



REACHING OUT

Publication of Friends: The National Association of Young People Who Stutter

North Carolina Friends Workshop

March/April
2009



Fast Fact:

The Month of May is Better Speech and Hearing Month, and the second week of May is designated as National Stuttering Awareness Week. There are lots of ways that kids, teens, parents, adults and schools can mark these special events.

Can you think of a way? What will you do? Send us your ideas, and we will print in next issue!

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There is something about smiling faces that makes you want to be in on the fun and the action. Turn to page two to see more pictures and comments from all the people that had a great time at the North Carolina Friends workshops. Friends Rock, that's for sure!

If You Stutter, You Have Friends!



FRIENDS Takes North Carolina By Storm

...."I" can't thank you enough for the fabulous Friend's workshop earlier today! (Speech-Language Pathologist in private practice)... "my child loved making the new friends..." (Mother) , I enjoyed the discussion with other parents and loved hearing their perspectives" (Dad)"....Thanks for a wonderful conference. I was so excited after hearing of new ways to look at stuttering and hear from the different panels. Wow! I shared much of what I learned with my students on Monday!" (Speech-Language Pathologist, Wake Co. Public Schools)...

"...Hmm, what did I like most? Well, I never met someone who stuttered before. That was cool. I met this girl, who gets picked on at school, and I helped her with that. And...yeah, the pizza was great!" (9 year old Friend).

These are just some of the comments that I have received after the Friends workshop here in Raleigh North Carolina last month. The day was fun-filled, emotional, lively, and informative for 57 Speech-Language Pathologists and 20 family members.

Lisa Scott provided information (and fun) to the SLPs about the latest techniques for treating children who stutter.

Lee Caggiano and I led parent sessions throughout the day and Steffi Schopick. led the children's activities.

An adult panel from the Triangle Chapter NSA group presented to parents and SLPs. A father attending the workshop with his son also joined the panel and discussed his struggle with stuttering. His transition from audience member to panel member was emotional and impressive. One of the adults from NSA who presented on the panel reported that it helped his confidence more than anything he has ever experienced. He is ready to speak to groups again.

A teen who came to help with the children, and brought his own experience with stuttering to share, later reported to his mom..."I felt that was the most important day I have ever spent."

Wake County Public Schools graciously supplied conference space with three great meeting rooms and areas to provide lunch for all who attended. This allowed us to keep costs down for attendees. Tomma Hargraves, Lead SLP for WCPSS helped coordinate the location. Thanks Tomma!!

The culmination of emotions, insights and learning was electrifying. I am ready to host the conference again!

Rita Thurman,
Speech-Language Pathologist
Raleigh, North Carolina



I was a little scared... and I did it anyway!



Young people who stutter show us acts of courage on a daily basis. They often make choices that may increase their risk of being uncomfortable, feeling different and possibly ending up at the receiving end of ridicule. Friends would like to honor these acts of courage, and encourage our young clients to continue taking risks and being honest about their stuttering.

My name is Michael.
I am 9 years old and live on Long Island.
I love baseball.
My favorite player is...
I stutter and I ran for student council at my school. I won!
I was a little scared...and I did it anyway!

My name is Zachary.
I am 7 years old and live on Long Island.
I really love football.
My favorite player is...
I stutter and talked to my class about stuttering so they would know why it takes me a longer time to talk sometimes.
I was a little scared...and I did it anyway!

My name is Ashlee.
I am 13 years old and live on Long Island.
I love playing soccer.
My favorite band is...
I stutter and volunteered for a part in my class play.
I was a little scared...and I did it anyway!

My name is Kristen.
I am 11 years old and live on Long Island.
I have two sisters
I love acting.
I stutter and wrote a letter to all my teachers telling them about my stuttering.
I was a little scared...and I did it anyway!

WE NEED YOUR HELP!

We will introduce these young people in our newsletter and let others know that there are many cool kids who are doing what they want to do ...and stuttering.

If you would like to send in a photograph with your submission, please do so. We would love to print it.

Mail to:

Lee Caggiano
38 South Oyster Bay Rd.
Syosset, NY 11791

Name _____
Age _____
Where do you live _____
Three things you want us to know about you:
1. _____
2. _____
3. _____
I was a little scared and _____

Long Island NY Stuttering Bulletin Board

Stuttering is unfamiliar to so many people. As with anything new, if you don't know about it, then it is difficult to understand and recognize how it makes others feel. We found this to be true at the H.D. Fayette Elementary School in North Merrick. As a group, we decided that if we could somehow educate everyone on stuttering, it would make it easier for them to understand what it is and how to react to someone who stutters.

We worked collectively during our speech and language therapy sessions to put together a showcase for all of our fellow students and teachers to see. This showcase was designed to increase awareness and understanding of stuttering. We posted the definition of stuttering, types of stuttering, tips to help talk to those that stutter and a quiz to test everyone's knowledge on the topic. In addition, we posted a skit in our showcase to let people know how teasing someone about the way they speak can make them feel.



In this picture (on the far right) is Friends member [Grace McMahon](#). Way to go [Grace](#), for doing such an awesome job!

Denver Friends Workshop June 13, 2009

The National Association for Young People Who Stutter and the Center for Stuttering Therapy Present:

Children, Teens and Adults Who Stutter: Families, Professionals and Friends Working Together

June 13, 2009 9:00am — 4:30pm The Center for Stuttering Therapy 4202 East Yale Ave,
Denver, CO 80222 Call for information: (303) 722- 0712.

Workshop presenters include: Patty Walton, M.A. CCC-SLP, Mary Wallace, M.A. CCC-SLP

Dr Peter Ramig, PhD; CCC-SLP, Anne Treloar, M.A. CCC-SLP and

Vanessa Sacchi M.A. CCC-SLP

.5 CEU's offered by ASHA, Approved Continuing Education Provider Early registration by 5/23/2009

St Louis Welcomes FRIENDS Too!

I just wanted to thank you for once again all your hard work on the stuttering conference. My student came back and it was so thrilling to hear her talk about how great the conference made her feel. She said (and I quote) "the conference made me feel great, I know I'm not the only kid who stutters and I know it's ok to stutter". That is so awesome! So, just wanted to let you know how much of a difference you are making in the lives of kids who stutter, so thanks again!

Kelly Steiner, M.S., CFY-SLP, Speech-Language Pathologist
Special School District of St. Louis

The best therapy my two stuttering boys ever had was going to a FRIENDS convention, first in Philadelphia and then when we drove and drove and drove to St. Louis. We didn't get to go to last year's convention and it was greatly missed. The support we received, as a family, was incredible. The boys learned how to cope with their stuttering and the effects it has on them, especially socially. They learned to accept themselves and concentrate on **WHAT** they're saying, not so much **HOW** they're saying it. My goal for them now is to speak their minds, not for them to speak fluently. They are both very outgoing and I truly believe that I have FRIENDS to thank for it. What I learned was how to look them in the eye, shut up, and listen to them to truly hear what they're saying. I learned to stop finishing their sentences for them. Good luck to you. Anytime you want to talk, I'm here. **Ms. Kyle D.**

Friends Has Their Own Facebook Page

Hey Kids, Teens, Adults, Parents, Professionals and Anyone who cares about people that stutter, Friends has their own Facebook page:

<http://www.facebook.com/group.php?gid=96715691549#/group.php?gid=96715691549>

There are so many people, young and not so young, on Facebook, that we wanted to be sure we join in and not lose an opportunity to connect with anybody who needs Friends.

The group has just been created, and anyone is welcome and encouraged to write on "The Wall" start discussions, ask questions, add photos, videos, links, whatever you want to share with each other.

It might be a perfect place for parents to ask questions of each other, and for kids and teens to offer words of wisdom and encouragement to anyone who might need it.

Please visit the page, and visit it often. Tell all of your Friends, teachers, family members, anyone who has a Facebook account.

Friends: Amazing Stories of Courage Again and Again

Young people who stutter show us acts of courage on a daily basis. They often make choices that may increase their risk of being uncomfortable, feeling different and possibly ending up at the receiving end of ridicule. Friends would like to honor these acts of courage, and encourage our kids to continue taking risks and being honest about their stuttering.

My name is Josette (Brooklyn, NY)

I love figure skating

I am a volleyball player

I am a good writer

I was a little afraid but I brought my best friend to speech class anyway

My name is Thomas Jones

I live in Bayside NY

I am 8 years old

I love to dance and meet new friends

I was afraid to explain what stuttering is to my class, but I did it anyway.



My name is Ryan and I am 8 years old

I live on Long Island and I go to Burr Intermediate School

I love K'nex.

I have one sister

I was afraid to do a class presentation on Harry Houdini...but I did it anyway.

My name is Chris and I am 10 years old

I go to speech with Ryan

I like root beer

I like sports

I was nervous but I told my best friend that I stutter.



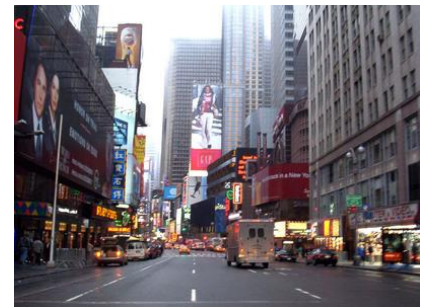
My name is Ryan and I am 10 years old

I go to speech with Chris

I love playing hockey

I like rock music

I was afraid to tell my whole class that I stutter, but I did it anyway



My name is Daniel , I am 10 years old and live in Harvard MA

I like computers

I like engineering

I like to play monopoly

I was a little scared to do the morning announcements on the intercom at school, but I did it anyway!

FRIENDS News & Notes:

Our newsletter is offered both in print and electronically. You will receive both versions, unless you tell us otherwise.

The e-version allows us to reach a wider audience, and make use of technology. E-RO can be found linked on the Friends webpage. Check it out.

Stepping Up Program (S.U.P.)

This is a teen mentoring program. You can have a teen to talk to, or you can befriend and help someone younger who stutters. Contact Lee at LCaggiano@aol.com

Visit www.stuttertalk.com for new episodes about stuttering! Look for stuttertalk's page on Facebook. Start a discussion!



The National Association of Young People Who Stutter

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Website: www.friendswhostutter.org

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Don't Miss the Twelfth Annual Friends Convention

July 23-25, 2009

Tampa, Florida at Embassy Suites, near Busch Gardens

Plenty of activities for everyone:

Workshops for kids, teens, parents and adults who stutter.

Exciting Keynote speakers. CEU events for SLPs.

For more conference information, be sure to visit www.friendswhostutter.org

New activities on tap, including innovative projects using technology,
just for kids and teens

Saturday Family night of fun, music and dancing

A special weekend of support, caring and Friends!