

SPONSORED BY THE  
WARREN HILLS CLUSTER  
DISTRICTS

Positive Adult Development →

## Parent Training & Support

# for parents of individuals with special needs

This is a 6 week parent support course. Please plan to attend all 6 sessions.

The Positive Adult Development (PAD) curriculum was created to help parents of individuals with intellectual and developmental disabilities manage stress. PAD incorporates evidence-based interventions from the field of positive psychology and emphasizes ways to temper such emotions as guilt, conflict, worry, & pessimism by identifying and using character strengths and virtues, using strengths in new ways, and by practicing exercises involving gratitude, forgiveness, grace, and optimism.

The curriculum and exercises are also derived from what the disability field and parent group supervisors at the Vanderbilt Kennedy Center concur are “best practices”.

*Sessions are facilitated by Pauline Albrecht, Ed.S., NCSP, a school psychologist at Franklin School & by Leslie Fulmer-Cook, LCSW, a school social worker at Mansfield School & Franklin School.*

### DATES

**Feb. 19- Franklin Twp. School ,**  
52 Asbury-Broadway Rd, Washington NJ

**Feb. 26- Franklin Twp. School**

**March 5- Mansfield Twp. Elem. School,**  
50 Port Murray Rd, Port Murray, NJ

**March 12- Mansfield Twp. Elem. School,**

**March 19- Oxford Central School,**  
17 Kent St., Oxford, NJ

**March 26- Oxford Central School**

### TIME

**7-8:30pm** →

### Six-Week Overview

1. From Control to Letting Go
2. From Grief to Acceptance
3. From Guilt to Forgiveness
4. From Conflict to Collaboration
5. From Fear to Confidence

### RSVP

**You must register by February 10th.**

**908-689-1505 x406 Pauline Albrecht**

**or email [palbrecht@franklinschool.org](mailto:palbrecht@franklinschool.org)**

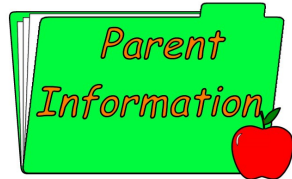
**There is no cost to parents. This is open to anyone in the community so spread the word!**

**This series is hosted by the Warren Hills Cluster Districts:  
Franklin, Oxford, Mansfield, Washington Twp., Warren Hills & Washington Borough**

## COURSE FACILITATORS

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Sessions are facilitated by Pauline Albrecht, Ed.S., NCSP, a school psychologist at Franklin Twp. School and by Leslie Fulmer-Cook, LCSW, a school social worker at Mansfield Twp. Elementary School & Franklin Twp. School.



## SIX-WEEK OVERVIEW

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1. From Control to Letting Go
2. From Grief to Acceptance
3. From Guilt to Forgiveness
4. From Conflict to Collaboration
5. From Fear to Confidence
6. From Pessimism to Optimism

*We plan to offer a second course in the Fall 2015. These sessions will be hosted by Washington Boro, Warren Hills & Washington Twp Schools.*

## ABOUT THE PROGRAM

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The new curricula, developed by staff and faculty at the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities, were used in the multi-year Parent/Child Stress Intervention Project piloted by Elisabeth Dykens, Ph.D., in 2010-2013.

Two hundred and fifty individuals participated in the study, learning ways to physically and cognitively reduce stress, either through the Mindfulness-Based Stress Reduction (MBSR) curriculum or Positive Adult Development (PAD) curriculum.

**Both programs proved beneficial to parents of children with disabilities, with participants experiencing lower levels of stress and anxiety, improved sleep, and a greater satisfaction with life.**

## PARENT TRAINING FOR PARENTS OF INDIVIDUALS WITH DISABILITIES

## POSITIVE ADULT DEVELOPMENT (PAD)



Hosted by the Warren Hills Cluster Districts:  
Franklin, Mansfield, Oxford, Washington Borough, Washington Township, Warren Hills

Winter/Spring 2015

*There is no cost for this 6 session series. The series is open to the community.*

## WHAT IS PAD?

PAD (Positive Adult Development) is a research-based 6 week parent course. In Spring 2014, three districts will host 2 evening sessions of PAD.

**Parents should plan to come to all 6 sessions as they build upon one another.**

In Fall 2015, three other school districts will each host 2 evening sessions of the second parenting series.

## WHY IS THIS SUPPORT SO IMPORTANT?

*“The well-being of this population is critically important because, compared to parents of typically developing children, parents of children with developmental disabilities experience substantially higher levels of stress, anxiety and depression, and as they age, physical and medical problems,” said lead author Elisabeth Dykens, Ph.D., Annette Schaffer Eskind Professor and director of the Vanderbilt Kennedy Center for Research on Human Development and professor of Psychology and Human Development, Pediatrics and Psychiatry.*

*“Add to this the high prevalence of developmental disabilities – about one in five children – and the fact that most adult children with intellectual disabilities remain at home with aging parents, we have a looming public health problem on our hands.”*

## HOW MIGHT IT HELP ME?

The Positive Adult Development (PAD) curriculum was created to help parents of individuals with intellectual and developmental disabilities manage stress.

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The curriculum and exercises are also derived from what the disability field and parent group supervisors at the Vanderbilt Kennedy Center concur are “best practices”.



## SCHEDULE

**Course runs 7-8:30.**

**Plan to attend all 6 evenings.**

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## REGISTRATION

**You must register by  
February 10th.**

908-689-1505 x406

Pauline Albrecht or email

[palbrecht@franklinschool.org](mailto:palbrecht@franklinschool.org)

There is no fee to participants.  
You do not have to live in these districts to attend, but you must register.  
The materials are paid for by the Warren Hills Cluster Districts and the facilitators are donating their services.