SomaliCAP.org

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Outreach Revisletter

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"How to Achieve Positive Outcomes Using PBIS (Positive Behavioral Interventions and Supports) at Your School"

October 7, 2014 at 8:30 a.m. to 4:00 p.m.

Quail Hollow Resort Ballroom

11080 Concord-Hambden Road, Painesville, Ohio 44077

Parents and professionals are invited to attend this event that will help participants reconsider the "problem kids" in their own high schools and spark new conversations about an education revolution that's about empowering – not overpowering –our most emotionally and behaviorally challenged youth.

Certificates with contact hours will be available. Counselor, Social Worker and Marriage & Family Therapist Units and Ohio Department of Developmental Disabilities Continuing Professional Development Units are pending approval and will be at no additional cost.

Conference Fee - \$10 Register at www.ocecd.org or call Connie 937-842-2150





More tha Just a Game: The Power of Play Naima Shirdon

I've often heard from teachers and parents alike about the many characterizations of Somali children – that they are 'rowdy' or 'loud.' While others may state this is simply part and parcel of being a kid, it's important to note that there is a time and a place for everything. For example, a child cannot continue to color his/her drawing if it is circle time and the teacher has called all the children to the mat. All of us - children included - have to adhere to the 'rules' of our different environments, which dictate that some behaviors are appropriate in some settings, but not in others. During a literacy workshop I was involved in, the children of the attendees were increasingly becoming disruptive (hindering the focus of some parents). Not many would anticipate that role play would be the perfect antidote - creating a win-win situation for parents and children alike. Play can help children develop self-regulation skills, including cognitive and emotional regulation. I witnessed the transformative power of role play in helping children exhibit exemplary self-regulation skills in the context of the literacy workshop.

See page 3.

When I noticed that some parents were unable to concentrate on the workshop because of the rambunctious nature of the children, I ushered the children (aged 4-7) out of the main room and into the adjacent room. Immediately, I set up a role play scenario: the 6 year old boy and 7 year old girl would play the father and mother respectively. The remaining children were to play the children of the family. I was to be the grandmother and would visit on the weekends. Before I went back to the workshop, I made sure that the 'mother' and 'father' were apprised of their responsibilities and stayed until I saw them taking control of the scenario (e.g. taking requests from their children about what they wanted to eat, handing out food, allowing the children to go to the bathroom after having asked permission, etc.). In this way, the children were effectively able to 'babysit' themselves. To my surprise, the noise level was significantly lowered and when I would go to check up on them (that is, to 'visit during the weekends'), the children were eating and talking but not engaged in the chaotic, loud play they were involved in prior to the role play. See page 3.





Published By:

...More than Just a Game: The Power of Play

By adhering to the role play, the children were able to regulate themselves within the confines of their roles as either parents or children. They stuck to their assumed identity throughout and lived out their character during the role play. Each time I would visit as grandmother, I kept being pleasantly surprised at the scene – namely because these were the same children who moments ago were engaged in rowdy play.

This instance reinforced the power of play and immediately made me think of the connections and transferability of the skill. Self-regulation skills would benefit a child in all settings of their life and has particular applications in its manifestations in a child's behavior.

That is, the skills would benefit a child's ability to adapt to new surroundings (particularly their transition to school life), develop a child's comfort with being compliant to an authority figure, build up a propensity for a child following rules, as well as a capacity to socially engage with peers in an appropriate way.

Furthermore, a strong foundation in the development of self-regulation skills from an early age helps to promote not only a healthy and stable childhood, but such skills (or lack thereof) are also seen in adolescence and adulthood.

Play is the embodiment of a natural process that we all encounter in the early stages of our lives. It is a common universal language known to all, despite the existence of cultural differences. Perhaps that is the magic of play – its universality and its many diverse forms. In a way, play maintains its fascination because as universal as it is, adults often do not ascribe meaning or significance to it. Instead, many simply view it as something children do as a part of growing up.

To consider the aforementioned scenario through the lens that the children were no longer rowdy and did not disrupt the adults is an incredibly simplistic and one-dimensional way to look at it. Did the role play benefit the adults? Indeed, it did. However, we wish to shine a light on the benefits that the children received and more to the point the sustained benefits that they shall receive if they continue to engage in role play.

Children can develop firmly established self-regulation skills through role play, the effects of which can be noted in their overall behavior and social-emotional development. In light of this, play should no longer be seen as a frivolous past time, but indeed a necessary and integral part of one's development. We learn, then, that it truly is more than just a game.



Dheel-dheel ha Moodin: Waxtarka Ciyaarta Naciimo Shirdoon

Waxaan in badan maqlay macallimiin iyo arday si isku mid ah u astaynaya carruurta Soomaaliyeed – in ay yihiin kuwo "qeylo" badan ama "cod" dheer. Halka ay kuwa kale ay ku sheegaan in arrintani ay qayb ka tahay un carruurnimada, waa muhiim in la ogsoonaado in wax walba ay leeyihiin waqti iyo goob. Tusaale ahaan, ma ahan in ilmuhu sii wado midabaynta haddii ay tahay xilligii goobada oo macallinku uu salliga ugu yeeray ardadii oo dhan. Dhammaanteen – oo carruurtuna nagu jirto – waa in aan raacno nidaamka bii'adeenna, ee inoo qeexaya in dhaqammada qaar ay munaasab yihiin meelaha qaar, meelo kalana aanay ahayn. Mar aan ka qaybqaadanayay tababar far-qoraalka ah, carruurtii ka soo qaybgalayaashu waxaa sii kordhayay qaskooda (iyagoo mashquulinayay waalidkood qaar). Dad badan ma saadaalin karaan in ciyaar kaalimeedku ay tahay xalka saxda ah - oo ay abuurayso xaalad guul u ah waalidiinta iyo carruurta labadaba. Ciyaartu waxay ka caawisaa in carruurtu yeeshaan xirfad ay naftooda ku maareeyaan, oo ay ku jirto maaraynta garashada iyo niyadda.

Waxaan u soo joogay awoodda isbaddel ee kaalin ciyaarka in carruurta ay ka caawiso in ay muujiyaan is xilqaan intii uu socday tababarka far qoristu. Markaan ogaaday in waalidiinta qaar aanay u soo jeedin tababarka mashquulinta carruurta awgood, waxaan ka saaray carruurtii (4-7 jir) qolkii weynaa oo geeyay qol ku dheggan.

Isla markiiba waxaan u diyaariyay xaalad kaalin ciyaar ah: wiil 6 jir ah iyo gabar 7 jir ah ayaa ciyaaraya aabbanimo iyo hooyanimo sida ay u kala horreeyaan. Inta kale carruurtu waxay ciyaarayeen in ay yihiin carruurtii reerkaas. Waxaan anigu noqday ayeeyada oo soo booqata dabayaaqada toddobaadka. Intii aanan ku noqon tababarka, waxaan hubiyay in aabbaha iyo hooyadu diyaar u yihiin xilkooda waanan la joogay illaa aan arkay iyaga oo gacanta ku dhigay hawshoodii (tus. In ay carruurta ka dhageystaan codsiga waxa ay doonayaan in ay cunaan, bixinta cuntada, in carruurta loo oggolaado in ay musqusha tagaan kadib marka ay ruqsad dalbadaan, iwm). Sidaas ayay carruurtu isula joogeen.

Waxaa la yaab igu noqotay in qayladii aad u yaraatay oo markii aan ka wardoonay (oo ka dhigan in aan dabayaaqada toddobaadka booqanayay), carruurtu wax bay cunayeen wayna sheekeynayeen mana samaynayn qaskii iyo ciyaartii qaylada badnayd ee ay ku jireen kaalin ciyaarka ka hor.

Eeg bogga 5



...Dheel-dheel ha Moodin: Waxtarka Ciyaarta

Markii ay raaceen kaalin ciyaarka, carruurtu waxay maareeyeen naftooda iyagoo raacaya kaalintooda waalidnimo ama carruurnimo. Waxay haysteen waxa doorka ay qaateen oo sidaas ayay u dhaqmeen intii ciyaartu socotay. Marwalba oo aan ayeeyo ahaan u soo booqdo, waxaa la iiga yaabsanayay farxad- taas oo ay ugu wacan tahay waa isla carruurtii qaylada u ciyaarayay waxyar ka hor.

Arrintan waxay adkaysay awoodda kaalin ciyaarka. . Inta kale carruurtu waxay ciyaarayeen in ay yihiin carruurtii reerkaas. Waxaan anigu noqday ayeeyada oo soo booqata dabayaaqada toddobaadka. Intii aanan ku noqon tababarka, waxaan hubiyay in aabbaha iyo hooyadu diyaar u yihiin xilkooda waanan la joogay illaa aan arkay iyaga oo gacanta ku dhigay hawshoodii (tus. In ay carruurta ka dhageystaan codsiga waxa ay doonayaan in ay cunaan, bixinta cuntada, in carruurta loo oggolaado in ay musqusha tagaan kadib marka ay ruqsad dalbadaan, iwm). Sidaas ayay carruurtu isula joogeen. Inta kale carruurtu waxay ciyaarayeen in ay yihiin carruurtii reerkaas.

Waxaan anigu noqday ayeeyada oo soo booqata dabayaaqada toddobaadka. Intii aanan ku noqon tababarka, waxaan hubiyay in aabbaha iyo hooyadu diyaar u yihiin xilkooda.

Ciyaartu waa hannaan dabiici ah oo aan soo wada marno xilliyada hore ee nolosha. Waa af caalami ah oo dhammaan la wada yaqaanno, in kastoo ay jiraan dhaqammo kala duwan. Dabcan waaba tayada ciyaarta – caalaminimadeeda iyo noocyadeeda kala duwan. Si ahaan, ciyaartu waxay leedahay madadaalo iyo jamasho dadka waawyn se uma arkaan wax micno leh ama muhiim ah.

Waxay dad badani u arkaan wax un carruurtu iska sameyso oo yaraantu keento. In la eego sheekada kore waxaa ka soo baxaya in carruurtii ay joojiyeen qayladii markii ciyaar loo sameeyay. Miyaanay dadka waaweyni ka faa'iidin kaalin ciyaarka Haa, way ka faa'iideen. Laakiin waxaan rabnaa inaan iftiiminno dheefta carruurtu ka helayso iyo faa'iidada dambe ee ay ka helayaan haddii ay sii wadaan kaalin ciyaar. Carruurtu waxay samayn karaan xirfad ay isku xilqaamaan haddii ay kaalin ciyaaraan taas oo saamayn ku leh korriinkooda dabeecad ahaan iyo bulsho la dhaqanka.

Taas iyadoo la eegayo, ciyaarta waa in aan loo arkin in ay un tahay maalaa yacni waqti lumis ah, ee loo arko in ay tahay qayb muhiim ah oo ka mid ah korriinka. Sidaas ayaynu ku ogaanaynaa in ay haddaba ciyaartu aanay dheeldheel ahayn.



Disabilities Council

Ohio Developmental

New Membership: Ohio Developmental Disabilities Council Xubinnimo Cusub: Ohio Developmental Disabilities Council

Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for new membership. Recruitment of membership will now be on a regular basis; therefore, those interested in becoming a Council member may apply at any time. Council membership requires that applicants must comply with categories listed in the federal DD Act. The categories are as follows:

- 1. Individual with a developmental disability
- 2. Parent or guardian of a child with a developmental disability
- 3. An immediate relative or guardian of an adult with a mentally impairing developmental disability who cannot advocate for himself/herself
- 4. An immediate relative or guardian or an institutionalized or previously institutionalized individual with developmental disability or an individual with a developmental disability who resides or previously resided in an institution
- 5. A representative from a private agency with developmental serving persons disabilities
- 6. A representative from a private non-profit organization with persons serving developmental disabilities. See page 6.

Golaha Ohio Developmental Disabilities Council (ODDC) ayaa iminka raadinaysa araaji xubinnimo. Qorista dadka xubinta ka ah ayaa hadda noqonaysa joogto; sidaas awgeed, dadka danaynaya in ay Golaha xubno ka noqdaan waxay codsan karaan waqti walba. Ka mid noqoshada golaha ayaa u baahan in dadka codsanaya ay u hoggaansamaan noocyada ku qoran Xeerka DD ee Federaalka. Noocyadu waa sida soo socota:

- 1. Qof qaba curyaannimada korriimada
- 2. Waalidka ama mas'uulka ilmo qaba curyaannimada korriimada.
- 3. Qaraabo dhow ama mas'uulka qof weyn oo qaba curyaannimo korriin maskaxda waxyeelleysay oo a naftiisa/teeda u hadli Karin.
- 4. Qaraabo dhow ama mas'uulka ama qof qaba curyaannimo carruur oo ku jira xarun ama horay ugu jiri jiray ama qof qaba curyaannimo korriin oo hadda deggan ama horay u degganaa xarun.
- 5. Wakiil ka socda hay'ad gaar ah oo u adeegta dadka qaba curyaannimada korriimada.
- 6. Wakiil ka socda hay'ad aan dowli ahayn oo u adeegta dadka qaba curyaannimada korriimaha. Eeg bogga 6





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... Continued... New Membership- ODDC

If you fall under any of the above categories and are interested in becoming a Council member, please complete an application and send in the ODDC office as indicated below.

All candidates for DD Council membership should have experience serving on committees, boards. organizations. Such experience concerned with persons with developmental disabilities would be especially relevant. Applicants should have first-hand knowledge about developmental disabilities in Ohio.

It is very important that applicants have time to attend six meetings per year and serve on at least two committees. Each meeting of Council occurs over a twoday period.

Governor John Kasich will appoint members for threeyear terms. Application packets are available from the ODDC office, may be downloaded from ODDC's website at www.ddc.ohio.gov or you may complete the application on line (both ODDC and Governor's Kasich's applications must be completed). Applications may be requested:

- -By mail: ODDC, 899 East Broad Street, Suite 203, Columbus, Ohio 43205
- -By phone: 614-466-5205 or toll-free 800-766-7426. If you are leaving a message, please spell out your name, and give your address including zip code, and phone number.
- -By email contact: carla.cox@dodd.ohio.gov Download the documents or fill out an online application, please visit: http://ddc.ohio.gov/newmembership.htm

Haddii aad ku jirtid mid ka mid ah noocyadaas sare oo aad danaynayso in xubin ka noqotid Golaha, fadlan buuxi arji oo u soo dir xafiiska ODDC sida hoos ku qoran.

Dhammaan murashaxiinta xubinnimada Golaha DD waa in ay waaya aragnimo u leeyihiin shaqada guddiyada, golayaasha ama hay'adaha. Waaya aragnimadaas ku saabsan dadka qaba curyaannimada korriimadu si gaar ah ayay u tahay munaasab. Dadka codsanaya waa in ay leeyihiin waaya aragnimo toos ula xiriirta curyaannimada korriimada Ohio.

Waxaa aad muhiim u ah in dadka codsanaya ay waqti u hayaan ka qaybgalka ugu yaraan lix shir oo ay ka shaqeeyaan ugu yaraan labo guddi. Halkii shire e goluhu wuxuu qaataa waqti labo maalmood ah.

Guddoomiye John Kasich ayaa u magacaabaya xubnaha muddo saddex saddex sano ah. Warqadaha arjiga waxaa laga heli karaa xafiiska ODDC, waxaa lagala soo degi karaa bogga ODDC www.ddc.ohio.gov ama waxaad arjiga ku buuxin kartaa shabakadda (ODDC iyo Guddoomiye Kasich arjiyadooda waa in labadaba la buuxiyo). Arjiyada waxaa lagu dalban karaa:

- -Boosto: ODDC, 899 East Broad Street, Suite 203, Columbus, Ohio 43205
- -Telefoon: 614-466-5205 ama toll-free 800-766-7426. Haddii aad farriin dhaafayso, fadlan higgaadi magacaaga, oo sheeg cinwaankaaga oo uu ku jiro zip code-ku, iyo lambarka telefoonka.
- -Kala soo xiriir e-mail: carla.cox@dodd.ohio.gov

Soo degso warqadaha ama buuxi arjiga shabakadda. Fadlan boogo: http://ddc.ohio.gov/newmembership.htm

Choose CareSource as your Health Plan.

Call: 1-800-488-0134



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Non-emergency: 614-645-4545

Sheriff: 614-462-3333

Mental Health Crisis:

Netcare Access: 614-276-2273

Poison Control: 1-800-222-1222

Columbus Health Department Free Clinic: 614-240-7430

Legal Matters:

Legal Aid Society: 614-241-2001

Child Abuse and Neglect:

FCCS: 614-229-7000

Housing:

CMHA: 614-421-6000

Information and Referral:

HandsOn: 614-221-2555 or 211

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SomaliCAN

614-489-9226

www.SomaliCAN.org

The Omolesky Law Firm 614-441-5305

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Do you require highly qualified legal interpreters and translators in an Ohio court, law office, federal agency or other venues? SomaliCAN is the most reliable source of highly competent professional Somali court /legal interpreters and translators in Ohio and around the United States and globally.

Please contact a SomaliCAN specialist today. SomaliCAN provides interpretation translation in social services, medical, legal, academic and financial settings.

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