary goals of EIBI; Briefly review a case example of benefits of EIBI; Understand how to access EIBI and ABA in Wyoming through Peak Behavioral Services.

Presenters:

Alana Lawson, John McElwee, Kindsey Smith, Peak Behavioral Services

November 11, 2020

Collaborating with Teachers and Schools

This session will discuss how to collaborate with teachers and K-12 school staff via online platforms.

Presenter:

Dr. Julie Wittman, Center on Disabilities and Human Development (CDHD), Univ. of Idaho



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Fall 2020 Sessions

December 2, 2020

Collaborating with Healthcare Providers

This session will discuss getting families connected to the Internet and platforms (e.g. Zoom, Doxy Me) and how to prepare for and participate in a successful Telehealth visit with a physician or other healthcare provider.

Presenter:

Terri Wofford, MS, CCC-SLP, Academic Professional Lecturer, Wyoming Institute for Disabilities
Dr. Julie Wittman, Center on Disabilities and Human Development (CDHD), Univ. of Idaho

December 16, 2020

Family Reading List

Learning Objectives: Be able to locate and access the WIND family reading list; Be able to list a minimum of five different books on topics relating to children and young adults with disabilities, developmental delays, or other special health care needs that can be used as resources for families.

Presenter:

Rachel Freedman, M.A., M.S., BCBA, LABA, Board Certified Behavior Analyst,
Wyoming Institute for Disabilities



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February 12, 2020

Social and Behavioral Strategies to Manage Anxiety

Learn strategies to help your child identify their "triggers," practice self-regulation, and find motivation to put effort into confronting their anxieties.

Presenter:

Aaron Stabel, MA, BCBA; BCI, Inc. Behavior Advantage, LLC

February 26, 2020

Guardianship

Presenter:

Donna Sheen; Director, Wyoming Children's Law Center

March 11, 2020

Navigating the IEP/504 Process

This session will increase awareness and understanding of IDEA and the ADA, provide a greater understanding of parental rights, and provide information on what to expect in an IEP and a 504 Plan.

Presenter:

Erin Swilling; Parent Information Center

March 25, 2020

Community Needs and COVID-19 Resources

This session will address community needs during the COVID-19 pandemic and offer resources for families.

Presenter:

Wendy Warren; Wyoming Institute for Disabilities



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Spring 2020 Sessions

April 8, 2020

ABLE Accounts

This session will discuss ABLE accounts and giving people with special needs more independence and financial security.

Presenter:

Aleyta Zimmerman; Project Manager and Policy Analyst, WYABLE State Administrator

April 22, 2020

Community Needs and Online Learning

This session will discuss student needs and resources related to online learning.

Presenter:

Wendy Warren; Wyoming Institute for Disabilities



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October 30, 2019

Positive Behavior Solutions for Families

Problem behaviors often communicate a need or request. Join us to explore why children misbehave, and how to use this information to identify strategies to help teach them positive behaviors and better ways to communicate.

Presenter:

Aaron Stabel, MA, BCBA; BCI, Inc. Behavior Advantage, LLC.

November 13, 2019

The RED ZONE: Teaching and Managing Self-Regulation with Children

Emotional self-regulation is a lifelong skill that requires direct teaching, encouragement, practice, and more practice. Join us to discuss effective strategies to help teach our children self-regulation skills, and how to manage tantrum and emotional protest along the way.

Presenter:

Aaron Stabel, MA, BCBA; BCI, Inc. Behavior Advantage, LLC.

December 11, 2019

Managing Your Child's Screen Time: An Opportunity to Practice Self-Regulation

Screens are constantly tempting and testing our abilities to self-regulate every day, sometimes every hour. These devices are particularly attractive to young children. We as families, caregivers, and educators, must teach our children how to manage and respect technology. Join us to discuss and share strategies to help teach our children self-regulation skills when managing their screen time.

Presenter:

Aaron Stabel, MA, BCBA; BCI, Inc. Behavior Advantage, LLC.



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January 23, 2019

Transition Planning in Wyoming, Part 1

This session will focus on foundational knowledge and skills surrounding IEPs, 504 plans, post-secondary education, regulatory areas, etc. and how to access, navigate, communicate, and advocate for them.

Presenter:

Cheryl Junge, B.S., M.A.
ABLE Coordinator, Natrona County School District #1

February 6, 2019

Transition Planning in Wyoming, Part 2

This session will continue the discussion on foundational knowledge and skills surrounding IEPs, 504 plans, post-secondary education, regulatory areas, etc. and how to access, navigate, communicate, and advocate for them.

Presenter:

Cheryl Junge, B.S., M.A.
ABLE Coordinator, Natrona County School District #1

February 20, 2019

Explore Work

This session will provide an overview of the Explore Work tool and skills for parents to use this at home with students. Explore Work is an educational and explorative tool for students to learn career readiness skills in the five core Pre-ETS (Pre-Employment Transition Services) competency areas.

Presenter:

Christine Johnson, M.A., CRC
Senior Research Associate, The George Washington University - WINTAC



Families

Spring 2019 Sessions

March 6, 2019

Self-Advocacy and Transition, Part 1

This session is designed to help parents understand how to support their children in learning how to self-advocate both in school and beyond.

Presenter:

Erin Swilling

Project Director, Parent Information Center

March 20, 2019

Self-Advocacy and Transition, Part 2: Student-Led IEPs

This session is designed to help parents understand how to support their children in learning how to self-advocate both in school and beyond. We will also focus on student-led IEPs.

Presenter:

Erin Swilling

Project Director, Parent Information Center

April 3, 2019

Workplace Readiness Skills, Part 1

Find out how families can help kids prepare for the future by learning about and practicing workplace readiness skills like communication, enthusiasm and attitude, teamwork, networking, problem-solving and critical thinking, and professionalism. These are the skills, traits, habits, and attitudes needed across all occupations to succeed at work.

Presenters:

Beth Wroblewski, Executive Director

Dan Mifflin, Employment Specialist

Employment Resources, Inc.



Families

Spring 2019 Sessions

April 17, 2019

Workplace Readiness Skills, Part 2

Join us to find out more about the workplace readiness skills valued by employers across all occupations. We will take a closer look at some of the skills and share some activities families can do with their teens to practice and improve these skills. The focus will be on developing communication, cultivating enthusiasm and a positive attitude, and practicing teamwork.

Presenters:

Beth Wroblewski, Executive Director
Dan Mifflin, Employment Specialist
Employment Resources, Inc.

May 1, 2019

Workplace Readiness Skills, Part 3

Let's talk more about workplace readiness skills and how families can help teens practice and learn these traits to be successful at work and as members of their community. The focus will be on building networking, problem-solving, and professionalism skills.

Presenter:

Beth Wroblewski, Executive Director
Employment Resources, Inc.



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October 10, 2018

Keys to Better Behavior: Practical Magic, Part 1

In Part 1 of our behavior series, we will cover 1) the reasons that behavior escalates; 2) the things grown-ups do to inadvertently make it worse; 3) a simple way to structure directions so that kids will follow them. This session will lay the groundwork for Parts 2-5.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant

October 24, 2018

Keys to Better Behavior: Practical Magic, Part 2

In Part 2 of our behavior series, we will cover 1) what to do when kids don't follow directions; 2) simple guidelines for setting up effective consequences; 3) the importance of positive feedback.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant

November 7, 2018

Keys to Better Behavior: Practical Magic, Part 3

In Part 3 of our behavior series, we will cover 1) guidelines for setting up positive feedback (to get more of the behavior we want to see); 2) common pitfalls that can sabotage reinforcement systems; 3) simple tweaks that make positives effective for kids age 2-20.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant



Families

Fall 2018 Sessions

December 5, 2018

Keys to Better Behavior: Practical Magic, Part 4

In Part 4 of our behavior series, we will cover 1) troubleshooting for positive and negative consequences; and 2) teaching rules, routines, and expectations in a variety of ways to prevent problem behavior.

Presenter:

Melisa Genaux, M.Ed.

Special Education Staff Trainer/Consultant

December 19, 2018

Keys to Better Behavior: Practical Magic, Part 5

In Part 5 of our behavior series, we will cover 1) how building relationships can help to prevent problem behavior; 2) easy ways to strengthen relationships even when behavior interferes with family time; and 3) a review of the five key components required to build better behavior.

Presenter:

Melisa Genaux, M.Ed.

Special Education Staff Trainer/Consultant



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January 9, 2018

Family Resiliency and Protective Services

This will be a brief introduction to the Strengthening Families Protective Factors Framework that empowers individuals to take a different approach on family resiliency.

Presenter:

Jen Davis

Consultant, Wyoming Children's Trust Fund

January 23, 2018

Understanding Your Child's IEP

Please join for a brief introduction on your child's rights with an Individual Education Plan (IEP) under the special education law, the Individuals with Disabilities Education Act (IDEA).

Presenters:

Erin Swilling

Coordinator, Parents Information Center

February 6, 2018

A Proactive Discussion of Bullying from the Perspective of Parents

Presenter:

Panel Discussion, Wyoming Family Members

February 20, 2018

Social Skills Strategies

Presenter:

Staci Horsley, M.Ed., BCBA

Autism/Behavior Specialist and Consultant



Families

Spring 2018 Sessions

Preparing for the Future: An Interactive Discussion with a Disability Planner

March 6, 2018

Presenter:
Betty Lehman
Lehman Disability Planning

A Behavior Approach to Feeding Difficulties with Your Child on the Spectrum

March 20, 2018

Presenter:
Nissa Goldberg, M.A., BCBA
Next Step Feeding and Behavioral Services

Medication Management

April 3, 2018

Presenter:
Dr. Wheeler

Wraparound Services

April 17, 2018

Presenter:
Sharon Weber
Magellan Health

Guardianship

May 1, 2018

Presenter:
Donna Sheen
Wyoming Children's Law Center



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September 19, 2017

Introduction to ECHO for Families

Introduce participants to the ECHO Model as it has been applied for use in supporting families of children with Autism. This session will help participants to understand the opportunities for families to utilize this virtual network to support child and family goals in their home communities.

Presenters:

Canyon Hardesty, M.S.; Director of Community Education and Training
Eric Moody, Ph.D.; Director of Research and Evaluation
Wyoming Institute for Disabilities

October 3, 2017

Effective Communication Strategies to Support Your Child and Family Goals in Health, Education, and Community Settings

Session topics include effective communication strategies with agencies and opportunity for sharing personal experiences related to advocating and family support.

Presenters:

Eric Moody, Ph.D.; Director of Research and Evaluation
Wyoming Institute for Disabilities
Kristen Kaiser, M.A.; Instructor/Director of Community Projects
JFK Partners

October 17, 2017

Interventions from a Parent's Perspective

Presenter:

Kristen Kaiser, M.A.
Instructor/Director of Community Projects, JFK Partners



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**Fall 2017
Sessions**

October 31, 2017

Effective Behavior Management Strategies for Families: Practical Magic, Part 1

In this session, we will identify common patterns of child behavior escalation and the reasons that escalation occurs. We will pinpoint several predictable adult behaviors that contribute to behavior escalation and will outline strategies for preventing it, including specific adult language that can greatly enhance compliance with directions.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant

November 14, 2017

Effective Behavior Management Strategies for Families: Practical Magic, Part 2

In this session, Melisa Genaux will discuss positive and negative consequences specifically related to increasing child compliance with directions (which, in turn, decreases rates of arguing, physical aggression, and tantrum). We will outline the specific steps for developing consequence hierarchies and will cover strategies for introducing these interventions to the family.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant



Families

Fall 2017 Sessions

November 28, 2017

Effective Behavior Management Strategies for Families: Practical Magic, Part 3

In this session, we will cover strategies for boosting the effectiveness of positive reinforcement systems, to increase child motivation to change behavior. In addition, we will discuss the common errors that adults make in setting up positive systems, and remedies for those errors. We will dispel common myths that keep families from establishing essential positive behavior support practices.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant

December 12, 2017

Keys to Better Behavior: Practical Magic, Part 4

In this session, we will cover the simple, yet important, steps of establishing rules and routines as a highly effective means for preventing problem behavior. We will provide sample home rules and routines and will outline the steps for teaching these to kids in a structured and positive way.

Presenter:

Melisa Genaux, M.Ed.
Special Education Staff Trainer/Consultant