

# Possibilities

## in Education and Training

Fall 2020



## I'm Glad I Moved Out

By Mike Hoenig, Program Coordinator, UI Center for Disabilities and Development

By the time you read this, Mari Brannaman will have lived in her new Iowa City home for over a year. She's thrilled!

"They told me at my staffing that I'd be moving out October 1st," Mari explained enthusiastically. "I started packing and was ready to go on moving day."

"Katie (house manager, Mayor's Youth Employment Program) picked me up. We drove about an hour and a half from Waterloo to my new home in Iowa City! I got to visit the house ahead of time, so I was comfortable moving in."

Julie Adams, a transition Specialist with Iowa's Money Follows the Person (MFP) Program, was instrumental in helping Mari move to her new home. MFP offers select Medicaid recipients financial support and intensive case management services for up to 365 days following their move from congregate to community settings.

"I met Julie at the staffing in Waterloo where I learned I'd be moving out," Mari beamed. "She helped me shop for stuff I needed for my house."

Mari had a lot to say when I asked what she likes about her new home.

"I get some 'alone time' without being disturbed," she explained. "I get to go outside when I want to. I'm amazing at

cooking, especially making chili. You know, I think I'm going to make some tonight!"

Things haven't always been easy for Mari over the past year. "COVID has been really hard," she tells me. "All of a sudden, there's nothing to do and I'm stuck in the house. It's a little better now because we can at least go to drive-through restaurants and parks, and I get to see my family."

COVID is not Mari's only challenge. "It was hard for me to leave my friends in Waterloo," she reflected. "I still miss them."

Just when I started wondering if Mari was happy that she'd moved, she proudly told me that she'd been selected as a Community Ambassador. Funded by the Iowa Developmental Disabilities Council and administered in partnership with the University of Iowa Center for Disabilities and Development, the Community Ambassador program trains MFP participants to tell their stories of their successful moves from congregate facilities.

"I interviewed for the program and did a pretty good job," Mari told me. "I'll get trained in October."

Mari was very honest in delivering advice to peers who are thinking about a move to the community.

"It was hard to pack and unpack. But Yes, I'm very Happy that I moved out!"



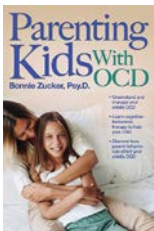
## New Books

**Mitch DeFauw**, *Disability Resource Librarian*

The Disability Resource Library (DRL) is constantly working to provide the most current and useful resources for persons with disabilities, caregivers, and professionals. Below is a selection of the DRL's most recent acquisitions, now available for checkout at no cost to patrons. Items can be checked out for three weeks and can be shipped by mail.

If you have any questions or would like to make material recommendations, please reach out to Mitchell DeFauw at [mitchell-defauw@uiowa.edu](mailto:mitchell-defauw@uiowa.edu) or (319) 356-1345.

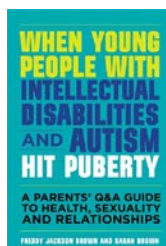
To find out more about the DRL, you can visit: <http://uichildrens.org/cdd/drl>, or search the online catalog at <http://uichildrens.org/drl-catalog>.



**Parenting Kids with OCD: A Guide to Understanding and Supporting Your Child With OCD**  
by Bonnie Zucker

"Parenting Kids with OCD" provides parents with an in-depth understanding of obsessive-compulsive disorder, its symptoms, types, and presentation in children and teens. The treatment of OCD is explained, and guidelines on how to both find help and best support one's child is provided. Family adjustment is the rule, not the exception, when it comes to childhood OCD; yet, adjusting too much is associated with a worsening of the child's symptoms and greater levels of familial stress. Case examples are included to illustrate the child's experience with OCD and what effective treatment looks like. OCD worsens when there is increased

stress for the child; therefore, stress management is an essential component for improvement. Parents will learn how to manage stress in themselves and encourage effective stress management for their children.

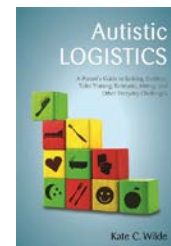


**When Young People with Intellectual Disabilities and Autism Hit Puberty**  
by Freddy Jackson Brown & Sarah Brown

Puberty, personal hygiene and sex can be difficult topics to bring up with your child, especially when they have an intellectual disability or autism. The authors of this guide provide honest answers to challenging questions and provide solutions to the situations that many parents face on a daily basis. Organized around issues related to puberty and emerging sexuality in children with disabilities or

autism, such as physical changes, mood swings and sexual behaviour, the book presents case studies alongside practical advice on how to overcome common problems.

The book also explains laws relevant to disability and sexuality and suggests appropriate sex education programs to meet the needs of differing levels of disability.



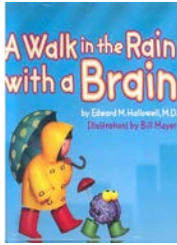
**Autistic Logistics**  
by Kate Wilde

Have you ever wished that your child with autism spectrum disorder (ASD) came with a manual? This book provides just that, offering clear, step-by-step advice on everything you want to know, including:

- How to toilet train your child without pushing or pressuring
- How to get your child to sleep all night in their own bed
- What to do when your child has tantrums, hits, or bites
- How to introduce new foods, without a fight

Based on decades of experience, Kate Wilde tackles these day-to-day issues and more, using tried-and-tested methods to help you transform the challenges of home life and create harmony. The approach featured in the book, which encourages you to support your child's need for control rather than fight against it, can have transformative results. Not only will you learn to see through

your child's eyes and help your child in a way that honors his/her specialness, but you will also begin to free yourself from the pressure and discomfort that can often accompany everyday challenges.



**A Walk in the Rain with a Brain**

by Edward Hallowell and  
Illustrated by  
Bill Mayer

Edward Hallowell, M.D., is a noted psychiatrist and teacher and a leading authority on attention deficit/hyperactivity disorder. At many of his lectures worldwide he has read a story he wrote for children about how each person's brain is unique—and it has resonated among the thousands of parents, teachers, and others who have heard it.

“A Walk in the Rain with a Brain” is the illustrated version of that story. In it, a little girl named Lucy is making her way down a rainy sidewalk when she spies, of all things, a brain—Manfred, called Fred—sitting forlornly in a puddle. The polite cerebrum asks Lucy for help getting home, and as they walk along she worries that she's not smart enough. “Everyone's smart!” explains Fred. “You just need to find out at what!” Fred reassures her that each child learns and thinks differently—and that every child has special talents.



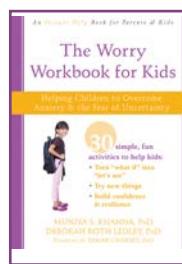
**The Tourette's Survival Kit: Tools for Young Adults with Tics**

by Tara Murphy,  
Damon Millar  
& illustrated  
by Hiro Enoki

Struggling to manage your tics in the classroom? Worried about your tics in a job interview or on a first date? This survival kit will give you the tools to survive and thrive in every location—at home, school, work or out with friends.

Presenting everyday situations, from schools and exams through to driving and dates, this guide provides simple solutions to common problems and concerns.

Dr Tara gives her top tips for managing tics, alongside behavioral therapy methods for stress management and strategies for coping with commonly co-occurring conditions such as ADHD, OCD and anxiety.



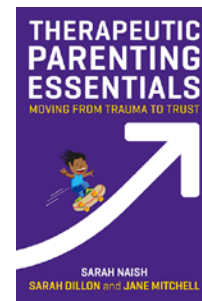
**The Worry Workbook for Kids: Helping Children to Overcome Anxiety and the Fear of Uncertainty**

by Muniya Khanna and  
Deborah Roth Ledley,

Written for children ages 7 to 12, this workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids cope with uncertainty and actually change their thoughts and behaviors by

taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over.

Childhood is a precious time that goes by so quickly, and chronic worrying can take a hefty toll both mentally and physically. Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success. This workbook can help you do just that.



**Therapeutic Parenting Essentials: Moving from Trauma to Trust**

by Sarah Naish,  
Sarah Dillon and  
Jane Mitchell

Sarah Naish shares her own experiences of adopting five siblings. She describes how to use therapeutic parenting—a deeply nurturing parenting style—to overcome common challenges when raising children who have experienced trauma. The book describes a series of difficult episodes for her family, exploring both parent's and child's experiences of the same events—with the child's experience written by a former fostered child—and in doing so reveals the very good reasons why traumatized children behave as they do. Full of insights from a family and others who have really been there, this book gives you advice and strategies to help you and your family thrive.

I would like to dedicate this issue to my high school English teacher and mentor, **Woody Miracle**, in honor of his 80<sup>th</sup> birthday. As a successful blind professional, Mr. Miracle understood the importance of holding his students to the highest of standards. I will always be grateful to him for encouraging my interest in writing and pushing me to realize my potential. -Mike Hoenig

*Possibilities in Education and Training* is a quarterly publication of University of Iowa Stead Family Children's Hospital Center for Disabilities and Development, Iowa's University Center for Excellence on Developmental Disabilities. It is an outreach initiative of the Conner Training Connection, a program funded by the Iowa Department of Human Services (DHS) to support the transition of individuals with disabilities from congregate to community-based settings.

“We do the best we can  
with what we know,  
and when we know better  
we do better.”

-Maya Angelou

## How to get in touch with *Possibilities*:

**EMAIL:** [michael-hoenig@uiowa.edu](mailto:michael-hoenig@uiowa.edu)

**FAX:** 319-384-6241    **PHONE:** 319-353-6448

**MAIL:**

University of Iowa Health Care  
Center for Disabilities and Development  
100 Hawkins Dr., Rm. S277  
Iowa City IA 52242-1011

**Disability Resource Library**

**PHONE:** 800-272-7713

**EMAIL:** [disability-library@uiowa.edu](mailto:disability-library@uiowa.edu)

**WEBSITE:** [uichildrens.org/cdd/drl/](http://uichildrens.org/cdd/drl/)

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