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ADHD SYMP- TOMS:

- Constantly fidgets and squirms
- Has trouble staying focused; easily distracted
- Blurts out answers without waiting
- Talks excessively, cannot play quietly
- Often interrupts others
- Moves around constantly, running & climbing inappropriately

Attention Deficit Hyperactivity Disorder (ADHD)

By Lia Pelenato

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder that usually appears at an early age in childhood. We are all too familiar with children who never seem to listen when you have clearly given instructions, the kids who seem to walk around with hands and fingers that cannot rest for even a couple of minutes or be still, and the child that seems to blurt out inappropriate comments at the wrong time or during instruction. Most of the time, these children are labeled and known as undisciplined and troublemakers, or as we say it in our Samoan language, "Ulavale kids" however; most of these children have ADHD. ADHD has three subtypes which are:

1. Predominantly hyperactive-impulsive: Most symptoms (6 or more) are in the hyperactivity-impulsivity categories and fewer than six symptoms of inattention are present.
2. Predominantly inattentive: The majority of symptoms (6 or more) are in the inattention category and children are less likely to act out or have difficulties getting along with other children.
3. Combine Type: Six or more symptoms of both previous subtypes and most children diagnose with ADHD have this type.

ADHD is a common childhood condition that can be treated. ADHD may

affect certain areas of the brain that allow for problem solving, planning ahead, understanding others' actions and impulse control. These behaviors must appear before age 7, must continue for at least six months and must also create a disability in at least two of the following areas: Classroom, playground, home, community and social settings. Parents and teachers must be aware as other children might show symptoms of ADHD but it is not necessarily due to coping with death, depression and/or abuse. This month, American Samoa joins the world in efforts to promote awareness for our children with ADHD in our island.

American Samoa REMEMBERS 9/29

By: Ernie Seiuli

It has been a year since one of the most tragic and catastrophic disasters occurred in American Samoa. In the early morning of September 29th, 2009, the people of American Samoa awoke to a trembling movement in the ground. Shock and surprised at a powerful earthquake, people began to run outside of homes and buildings into a clearing. The ground with all its stability was in an instance a wavering paper in the wind. After the earthquake stopped, people were still shocked to even realize the power and effect of such a natural disaster. A couple of minutes later, another and most

terrifying ordeal occurred. A tsunami wave hit the coastal shores of Pago Pago resulting in devastating news of lives lost, belongings destroyed, and some damages beyond repair. The feeling of helplessness and frustration were felt instantly across the island. A year later we remember those we lost to this tragic natural disaster. We remember their fond memories as we rebuild and cope with such sadness. September 29 resonates in our hearts and has also taught us of disaster awareness at different levels. The Homeland Security office is in charge of emergency preparedness for the whole island and UCEDD is a

member of the Special Needs Population Coalition (SNPC) which provides services and assistance for individuals with developmental disabilities in American Samoa. The SNPC works collaboratively with TEMCO in providing assistance and technical support to the FEMA team in addressing issues and providing assistance to individuals with DD. This month is for emergency preparedness awareness and to teach our people to be prepared in times of disaster. We also pray for healing to those who are still hurting and mourn our fellow Samoans who were taken away by this tragedy.

Diabetes & Employment Workshop

By: Ernie Seiuli



Participants during the Diabetes & Employment workshop.

Different government and private agencies attended one of the workshops that was held at Sadie's by the Sea on September 10, 2010 in discussion of research and findings on how diabetes affects our cultural environment and people here in American Samoa. The researcher was Dr. Denise L. Uehara, an Assistant Professor at University of Hawaii at Manoa, Center on Disability Studies. Her findings and research conducted with various people includes Native Hawaiian and Pacific Islanders as compared to other groups in Asia and other minorities. She also emphasized on why the Pacific Islanders had the highest numbers of people with Diabetes. The reasons mainly focused with

the new adapted environment and changes in work productivity. Many participants raised their concerns and questions regarding the new findings and how it impacted our people within our environment, especially within our culture. Here are the topics and findings Dr. Uehara emphasized during her presentations on Diabetes:

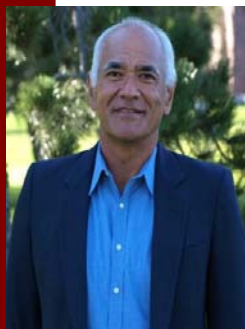
Stress and Diabetes in American Samoa:

- ***Individual stress***—the experience of pain and discomfort from having diabetes
- ***Family stress***—immediate and extended family responsibilities
- ***Cultural and Environmental***

stress—increased fast foods, less active at employment, decreased exercise, increased cigarette smoking

According to one of her research studies, a review of death records in American Samoa for the past years showed that the diabetes rate for Samoa was more than double that of the United States. It is caused by eating too much sugar, too much fat, too much meat, not enough exercise, family history or genetics. It may not show up until you're age 45 or more, but the main cause can be—how you eat as a child and young adult. Always remember, when you eat today, what exercise you don't do today, can lead to a painful and unhealthy life in the future.

Parent Leadership Training By: Ernie Seiuli



More than 25 parents attended the two-day training that was held at the Sadie's by the Sea Restaurant in Utulei on September 13 & 14, 2010.

The training targeted mainly parents to become leaders in their community and families in advocating for their children with developmental disabilities. Dr. Glenn Gabbard, an Associate Director for the New England Resource Center for Higher Education at the University of Massachusetts shared his expertise in areas of interagency collaboration,

person centered planning, family leadership, and parent-professional collaboration for parents and family members of people with DD. Dr. Gabbard is a proud father of two adult children with his daughter having a DD. His story of learning about the self determination for people with disabilities is rooted in his family's experiences. This set an example for all the parents in attendance. His professional life has led to large-scale national and regional technical assistance, and research projects focused on change in higher education and leadership development for parents of young children with DD. The two-day training was focused on empowering parents and family mem-

bers to tell their stories of situations they have encountered during interactions out in community and the government. Their stories will help them consider the ways in which policy development works and help to develop a meaningful plan for supporting the changes in policy, and practice-support for people with DD. Dr. Gabbard also shared about how to facilitate opportunities for parents to think about their personal experiences as levers for change in different settings including Individualized Education Plan (IEP) meetings, public speaking engagements, and other informal interactions. The last day of the training included policy makers and local service providers working together with parents of individuals with DD.



Research & Evaluation Training By: Lia Pelenato

On the morning of September 15, 2010, the University Center for Excellence on Developmental Disability (UCEDD) hosted a training at the Lion's Den in Tafuna. Dr. Denise Uehara of the University of Hawaii, Manoa gathered with local service providers from American Samoa Community College



(ASCC), Developmental Disability Planning Council (DDPC), Office of Protection & Advocacy (P&A), the Office of the Governor, Vocational Rehabilitation (OVR) and a few parents of children with special needs to participate in a training on research and evaluation. The training reintroduced what research is and how it can impact American Samoa and the programs which are designed to serve its people. It also went into what program evaluation is and their designs. Which is important for

service providers to understand the different designs to be able to accommodate to their professional programs and its target population and the services provided. There were discussions and materials shared of considerable measures, data collection, analysis and interpretation of both research and evaluation during the one-day training in Tafuna.



Local service providers during the Research and Evaluation Training on 9/15/2010.

Victims of Crime Conference 2010

By: Lia Pelenato

The National Center for Victims of Crime (NCVC) hosted the National Victims of Crime Conference 2010 on September 13-16, 2010 at the Hilton New Orleans Riverside in New Orleans, Louisiana. The conference focused on crime victimization and were made fully accessible to all participants. The workshops were 90- 180 minutes in length and with a wide range of topics of victimization with workshops emphasizing individuals with developmental disabilities (DD). The 2010 National Conference presenters shared promising practices, current research, and effective programs and policies that are

than 80 skill-building, research-focused workshops, expert multidisciplinary presenters from across the country and participants from around the world, four thought-provoking plenary sessions, plenty of networking opportunities for hundreds of providers from multiple disciplines, and information-packed exhibits. Following are the workshops focusing on the DD community:

1. Crime victims with disabilities by Michelle Schwartz introducing the A Safety Awareness Program (ASAP) for women with DD in reducing the risks for violence through education.
2. Safe and Accessible Communication with Suzanne Miller introducing the use of assistive technologies in working with victims/survivors with DD.
3. Victims with DD by Scott Modell and Marcie Davies presenting incidence, vulnerability and communicating effectively.

4. Understanding the impact of Victimization by Anne Seymour
5. Forensic Interview presented by Kim Poyer focusing on child pornography victims who have not disclosed.
6. Drug endangered Children by Deb Augustine focusing on children who were drug endangered in past, present and future.
7. Enhancing Leadership in victim services by Carol Ellis.

The NCVC Conference is held annually in the U.S and if you are planning to attend, Save the date. The Conference is scheduled on June 20-22, 2011 at the Hyatt Regency Washington on Capital Hill, Washington D.C. For more information on this Conference or the Center, please visit:

<http://www.ncvc.org>



CNMI Prosecutor Diane Cabrera, Homeland Security Victims Coordinator Rohida Khan and UCEDD staff Lia Pelenato attending the NCVC Conference in New Orleans, La



victim-centered, practice-based and research-informed. The conference featured more



OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Awareness & meeting	2
3	4 Meeting	5	6 Training & Conference	7 Training & Conference	8 Conference	9
10	11 Columbus Day	12	13	14	15	16
17	18	19	20	21 Roundtable	22	23
24	25 Parent meetings	26	27	28	29	30
31						

Schedule of Events

- } October 1: Domestic Violence & Breast Cancer Awareness
- } October 1: Pua Center parent meeting council
- } October 5: UCEDD Director meeting with Dr. Diane Baker on issues of Autism
- } October 6-7: Domestic Violence Training
- } October 6-8: 2010 Southwest Conference on Disabilities
- } October 11: Columbus Day
- } October 21: TEMCO office roundtable meeting for disaster preparedness
- } October 25: Parents Subcommittee meeting at 9a.m and Parent Association meeting at 4p.m

Web-based Module on Communication By: Lia Pelenato

Connect, an OSEP-funded project has just released a new module on communication for collaboration. EC Faculty and PD Providers: **FREE Web-based Module on Communication for Collaboration** -

learn about effective communication practices that can be used to promote collaboration with professionals and families in early care and education, and intervention settings. CONNECT modules are free and designed using an evidence-based approach

to professional development. Resources include video clips, activities, and handouts. The modules are focused on teaching and intervening effectively with young children in a variety of early learning environments and inclusive settings and are designed to be embedded into existing curricula, coursework, and other professional development opportunities.

To learn more: <http://community.fpg.unc.edu/connect-modules>

Module Learning Objectives:

- Describe effective practices for communicating with professionals and families in the context of early education and intervention
- Use a decision-making process to select communication practices linked to specific purposes including attending and active listening, seeking and verifying, and supporting and joining.

For more information on this Module on Communication for collaboration please contact:

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University Center for Excellence on Developmental

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OUR MISSION

The University Center for Excellence on Developmental Disabilities (UCEDD) assures that individuals with developmental disabilities of all ages and their families participate fully in activities that will design and promote self determination, independence, integration and inclusion in all facets of life in American Samoa. The UCEDD will ensure the delivery and purpose of the Developmental Disabilities Act through culturally competent activities.

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Fax: (684) 699-8843*

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ACRONYMS/MEANINGS

- ADA:** Americans with Disabilities Act
- ADHD:** Attention Deficit Hyperactivity Disorder
- ASAP:** A safety awareness program
- ASCC:** American Samoa Community College
- ASL:** American Sign Language
- DD:** Developmental Disabilities
- DDPC:** Developmental Disability Planning Council
- FEMA:** Federal Emergency Management Agency
- IEP:** Individualized Education Plan
- NCVC:** National Center for Victims of Crime
- OPAD:** Office of Protection and Advocacy
- OSEP-** Office of Special Education Programs
- OVR:** Office of the Governor, Vocational Rehabilitation
- SNPC:** Special Needs Population Coalition
- TEMCO:** Territorial Emergency Management office
- UCEDD:** University Center of Excellence on Developmental Disabilities