

Getting Social (in the Time of COVID)

March 18, 2021
CAPE Resource Center





We are committed to providing quality education and counseling to individuals of *ALL* abilities. Our mission is to empower individuals with the education, skills, support and resources they need to meet their fullest potential in the relationship they hold with themselves and others within their community.

*Putting You **FIRST!** Finding **I**ndividuality, **R**espect, and **S**afety **T**ogether*



Tracy A. Higgins, MA, LPC
Director of Counseling



Melissa Keyes DiGioia, CSE
Director of Education



info@findingyourindividuality.com

*Putting You **FIRST!** Finding **I**ndividuality, **R**espect, and **S**afety **T**ogether*

Developed with the goal to identify, address, support, advocate and advance the individual rights of all people across the lifespan with special emphasis on abuse prevention & sexual rights of people with disabilities.

Through collaboration with community members within varied settings we provide education, training, and counseling services to people of *ALL abilities*.

Our Services:

Counseling services (individual & small group)

Education classes (individual & small group)

Parent/caregiver programming

Professional training



Empowerment & Relationship Safety Project

- **Programming for self advocates** to increase bodily awareness, build self-esteem, practice healthy boundary setting, recognize abuse, exercise rights, and seek personal safety.
 - individual
 - small group
- **Programming for Caregivers, Parents and Professionals** to foster healthy sexuality, support individuals around their sexuality, sexual health, and potential history of abuse and trauma.
 - webinars
 - small group

Ways of being social

Benefits of being social

How has the pandemic led to changes **in being social?**

Factors Impacting Peer/Interpersonal Relationships

- language deficits
- misjudging social cues
- misinterpreting types of relationships
- trouble recognizing when to terminate a conversation, difficulty forming questions or sentences, or inattentiveness
- limited social opportunity

Reflection

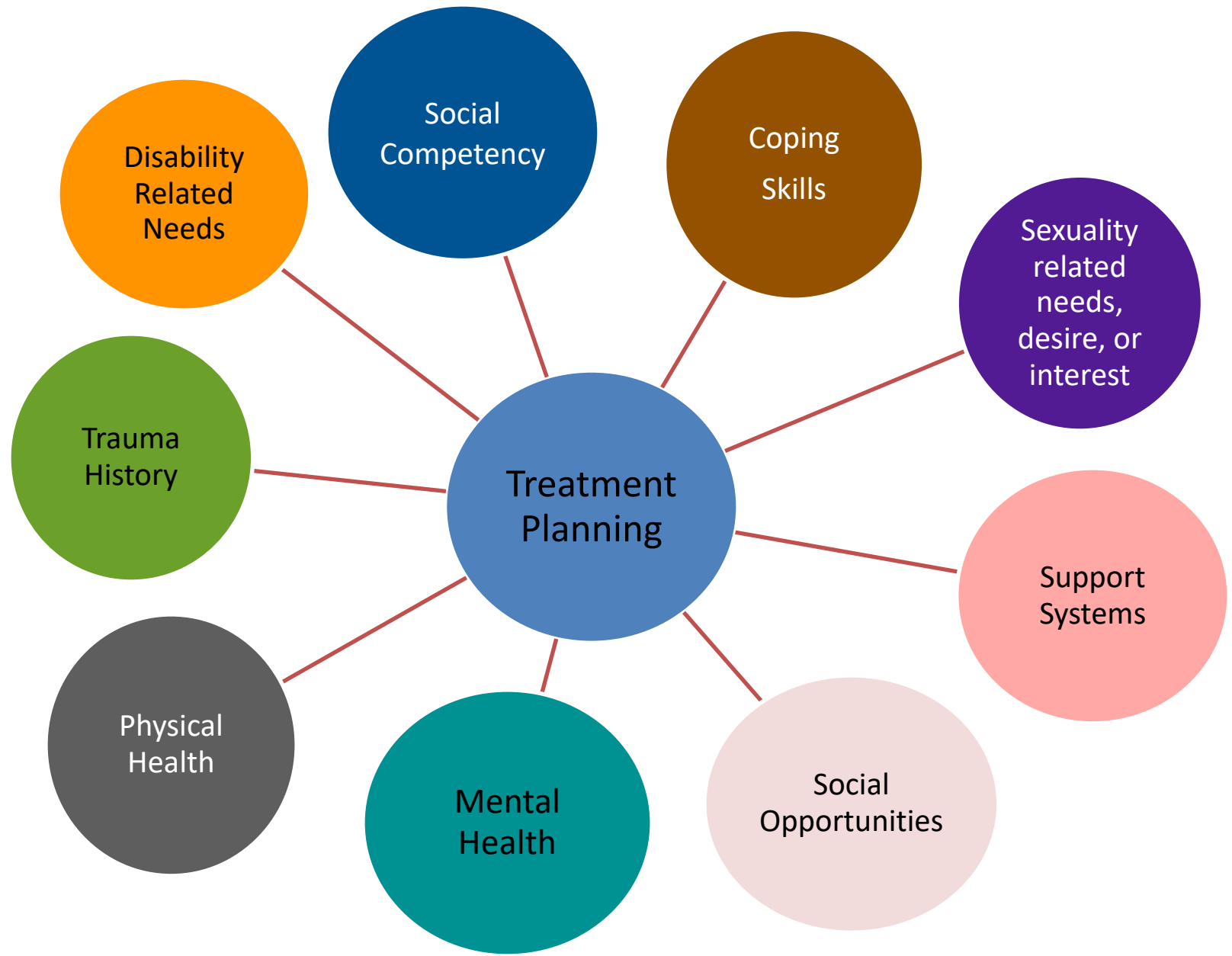
What are your loved one's social opportunities?

Who do they tend to communicate with?

How do they communicate?

What support might they need?

Supporting the WHOLE Person



It Takes A Village!

- Parent
- Educator
- Counselor
- Case manager
- Behaviorist
- Care giver
- Direct care staff
- Physicians
- Job coach

**WHO
IS MISSING?**

Helping all people meet their **MAXIMUM POTENTIAL**

A Collaboration that works:

- Is Person – centered
- Understands and respects the individual's right to privacy
- Has good communication among all team members. Good conflict resolution.

Becoming Your Child's Educator

- Recognize sexuality as a healthy and positive aspect of being human!
- Share information
- Communicate your values

Becoming Your Loved One's Educator

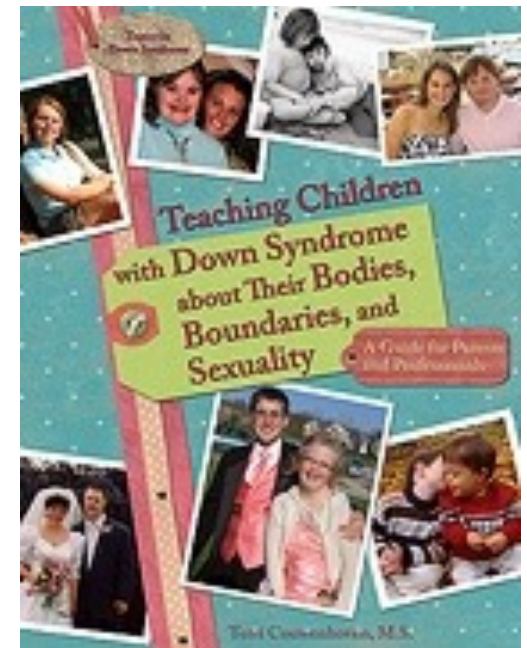
- Share information
 - Basic info (about sexuality) helps individuals make informed and responsible decisions!
 - Info should be accurate, understandable, timely & relevant

Becoming Your Loved One's Educator

- Communicate your values
 - Reflect upon your own values
 - Pay attention to the “music” of your messages
 - Provide messages that support and encourage healthy sexuality

MAKING SEXUALITY INFORMATION UNDERSTANDABLE

- Find out what the person already knows before introducing new information
- Pay attention to how the person learns best and use these techniques when teaching a topic
- Use pictures or other multi-sensory techniques
- Use simple, unsophisticated language
- Check understanding
- Repeat, review, and reinforce information



Support Understanding of Sexuality Related Concepts

- Center the learner
- Gradually incorporate content building on previous info
- Include explicit instruction about rules, expectations, or social skills that are beneficial to know/understand
- Practice skills for future application

Boundaries

- Limits we set with others
- You may set boundaries about:
 - Your body
 - Your feelings
 - Your words
 - Your actions

Making decisions about what to share about yourself can depend on:

- Trust & how well you know the person
- Type of relationship
 - family member, classmate, coworker
- Your Comfort & Comfort of other(s)
- Where you are
- Consent (Agreement by all!!!!!!)

Personal Information

- name, where you live, email address, phone number
- race, nationality, ethnicity, origin, color, religious or political beliefs or associations
- age
- sex, gender, gender expression
- sexual orientation, dating/romantic status, family status
- finger prints, blood type, inherited characteristics
- health care history including information on physical/mental disability
- educational, financial, criminal, employment history
- personal views except those about other individuals

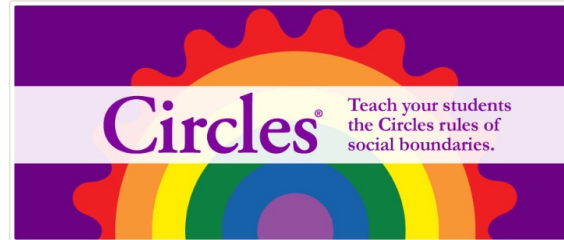


Leslie Walker-Hirsch & Marklyn Champagne

- Teaches about relationships, socially appropriate behaviors, and boundary setting.
- CIRCLES: Safer Ways addresses communicable disease and STI prevention

Circles Curriculum

Home » Circles Curriculum



"The Circles Curriculum was fantastic! I saw real improvements in the students I worked with learning how to interact appropriately with others." –Karina Cartwright, Supported Employment Program

[View Full Description](#)

Circles Curriculum is composed of (3) Programs:

Circles: Level 1 Intimacy & Relationships



This program helps students "see" social distance and explains levels of intimacy and how those levels can change over time.

[Learn More](#) [Add to Cart](#)

Circles: Level 2 Intimacy & Relationships



Circles Level 2 provides an introduction to the Circles Paradigm and illustrates more subtle applications of the Circles rules of social distance. It's an ideal second step.

[Learn More](#) [Add to Cart](#)

Circles: Stop Abuse



Circles Social Boundaries Level 1 & 2 Bundle


[Like](#) [Tweet](#) (0)

CIRCLES: LEVEL 1

CIRCLES: LEVEL 2

STOP ABUSE

Circles Curriculum

(3) Individual Programs starting from: \$499 - \$699

SUPER SAVER

Save \$300 when you buy all 3 Programs!



Circles Curriculum Includes:
5 hours of instruction
12 DVDs
1 Giant Wall Graph
50 Large Laminated Graph Icons
50 Student Personal Graphs
300 peel n stick icons
3 Teacher's Guides

regular \$1,899 now \$1,599

[Add to Cart](#)

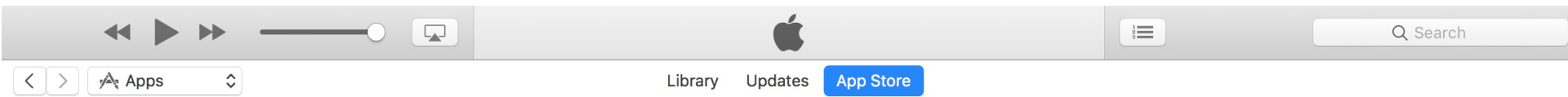
2 reviews for Circles Curriculum Bundle #W1037.3

DiOnne Pruitt –

★★★★★

CIRCLES Programs are distributed by the James Stanfield Company
<https://www.stanfield.com/product/circles-curriculum-bundle-w1037-3/>

Circles App™ defines and clarifies social boundaries and helps users recognize and practice them. Real people can be added to app for a customizable experience.



App Store > Education > James Stanfield Co., Inc.



\$24.99 Buy

Offers In-App Purchases

Rating: 4+

TOP IN-APP PURCHASES

- 1. 5 Additional Profiles \$3.99
- 2. 10 Additional Profiles \$5.99

LINKS

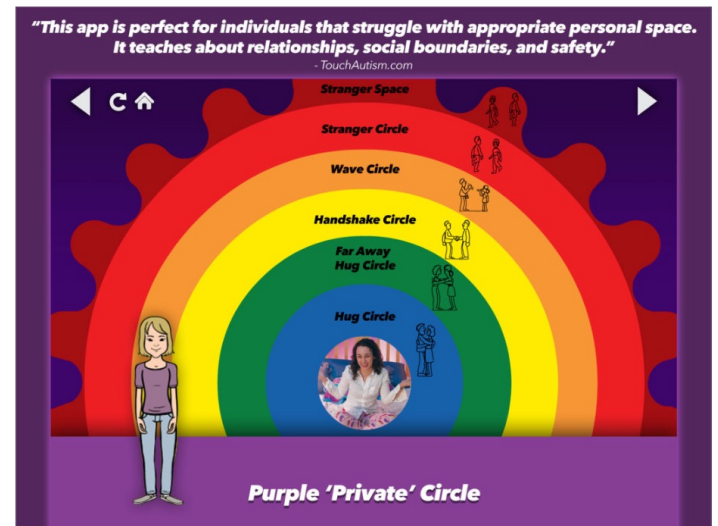
Privacy Policy
Developer Website

Circles App - Social Skills & Relationships 4+

James Stanfield Co., Inc. >

[Details](#) [Ratings and Reviews](#) [Related](#)

iPad Screenshots



Communicating how you feel and what you want is important for boundary setting!

I feel _____

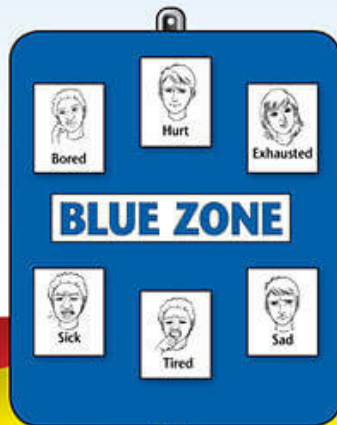
when you _____.

I wish/I want _____.

Communication Involves

- Personal thoughts, feelings, body language, actions
- Recipient's thoughts, feelings, body language, actions
- Turn taking
- Reflecting, responding (statements, follow up questions, etc.)
- Listening & focussing
- Relationship dynamics
- Topics of conversation
- Starting, maintaining, ending a conversation
- Inviting future communication
-

THE ZONES OF REGULATION®



Blue Zone Tools

Stretch

Green Zone Tools

Drink water

Yellow Zone Tools

Deep breaths

Red Zone Tools

Take a break

Putting You First

Online Adult Education

About the Program



COVID-19 has led to quick and major changes in life, such as change in routine. These changes can bring about many different feelings. It is important to know ways to support your social and emotional health, especially at this time.

Putting You First is a special class for self-advocates to:

- learn about the Zones of Regulation**;
- discuss how feelings are experienced and expressed (ie. facial expression, words, body language);
- become familiar recognizing feelings of others;
- talk about strategies for self-care & self-regulation (such as taking a break, stretching, listening to music, meditating, coloring, etc.);
- practice skills to support self-regulation (such as breathing, meditation, etc.)

***More info about The Zones of Regulation model <http://www.zonesofregulation.com>

LOGISTICS

- Meets for 8 sessions.
- Meets **ONLINE** (Zoom video conferencing). A special link & password will be provided to participate.
- You will need a digital device (computer, laptop, cellphone) to participate. (FYI staff cannot provide devices.)

Interested in *Putting You First*?

More information & enrollment

Contact:

Melissa Keyes DiGioia, CSE

Director of Education, Finding Your Individuality

Phone: 908.552.4469 Email: melissa@findingyourindividuality.com



Social Skills

Emotions Color Wheel

The Emotion Color Wheel can help visually group feelings. The circle is divided into colors to show some basic emotions.



▶ Click here to go to
Emotions Color Wheel

1 2 3 4 5

Popular Areas



[Classroom activities](#)

FREE AREA



[Social Skills & Feelings Workbooks Combo Pack](#)

Product



[Faceland](#)
Build skills in facial recognition of emotion

Product



[Bully Book](#)

Product

Main Topics:



1 [Communication Skills](#)

Includes strategies, social articles, and graphic organizers to improve conversational skills, language strategies in the classroom, games, and teacher resources.



2 [Social Behavior](#)

Includes explicit break-downs of the hidden rules that underlie social interactions, strategies and social articles to address social behavior, visual tools to identify feelings and emotions in self and others, songs and games, teacher resources, and more.



3 [Social Skills Toolbox](#)

Includes specific lessons, graphic organizers, and workbooks to address the communication and behavioral skills that impact socialization.



4 [Emotions Color Wheel](#)

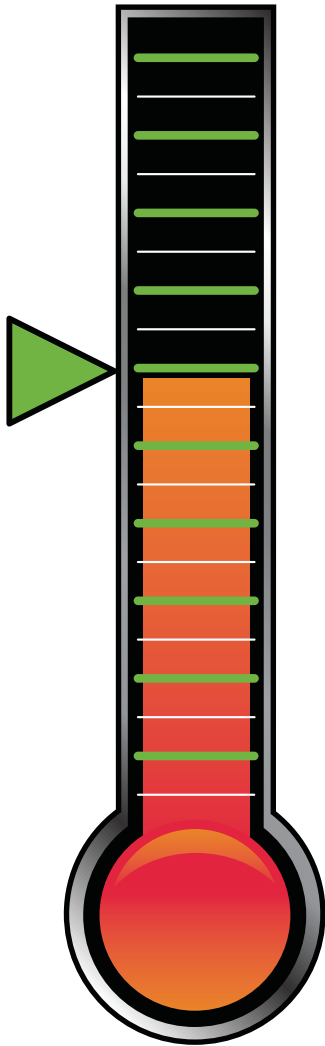
Offers a powerful visual tool to help one group feelings, and accurately label and define emotions.

Be a Whole Body Listener



<https://www.pinterest.com/pin/527624912579506734/>

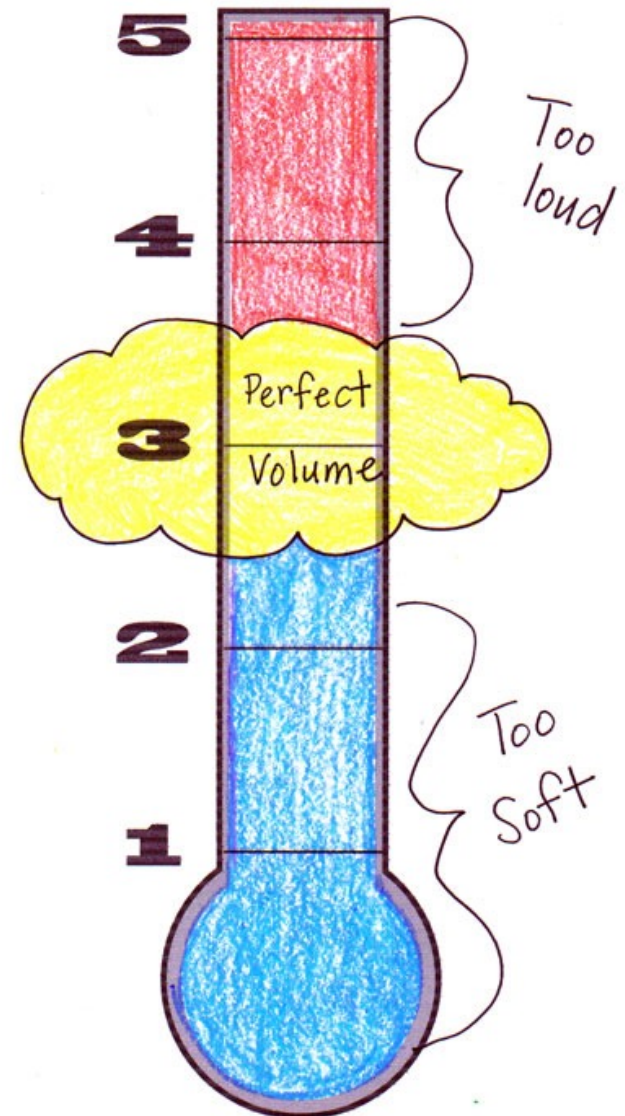
Voice and Volume Control



Your voice is unique. It has a sound like nothing else. It also has the ability to go from a very soft, quiet level to a very loud level. If you talk too quietly, it can be difficult for people to hear or understand what you are saying. But, if you talk too loudly, it can bother other people and make it difficult for them to listen to you.

It is important to have good voice control. This means that you try to keep the loudness of your voice at a good level. Sometimes, it helps to think of your voice as a thermometer. When you are calm and cool, your voice volume is low. But, as you become upset or excited, your voice volume tends to rise just like a thermometer.

It is helpful to practice having good volume control. Develop a "signal" with your parent or teacher, so that when your voice is getting too loud or too soft, they can "signal" you. This will help you to know how to adjust your voice to an appropriate volume level.

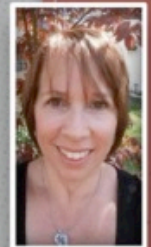


Support Groups



**THIRD TUESDAY OF
EVERY MONTH
4:00 TO 5:00 PM**
(Beginning October 20th)

Dr. Bobbie Gallagher, BCBA, holds the position of Director of Office of Placement and Training for The Chicago School of Professional Psychology, as well as being the owner of the Autism Center for Educational Services in Brick, NJ. She is the author of "A Brick Wall: How a Boy with No Words Spoke to the World," a memoir of raising two children with an autism spectrum disorder. Her research has looked at expanding the use of ABA into the medical field, specifically to assist females with ASD and limited language and their need for gynecological exams. She has been honored in Washington, DC, by having a flag flown over the Capital for her advocacy in the area of autism awareness.



PARENT **SUPPORT GROUP**

When like-minded people come together to share their thoughts, concerns and experiences, there is a sense of community. ACI is inviting parents and loved ones of adults with disabilities (ages 18+) to join us on the third Tuesday of each month from 4:00 to 5:00 PM. ACI is creating a safe, virtual space on Zoom to make friends and support each other.

The group will be facilitated by Carole Tonks, ACI Executive Director and Bobbie J Gallagher, PhD, BCBA-D, Director of Clinical Training, The Chicago School of Professional Psychology, Online Campus. Carole and Bobbie both have disabled adult children.

QUESTIONS? Contact ctonks@adacil.org

REGISTRATION IS REQUIRED: adacil.org / 732-738-4388 / ctonks@adacil.org



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LGBTQ+ WAE: The Power of an Inclusive Community

The intention of LGBTQ+ WAE is to bring together a group of people who share similar life experiences and to enjoy the support of that community. The goal: to lessen the isolation and reduce stereotypes and misperceptions of people with intellectual and developmental disabilities (IDD) and Autism Spectrum Disorders (ASD) who **identify as LGBTQ+**. Regularly scheduled online or in-person meetings allow participants to connect with others who deal with similar issues in a more diverse group than they might otherwise encounter.

A Safe Place for the IDD and ASD Community and Allies

<https://www.jsddmetrowest.org/lgbtq-wae/>

Accessibility Tools

The New Jersey Self-Advocacy Project

Social Activities

Programs

[The Arc of NJ Family Institute](#)

[Criminal Justice Advocacy
Program](#)

[Mainstreaming Medical Care](#)

[The New Jersey Self-
Advocacy Project](#) >

[The New Jersey Self-
Advocacy Project](#)

[NJSSAN & Advisory Board](#)

NJSAP Brain Games on Zoom!

Live, interactive board games with the NJSAP Team for you to
test your creativity and knowledge and to have fun!
Join us on Zoom every Thursday at 1PM!



<https://www.arcnj.org/programs/njsap/braingames.html>

Centers for Independent Living



DAWN Center for Independent Living

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Upcoming Events

EVENTS FROM	SEARCH	NEAR		VIEW AS
<i>Date</i>	<i>Keyword</i>	<i>Location</i>	FIND EVENTS	<i>List</i>

[« Previous Events](#)

[Next Events »](#)

March 2021

Friday Fun – Irish BINGO!

March 19 @ 4:00 pm - 5:00 pm

For more information or to RSVP please email Stephanie at spanagakis@dawncil.org. *ZOOM Link to events will be sent after RSVP*

[Find out more »](#)

Recreation – Poetry Slam– share your own or your favorite poem

March 22 @ 4:00 pm - 5:00 pm

For more information or to RSVP please email Stephanie at spanagakis@dawncil.org. *ZOOM Link to events will be sent after RSVP*

[Find out more »](#)

ELS – SPIRIT Club Nutrition

March 23 @ 3:00 pm - 4:00 pm

For more information or to RSVP please email Stephanie at spanagakis@dawncil.org. *ZOOM Link to events will be sent after RSVP*

[Find out more »](#)

Aktion Club

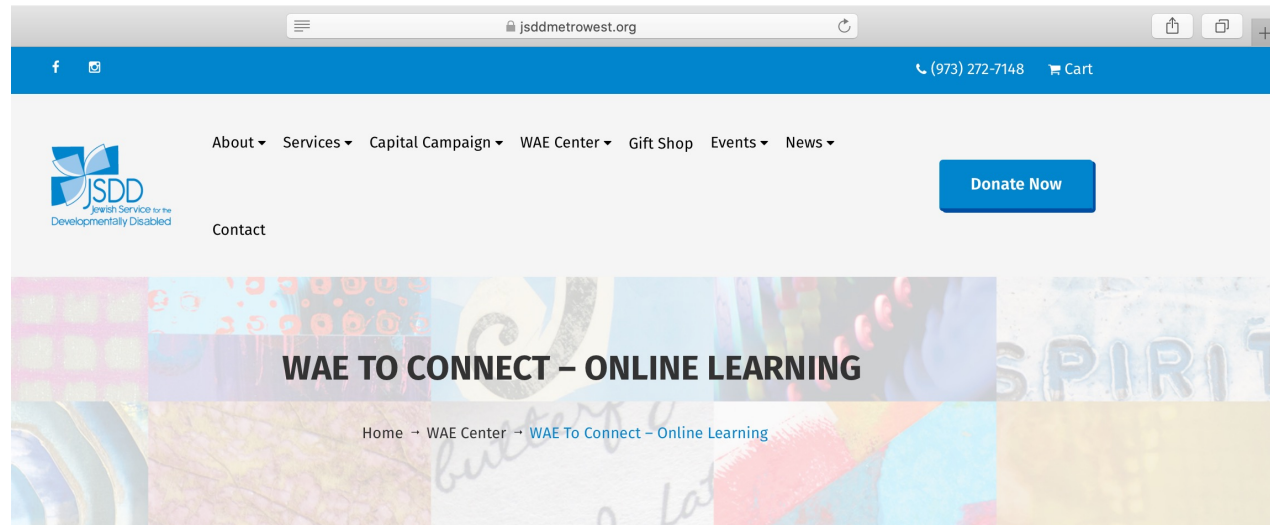
March 24 @ 7:00 am - 9:00 pm|Recurring Event ([See all](#))

AKTION Club meetings will be held via Zoom on the 2nd and 4th Wednesday of the month from 7-8pm for the time being. If you are...

[Find out more »](#)

<https://dawncil.org/events/>

Online Learning



An online community for wellness, arts, and enrichment learning opportunities.

A program for adults with developmental disabilities

An innovative and person-centered day habilitation program, JSDD's WAE to Connect serves adults with developmental disabilities in an online environment. Focused on personal growth and community engagement, WAE to Connect recognizes each person is unique and deserves individual attention. The program provides guidance and support, so that each participant can develop a full and rich life of their own making.

WAE Workshops offers a creative space where students 16 years and over can work with

Quick Links

[*Overview*](#)

[*WAE to Connect – Online Learning*](#)

[*LGBTQ+ WAE*](#)

[*Artist Opportunity*](#)


[*WAE Workshops*](#)

<https://www.jsddmetrowest.org/wae-to-connect-online-learning/>

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ABOUT HLP LIVE

The [New Jersey Self-Advocacy Project](#) team is excited to introduce Healthy Lifestyles Project LIVE, our new interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities. We will be holding events on Zoom every Wednesday at 11 AM and Fridays at 1 PM on a variety of topics relating to healthy living! Some events will feature guest speakers who will lend their expertise. Live viewers will be able to share comments, ask questions, and participate in real time. Each event will be a unique, online experience you won't want to miss out on!

"Healthy Lifestyles Project LIVE" is part of our [Healthy Lifestyles Project \(HLP\)](#). HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

<https://www.arcnj.org/information/healthy-lifestyles-project/hlplive.html>

Making Plans with Someone

- Ideas for getting together
 - In person
 - Using technology (Cell, Tablet, Computer, etc)
- Discuss logistics
- Practice communication!

Connect with Us!

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Phone: (908) 552-4469

Web: www.findingyourindividuality.com



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Closing

- I want to remember.....
- I plan to