



Northern Lights Interagency Council

# PARENT COACHES

The Northern Lights Interagency Council has created a group of volunteer parent coaches throughout Northern Lights' twelve districts and five counties, to help other parents as they journey through the world of special education.

*Learning and support for parents and families of children with disabilities is of great value to the NLIC.*

## **Parent coaches are able to assist and:**

- Talk with other parents via the phone or email
- Attend IEP meetings and take notes if desired
- Listen to parent concerns
- Provide supportive guidance
- Help direct parents to resources

## **IEP meetings**

The NLIC encourages discussion and collaboration among team members, but understands conflict might develop. Our coaches have key strategies to use when presented with an uncomfortable situation:

- Ensure parent questions are understood
- Ask for clarification
- Expect and establish mutual respect

## **Other Parent Resources**

**[www.nlsec.k12.mn.us/parents](http://www.nlsec.k12.mn.us/parents)**

**[www.co.carlton.mn.us](http://www.co.carlton.mn.us)**

**[www.stlouiscountymn.gov](http://www.stlouiscountymn.gov)**

**[www.co.lake.mn.us](http://www.co.lake.mn.us)**

**[www.co.pine.mn.us](http://www.co.pine.mn.us)**

**[www.co.aitkin.mn.us](http://www.co.aitkin.mn.us)**

**[www.pacer.org](http://www.pacer.org)**

**[www.education.state.mn.us](http://www.education.state.mn.us) (for disability specific information)**

**<http://northlandchildrensmentalhealth.org> (for mental health resources)**

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Member Districts: Barnum ISD #91, Carlton ISD #93, Cloquet ISD #94, Cromwell ISD #95, Esko ISD #99, Hermantown ISD #700, Lake Superior ISD #381, McGregor ISD #0004, Moose Lake ISD #97, Proctor ISD #704, Wrenshall ISD #100, Willow River ISD #577

Data privacy laws (i.e. Family Educational Rights and Protection Act – FERPA) protect the rights of students with disabilities. School personnel are able to share coach contact information with parents, but parents are required to contact coaches directly, which protects your family, school and the coach in the area of data privacy. With the right to have others’ personal information comes the responsibility to retain the confidentiality outside the IEP team. The law can be found at: [www2.ed.gov/ferpa](http://www2.ed.gov/ferpa) for your review.

# COACH CONTACTS

Name	Home District	Email	Phone	Available to coach in the following districts and grade levels:	Available to coach in the following disability areas::
Kari Siltanen	Barnum	Lekatyka@gmail.com			
Heidi Zegan	Cloquet	rosszegani229@msn.com		Barnum, Carlton, Cloquet, Moose Lake, ALL grades	ALL
Tina Swartwoudt	Cloquet	tswartwo@isd94.org		Carlton, Cloquet, Wrenshall Birth-5	Autism, Cognitive Disabilities
Karen Vance	Lake Superior	kvance@isd381.org	763-291-4706	Carlton, Cloquet, Hermantown, Proctor (she can consult in all with the exception of Lake Superior, but may not be able to travel to) ALL grades	Autism, Emotional/Behavior Disorders, Learning Disabilities, Cognitive Disabilities
Heather Stillwell	Lake Superior	heatherolson@hotmail.com	218-341-0925	ALL	Autism, Learning Disabilities, Physical Impairments, Early Childhood, Cognitive Disabilities
Alexa Byrnes	Lake Superior	alexa.byrnes21@gmail.com		All districts, ages B-2	Early Childhood Developmental and Cognitive Disabilities
Sherie Lillie	Proctor	sjlillie1@msn.com	218-428-8757	ALL	All

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Karen Swanson	Proctor	kswanson@css.edu	218-343-1097	All districts, B-5	Autism, Physical Impairments, Early Childhood Developmental Delay, Sensory Processing, Behavior Interventions, Cognitive Disabilities
Mary Hofmann	Willow River	marykhofmann@gmail.com	218-428-6012		

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