

FLUENCY FRIDAY PLUS!

What is Fluency Friday Plus (FFP)?

FFP is an intensive, a day and one-half treatment program for children/teens who stutter scheduled annually on the first Friday & Saturday morning in November. Members of the FFP Planning team develop diagnostic & treatment materials for this program. FFP is also a practicum experience for graduate students from the University of Cincinnati and Bowling Green State University. Also, many Speech-Language Pathologists attend FFP to learn more about stuttering treatment. FFP has parent and a sibling programs.

The 10 Year Journey

- ◆ Fluency Friday (FF) started in 2001 as a one day program for kids/teens who stutter. At that time, organizers wanted to help children/teens who stutter meet others who stutter. In addition, graduate programs in the area indicated an need for a supervised practicum experience in stuttering!
- ◆ 2001: FF had 10 graduate clinicians from the University of Cincinnati & 10 from Miami University (Oxford, Ohio) and 20 children/teens who stutter.
- ◆ 2010: Fluency Friday Plus (FFP) added an additional day and had 59 graduate clinicians from the University of Cincinnati/Bowling Green State University & 63 children/teens who stutter.

Location...Location...Location!

- ◆ **At the first Fluency Friday, parents met in a room and talked about common concerns and fears. (unplanned)**
- ◆ **Materials were donated from various practices, schools and universities. The University of Cincinnati rearranged class schedules to accommodate the program.**
- ◆ **After the first Fluency Friday, it quickly became apparent that this event was special...the kids/teens; parents; the graduate clinicians & practicing clinicians provided positive feedback.**

The FFP Program Grew & Moved

- ◆ 3 years at the University of Cincinnati: Thanks, Nancy Creaghead!
- ◆ 1 year at Springdale Church of the Nazarene
- ◆ 3 years at Mercy Health Plex; Cincinnati Children's Hospital Medical Center (Ann Kummer, Director of Department)
- ◆ 1 year at Westchester Community Christian Church
- ◆ 2 years at St. Peter & Paul School in Reading.
- ◆ FFP11: will be at the Vineyard Church in Tri-County area.

Connections to Professionals....

- ◆ University of Cincinnati: Nancy Creaghead, Phyllis Breen, Susan Givler, & Sue Schmidlin
- ◆ Cincinnati Children's Hospital Medical Center: Irving Wollman, Karen Rizzo, Rob Reichardt & many other slps
- ◆ Miami University: Jim Mallott, Ann Glaser & Kathleen Hutchinson
- ◆ Bowling Green: Rod Gabel, Donna Colcord & Derek Daniels

Connections to Schools

- ◆ Hamilton County Educational Service Center: Ann Slone, Sally Demmler, & Jennifer Johnson
- ◆ Oak Hills: Carie Lewis designs and develops the Conversational Breakfast; Reading: Judy Songer
- ◆ Cincinnati Public Schools: Carol Leslie & Maureen Simpson
- ◆ Over the years, many others have donated time and support to FFP!

Connections to the Community...

- ◆ **Private Practice**: Many clinicians participate in this program from private practice setting.
- ◆ **Observers from other Universities**
- ◆ **Development of a web page to include the diagnostic protocol and the treatment materials!**
www.fluencyfriday.org
- ◆ **Presentations for local, state and national organizations.**

Program Goals for FFP

- 1) **Provide an intensive treatment for children/teens who stutter**
- 2) **Provide a supported practicum for graduate clinicians.**
- 3) **To provide a protocol for diagnosis and treatment of children/teens who stutter**
- 4) **To educate families about stuttering**

The Outcomes of FFP!

- ◆ **FFP helps Kids/Teens who stutter understand that they “are not alone”!**
- ◆ **FFP helps families/siblings understand stuttering.**
- ◆ **FFP provides materials/training for graduate clinicians and practicing clinicians.**
- ◆ **FFP provides ongoing support for families/clinicians via the web page.**

FFP activities have expanded...

- ◆ **Parent Program includes Speech-Language Pathologists presenting information; Adults/Teens who stutter do panel presentations**
- ◆ **Siblings & Friends Program: Saturday morning**
- ◆ **Unique feature on Saturday: Conversational Breakfast where everyone participates!! This year FFP had a wonderful closing skit from National Stuttering Association members.**
- ◆ **Basket Auctions: Kids/teens earn tickets for speaking tasks & parents buy tickets. The money raised is donated for scholarships at the universities!**

What are some of the barriers?

Funding: Money is raised from donations, registration fees and grants. This is an ongoing issue for a program of this nature. Many practices and university departments loan materials to the program.

Last minute sign ups & organization!

Location, location, location! Finding a location is challenging for the number of people who attend FFP!

Helping kids in lower income areas of Cincinnati get to FFP!

What happens at FFP?

- ◆ Each child/teen receives 6-8 hours of treatment, either individual or group in a supportive environment!
- ◆ Each child/teen functions in a speaking environment where kids who stutter are in the majority!
- ◆ The opportunities to speak & learn are abundant. Risk taking is rewarded.

What do kids/teens learn at FFP?

- ◆ Education about the speaking process.
- ◆ Stuttering is not a bad thing; it is a way of talking.
- ◆ Stuttering does not have to be a barrier to success.
- ◆ Strategies to facilitate fluency: easy onsets, stretchy speech, light contacts, etc. Strategies to modify moments of stuttering.
- ◆ Discussion of attitudes, emotions and thinking about stuttering: What are the issues? What can you do? Where are you in the process?

More outcomes..

- ◆ Children/Teens who stutter learn that parents/teachers/friends often do not understand stuttering and that advice to slow down is well meaning. They have opportunities to educate, argue, comment & question in a supportive environment.
- ◆ Children/Teens who stutter learn the value of supporting each other; the teens also work with the younger kids.
- ◆ They also learn from each other.

The Impact of FFP

- ◆ Kids/teens meet other students who stutter and “don’t feel alone”! This is a powerful experience for many.
- ◆ Changes in moments of stuttering may vary, but children and teens demonstrate more acceptance of the daily/weekly variations of stuttering.
- ◆ They have many speaking experiences in an environment where people who stutter are in the majority.

Some Comments.....

- ◆ Many kids who stutter are alone....FFP gives them a chance to speak, to practice and to “feel like everyone else”.
- ◆ Children/Teens who stutter “teach” us & and become leaders. They are resilient, funny and special.
- ◆ It is the spirit of these kids/teens that is empowering to others!
- ◆ FFP is a community event for Speech-Language Pathologists...a fund raiser for scholarship programs and a way of working together for the good of others!

On a final note...

- ◆ Reinforces learning and “risk taking” for the children & teens
- ◆ Current “student” leaders participated in previous programs.
- ◆ FFP is a work in progress.....new leaders evolve; the children/teens often suggest changes in the program.
- ◆ FFP helps families understand stuttering. Adults & teens who stutter talk to parents about their experiences.
- ◆ FFP is a work in progress...ever changing but always focused on educating others and helping kids, teens and family members understand stuttering.

For More Information on FFP...

- 💧 Visit www.fluencyfriday.org
- 💧 Use any and all materials available on the web page.
- 💧 Diane Games: dgameesslp@aol.com