STARS Parent and Teen Information Meeting
Survey

- For those who were unable to attend the meeting you may access the survey here: https://www.surveymonkey.com/r/6H5KSCP
- Please complete by June 10th
- This helps us grow and shape the STARS program
## Staff Introductions

- Julie Brickey: School Age Program Manager

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<thead>
<tr>
<th>Program Staff</th>
<th>Summer Interns</th>
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<tr>
<td>Jack Anderson</td>
<td>Rachel Snyder</td>
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<tr>
<td>Sierra Trussell</td>
<td>Lauren Londeen</td>
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<tr>
<td>Megan Borcher</td>
<td>Annamarie Struck</td>
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<tr>
<td>Daniella Santos</td>
<td>Bali Cortes</td>
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<tr>
<td>Haley Borcher</td>
<td>Grace Hills</td>
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<td>Govanni Garcia</td>
<td>Natalie Miller</td>
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<td>Lauren Kasyjanski</td>
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Vision for STARS

A comfortable place where teens can be themselves, build their communication and social skills, get involved in the community, work on daily living skills, increase their overall health, wellness, safety, and self-advocacy skills, and promote vocational development on a weekly basis. Through regular attendance, teens will grow to their highest potential.
Who Can Be in STARS?

- Teens with Down syndrome between 12-18 years old
- Teens turning 12 may register for events for which they will be 12 for. For example if you register for an event that takes place on December 10th and you don’t turn 12 until December 13th, you cannot attend. However if your birthday were December 9th, then you would be able to attend.
- A STARS participants first event must be at DSG. So be sure to register for an event that will be held at DSG for your first time. This way we can get to know you.
- Julie will call all families who are new to STARS who are signed up. You can expect a phone call from Julie if you are on the list to participate, usually the week before the event. Please call Julie 913-213-5485 if its your first time and you haven’t heard from her.
Success Comes with Commitment

- Regular Attendance- at least once a month, ideally=weekly
- Make STARS your priority on Wednesday nights
- Let teens pick the events they want to attend and help with signing up, sometimes you may have to encourage them to try new things
- Sign up and show up
- Follow through with taught skills and consequences
- Work together with STARS staff to make it a success for your teen
- Tough love is a good thing
- Real Life Examples
STARS Expectations

- No parent zone = increase in independence
- Support Person = family member/friend/etc. other than mom or dad
- No cell phones: We have too much fun to need them
- No forced friendships, but everyone will be kind
- Foster friendships, not relationships
- No inappropriate language, hitting, kicking, biting, etc.
  - Those needing support provide own 1:1 support
  - Behavior Therapist can be prearranged to help sometimes
- STARS ratios are 4:1 offsite and 6:1 onsite, if your teen is unable to participate at this level, a support will need to be provided
Support Person

- If a support person is needed and one is not provided staff will let you know. One will need to be provided at the next event in order to attend.
- If teens typically have a 1:1 aide in school, have significant behavior concerns, elope, or are not able to follow a group activity, then they most likely need a support at STARS (staff will work with you to determine this)
- When a 1:1 support is needed and our staff have to be that support then our ratios are not compliant, which makes the event run very poorly
- Staff will work with the support person to help gradually transition teens to the most appropriate level of support, but it will take time.
- Some teens will need support for a long time and that is ok. They can still have fun at STARS.
- Everyone can attend STARS, some might need more support than others
Meet the Pathways Team

Betsy Sylvester  SLP
Sarah Mai  OT
Megan DeBoom  BCBA
What is Pathways?
- Community-based therapy designed to help maximize the adult potential of your self-advocate.

What will my family receive during our Pathways year?
- Individualized evaluation, 6 individualized therapy sessions, visual supports, training on strategies that fit into your family’s daily life, and so much more!

Who is Pathways for?
- Pathways is for any self-advocate ages 4 - 20. Whether your family is in crisis due to inappropriate behaviors or just looking to start planning for adult life, Pathways is for your family.
3.21 Live!

- Join the Pathways Team the last Friday of every month to get real-world strategies that you can use with your self-advocate.

- Topics covered include dealing with difficult behaviors, social skills, dealing with change, self-advocacy, and independence at home.

- All you have to do is like DSG’s Facebook page to receive event reminders.

- Feel free interact with the team live or watch the broadcast after it has aired.
Contact the Pathways Team

- Go to the website
  - Pathways321.org

- Email that team
  - Pathways@kcdsg.org

- Contact the team with any questions that you have regarding Pathways and/or 3.21 Live!
What to bring to STARS?

- Assistive technology devices
- Glasses
- Hearing aides
Getting More Involved

- www.kcdsg.org/stars and follow the steps
- Check the website regularly- make it a weekly thing (updates are frequent)
- Join our Facebook Page- info on website above- PICTURES!
- Watch for weekly updates in email inbox via campaign monitor
Seriously, what is the App for anyway?

- Only use the app for:
  - Accessing carpool information
  - Teen info for get-togethers
  - Julie’s cell phone number

- You CANNOT register for events from the app. You MUST use the website: www.kcdsg.org/starsevents
How to get the App

- Download DSG App
- First, click on returning user and enter in your phone number
- If it doesn’t work then hit “new user” and enter in info
- Click on “STARS” tile.
You will need to join STARS. You will first get a screen that you need to scroll part of the way through till you see the “join” button. Click on it. This may be after you click on Access my Account.

Then click on the picture of the teens.

Then click “join” in the top right corner.

You will then need to wait for me to approve you. Once approved you will have to logout of the app and log back in for it to work correctly. I will email you to let you know it has been updated.

Once in the STARS tile you will click on “access my account” to see alerts. I will send alerts via text when something important coming up. Make sure notifications is ON or you wont receive these from this app.

Click on “STARS Directory” to access kids in STARS program.

Make sure your teens info is up to date!
Signing Up

- [www.kcsg.org/starsevents](http://www.kcsg.org/starsevents)
- Click “sign up” for the event you want to sign up for.
- New Sign up: Events will be posted 1 month prior (on Sunday nights at 8pm) and close 2 weeks prior (Sunday nights at 8pm)
  - The website will list events as they are booked and tell you when the signup date begins and ends (you will need to check back frequently).
  - Will also send weekly email on Mondays called “STARS Standouts” as reminders of upcoming events
  - This enables us to better staff events and have less no-shows
  - Deadlines are important: If you don’t register, don’t expect to get in
  - You will receive an email the Friday before an event to remind you it is coming that following Wednesday. There will be details about the event, such as where to park, drop off times, etc. If you don’t receive an email on Friday, you are NOT signed up for that weeks event. Always double check with Julie or check for your confirmation email.
What if there are no tickets available?

- This means one of two things:
  - The event hasn’t opened for registration (check the dates for this)
  - The event is full or sold out

- Waitlists
  - You can contact Julie to be put on a waitlist via email Julie@kcdsg.org
  - IF there are cancellations due to illness or emergency then a spot may open up
  - The goal is that there will be less cancellations in the future.
What happens when you cancel?

- Others miss out on the opportunity to attend an event because they have already made other plans.
- DSG fully staffs events 2 weeks prior. When cancellations occur, we can be overstaffed, be out the cost of supplies purchased, create awkward moments with businesses we partner with by not meeting minimum numbers promised, be out ticket costs, etc.
How Much did No-Shows cost us in 2018?

$8,044.58
How to successfully cancel STARS?

- Cancellations should only be for the following:
  - Sick teen/family member
  - Emergency

- Email Julie as soon as you know

- Signing up only 1 month prior should decrease number of cancellations- can’t sign up for all of them at once anymore
What if DSG Cancels?

- You will be notified via email and the STARS Facebook Page
- It will also be posted on the STARS Website
- If you don’t sign up, you will not receive an email
- Reasons we may cancel:
  - Inclement Weather (snow or severe weather)
  - Staffing cannot meet ratios: If we don’t have enough staff we can’t have an event (this is rare, but can happen)
  - Low attendance- too many cancellations by teens and not able to fill the spots (this is new, but it cost DSG too much money to host an event and pay minimums when not enough teens are present to fill the minimum).
When you come to STARS
Time

- Be on time to pick up and drop off
- Staff wants to get home to their families too
- Deadlines are hard deadlines. Won’t be able to allow late registrations anymore. Must be on wait list or registered in order to attend after the deadline.
- If you don’t sign up, you wont receive updates if the event is cancelled. Check the website and Facebook if you did not sign up
How often will I be contacted about STARS?

**Mondays:** STARS Standouts is sent out reminding you of when event registrations are opening or closing (sent to ALL STARS families in our system-make sure your email is up to date)

**Fridays:** You will receive a reminder email for the upcoming week’s event IF you are signed up for that week’s event. If you don’t receive an email then you aren’t signed up.

**Sundays:** You will NOT be contacted this day, but this is the day registrations open and close for STARS at 8pm.
How Long Can I Stay in STARS

- Teens who are 18 are able to attend both STARS and Club 3-21 (Our adult program)
- As soon as a teen turns 19 they can no longer attend STARS
- The only exception to this is if Summer Camp or Spring Break Camp fall on your birthday and then you may be able to attend for the whole session. Julie will help with this.

- Information on Club 3-21 for teens who are 18: [www.kcdsg.org/adultevent](http://www.kcdsg.org/adultevent) or contact [jack@kcdsg.org](mailto:jack@kcdsg.org) to get more information
New Programs Being Offered
Expansions

- Expansion to Lee’s Summit and Topeka/Lawrence:
  - Once a month for each area (2 extra events per month)
  - All are welcome and encouraged to come
  - Events listed with other events on website- be careful of the location when signing up
  - Hope to grow the program, but the attendance has to increase in these areas for that to happen- right now attendance is at 6-12 each time
  - Goal: 20 participants regularly
Healthy Relationships/Healthy Boundaries

- July 22\textsuperscript{nd}: 10am-2pm (MOCSA will teach this class which we have adapted for our teens. They have taught to Mission Project)
- 2 part class: 1 hr each in length (sign up at kcdsg.org/starsevents)
- Topics covered:

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<tr>
<th>Part 1</th>
<th>Part 2</th>
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<tr>
<td>What are boundaries?</td>
<td>Texting</td>
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<td>Types of relationships</td>
<td>Giving Consent</td>
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<td>Recognizing Feelings</td>
<td>Dealing with Rejection</td>
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<td>Being Safe</td>
<td>Saying No</td>
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<td>Body Language</td>
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<td>Changing Boundaries: Friends/Strangers are different</td>
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<td>What to do when you cross a boundary?</td>
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HIRED

- Now offered for ages 15-21 years
- [www.kcdsg.org/hired1](http://www.kcdsg.org/hired1)
- Applications for summer due prior to June 12th
- Wednesdays during the summer
- 5 applicants accepted into the program
- Businesses are eager to teach our teens!
The Good Life Series

This will replace Transition Bootcamp
Open to ages 15-21 and parents
Geared towards giving teens “The Good Life” and setting them up for success in life after the teen years
Encouraged to attend more than once. Yearly attendance is suggested.
What stays the same: College campus tour, Job Fair, Apartment Tours
What changes: Parents get to see everything the teens see, along with different speakers for each topic, new material, and more experiences
Watch “STARS Standouts” weekly update for more information
Shining STARS Leadership Program

- Beginning in September
- Application Process
- Teens who regularly attend STARS and have been in the program a couple years are mentors to incoming 12 year olds or new STARS participants.
- Help design future STARS programming/events
- Resume builder with job skills
- Attend leadership meeting 6 times a year
- Arrive to 5 pre-determined STARS events by 5:30pm throughout the year.
- Free program to those who are accepted
- [www.kcdsg.org/leadership](http://www.kcdsg.org/leadership)
- New STARS members will be paired with one of these leaders to help them meet new friends!
STARS Holiday Shoppe: December 8th

- During the DSG Holiday Party
- Teens sell, wrap, and help little ones shop for family members
- Parent free zone for all involved (strict this year)
- Teens will be able to shop at the end if they wish

- Promote job skills for teens
- Works on money skills at the register (cash only event)
- Works on customer service skills
HAPPY BIRTHDAY DSG!

Sunday, June 23, 2019
9 AM-12 PM

Main Event
11950 S. N Kansas City
Olathe, KS

Register online by June 18th at kcdsg.org

Celebrating 35 years!

DSG families are invited to join us for unlimited game play, lazer tag, billiards, shuffleboard and bowling. DSG will provide birthday cake. All other food and beverage or activities are on your own.
Shooting for the STARS: October 26th

- [https://my.kcdsg.org/shootingforthestars2019](https://my.kcdsg.org/shootingforthestars2019)

- Join our team and walk with us to promote Down syndrome awareness: Whole teams can join ours (just wouldn’t get shirts with your team name on them, would be Shooting for the STARS)

- Last year we raised $10,000, got our own tent, food served to us, had 80 people on our team, and had tons of fun

- This year: Our goal is $15,000, 100+ people on our team, our own professional tent with tables and chairs provided, concierge service for food so we can avoid long lines, fun for everyone!

- If you plan to come: Register to be a walker to get a t-shirt with our team name.

- If you don’t plan to come: Donate your $25 to our team so we can meet our goal and help provide awesome events for our STARS teens (don’t register to walk because then we have to take out the cost of the t-shirt and food which you don’t need)
Fundraiser-July 27, 2019 ALL DAY

Waterway Car Wash
Location: 8507 Stateline Road
A percentage of proceeds will go to the Shooting for the STARS Walk team
Waterway is a huge partner with STARS: Job Fair, HIRED, Walk Team last year, Helped wash cars last year in parking lot, huge following through them
Support Waterway and STARS
Spring Break Camp

- 2 different weeks offered
- Lee’s Summit Rotary Youth Camp
- 9am-3pm daily and transportation provided from DSG Office, Olathe and Northland
Summer Camp

- Registrations have ended this year, but keep in mind for next year:
  - Tuesday/Friday Summer Camp: Traditional STARS summer camp for 3 hours each day
  - Camping with the STARS: Day or Overnight camp in Lee’s Summit for 1 week (most likely the end of June) Date will be announced as soon as we know for 2020.
How Do Teens Know How They Are Doing?
We Let Them Know!

- **Grade Cards:**
  - All electronic now!
  - Receive at the end of Summer Camps and fee for service programs
  - Receive at the end of each school year (beginning 2019-2020)

- **STARS Conferences**
  - 15 minutes with each parent during a STARS event to offer feedback and give a grade card.
  - Which month would be ideal to do these in?
PILLARS OF DSG PROGRAMMING

**DAILY LIVING**
Tasks of everyday life and routines related to independent living, such as eating, dressing, grooming, chores, scheduling, and organization.

**COMMUNICATION & SOCIAL SKILLS**
Critical skills to socialize, communicate wants and needs, and develop and maintain friendships.

**COMMUNITY ENGAGEMENT**
Engagement in the community for service, play and leisure, work, socialization, and shopping.

**HEALTH, WELLNESS & SAFETY**
Knowledge and actions that support healthy living and security, such as nutritious diets, active lifestyles, and safe choices.

**SELF-ADVOCACY**
Skills related to making choices, setting goals, assuming responsibility, and driving how one’s own life is lived.

**VOCATIONAL DEVELOPMENT**
Skills critical for volunteering, job attainment, and maintaining a job, such as sequencing work tasks, following directions, and utilizing technology.

LIFELONG LEARNING
Thank You!

Thank you for your support of the STARS program!

We love spending time with your teens!

Feel free to contact Julie Brickey at any time with questions

Julie@kcdsg.org
913-213-5485 direct office line
Tuesday/Friday Summer Camp Information

- T-shirt pick up at DSG office during business hours 9am-4:30pm
- T-Bones Ticket Pick Up during office hours
- Reminders sent on Fridays
- Camp Payment due by 6pm May 31st, Credit card can be run until this time. The office closes at 4:30pm so check and cash must be dropped off by then.
- Extra T-shirts available in limited sizes FCFS: 5 YM, 1YL, 1YXL: $10 each
- Questions?
Camping with the STARS: 6/24-6/28

- Drop Off and Pick Up times (refer to camp packet)
- Cabin Assignments (contact Julie to get this information if you were not at the meeting)
- Turning in medical forms/camp payment due May 31st at 11:59pm via email to Julie@kcdsg.org
- Visual Supports provided at camp
- Questions?

- Morning Motivators: Will be offered at camp each morning- campers choose that day
  - Going Green (gardening, nature walks, service project for Rotary Camp)
  - Fitness Fanatics (athletics and sports)
  - Stars and Stripes (putting up flag)
  - Aquanauts (swimming lessons)
  - Music Makers (karaoke, vocal arts, etc.)