

# THE SEPTA EXPRESS

Get on board with the  
Brick Township  
Special Education  
PTA



Please join SEPTA for our Upcoming Events:

## SPAGHETTI DINNER FUNDRAISER

Tuesday, February 6th

Brick Primary Learning Center

6-9 PM

**\$5 per person. Children under 2 are FREE!**

Dinner includes, pasta, meatballs, sauce, bread, salad, beverage and dessert.

We will also provide *gluten-free* pasta and chicken fingers. Pay at the door.

## PARENTING FOR WELLNESS

A Health Empowerment Series

*presented by*

**LOUISE KUO HABAKUS, MA, HHP**

of **LIFE HEALTH CHOICES**

Monday, February 22nd 7 -9:30 PM

Veteran's Memorial Middle School Auditorium

*SEPTA* is proud to present the publisher of the popular website, dedicated to building community and creating change through informed choices. Please bring your questions about nutrition, cold and flu season, vaccines, immune system support, etc.

Topics include promoting wellness for the entire family.

**FREE ADMISSION** and light refreshments. Individual registration: [louise@lifehealthchoices.org](mailto:louise@lifehealthchoices.org)

Visit our Website at [bricksepta.org](http://bricksepta.org) for SEPTA news and events

# SEPTA HANDBOOK is NOW ONLINE

Brick SEPTA is proud to announce the publication of our online handbook  
**Making the Team: Being Effective Before, During and After IEP Meetings**

A helpful guide for parents who have a child receiving Special Education services.

**Topics include:**

- How to advocate for your child*
- How to organize your child's records*
- Federal and State education laws*
- Sample letters and forms*
- Lists of organizations and resources*



To view this handbook in its entirety, Please visit:  
[brickseptat.org/resources/forms](http://brickseptat.org/resources/forms)

## SPECIAL EDUCATION AND LEGISLATION NEWS

### **NJ INSURANCE REFORM**

In late December, The US Senate passed the **Patient Protection and Affordable Healthcare Act**, which will provide insurance coverage for about 30 million Americans. The Senate bill and House of Representatives bill (passed on Nov. 7th) awaits a final approval vote in late January or early February.

Amongst other changes, these insurance reform amendments will increase the availability of **ABA (Applied Behavioral Analysis)** coverage for people on the Autism Spectrum across the US.

According to this legislation, insurance plans will be required to pro-

vide **behavioral health treatments** for individuals diagnosed with Autism as part of the minimum benefits standard. Prior to the passage of the **PPAHA**, unless a member's benefits plan explicitly indicated behavioral health coverage, ABA (which is a behavioral health treatment for people with Autism), was not covered under most comprehensive benefit plans.

The passage of the **PPAHA** should have positive impact on those with ASD in New Jersey. In August, Governor Corzine signed **A-2238/S-1561** which requires state regulated health insurance plans to provide up to \$36,000 per year in ABA coverage. This statute goes into

effect this February.

### **STATE OFFICE of AUTISM SERVICES**

This past October, Governor Corzine created the **Office of Autism Services (OAS)**. A State office within the Department of Human Services Division of Disability Services, the creation of the OAS and was the top recommendation of the *Adults with Autism Task Force*. The OAS will be responsible for coordinating information services for adults and the future needs of children on the spectrum, including the creation of an electronic registry.



# Getting the Most from Related Services

Contributed by Jackie Chadwick

How do you know if your child is getting what he or she needs from *related services*? Although there are others (such as transportation), let's focus our attention on *speech and language services*, *occupational therapy* and *physical therapy*.

First, remember that New Jersey law requires the school district to provide only services related to your child's education; otherwise, the services are deemed medical. This is something you, the parent, need to provide outside of school. So whether your child is already receiving medically-based therapies or you want to supplement at home, here are some ideas to help ensure consistency.

Have you asked your child's therapist to help you set up a home program? School therapists have an abundance of knowledge and ideas and are usually very willing to assist parents who ask for help. You could ask to meet with your child's therapist instead of your child receiving therapy on a particular day to work on developing a home program. Take a lot of notes! The therapist can also provide you with photocopies of recommended activities you can do with your child at home.

You could also ask to observe the therapy session with your child. This would allow you to become better educated about what is being done with your child and the use of proper techniques.

Lastly, you could ask to have some type of communication with the therapist on a regular basis, whether it is a telephone call, a note or a communication book, every two weeks or so. This would ensure that both you and the school are working on the same goals, in the same manner with your child. Remember — Continuity is a great re-enforcer!



## LOCAL EVENTS

### "The Essential Components of the IEP"

sponsored by

**CHADD of Monmouth**  
(Children and Adults with  
Attention Deficit Disorder)

**Wednesday, February 17th**  
10 AM—12 PM

**Howell Township Public Library**

318 Old Tavern Road, Howell

Register for this **Free**  
workshop via email at:

**Monmouth-county@chadd.net**

or call (732) 552-8012

### **POAC**

*(Parents of Autistic Children)*

**Free Indoor Gym Party**

**Sunday, February 14th**  
11AM—1 PM

### **TWISTERS**

485 Locust Avenue, Lakewood

Registration at [POAC.net](http://POAC.net)

### **SPECIAL NEEDS**

#### **STORYTIME**

**Ocean County Library/Brick**

**Wednesday, February 17th**  
6 -7 PM

register by February 3rd at

[theoceancountylibrary.org](http://theoceancountylibrary.org)

or call (732)477-4513

*All ages and abilities are welcome.*

**SEPTA Executive  
Board Officers  
2009/2010**

**President**

*Kim Vaccaro*

**1st Vice President**

*Tom Marsden*

**2nd Vice President**

*Dina Crepaldi*

**Recording Secretary**

*Mary Tara Wurmser*

**Corresponding**

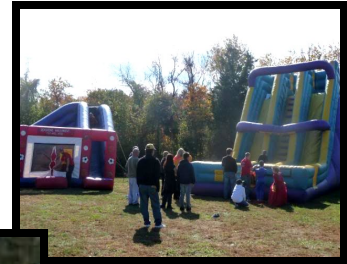
**Secretary**

*Jackie Chadwick*

**Treasurer**

*Roe Dubrowsky*

**Thank You to everyone who helped make the  
SEPTA/BRICK CHALLENGER  
HALLOWEENFEST**



*such a success...*

**A great time was had by all!**

**BRICK SEPTA**

107 Hendrickson Ave  
Brick, NJ 08724

**SEPTA EXPRESS**

edited by  
Nicole Barresi

Comments,  
contributions or  
suggestions for this  
newsletter are always  
welcome. Please  
contact us at our  
website.

[www.bricksepta.org](http://www.bricksepta.org)

**UPCOMING SEPTA EVENTS**

**FEBRUARY**

**2nd** Spaghetti Dinner Fundraiser

**22nd** SEPTA General Meeting

Guest Speaker:

Louise Kuo Habakus of

*Life Health Choices*

**MARCH**

**22nd** SEPTA General Meeting

Guest Speaker:

**Karen S. Fisher**

*The Children's Home*

*Society of NJ*

*Ocean County*

**APRIL**

**CASINO NIGHT FUNDRAISER**

*details coming soon...*