



# Students with Hearing Loss Wellness Program Newsletter

**In collaboration with**  
*County Offices of Mental Health and Hearing Support Programs in Bucks, Montgomery, Chester and Delaware Counties with Behavioral Health Specialists in Deafness and Hearing Loss (Deaf Services Center, Maternal Child Consortium, Home and Community Services, Magellan Behavioral Health, & Community Care Behavioral Health)*

### Special Request:

Please do distribute this newsletter to educators, behavioral health specialists, and families with deaf and hard of hearing children.

### Highlights inside:

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Winter 2011

## Services Available for 2010-11!

This service, designed to support families, educators, and behavioral health specialists in hearing loss for the remainder of the 2010-11 school year is offered by the Family Wellness Program of Children's Hospital of Philadelphia's (CHOP) Center for Childhood

Communication. Services include:

- **Confidential Psychosocial Consultation Hotline** for educators and families of students with hearing loss with Louise Montoya, a licensed

Counselor who specializes in behavioral health of students with hearing loss. Information and referral as well as recommendations and assistance with finding additional emotional, social or behavioral support services will be offered if needed and requested.

- **Newsletters** for educators and behavioral health providers.
- **Resources** including classroom activities and handouts for student and families around healthy adjustment to hearing loss and

promoting healthy social, emotional and behavioral development in students.

- **Case consultation with behavioral health providers** on effective evaluation and treatment for students with hearing loss.
- **Public Health Campaign** among educators and providers of public mental health services about the impact of hearing loss upon the behavioral health of children and finding hearing and behavioral health specialists.

## Home and Community Services

The Chester County Intermediate Unit (CCIU) operates Home and Community Services (H&CS). CCIU strives to improve the lives of thousands of children with severe to moderate behavioral, social, emotional, physical and behavioral disabilities. H&CS strives to coordinate and enhance natural supports and services for children diagnosed with behavioral disorders using educated, highly trained specialists: Therapeutic Staff Support, Mobile Therapists and Behavioral Specialist Consultants. Client population ranges from birth to 21years. Services are based on medical necessity determined by a psychiatrist or licensed

psychologist. Once eligible, goals and a comprehensive service plan is submitted to the child's Managed Care Organization. Additionally, H&CS provides contracted behavioral support to school districts based on student or IEP need through Behavioral Health Personal Care Assistants, Behavioral Specialist Consultants and Mobile Therapists.

In 2007, H&CS partnered with Louise Montoya of CHOP to provide services to deaf and hard of hearing children. Louise provides training and oversight to the H&CS Teams working with Deaf or Hard of Hearing children on: technical aspects of the child's hearing

loss; hearing loss management; the necessity of a multi-systemic approach with the child's audiologist, educational specialists and speech language therapists. She also advises on the goals specific to hearing loss, such as self-esteem, social skill building, anger management, self advocacy, effective communication and adherence to hearing management program. Louise and **H&CS are now consulting in Chester, Montgomery and Delaware Counties. For more info**, please contact Coordinator, **Jeanne Crysler, 484-237-5241 for children residing in Chester County, and Coordinator, Christina Kaissi, 610-254-2464 for children residing in Montgomery and Delaware Counties.**

### Consult Hotline!

Consultations are confidential and are offered by phone, email or in person by calling **(215) 590-7453 Voice** (215) 590-6890 TTY or by email: [Montoya@email.chop.edu](mailto:Montoya@email.chop.edu) or by videophone by appointment (Please arrange through email).

*"Have a strong, positive, 'can do' attitude that serves us well in the hearing world."*



## Meet Don Peterson

I was born profoundly deaf, with cause unknown. Growing up in Minneapolis, Minnesota and I am the only deaf in my family. We communicated in 'home made' sign language because that time the society told my parents that the sign language were not allowed until I was 7th grade that I first time to use ASL. I went to mainstreamed in the public school system from 7th to 12th grade. In 1963-1965, there was an epidemic of rubella in the United States where there are a lot of deaf students in our mainstream school. I was lucky

to have a lot of deaf students where I attend to deaf class room for English but attend regular class with ASL interpreters. After graduated HS, I attended the National Institute for the Deaf (NTID) and Rochester Institute for Technology (RIT). I graduated an Associate in Applied Science degree in Architectural Technology and a BS in Information Systems. My motto is to have a strong, positive, 'can do' attitude that serves us

well in the hearing world. My deafness does not, in any way to hold back my ability to successfully carry out my job. I know being deaf can be challenging, especially during large group people. That's how I look at life.

I rely on e-mail and Video Relay Services (VRS) to communicate with colleagues. I am proficient in ASL sign language and lip reading. I have been married to my wife of 23 years, who is also deaf, and parents of two hearing CODA (Children of Deaf Adults).

**Contact email:**  
[don.peterson2@astrazeneca.com](mailto:don.peterson2@astrazeneca.com)

## Meet Debra Cannon

I was mainstreamed for 12 years of Catholic schools in Philadelphia and college and did very well. I depended on speechreading, body language, and facial cues. I worked in finance for 13 years. My hearing progressively got worse, and each time I compensated. I put tremendous energy into doing whatever I could to keep everyone from not only knowing I wore a hearing aid but also just how much I was truly struggling to hear. I was determined to live and function successfully in the hearing world. This effort was exhausting and at times led to chronic headaches, vertigo, irritability and depression. I never revealed to anyone (well, my mother always knew) just how isolated and alone I felt in my slowly turning-silent world...how the teasing and ridicule from my early childhood days never left my mind...how I was tired of hiding and pretending and never feeling comfortable simply wearing my long hair down to my shoulders for fear that someone would see my hearing

aid. However, I fooled lots of people —friends, co-workers, colleagues and neighbors. What bothered me most was that I never knew one other person my age or even close to my age with a hearing loss. **No one who truly understood.** Three years ago, I woke up one morning and heard nothing. I thought my hearing aid broke! I was having difficulty hearing with the hearing aid, everywhere, even standing in front of people. My family and friends noticed too. I now use a cochlear implant. I can understand and relate to feelings of isolation and hopelessness when students think a hearing loss will not allow them to have a place in the world. Frankly it is quite the opposite. My hearing loss has given me a voice and an endeavor to put hearing loss at the front line of healthcare issues. **The**

**overall key and hurdle for me was acceptance. I could not be an advocate for myself and then others until I accepted that my hearing loss was a part of me, and not just the only part either.** It's all about perspective. And it is very easy to lose perspective with day-to-day frustrations of dealing with our hearing loss. I still do even today. But I now am able to quickly remind myself that, "Once we accept our limits, we can then go beyond them." ~Brendan Francis

Debra lives in Warrington, Pennsylvania with her husband Michael and their three boys, Michael Jr. (9), Bradley (5), and Alexander (3). She can be reached at [dtcannon5@msn.com](mailto:dtcannon5@msn.com).

*Excerpts reprinted with permission from Barbara Kelley, Hearing Loss Magazine, May/June 2010.*



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**"I could not be an advocate for myself and then others until I accepted that my hearing loss was a part of me, and not just the only part either."**

## Deaf Services Center

is a unique program serving a small incidence population of persons who have hearing loss with behavioral and/or cognitive challenges.

Although we began our program in Montgomery County, our services are provided to children and adults throughout the region, which allows for a wider range of programming

options for our consumers. Deaf Services for Children include:

**Outpatient Services (OP)** - provided in both our Glenside office as well as our satellite office located in the Center for Community and Professional Services (CCPS) at the Pennsylvania School for the Deaf in Philadelphia.

**Case Management (CM) and Outreach Services (ORS)** -

offered to persons throughout the region and our staff provide services wherever they are needed. Call (210) 884-9770 V/VP, email [wheines@salisb.com](mailto:wheines@salisb.com), <http://www.salisb.com/deafprgs.html>

## MCC Specialized Program for Deaf/Hard of Hearing Children and Adolescents

Is specifically designed for children and adolescents between the ages of 3 and 21 who are **Deaf/Hard of Hearing** and who demonstrate significant related behavioral challenges. The goal is to demonstrate and transfer effective intervention techniques to the child's caregivers (parents, teachers and guardians) so that more productive and meaningful interactions with the child may occur. Our team will assess clinical and behavioral needs of each

child/family to create a plan to help the child and provide emotional support, which may include individual or family therapy when needed. Staff for our deaf/hard of hearing program are American Sign Language proficient and skilled at working with children with hearing loss who use speaking, listening and technology. We provide these programs in southeastern Pennsylvania. Coverage

for these services may be available either directly from the Department of Public Welfare (Medical Assistance) or through a behavioral health managed care organization such as Magellan Health Choices or Community Behavioral Health (CBH). To determine if there may be a potential benefit for your child or student, please give me, Joshua Weinstein, Psy.D., a call at **267-525-7000 V to learn more and see if we may help.**

<http://www.warwickfamilyservices.com/specialized-wraparound.php>

## Mother May I? – GREAT game for teaching self-control, listening/focusing & following directions

Using play and games is one of most natural and engaging ways to draw a deaf or hard of hearing child into learning and practicing skills they really need to become expert in regardless of communication method:

- \*Paying attention
- \*Making a request

- \*Accepting no
- \*Listening for the response
- \*Short term memory
- \*Following directions precisely
- \*Checking for understanding
- \*Accepting natural consequences
- \*Good sportsmanship

Google the rules to refresh your memory about the rules (Sadly, I had to myself!-). It's a game that can be made quite simple to quite complex by giving 1 – 4 step directions. Kids can take baby, regular or giant steps, hop using 1 or 2 legs, step forward or backward, & spin around.

### Vocational Rehabilitation Services FAQ

*Author: Annette Reichman, MS and Susan Jacoby, PhD*

Publication for parents addresses aspects of vocational rehabilitation, including eligibility requirements, application process, career planning, services provided, financial obligation, and appeal process. Available from <http://clerccenter2.gallaudet.edu/products/?id=214>

### A Family Guide to Work Preparation for Deaf and Hard of Hearing High School Students

*Author: Annette Reichman, MS and Susan Jacoby, PhD*

Addresses: How can your child prepare for life after high school? and provides three important steps to support your high school-age child's preparation for adult life. The publication also offers an overview of postsecondary realities and vocational rehabilitation services, additional websites, questions to ask, and suggested readings. Available from <http://clerccenter2.gallaudet.edu/products/?id=215>

*"The Summer Academy seeks to find the top 10 deaf and hard of hearing students, 16 and over, who excel in and enjoy math, science and/or computing."*

## Summer Academy 2011 in Computer – Full Scholarships and Transportation Available

The University of Washington is sponsoring the 5th Summer Academy for Advancing Deaf and Hard of Hearing in Computing in 2010. The Summer Academy seeks to find the top 10 deaf and hard of hearing students, 16 and over, who excel in and enjoy math, science and/or computing. This is a challenging academic program that allows participants to earn college credit while learning

about various aspects of and opportunities in computing, and is fully funded by the Bill and Melinda Gates Foundation, National Science Foundation and other funders; tuition, room & board and round-trip transportation will be provided at no cost to selected applicants. This is truly an exciting opportunity! If you know of anyone who would qualify for this

program or has a connection to students who might qualify (such as a parent, teacher, counselor, etc.), please pass this information along to them and direct them to our website at [www.washington.edu/access/computing/dhh/academy](http://www.washington.edu/access/computing/dhh/academy) (videos, brochures and the application process can be found here). We appreciate your support and helping us get the word out about our program.

## Applications Now Available for LOFT 2011

### Leadership Opportunities for Teens (LOFT) 2011

Applications are now available online for AG Bell's acclaimed Leadership Opportunities for Teens (LOFT) program for 2011. LOFT is a four day program designed for participants

to develop skills in individual leadership, teamwork, understanding group dynamics, communication, public speaking and self-advocacy. The 2011 program will take place July 24-28 at the Omni Shoreham in Washington, D.C. <http://nc.agbell.org/>

[NetCommunity/Page.aspx?pid=640](http://NetCommunity/Page.aspx?pid=640) for more information and to download an application packet.



*Teens with Hearing Loss Group Forming*

*All Welcomed!*

## Calling ALL Writers!

The National Technical Institute for the Deaf at Rochester Institute of Technology is sponsoring a writing competition. Spirit of Writing participants should be in grades 10-11 and deaf or hard of hearing. Use the power of words to express thoughts and feelings, and win cash and prizes! **The deadline is March 15, 2011.** See [www.rit.edu/NTID/Writing](http://www.rit.edu/NTID/Writing) Contest for more information. *Reprinted from The Endeavor with permission.*

## Teens with Hearing Loss – Let's Meet!

**What ???** Getting together with other teenagers with hearing loss.

**Doing????** Meeting and hanging out with teens with hearing loss. Ideas for group format, topics are welcome.

**Where???** To be determined – somewhere in Montgomery County. Monthly meeting on Sunday evenings.

**Pizza Dinner included**

**Teens from all areas invited**

**If Interested contact Pnina Siegler**  
parent of a teenager with hearing loss at [pninasiegler@gmail.com](mailto:pninasiegler@gmail.com)  
or **610-547-0484**





*Mainstreaming is good; Inclusion of peers who have hearing loss is better.*

*Working with the Child is good; Working with the whole family is better.*



**HearingLossNation** is a non-profit online community designed specifically for HoH individuals between the ages of 18 and 35.  
<http://hearinglossnation.ning.com/>

**DeafNation** offers current news, resources, famous world activities and info on outstanding Deaf and HoH individuals.  
<http://hearinglossnation.ning.com/>

## Early Childhood Deafness: A 50-Year Perspective

Reprinted excerpts from *Volta Voices*, Nov/Dec 2010, with permission **By David Luterman**

The following are 10 tips I have learned that will help professionals who are working with parents of children who are deaf or hard of hearing:

**Technology is marvelous; Parental empowerment is better.** Technology is only as good as the parents' (and professionals') ability to utilize it.

**Informing parents is OK; Listening is better.**

**Let the parents (and child) set the pace – Do not rescue them.** In the beginning, going slowly and not over helping pays huge dividends later on.

**A diversity of communication methodologies is good; A one-approach-fits-all mentality is not.** Fit the methodology to the child

At the end of the day, the parents and the child need to be able to communicate with each other, whatever methodology they choose.

**Don't ignore the developmental imperative.** Hold the child to the same standard of behavior as children with typical hearing.

Overprotecting and buffering natural consequences tend to protect the child from failure, limiting the child's capacity to handle adversity.

**Working with the Child is good; Working with the whole family is better.**

**Early screening is good;**

**Follow-up needs improvement.**

**Cochlear implants are marvelous; Isolating this**

**Population is not.** Net result of CI is a hard of hearing child. It is not in the best interests of these children to separate them from the general population of children with hearing loss.

**Mainstreaming is good; Inclusion of peers who have hearing loss is better.** Many mainstreamed children succeed academically, but may be unhappy, stressed or have few friends. We need to include our notion of success to include psychosocial issues. I favor mainstreaming a class instead of an individual; in that way there is a built-in peer group. One child with hearing loss stands out in the class while a group blends in.  
**Current challenges are apparent; Solutions are also clear and obtainable.**

## Websites to check out

Health Information for Persons Who are Deaf, Deaf-Blind and Hard of Hearing: A Western Pennsylvania Initiative  
[www.healthbridges.info](http://www.healthbridges.info)

[www.deafteens.org](http://www.deafteens.org) where hearing impaired teens connect with one another and the communities that support them.

The U. S. Depart. Of Education offers schools, organizations, individuals and families the opportunity to borrow from

their thousands of signed, open and closed-captioned videotapes **at no charge.**

Their library includes educational videos for children and adults, life-long learning topics, general and detailed topics, classic movies, entertainment videos, videos in sign language and captions, and videos captioned in Spanish (en Español, check out Signing Fiesta DVDs). Return postage and packing is provided! All you need to do is have an email address and sign up on line.

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

## Deaf Friendly Stop Smoking Website

<http://www.dfss.nursing.arizona.edu/>

Provides **ASL videos, spoken English and captions about the most common mental health conditions** as well as community services for adults and children.  
[http://chemung.ny.networkofcare.org/mh/nimh/signlanguage\\_index.cfm](http://chemung.ny.networkofcare.org/mh/nimh/signlanguage_index.cfm)

Provides **ASL videos, spoken English and captions** about basic first aid, and effective responses to wide range of emergencies.  
<http://www.accessibleemergencyinfo.com/home.html>



## Toys "R" Us Releases 2010 Toy Guide

Toys "R" Us, Inc. announced the release of the 2010 edition of the 2010 edition of the *Toys "R" Us Toy Guild for Differently-abled Kids*, an easy-to-use toy selection resource that can help parents of children with special needs select toys that develop skills through the power of play. This year, actress, author and philanthropist and mother of a son with autism, Holly Robinson Peete, appears on the cover, along with Tommy Austin, a 6 yr old boy from Los Angeles.

The Largest edition ever, this year's *Guide* has increased to 60 pages and features an expanded assortment of online offerings that are available through the company's website. To help parents select the perfect playthings for their children,

all toys featured in the *Guide* are associated with icons that show parents which skills can be developed during playtime.

To assist families and friends shopping for the differently-abled kids in their life, the *Guide* also includes an easy-to-use Skill-Building toy Finder index. Located at the back of the book, the section categorizes every toy by skill it helps build, allowing shoppers to easily find toys that benefit the child in their lives.

Toys "R" Us, Inc. has a long history of supporting the special needs community through the Toys "R" Us Children's Fund, a public charity affiliated with the company. Organizations that receive support include: American Society for Deaf

Children, Autism Speaks, Children and Adults with ADHD, Muscular Dystrophy Assoc., National Down Syndrome Society, National Lekotek Center, National Organization of Parents of Blind Children, Special Olympics, Spina Bifida Assoc., and United Cerebral Palsy.

*Released annually, the Guide is available in Toys "R" Us and Babies "R" Us stores nationwide and available online in English at <http://www.toysrus.com/family/index.jsp?categoryId=2257809>*

*Reprinted with permission from The Endeavor, Fall 2010*

## Toy Guide for Differently-abled kids

<http://www.toysrus.com/DifferentlyAble>

La versión en español 2010 Guía de juguetes para niños con habilidades distintas de Toys R US 2010 está disponible en el vínculo Web a continuación <http://trus.imageg.net/graphics/media/trus/2010-DAG-Spanish.pdf>

## West Chester Area – Holiday Party and Plan Play Groups

Children's Holiday Party  
For families with Deaf/Hard of Hearing kids or those with Deaf/Hard of Hearing parents and Planning Group for Future Play Groups

December 17, 2010  
6 – 8 p.m.

Christ the King Deaf Church  
Calvary Lutheran  
730 South New Street  
West Chester, Pa 19382

Pizza, Games, Crafts, and Fun!

Photos with Santa for each child

**Please R.S.V.P. by Dec. 14th**

by calling Michele at 610-761-5430 VOICE or email : [mtcbike129@aol.com](mailto:mtcbike129@aol.com)  
Videophone: 484-319-4256  
TTY: 610-701-082



At this party, DeafCAN will talk with families about establishing a play group for families with deaf or hard of hearing members forming in Chester County, PA.

**All are welcomed!**

DeafCAN! Is pleased to invite you to a Children's Holiday Party

**Thursday, March 24, 2011**

6:30 p.m. – 8:30 p.m.

***Making Smooth Transitions: Elementary School to Middle School and Middle School to High School***

Bucks County  
CHOP Specialty Care Center  
500 W. Butler Ave, Chalfont, PA 18914

**Saturday, April 2, 2011**

8:00 a.m. – 3:30 p.m.

***Family Conference: Supporting Your Child with Hearing Loss***

Stokes Auditorium, CHOP  
34<sup>th</sup> Street and Civic Center Blvd., Phila.

**Tuesday, May 10, 2011**

6:30 p.m. – 8:30 p.m.

***Helping Children Make Healthy Adjustments to their Hearing Loss***

CHOP, Abramson Research Building  
34<sup>th</sup> Street and Civic Center Blvd., Phila.,

**Thursday, June 9, 2010**

6:30 p.m. – 8:30 p.m.

***Getting Ready for the Summer***

King of Prussia – CHOP Specialty Care Center  
210 Mall Blvd, King of Prussia, PA 19406

**Students with Hearing Loss  
Wellness Program**

3405 Civic Center Blvd.,  
Rm 112  
Philadelphia, PA 19104

VOICE:  
(215) 590-7453

TTY:  
(215) 590-6890

FAX:  
(215) 590-5641

E-MAIL:  
[Montoya@email.chop.edu](mailto:Montoya@email.chop.edu)

VIDEOPHONE:  
*Please email for a VP  
appointment*

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We're on the Web!  
See us at:  
[www.chop.edu/ccc](http://www.chop.edu/ccc)

**Read more in these magazines online**

Read full articles from The Endeavor, magazine of the American Society for Deaf Children at [www.deafchildren.org/newsletter.aspx](http://www.deafchildren.org/newsletter.aspx)

Read more available from the Alexander Graham Bell Association at [www.agbell.org](http://www.agbell.org)

Read full articles from Hearing Loss Magazine, from the Hearing Loss Association of America at [www.hearingloss.org](http://www.hearingloss.org)

Read about Lena Merrill , 14, Crowned "Miss Hawaii Outstanding Teen." She is a student at the Hawaii School for the Deaf and Blind. <http://www.mauinews.com/page/content.detail/id/532852.html?nav=10>

**CCC Sponsors Conference for Families – April 2, 2011**

The Center for Childhood Communication is sponsoring a

**FAMILY CONFERENCE:  
SUPPORTING YOUR CHILD  
WITH HEARING LOSS**

Saturday, 4/2/2011  
8:00 a.m. – 3:30p.m.

Children's Hospital of Philadelphia  
Stokes Auditorium

**Keynote Speaker:**

Jennifer Rosner,  
Author of If the Tree  
Falls

**Multiple sessions available:**

- \*Behavior Management
- \*Educational Services for children with hearing loss
- \*Adult/Teens w HL Panel
- \*Parents/Children w CI Panel
- \*Audiology 101
- \*Promoting language development
- \*Assistive Technology
- \*Community Resources

**Advance registration requested.**

**Cost:**  
\$10 per family in advance,  
\$20 at the door

**For more information, please contact:**

Jaime Ramanauskas, Family Resource Coordinator, at 267-426-0780 Voice, or [ramanauskasj@email.chop.edu](mailto:ramanauskasj@email.chop.edu)

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*This event is for parents/caregivers only. We are sorry that we are unable to provide childcare.*

*Thank you for your understanding.*

**STUDENTS WITH HEARING LOSS  
WELLNESS PROGRAM**  
Center for Childhood Communication  
The Children's Hospital of Philadelphia  
3405 Civic Center Blvd., Rm 112  
Philadelphia, PA 19104

