

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

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-**

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: dgamesslp@aol.com