



QUARTERLY NEWSLETTER

April 2022

Alaska Resources



Letter from the Editor

Halu,
(Inuktitut for hello)

Navigating Alaska resources for individuals with disabilities can be an overwhelming and often challenging task. Whether you are looking for transition information, respite care support, residential placement, funding for therapy or equipment, or saving for your child's future, we hope the content in this newsletter is beneficial for you and the families you work with.

Later this month, we will be sending out a survey to help plan for next year's newsletter. Want a chance to win a \$15 iTunes gift card? Simply complete the survey to enter for a chance to win! Two winners will be drawn. We value your feedback as it allows us to customize the newsletter to meet the needs of the communities we serve.

Quyana,
[Amy Topmiller](#)
Newsletter Editor and Multiple Disabilities Specialist

State Resources

by Kristina Bower, Multiple Disabilities Specialist

There are so many great things about living in Alaska, but one of the best has to be the services the state provides for children and adults with disabilities. It can, however, be a challenge to find all of these resources and services. To make it simpler, keep reading about all the wonderful resources there are here in Alaska, ranging from a big city to a small village.

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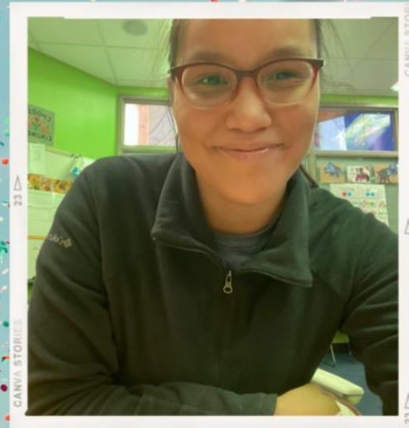
Mental Health Resources

by Jessica Williams, Emotional Disabilities Specialist

Whether you are a parent, caregiver, or teacher of a child with mental health, emotional or behavioral disability, finding appropriate resources can be challenging. Listed below are several sources that provide assistance and additional support as you navigate your journey.

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Sensational Support Staff



Paraprofessional Spotlight

A SESA Specialist has nominated Cameron as our "Sensational Staff" person for the month of April. Here is some of what makes Cameron an outstanding paraprofessional:

- Has a positive "can do" attitude and dedication that helps students succeed.
- Sets high expectations for students and provides them with unique strategies to reach those expectations.
- Willing to learn and try new strategies recommended by SESA specialists or on her own investigation to help students be successful.
- Celebrates all successes students make, small and big!
- Implements AAC use and evidence-based teaching strategies such as discrete trial training.
- Demonstrates patience and perseverance when it comes to supporting students.

Thank you for all you do!

A Few Quick Tips to Navigate Services

by John Barrowman, Autism Education Specialist

Financial: Managing finances can be both challenging and scary when there are so many rules. One common financial requirement is to have a limit on savings accounts over a certain amount. This can be tricky as many individuals will want to work, but that income may impact their current services. There is a service that can allow you to save money without it impacting financial eligibility for services. Please see this [link](#) for more details.

Guardianship: When children turn 18, they become legal adults. Many adults with disabilities, such as autism, will be able to make a lot of their own decisions. However, there are many individuals who would benefit from continued protection from a guardian. The State of Alaska offers a variety of forms of guardianship to fit the needs of the individual. Guardianship is not permanent, meaning that it can change to continue to respond to the growth and development of the young adult. Below is a list of guardian types and a link to see how to start the process.



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A One-Stop Shop for Resources: SESA's D/HH Directory Map & Monthly Events

by Kelsey Koenigs, SESA Deaf & Hard of Hearing Education Specialist

Being geographically large with a population size so small, finding resources can be a bit of a head-scratcher for Alaskans, especially when it comes to supporting services for low incidence disabilities. As intermediaries between rural, remote Alaskan communities and urban Anchorage, SESA specialists are well aware of this challenge and work diligently to be a conduit of current resources available.

Did you know that for this reason, the SESA Deaf & Hard of Hearing program created a directory map of all related service providers and resources here in Alaska?! No? Luckily for you, you came to the right place to find out more. Located at the bottom of our program page, you will find a map of Alaska. You can narrow your search for services by selecting a location and a category of need. You will notice that most resources are located in the more densely populated hubs. There are, however, a number of services that travel and/or can provide remote services, so don't be shy to reach out to them to learn more about what they can offer rural Alaskans.

[Read More](#)

SESA Library Resources

Check out these additional Alaska Resources available through our Lending Library!

[Alaska Resources](#)

The [SESA Library](#) contains a wide variety of materials to support special education. Feel free to browse our collection to find a title that best suits your needs! Contact our Librarian, [Anne Freitag](#), for more information.

We're Moving!

Effective September 2022, our office will be moving. Please note our new address below!

Denali Towers - South
2600 Denali Street, Suite 200. Anchorage AK 99503



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