

MINUTES

SECAC

December 7, 2023

In Attendance

Jeanne Erdley, Kara Stone, Suzanne Oshinsky, Colleen Sasdelli, Megan Fitzgerald, Lo-An Fine, Katie York, Heather King, Jennifer Keyser, Rachel Trovato, Steven Tran, Andrea Carter, Carolyn Massa, Ann Clapham, Kim Heeter, Maria Martino-Gomez, Olivia Butler, Pauline Timmons, Kathleen Schneider, Judy Poppe, Kathy Pitrat, Karen Jankowiak, Martha Turner, Karetha Charles

Welcome & Announcements

1. Welcome from SECAC.
2. Introduction of SECAC Board Members.
3. Upcoming Meeting: January 4, 2024 – What to Do Before, During and After an IEP Meeting – Parents Place of Maryland – VIRTUAL
4. Notices for Community Events are through Facebook group and/or Email list.
5. Please leave questions and comments in the chat. It is being monitored.

Colleen Sasdelli – Director of Special Education – Information Share

Colleen wanted to remind everyone that Care Solace is available to help find services in mental health. It is available 24/7 365 days of the year for HCPS students, staff and families. Information can be found at www.caresolace.com

Presentation – Caregiver Burnout – Emily Mori – Maryland Counseling Associates

- I. Caregiver Burnout Causes
 - a. Continuous stress
 - b. Lack of support
 - c. Specific triggers in caregiving environment
- II. The tolls on caregivers
 - a. Emotional toll – feelings of grief, guilt and frustration
 - b. Social toll – Isolation changes in social dynamics and impact on family/professional life
- III. Increased Risk in Caregivers of Special Needs Children
 - a. Emotional aspects – depression, anxiety, etc
 - b. Physical aspects – correlation between stress and physical health
 - c. Financial aspect
- IV. Hussman Center for Adults with Autism at Towson University can help with respite care.

Giveaway – Book “More Than A Mom”

Maria Martino-Gomez and Martha Turner

Minutes taken by Kara Stone, Secretary/Treasurer