

TASP OFFERS A LIVE, ONLINE  
TRAINING FOR INDIVIDUALS  
WORKING WITH PARENTS WITH  
I/DD:

# WORKING SUCCESSFULLY WITH PARENTS WITH IDD

This live, online, interactive training equips professionals to effectively support parents with intellectual and developmental disabilities (IDD) through trauma-informed, strength-based approaches.

Participants will gain insights into IDD's impact on parenting, key legal rights, and strategies for trust-building and effective communication.

The session provides practical tools for setting achievable goals and building strong support networks to empower parents in their roles.



**Contact us to set up a training for your agency.**  
**[info@achancetoparent.net](mailto:info@achancetoparent.net)**

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# WORKING SUCCESSFULLY WITH PARENTS WITH IDD

## Training Information

This live, interactive, virtual training, completed over one full day or two half-days, provides a comprehensive foundation for professionals working with parents who have intellectual and developmental disabilities (IDD). Beginning with an understanding of disability, participants will explore the unique experiences of parents with IDD and how adaptive functioning shapes their strengths and challenges.

A key component of the training is the legal framework, focusing on the Americans with Disabilities Act (ADA) and its protections for parents with IDD, as well as the historical context of biases rooted in the eugenics movement. Recognizing how such biases persist today, participants will review key cases and legal accommodations that protect the rights of parents with IDD.

To support effective interactions, training discusses best practices in communication and learning strategies tailored to parents' individual preferences. Professionals will learn how to establish trust, build sustainable support networks, and use both formal and informal resources to ensure ongoing assistance for parents with IDD.

Attendees will gain practical tools for collaborative goal-setting and progress monitoring that celebrate incremental successes, empowering parents to thrive in their parenting roles.

The training is designed for professionals who have beginning helping skills and work with families and want to build on their skills. This includes, but is certainly not limited to: attorneys, social workers, nurses, health care professionals, public health professionals, school system workers, case workers, case managers, DD system workers, early intervention, and more!

When possible, this training is limited to 30 individuals to keep it as interactive as possible. If you're interested in having more people trained, please reach out and we can work with you: **[info@achancetoparent.net](mailto:info@achancetoparent.net)**.

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## Training Outline

The following outline provides an overview of each section covered in the training, highlighting key topics, strategies, and activities.

- **Introduction**
  - Objectives and importance of the training.
  - How this training will benefit professionals and support parents with IDD.
- **Parents with IDD**
  - Definition of IDD and overview of common challenges.
  - The role of life experiences and trauma in shaping parenting behaviors.
- **Legal Rights and ADA**
  - Historical overview and the lasting impact of the eugenics movement.
  - ADA basics and protections for parents with disabilities.
  - Case examples and what to do if rights are violated.
- **How Parents with IDD Learn Best**
  - Approaches based on ecological and strengths-based perspectives.
  - Tailoring strategies for different learning styles (visual, auditory, kinesthetic).
  - Examples and case studies.
- **Creating and Evaluating Goals**
  - Setting realistic and fair goals.
  - Assessing and measuring progress.
- **Wrap-Up and Tools for Practice**
  - Summarizing takeaways.
  - Resources for further support and implementation.

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## TASP's Trainers

TASP's trainers are experts in the field of supported parenting, and parents with lived experience, and have a cumulative over 150 years of direct work.

MEET OUR TRAINER:

### Ivanova Smith



*Hello there!*

Ivanova Smith is Self-Advocate leader in Washington State. They work as activist advocate for Atwork! and at the University of Washington LEND program as a Self Advocacy Faculty. They also are involved in several self-advocacy organizations, including People First of Washington, SAIL and Allies in Advocacy. They are passionate in making sure all people with intellectual and developmental disabilities are given access to all aspects of life. Ivanova is happily married and has two young daughters. Ivanova is passionate about making sure all parents with I/DD have rights and get needed supports in parenting.

MEET OUR TRAINER:

### Cathy Haarstad



*Hello there!*

Cathy is an adjunct faculty member at Minot State University. She has over 40 years of experience in supporting adults with developmental disabilities some of whom choose to parent. Cathy is also the parent of an adult with developmental disabilities. She has extensive experience in family support, behavior intervention, special education and community services for persons who have significant support needs related to intellectual disabilities. She has served on the TASP board for 3 years and has a Master's of Science degree.

MEET OUR TRAINER:

### Susan Jones



*Hello there!*

For the past 35 years, Sue has specialized in supporting parents with intellectual disabilities. She is the former Department Director at The Arc United, Turners Falls, co-developing Positive Parenting which provides a variety of comprehensive parenting education, support programs to parents with learning differences. Since retiring she has been working as an Independent Consultant. She is consulting with The United Arc, Greenfield Housing Authority as well for a research project with Brandeis University. She continues to be a member of the MA Partnership for Supporting Parents living with I.D.D..

MEET OUR TRAINER:

### Lindsay Brillhart



*Hello there!*

Lindsay is a mom with a disability, and is a strong self-advocate for herself, her kids and others. Lindsay has worked with the ARC of Hamilton County and Hamilton County Developmental Disability Services in the past, and was once on the People First of Ohio Board. She is a Partners in Policy graduate and a graduate of PATHS (Providing Alternative Thinking Strategies). Lindsay currently serves on the TASP Board as the TASP Board Co-Secretary. She is very involved in all aspects of TASP and brings the parent and disability perspective to all she does. In her spare time, she loves to travel and to meet new people.

MEET OUR TRAINER:

### Betsy Misch



*Hello there!*

Betsy Misch has been involved with the disability community for over 40 years. Growing up with a sister living with a disability and working in the field for over two decades, Betsy has spent the entirety of her personal and professional life advocating for the rights of individuals living with disabilities. Betsy is the Director of The United Arc Family and Youth Services Program. In this role, Betsy promotes the rights of parents who are living with a disability through community collaboration. Betsy has provided trainings across the state of Massachusetts, and nationally as a trainer for TASP.

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## Training Cost

### Private Virtual Training for Agencies/Organizations:

**Flat rate of \$3500\* for 10-15 people**

**Flat rate of \$4500\* for 16-20 people**

**Flat rate of \$5500\* for 21-30 people**

We can work with you to schedule and date/time that is convenient to for your staff, as a full-day training, or a training over two half-days.

The cost includes the virtual live, interactive training lead by 2 experts in the field of supported parenting and one parent self-advocate with lived experience. In addition, each attendee receives a 70-page training guide, live Q&A with trainers, interaction with peers doing similar work, and a 30-page toolkit post-training, full of items from the training, as well as additional resources.

If you need to add additional people trained please reach out.

Host agency provides access to Zoom Meetings, or a similar platform, to host the training and manages registration.

\*if you are interested in in-person training, please reach out.

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