



Advocates for Justice and Education, Inc.

The Parent Training and Information Center for the District of Columbia

Trainings and Professional Development *designed for Parents, Youth, and/or Professionals*

About AJE:

AJE is the official Parent Training and Information Center and the Health Information Center for DC. Have questions? We are here to help! Contact us:

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E. information@aje-dc.org

25 E Street, NW, 3rd Floor
Washington, DC 20001
Hours: 9:00am-5:00pm (M-F)

3912 Georgia Avenue, NW
(Mary's Center)
Washington, DC 20011
Hours: 9:00am-4:30pm
(Tuesday & Thursday only)

Board Chair
Tracey Davis

Board Treasurer
Jane M. Brown

Board Members
Tara S. Emory
Nike O. Opadiran

Interim Executive Director
Rochanda Hiligh-Thomas

AJE Mission:

Advocates for Justice and Education seeks to empower families, youth, and the community to be effective advocates to ensure that children and youth, particularly those who have special needs, receive access to appropriate education and health services.

Our passion is equipping parents and students with disabilities to be their own advocates.

Parent's Rights and Responsibilities (Length: 1hr)

This training will educate parents about their rights and responsibilities to be experts in advocating for their child. Through this training, parents will understand their power and responsibility to make educational decisions for their child according to the Individuals with Disabilities Education Act (IDEA).

Understanding Special Education* (Length: 2hrs)

This workshop introduces parents to the Individuals with Disabilities Education Act (IDEA) and prepares parents for special education. The materials cover school district responsibility and parent rights as well as what to expect at an IEP/MDT meeting. This training stresses the importance of cooperation with schools in order to ensure children receive a free appropriate public education (FAPE).

What is Child Find? (Length: 2hrs)

Participants of this workshop will be able to define Child Find and its purpose. They will also understand the requirements of Child Find, how it is implemented and agencies that are responsible for Child Find. Participants will also learn about specific Child Find requirements for parentally-placed children in private schools and highly-mobile children, including homeless children, migrant and military families.

How to Identify a Child with Special Needs* (Length: 1hr)

This workshop will cover "Child Find" and the role of educators in identifying children who are suspected of having a disability, as well as response to interventions to help each child reach their full potential. Participants will learn about the various techniques in identifying children who are suspected of having a disability and the steps of the Special Education process. Parents will also be educated about their child's entitlement to a "Free Appropriate Public Education" (FAPE) regardless of the nature or severity of their disability.

Are you Ready for the Next IEP Meeting? (Length: 1hr)

This workshop is designed to simulate real-life IEP meetings. Participants will receive a brief overview about the Special Education Process while the remainder of the workshop will be about practicing professionalism, critical thinking skills, and assertiveness.

Understanding Section 504 (Length: 2hrs)

Participants of this workshop will be able to define Section 504 of the Rehabilitation Act and explain the requirements for implementing Section 504. Participants will also be able to identify who must comply with Section 504, how to resolve Section 504 discrimination complaints and how the law is enforced. The workshop will also cover the differences and similarities between Section 504, the Individuals with Disabilities Education Act (IDEA) and the Americans with Disabilities Act (ADA).

Skills for Effective Parent Advocacy* (Length: 1hr)

This workshop provides parents with information on defining advocacy, how to improve advocacy skills, and how parent advocacy can lead to systemic changes.

Behavior Problems in Children, Is this a Learning Disability? (Length: 2hrs)

Participants will learn that not all behavioral problems are created equal. The training is designed to explore the relationship between behavioral outbursts and academic consequences to determine whether a child has a learning disability.

Communication Disorders (Length: 1hr)

This training breaks down the various disabilities associated with communication disorder and provides characteristics of a disorder.

ADHD, ED, OHI...what does it all mean?? Cracking the Disability Code (Length: 1hr)

This workshop examines the 13 disability classifications under the Individuals with Disabilities Education Act (IDEA) and their relationship to the medical world.

Early Literacy: The Role of Parents (Length: 1hr, 30 minutes)

This training provides parents with the confidence, knowledge and skills needed to help their children develop strong literacy skills during the early years of life. Whatever their child's level of ability, through this training parents will learn strategies to help their child develop important literacy skills.

Effective Communication & Active Listening (Length: 2hrs)

This training will provide listening and communication techniques, including tips for written communication and how to address disagreements between parents, and agencies or service providers.

Working for Change: Using the Power of a Personal Story* (Length: 1hr)

Through this training, participants will become more knowledgeable about how to use personal stories in more effective ways and as an advocacy tool. When told well, personal stories can be used as a strategy to educate, inform and empower others to improve the outcomes for children with special needs. This training is designed to teach key components of effective stories.

A Parent's Guide to Bullying Prevention (Length: 2hrs)

This training is designed to teach parents strategies on how to prevent and respond to bullying, including cyber bullying. Participants will learn about warning signs of bullying and how to effectively address bullying concerns with their child's school. A special emphasis is placed on children with disabilities. Parents will also be informed of how to educate their child about bullying and methods to respond to bullying situations.

Parents as Experts: How to Get Your Child's School to Listen* (Length: 2hrs)

This workshop provides parents with strategies for communicating with their child's school, how to develop and maintain an educational file for their child and how to maintain a business-like relationship with their child's school.

Early Intervention (Length: 2hrs)

Participants of this workshop will be able to describe the Early Intervention process, identify who is eligible for special education services, describe developmental milestones, and explain child and family outcomes and payment options for Early Intervention services. Participants will also learn about parental rights and protections for Early Intervention.

From School to Adult Life-Transition Planning* (Length: 1hr)

The workshop will provide parents with the knowledge and strategies for preparing their teen for the next stages of life-adulthood, in the areas of education, health care, employment, and independent living.

Secondary Transition (Length: 2hrs)

Participants of this workshop will be able to explain the transition process for students with disabilities, describe what should be included in a Post-Secondary Transition Plan, differentiate between formal and informal transition assessments, and articulate ways to involve students in post-secondary transition planning and IEP development.

Mediation* (Length: 1hr)

Participants will learn how voluntary mediation can effectively resolve special education disputes within the school system. This workshop will review mediation requirements under IDEA and effective strategies during mediation.

Laws Protecting Persons with Disabilities (Length: 1hr)

This training will provide an overview of the Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act, and the Americans with Disabilities Act (ADA).

Rights for the English-Language Learner* (Length: 1hr)

The rights of non-English or limited English parents and students in schools are protected under federal and state laws and regulations. Parents need to know what to expect from schools, what to ask for, and who to contact when they have questions or concerns. This presentation provides a basic overview of laws and regulations governing the rights of individuals of limited English proficiency.

School Discipline and Positive Behavior Intervention (Length: 1hr)

This training will cover school disciplinary practices and trends, effects of Zero-tolerance policies, Positive Behavior Intervention and Supports (PBIS) approach and other forms of school-based behavior interventions. Participants will also learn about the importance of partnership between a child's home and the school in order to have successful positive behavior interventions.

The Student Support Team (SST) Process* (Length: 1hr)

Participants will learn about the benefits of Response to Intervention (RtI) and the role of the SST prior to utilizing the special education process for students who are suspected of having a disability.

The Journey to Adulthood, What Parents Need to Know (Sexuality)* (Length: 1hr)

This presentation will provide basic information and strategies to help parents begin a discussion about this important but often uncomfortable topic with their sons and daughters with disabilities.

Transition from Part C to Part B of the Individuals with Disabilities and Education Act (Length: 1hr)

Participants will learn what to expect for their toddlers with special needs once they turn 3. The training will review parental rights and responsibilities and identifying the right contact for this transition.

Managing Difficult Behaviors (Length: 2hrs)

This training will inform parents and professionals about the causes and function of problem behaviors, and how to obtain and utilize a positive Behavior Intervention Plan (BIP) for a child. Participants will also learn about Functional Behavior Assessments (FBA) and how they can be used to develop effective Behavior Intervention Plans (BIP).

Understanding and Drafting the Individual Family Services Plan (IFSP) (Length: 1hr)

Parents and professionals will learn their role through the IFSP process and how to create a successful plan. This training is designed to explain the process for children ages 0-3 with special needs to receive services.

Understanding the Family Educational Rights and Privacy Act (FERPA) (Length: 1hr)

This training is designed to educate participants on privacy rights and confidentiality when it comes to school records. This training is appropriate for school workers and parents.

School Discipline, What You Need to Know (Length: 1hr)

This training is designed to explain DCPS and Public Charter School disciplinary codes. Participants will learn what rights youth and parents have when a child has been suspended or expelled from school.

Assistive Technology (Length: 1hr)

Assistive Technology allows access to persons with disabilities so that they can fully participate in education, employment and daily activities on a level playing field with other members of their communities. This workshop covers the functions of assistive technology, types of assistive technology and devices, assistive technology and the Individualized Education Program (IEP), and steps to obtaining Assistive Technology.

Overview of Autism Spectrum Disorders (Length: 1hr)

This workshop provides a basic understanding of Autism Spectrum Disorders (ASD), including types of ASD, trends in identification, symptoms, educational impact, services available through the Individualized Education Program (IEP), and parent resources.

iPad Apps: Potential and Possibilities in Education (Length: 1hr)

Participants of this training will learn about the iPad and the Individualized Education Program (IEP) to support students with special needs. Participants will also learn about iTunes and how to find, download and work with apps. Additionally, the training will provide participants with information about funding and other resources regarding iPads to promote academic growth of students with special needs.

Expectations and Development of Children through Adolescence (Length: 1hr)

Participants of this training will identify what skills are necessary for adulthood. Participants will also learn how to prepare youth for the physical, mental, and emotional changes in puberty.

Supporting Your Child to Be Successful in School (Length: 1hr)

Participants of this training will learn how to be involved with their student's academic success both in school and at home. Participants will learn how to develop successful partnerships with school as well how to effectively communicate with the school when issues arise.

Turning Conflict into Cooperation (Length: 1hr)

Participants of this training will learn the characteristics of "conflict". Participants will also learn conflict resolution skills and the steps that it takes to resolve conflicts.

Emergency Preparedness (Length: 1.5 hrs)

Participants of this training will learn how to prepare for natural disasters & common emergencies that occur in homes & businesses. Participants will learn how to create safety plans & emergency kits. Participants will also learn about various systems within the District that can help them identify an emergency.

Building Self-Confidence in Children (Length: 1 hr)

Participants of this training will learn why self-confidence is important. Participants will also learn the signs of healthy and unhealthy self-esteem as well as ways to increase their child's confidence.

Certificate or Diploma Track...Which is Right for Me? (Length: 1hr)

Participants of this training will learn the difference between Certificates of Individualized Education Program (IEP) and Diploma programs. Participants will also learn information about alternative programs such as the GED and the National External Diploma Program.

Trainings and Workshops

designed for the Parent Empowerment Module

Early Intervention (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate the early intervention system in DC. Participants will recognize the importance of the early intervention process, understand Part C of the Individuals with Disabilities Education Act (IDEA), identify the key players of the early intervention process, and understand parent's rights in relation to the early intervention process.

What is Child Find? (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate the special education system. Participants will learn the purpose of child find, identify local agencies responsible for child find, and understand child find requirements.

Secondary Transition (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate transition planning. Participants will understand how to navigate the secondary transition process, learn the requirements of transition plans, and understand the differences between informal and formal transition assessments.

Dispute Resolution (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate the dispute resolution process. Participants will understand why special education dispute resolution occurs, understand various ways to resolve disputes, and understand the difference between formal and informal ways to resolve disputes.

Facilitated Individualized Education Program (FIEP) Meetings (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate the facilitated individualized education program (FIEP) process. Participants will understand what Facilitated IEPs are, identify issues that can be resolved through the FIEP process, and understand the benefits of FIEP.

Understanding Section 504 (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate Section 504. Participants will understand what Section 504 of the Rehabilitation Act is, understand the differences between Section 504 and IDEA, and understand how to resolve Section 504 disputes.

Parent Engagement & Advocacy (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents understand the importance of parent engagement and advocacy. Participants will understand what parent engagement is, explain why parent engagement is important, identify the benefits of parent engagement, and identify ways to improve parent engagement within your child's school.

Special Education Parent's Rights (Length: 1hr, 30 minutes)

This training, developed in collaboration with the District of Columbia Office of the State Superintendent of Education (OSSE), is designed to help families, caregivers, and parents navigate the special education process. Participants will understand the differences between early intervention services and special education, identify where to locate your rights both under Part C and Part B, and explain how to resolve disagreements and disputes in the special education process.

Trainings and Workshops

designed for Young Adults with Disabilities (ages 13-26)

Getting and Keeping the First Job* (Length: 1hr, 30 minutes)

This training, developed by the national Parent Center (PACER), is designed to help families, caregivers, and professional understand the realities of today's work world so they can help youth with disabilities earn competitive employment. Participants will learn the importance of disability self-awareness, how families can help youth with career planning, and strategies to navigate resumes, job interview, and job accommodations.

Student-Led IEP (Length: 1hr, 30 minutes)

This training informs youth about the importance of participating in their Individualized Education Program (IEP) meeting. The workshop covers the purpose, significance, and components of the IEP. Youth participants will also learn about the development process of the IEP, how to prepare for their IEP meeting, and strategies for participating in their meeting to contribute to their IEP services.

Transition Planning: A Recipe for Success (Length: 2hrs)

Youth, parents and special education personnel are all key members of the transition planning process. This workshop educates youth about the importance of post-secondary transition planning and key ingredients for developing a transition plan.

From School to Adult Life: Transition Planning (Length: 2hrs)

Involving youth in their educational planning is important to their academic engagement and success. This workshop provides an overview to youth, parents, and professionals working with youth about transition planning from school to adult life. The presentation covers educational transition planning through the Individualized Education Program (IEP), post-secondary options, academic or career training options, choosing an educational and career path, skills for success in education and employment, healthcare transition, and preparing for independent living.

No Bully Zone (Length: 2hrs)

Statistics from 2010 revealed that there are about 160,000 children that miss school every day out of fear of being bullied. This hands-on workshop teaches youth the various forms of bullying, how to identify bullying, the effects of bullying, and what to do when they or another child is being bullied.

Career Exploration (Length: 1hr)

This training informs youth about possible career options. It will also walk them through different types of employment such as supported employment, volunteer work, and full-time paid employment. This training will also get youth to take some ownership and start thinking about their future.

Independent Living and Managing Finances (Length: 1hr, 30 mins)

This training will get youth to think about everything that it takes to be independent. This includes thinking about things such as where they plan to live, personal skills that are required to be independent, budgeting, housing assistance, and travel.

Self-Advocating for Health Needs (Length: 2hrs)

This training will focus on helping youth to be able to take care of their own health care needs. It will teach youth the importance of advocacy and navigating the health care arena for themselves. It will also inform them of their legal rights regarding their health information.

Employment: Succeeding at Resume Building & Job Interviewing (Length: 2hrs)

This training will focus on how to obtain a job. This training will cover topics such as resumes, cover letters, and good interviewing practices.

Trainings and Workshops

Health and Social Service Topics

What is a Medical Home? (Length: 1hr)

This training will define the term, explain the function, and identify the key players within a medical home. Participants will learn the importance of having a supportive medical home for children with special healthcare needs and the relationship between the medical home and school.

Working Effectively With Doctors (Length: 1hr)

This presentation will provide tips and tools for creating positive working relationships between families and doctors and improve health outcomes for individuals with special needs by:

- Promoting collaboration on the health care team
- Improving communication
- Developing health care plans

Understanding Asthma (Length: 1hr)

Asthma is increasing every year in the U.S. The number of people diagnosed with asthma grew by 4.3 million from 2001 to 2009. This training provides a tutorial about some of the causes for asthma, how it affects the body, treatment options, and demonstration on how to administer medication.

Epilepsy...Living an Active Life (Length: 1hr)

This training will define, recognize, and assist a person diagnosed with Epilepsy. The participants will leave the training with an action plan about managing seizures and living an active life. This training is in collaboration with the Epilepsy Foundation Metropolitan Washington.

Healthy Living and Active Lifestyle (Length: 1hr)

This workshop is designed for women and girls to think critically about their current health (e.g. mental, physical, and emotional) and develop an action plan on ways to improve their quality of life. Action plans will list real life, practical, and cost effective methods of change.

DC Health Insurance 101 (Length: 1hr)

Identifying and obtaining health insurance options can be challenging. Participants of this workshop will learn about available health insurance plans that are available for District of Columbia residents.

Are you Depressed? (Length: 1hr)

According to 2006 and 2008 data from the Center for Disease Control and Prevention (CDC), 1 in 10 U.S. adults report depression. This workshop will provide an overview of the different types of depressions, how to recognize the signs and symptoms, treatment of depression and where to go to access resources.

Juvenile Arthritis (Length: 1hr)

This training is an introduction to Juvenile Arthritis. Participants will gain understanding about symptoms of juvenile arthritis, forms of treatment, resources that are available, and accommodations within the school system.

Understanding ADHD (Length: 1hr)

This workshop will provide participants with an overview of Attention Deficit Hyperactivity Disorder (ADHD): symptoms, treatment, and school accommodations that can be implemented in a 504 Accommodation Plan.

Vaccinations, Immunizations and Parents Rights (Length: 1hr)

Participants of this workshop will learn the differences and similarities between vaccinations and immunizations and understand the types of vaccinations and the diseases they protect against. Participants will also assess the myths about common vaccines, parental rights for vaccinations and learn about the immunization requirements for children in D.C. schools.

Medication and School: Know Your Child's Right's (Length: 1hr)

This training is designed to educate participants on the rights of students protected under the DC Student Access to Treatment Act. Participants will be informed of the process to make a written education plan for student with specific health conditions where medication is administered during the school day and during school related activities including extracurricular activities and school field trips. This training will also cover the rights of students to carry and self-administer medication, as well as address concerns regarding staff training to administer medication. This training will be most beneficial to students with asthma, epilepsy, diabetes, and anaphylaxis.

Stress and Emotional Health (Length: 1 hr)

Emotional health can lead to success in work, relationships and health. This workshop will provide an overview of the definition and causes of stress, provide stress management techniques, and discuss the benefits of being emotional well-balanced.

504 Accommodations and Sickle Cell (Length: 1 hr)

Participants of this workshop will be able to define Section 504 of the Rehabilitation Act and explain the requirements for implementing Section 504 specifically for students diagnosed with Sickle Cell Disease (SCD). Participants will also be able to identify accommodations and modifications for students and understand the role of parents, schools, and health professionals in meeting the needs of students with SCD.

Sudden Infant Death Syndrome (SIDS) (Length: 1.5 hrs)

Sudden Infant Death Syndrome is the leading cause of death for infants between 1 and 12 months of age. With over 16% of these deaths occurring in a child care setting, this training is designed to help child care providers reduce the risk of SIDS for infants. This training will define Sudden Infant Death Syndrome, the behaviors that increase the risk of SIDS, safe sleeping habits, licensing standards, and provide resources for additional support. We encourage expecting parents, new parents, and child care providers to attend this training.

Lead Poisoning Prevention (Length: 1 hr)

Lead poisoning is one of the most common environmental health problems for children under age 6. It's also one of the most preventable. This training educates parents, medical providers, childcare providers, and educators on how to prevent lead poisoning. Participants will learn about the dangerous effects and common sources of lead poisoning, basic prevention measures, and resources for additional guidance.

Fragile X Syndrome (Length: 1 hr)

This training is an introduction to Fragile X Syndrome. Fragile X syndrome is a genetic condition that causes intellectual disability, behavioral and learning challenges. Participants will learn about the causes, signs and symptoms, treatment options, and resources available for individuals with Fragile X Syndrome.

(*) Indicates workshops that are available in Spanish.

New workshops are added regularly to the list. If there is a specific topic that you are interested in, please call AJE at (202) 678-8060, to discuss your area of interest and a workshop can be developed to meet your needs. All workshops can be presented in the convenience of your school, business or community agency.