



# S.T.A.R. Parent Training

*For parents and caregivers of children and young adults with developmental disabilities*

The Summit Center's S.T.A.R. Training, funded by the Office for People with Developmental Disabilities (OPWDD), offers parents and caregivers new strategies to manage various stages of your child's life. Sessions will be conducted by The Summit Center's professional staff who have significant background, training, and experience working with individuals with developmental disabilities.

**Eligibility:** All sessions are open at no cost to those who are OPWDD eligible. Those with Self-Direction must include this in their budget.

**To register:** Please call Ashlee Bronson, Assistant Director of Community Services, at 716.799.8156. For virtual sessions, a link to the training will be emailed to you after you are registered. ***Please note that the registration/approval process may take up to five days to complete. Timeframe for approval through Self-Direction may vary. Please allow sufficient time for this approval process prior to each session you wish to attend.***



## Community Social Skills

Thursday, July 11, 2024

7:00 p.m.

*Virtual session*

This training will provide caregivers with an overview of generalized methods for the use of prosocial behavior in community spaces as well as assist in identifying strategies that may help their children remain safe and succeed in community settings.

**Presenter:** Juli Gunner, M.S., BCBA, Behavior Consultant



## Toileting

Tuesday, July 16, 2024

4:00 p.m.

*Virtual session*

Many children, regardless of a developmental disability, can struggle with aspects of toileting. This training will identify the challenges that caregivers typically face and teach simple strategies that focus on using reinforcement to encourage skill building in this area.

**Presenter:** Angela Deoki, B.A., Behavior Case Manager



## Managing Challenging Behaviors

Saturday, July 20, 2024

11:00 a.m.

*Virtual session*

This training will focus on teaching caregivers where challenging behaviors typically come from, what challenging behaviors mean, and some simple strategies that focus on using reinforcement to decrease challenging behaviors and build skills.

**Presenter:** Kameron Plotner, M.S., BCBA, Behavior, Consultant – Behavior Support



## Behavior Basics

Saturday, August 17, 2024

10:00 a.m.

*Virtual Session*

This training will focus on basic proactive strategies to help caregivers reduce challenging behaviors that their children may exhibit. Topics will include reinforcement of positive behaviors, simple communication strategies, and other behavioral tips and techniques.

**Presenter:** Gretchen Abdulla, Supervising Clinician, Behavior Support



### **Emotional Co-regulation**

**Thursday, September 19, 2024**

**7:00 p.m.**

*Virtual session*

This training will teach caregivers to identify and implement effective de-escalation strategies for their child. Topics will reflect how self-regulation relates to co-regulation, developing meaningful calming techniques, and teaching your child to request and rely upon these skills when escalated.

**Presenter:** Juli Gunner, M.S., BCBA, Behavior Consultant



### **Puberty and Sexuality**

**Saturday, September 21, 2024**

**10:00 a.m.**

*Virtual Session*

This training will provide an overview of puberty and sexuality, potential obstacles, and suggested skills to work on.

**Presenter:** Gretchen Abdulla, Supervising Clinician, Behavior Support



### **Managing Challenging Behaviors**

**Tuesday, September 24, 2024**

**4:00 p.m.**

*Virtual session*

This training will focus on teaching caregivers where challenging behaviors typically come from, what challenging behaviors mean, and some simple strategies that focus on using reinforcement to decrease challenging behaviors and build skills.

**Presenter:** Angela Deoki, B.A., Behavior Case Manager

#### **ABOUT OUR PRESENTERS:**

***Kameron Plotner, Juli Gunner, Gretchen Abdulla, and Angie Deoki*** have been a part of Summit's behavior department. They all have many years of experience working with children and young adults with autism and developmental disabilities.

*With a staff of 600 professionals and expertise in autism and social/emotional development, The Summit Center is Western New York's leading provider of evidence-based educational, behavioral health, adult, and community programs to more than 1,000 children and adults with developmental, social, and behavioral challenges.*



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