

**Understanding Childhood Challenges
Curriculum
Cont'd**

- ✓ *Developmental Disorders – First Years of Life (cont'd)*
 - ✓ *Reactive Attachment Disorder*
- ✓ *Schizophrenia & Psychoses*
 - ✓ *Schizophrenia*
 - ✓ *Schizoaffective Disorders*
- ✓ *Attention-Deficit & Disruptive Disorders*
 - ✓ *Conduct Disorders*
 - ✓ *ADD/ADHD*
 - ✓ *Oppositional Defiant Disorder*
- ✓ *Disorders with Physical Manifestations*
 - ✓ *Tourette's Disorder*
- ✓ *Mood Disorders*
 - ✓ *Dipressive Disorders*
 - ✓ *Bipolar Disorder*
- ✓ *Eating Disorders*
 - ✓ *Anorexia*
 - ✓ *Bulimia Nervosa*
- ✓ *Anxiety Disorders*
 - ✓ *Separation Anxiety*
 - ✓ *Obsessive Compulsive Disorder*
 - ✓ *Post Traumatic Stress Disorder*
- ✓ *Substance Abuse Disorders*
 - ✓ *Childhood Alcoholism*
 - ✓ *Drug Addictions*
- ✓ *Schools of Psychology*
- ✓ *Choosing a Mental Health Professional*
- ✓ *Childhood Medications I*
- ✓ *Childhood Medications II*

What are the medications used to treat ADHD?

What can I do if my medical insurance won't pay for services for my child?

Does my child need a psychologist or a social worker?

How can I get services for my child although he is involved with juvenile justice?

How can I make sure that my child gets appropriate services through his/her IEP?

How can I make changes to policies that affect my child's mental health services?

What is the best way to ensure that our clinician values our families culture?

When should I develop a transitional plan with my child's school district and what should I ask for?

What can I do as a parent to get my children out of foster care and back home?

Our trainers and educators strive to provide answers and support parents and caregivers who are raising children with emotional and behavioral challenges. Stipends, transportation and childcare are usually provided to parents attending our trainings. For more information visit our website or call:

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***The Parents Empowerment
Academy***



***Training and Education
Program
For Parents...By Parents***

The Parents Empowerment Academy offers free workshops, trainings and certifications to parents and caregivers on a variety of topics related to improving the quality of life for families raising children with emotional and behavioral challenges

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Parenting is a challenging task and parenting a child with emotional and behavioral challenges can at times be even more difficult and overwhelming. Children with special needs frequently behave differently from other children as a result of their challenges. These differences in behavior pose special challenges for parents and caregivers.

In addition to the special challenges of raising a children with emotional and behavioral needs, parents and caregivers must navigate a complicated and complex system of child-serving agencies to access appropriate support and services for their children and families, and to ensure that they remain safely at home, in their communities and successful in school.

The Parents Empowerment Academy of NJPC enables parents and caregivers to negotiate with government agencies and other system partners through the development of leadership, professional and advocacy skills, and provides the opportunity for parents to

- ✓ Strengthen their knowledge of the systems that serve their families and their rights and responsibilities within those systems
- ✓ Understand childhood mental health disorders, developmental disabilities, medications and treatments
- ✓ Ensure culturally competent and blame-free environments in child serving agencies
- ✓ Empower other parents by providing training in their local communities
- ✓ Become essential and equal partners in the design, development and implementation of services for their children
- ✓ Participate on local boards and commissions to influence public policy
- ✓ Ensure better access to appropriate care and treatment for their children
- ✓ Become catalysts for systems change

NJPC's Parents Empowerment Academy offers training, certification and opportunities for parents to train in their local communities. Trainings are offered during the day, evenings and Saturdays to meet the needs of family schedules, in counties throughout the state of New Jersey. Trainings include:

- ✓ Professional Parent Advocacy
- ✓ Understanding Childhood Challenges
- ✓ Ensuring Diversity, Cultural Competency & Multiculturalism in Child-Serving Agencies
- ✓ Building Systems of Care: An Overview for Families
- ✓ Family Involvement in the Child Welfare (DYFS) System
- ✓ Empowering Families and Communities Through Public Policy Work
- ✓ Building Grass Roots Family-Driven Organizations
- ✓ Youth Program Development for Special Needs Children
- ✓ Survival Skills Workshops for Parents, Caregivers and Family Members
- ✓ Empowering the Parent Trainer

Our Vision

The New Jersey Parents' Caucus celebrates the potential for ALL children to become loving, responsible, contributing adults.

Professional Parent Advocacy Curriculum

- ✓ Professionalism & Communications Skills
- ✓ Empowering the Parent Voice: Motivation & Assertiveness
- ✓ Conflict Resolution Skills & The Power of Persuasion
- ✓ The Role of Agencies Dedicated to Children's Services
- ✓ Collaborating with Agencies Dedicated to Children's Services
- ✓ Infusing the Parent Voice Into the Professional Arena
- ✓ Enabling vs. Empowering
- ✓ Navigating the Special Education System & the IEP Process
- ✓ Developing a Transitional Plan
- ✓ Influencing Cultural Competency in the Professional Community
- ✓ Empowering the Parent Trainer

Understanding Childhood Challenges Curriculum

- ✓ History of Childhood Disorders & Child Psychiatry
- ✓ Developmental Disorders – First Years of Life
 - ✓ PDD (Pervasive Developmental Disorder)
 - ✓ Autism
 - ✓ Asperger's Disorder