

CARD NEWSLETTER

CARD Staff

David O. Childers Jr., M.D.
 Chief of Developmental Pediatrics &
 Executive Director of CARD

Mae Barker, Ph.D., BCBA
 Clinical Director

Jeannie M. Bowles, M.B.A.
 Division Administrator

George C. Schwarz, M.D.
 Psychiatric Consultant

Maria R. Tapia, Ph.D.
 Psychological Consultant

Charles A. Williams, M.D.
 Geneticist

Anne M. Wilson, M.S.T., BCABA
 Educational Coordinator/Transition
 Specialist

Marlena Fuller, B.A., BCABA
 Educational Coordinator

Elise Bowers, M.A.
 Educational Coordinator / Family
 Counselor

Angela Mann, M.A.
 Educational Coordinator

Katrina Ressa, B.S., BCABA
 Educational Coordinator

Carolyn Tully, M.S., BCBA
 Educational Coordinator

Jennifer Flagge, B.S.
 Event Coordinator

Anthony R. Rhodes, M.S.
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Tyler Rounds
 Office Assistant

Constituency Board Officers

Joe Golon - Chair

Lou Cabrera - Co-chair

Zohreh Kianmehr-Roumi -
 Secretary

Our New Building!



University of Florida - Jacksonville
 Center for Autism & Related Disabilities
 6271 St. Augustine Road, Suite 1
 Jacksonville, FL 32217

We've Moved!

The Center for Autism and Related Disabilities (CARD) has relocated from its former location on San Jose Boulevard to join the University of Florida's new Pediatric Center. The center is only one block distance from our old location (*see address above*).

CARD now shares the new space with the San Jose Pediatric & Adolescent Center, The Florida Diagnostic & Learning Resources System (FDLRS), and Developmental Pediatrics; providing the opportunity for "a complete medical home" for families seeking pediatric services.

We encourage constituents to drop by and take a look at the many benefits our new facility has to offer.

Upcoming Events

- Nov 13 - High-Functioning Autism, Aspergers, & PDD Strategies Workshop by Dr. Baker Wright, BCBA.
- Nov 18 - Two Feet Forward (Parent Group)
- Nov 21 - World Congress on Disabilities - Jax
- Nov 22 - Universal Studios Orlando - Autism Day
- Dec 14 - CARD Constituency Board Meeting
- Jan 16 - CARD Conference 2009 - Palm Beach

Download flyers for these events at
www.hscj.ufl.edu/peds/aut

New Executive Director and Chief



David Childers, M.D.

On July 1, 2008, the UF-CARD and FDLRS programs welcomed their new executive director and chief, **Dr. David Childers, Jr.** A Neurodevelopmental Pediatrician, Dr. Childers has been working with the CARD and FDLRS programs over the last six years prior to accepting the position.

A graduate of both the Univ. of Notre Dame and Texas A&M Univ. - College of Medicine, Dr. Childers is currently the only neurodevelopmental pediatrician located in the Jacksonville area.



Did You Know?

CARD maintains a library of books, DVDs, VHS tapes, and computer CD-Roms which may be loaned for home use. The library also includes a computer which can play DVDs, CD-Roms and create individualized visual support materials. A list of materials is available on the card website.

Letter from the Director



Dr. Mae Barker, Ph.D.
BCBA

Dear CARD constituents,

As I write this brief message to you all, the word that keeps popping into my head is "new." There is so much new news to share with you regarding CARD and the services we offer. Below I will point out some of these improvements, of which I hope you will take advantage. It is important to keep in mind that we offer all of our services, new and old, in line with the statewide CARD mission to provide support and assistance with the goal of optimizing the potential of people with autism and related disabilities. If you have any questions regarding how CARD can help you as an individual with autism spectrum disorder(ASD), as a family member, or as a professional, please call one of our CARD staff for assistance. We are here to serve you.

- **New and improved space:** We are now located in a building with more space that allows us to provide better training and consultation to families. We also have a large conference room that we are using for training events and social skills groups. In this new space, we also have a parent work station where parents can come and create visual supports. This station is equipped with a computer, color printer, laminator, Velcro, binders and other essential materials. Parents can also use this space to view DVDs from our parent library that has a plethora of helpful educational materials. There are lots of new books that we have ordered, so I encourage you to come check it out. We are in the process of planning an open house and hope that you will be able to attend.
- **New social skills groups:** We have increased the number of social skills learning opportunities for individuals with ASD here at our center. Additionally, we are providing more instruction and guidance to family members on how to support their children's social development. Check out the social skills groups being offered in this newsletter.
- **New positive parenting classes:** Carolyn.Tully@jax.ufl.edu, who is a board certified behavior analyst at our center, is offering regularly occurring parenting classes that focus on teaching parents how to address and prevent challenging behaviors. This is an extremely helpful course for the parent of the child who has been recently diagnosed with ASD.
- **New database:** We now have a database at our center that allows us to keep in more frequent touch with all of you. This will permit us to send you information on a more regular basis regarding important news and upcoming events. We will be making phone calls in the next couple months to update our contact information and hopefully obtain more email addresses for our constituents. Should we miss you, we encourage all our families to contact us with any updated information.

As we move forward in providing services, we welcome your feedback, input, ideas and suggestions.



ASAGJ 2008 - Autism Awareness Fall Festival

CARD & the **Autism Society of America - Greater Jacksonville Chapter** collaborated on their first ever Fall Festival, Sunday October 19th, 2008. The event, held in Clay county at W.E. Cherry Elementary, involved costumes, bounce- houses, complimentary pizza and chips, art activities, community service vendor tables, and even a horse drawn hayride.

Nearly two-hundred individuals and families from attended the event. CARD and ASAGJ would like to thank all the enthusiastic volunteers and participants for helping create a fun, safe, and comfortable environment for the families we serve.

CARD

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This year's CARD conference will take place in *West Palm Beach*, Florida; hosted by Florida Atlantic University. Pre-conference sessions (Such as ABLLS & ADOS Trainings) begin January 15th.

The conference lasts from January 16 - 18, 2009. Registration for the event is currently open on the FAU-CARD website(<http://fauf.fau.edu/NetCommunity/Page.aspx?pid=1559>). CEUs are available for SLP, Behavior Analysts, and inservice points for teachers.

The event will take place at the Hilton Palm Beach Airport, 150 Australian Avenue, West Palm Beach, FL, 33406-1473. For more information please call **1-561-297-2055**.

The following programs are in progress or being offered on a regularly scheduled basis by UF CARD-Jacksonville. Most clinics and trainings are held at the UF-Pediatric Center located at 6271 St. Augustine Rd. Jax, FL, 32217. For more information about these programs please contact the staff member coordinating the program.

Teacher Support Programs

Social Skills Training for Students with Aspergers and High Functioning Autism (HFA) in an Inclusive Setting: This training is designed to provide teachers with a curriculum for social skills training and support of students with Aspergers and HFA. For additional information contact Katrina.Ressa@jax.ufl.edu.

ABLIS Training for Teachers of the Self-Contained Setting: This training is designed to instruct teachers of how to administer and evaluate students using the Assessment of Basic Language and Learner Skills (ABLIS). Teaching strategies will also be provided to assist with planning targets and goals for instruction once the ABLIS has been administered. For additional information contact Katrina.Ressa@jax.ufl.edu.

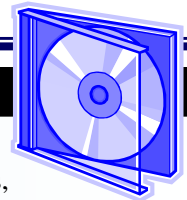
County Training: Data Collection: This training provides a framework for teachers and paraprofessionals to follow when using data collection throughout the day. Strategies are provided that will assist with making the data collection process user friendly and enjoyable for everyone involved. Dates designated by the Duval County Public Schools for September and October 2008. Teachers and paraprofessionals will leave with data collection tools and resources that can be implemented in their classroom. For additional information please contact your school's Autism Site Coach or Dr. Mae.Barker@jax.ufl.edu of the UF/JAX CARD.

County Training: Social Skills: This training provides an overview of strategies to assist school personnel with teaching appropriate social skills to students with Autism Spectrum Disorders. Teachers and paraprofessionals will leave with tools that can be implemented in their classrooms. Dates designated by the Duval County Public Schools for February and March 2009. For additional information please contact you school's Autism Site Coach or [Dr. Mae.Barker@jax.ufl.edu](mailto:Dr.Mae.Barker@jax.ufl.edu) of the UF/JAX CARD.

Transitioning Students to Adulthood: This parent, caregiver, and school personnel training is designed to provide an outline of best practices in transition, and strategies to assist with making the transition process a smooth one for all involved. For additional information contact Anne.Wilson@jax.ufl.edu.

Aspergers Syndrome: Bully Prevention: (Upon request) This On Demand training is designed to provide parents, caregiver and school personnel with tools helpful in preventing and addressing bullying for school aged individuals diagnosed with Autism and Aspergers. Please contact Angela.Mann@jax.ufl.edu for additional information or to request this training in your home, office or school.

Supporting Students with ASD in Inclusive Settings: This On Demand training is designed to provide school and administrative personnel with the tools helpful with including students with ASD in the general education setting, including an overview of inclusion, accommodations and IEP goals. Please contact Angela.Mann@jax.ufl.edu for additional information or to request this training in your office or school.



Available in the CARD Video library

Title: *Using Visual and Behavioral Cues in the Home* (DVD)

A two hour presentation by Dr. Robin Allen, a behavior specialist, that explains the value of teaching functional life skills to young children with autism and other developmental disorders by using visual cues. Using picture cues such as picture-to-object and picture-to-action, she shows parents how to use sequencing boards and choice boards in the home and community. Her presentation is filled with parents using her techniques with their own children. Her techniques include visual

cues for choices, schedules and routines, chores, and house rules. With confidence, she believes that by teaching a child at a young age responsibility with clear expectations, he or she will be more functional in society. In addition to her methods and procedures for making these resources, Dr. Allen provides supplementary information on where parents and professionals can get pre-made boards, social stories, and picture communication symbols.

Social Skills Programs

Aspergers Social Skills Camp (Team 1): A detective themed camp designed for children ages 10-12 years old that have been diagnosed with Aspergers Syndrome. During this 10 week camp they will work hand in hand with CARD staff members to address the social concerns that face this population, such as, bullying, engaging in a conversation, managing anger and making friends. Parents are also asked to participate in the parental teaching component which will provide strategies that may be helpful in the home. Please contact Angela.Mann@jax.ufl.edu for additional information.

Aspergers Social Skills Camp (Team 2): A detective themed camp designed for children ages 6-9 years old that have been diagnosed with Aspergers Syndrome. During this 10 week camp they will work hand in hand with CARD staff members to address the social concerns that face this population, such as, bullying, engaging in a conversation, managing anger and making friends. Parents are also asked to participate in the parental teaching component which will provide strategies that may be helpful in the home. Please contact Angela.Mann@jax.ufl.edu for additional information.

More than Words: A Social Skills and Play Clinic for Young Children with Autism Spectrum Disorder : This weekly clinic will address the core deficit areas of communication and social skills behavior, in verbal children with ASD ages 3-5years old. This clinic will utilize the principals and strategies laid out in the More than Words curriculum and will allow families members to gain hands on experience with activities to increase their child's motivation and interact with those around them. Please contact Elise.Bowers@jax.ufl.edu for additional information.

More than Words: A Social Skills and Play Clinic for Early Learners with Autism Spectrum Disorder: This weekly clinic will address the core deficit areas of communication and social skills behavior, in nonverbal or emergent language children with ASD ages 3-5years old. This clinic will utilize the principals and strategies laid out in the More than Words curriculum and will allow families members to gain hands on experience with activities to increase their child's motivation and interact with those around them. Please contact Elise.Bowers@jax.ufl.edu for additional information.

Asperger Social Skills Group: This 1 hour and 30 minute, social skills group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, problem solving techniques and real world scenarios are practiced to assist this population with troubleshooting topics that are of concern to them. This group meets at 3:30pm on the 1st Monday of every month. The siblings of participants also meet for a Sibling Shop, which is lead by Dr. Tapia, and parent, where they share topics or concerns they have as the sibling of an individual with Autism Spectrum Disorder, while playing an enjoyable game, activity or making a craft. For more information please contact Dr. Maria.Tapia@jax.ufl.edu . Note: Individuals are also able to make an appointment for a 1 hour private session counseling session with Dr. Tapia.

Social Skills Training for Students with Aspergers and High Functioning Autism (HFA) in an Inclusive Setting: This training is designed to provide teachers with a curriculum for social skills training and support of students with Aspergers and HFA. For additional information contact Katrina.Ressa@jax.ufl.edu.

We need your emails!



CARD is encouraging all it's constituents past and present to update their contact information in our new database and join our email list. CARD will be issuing , on average, one email a week to it's constituents and other interested individuals who wish to join the list. Simply email Anthony.Rhodes@jax.ufl.edu, with your updated information, name, and email to join the list.

Adult/Adolescent Programs

Adolescent Support Group: This 1 hour and 30 minute support group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, Dr. Tapia provides problem solving techniques and group exercises to assist this population with troubleshooting topics that are of concern to them. This group meets at 3:30pm on the 2nd Monday of every month. Please contact Dr. Maria.Tapia@jax.ufl.edu for additional information.

*Individuals are also free to make an appointment for a 1 hour private counseling session with Dr. Tapia.

Adult Support Group: This 1 hour and 30 minute support group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adults diagnosed with Aspergers Syndrome. During this time, problem solving techniques and group exercises to assist this population with troubleshooting topics that are of concern to them. This group meets at 6:30pm on the 2nd Monday of every month. Please contact Dr. Maria.Tapia@jax.ufl.edu for additional information. Note: Individuals are also able to make an appointment for a 1 hour private session counseling session with Dr. Tapia.

Two Feet Forward: This group meets once a month on Tuesdays and is led by Anne Wilson and will provide parents and caregivers of individuals with Autism Spectrum Disorders an overview of transition, self determination and advocacy skills, IEP planning, post secondary options, as well as, helpful job seeking information. Groups will run from 6p-7:30p. Please contact Anne.Wilson@jax.ufl.edu for additional information.

Resumes, Applications and Interviews (monthly training): This clinic held the 1st Monday of every month, is for individuals with Aspergers Syndrome, who are in High School and College and need assistance with gaining the skills necessary for job seeking. During these clinics, Anne.Wilson@jax.ufl.edu will provide information that will make the job seeking process run more smoothly.

Resumes, Applications and Interview Training: This 8 week clinic is for adults with Aspergers Syndrome, who need assistance with gaining the skills necessary for job seeking. During these clinics, Anne.Wilson@jax.ufl.edu will provide information that will make the job seeking process a more enjoyable one!

Support Group for Parents of College Students with Autism Spectrum Disorders (ASD): This 4 session group is held on every first Monday of the Quarter and will allow parents an opportunity to meet other parents and share information that has been helpful to their family while raising a young adult with ASD. For more information contact Anne.Wilson@jax.ufl.edu.

Asperger Social Skills Group: This 1 hour and 30 minute, social skills group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, problem solving techniques and real world scenarios are practiced to assist this population with troubleshooting topics that are of concern to them. This group meets at 3:30pm on the 1st Monday of every month. Please contact Dr. Maria Tapia for additional information. During this time, the parents of participants meet for a Parent Support group where they share ideas and concerns that are of interest to them. The siblings of participants also meet for a Sibling Shop, which is lead by Dr. Tapia, and parent, where they share topics or concerns they have as the sibling of an individual with Autism Spectrum Disorder, while playing an enjoyable game, activity or making a craft. For more information please contact Dr. Maria.Tapia@jax.ufl.edu. Note: Individuals are also able to make an appointment for a 1 hour private session counseling session with Dr. Tapia.

Aspergers Syndrome: Bully Prevention: (Upon request) This On Demand training is designed to provide parents, caregiver and school personnel with tools helpful in preventing and addressing bullying for school aged individuals diagnosed with Autism and Aspergers. Please contact Angela.Mann@jax.ufl.edu for additional information or to request this training in your home, office or school.

Parent Support Programs

Positive Parenting: This 3 week clinic will allow parents and caregivers to work directly with a Board Certified Behavior Analyst who can assist with increasing positive interactions between parents and their child, as well as, structuring the home environment so that it is conducive for teaching language and appropriate behaviors in individuals with Autism Spectrum Disorders. Please contact Carolyn.Tully@jax.ufl.edu for additional information.

Parent as Behavioral Detective: A Systematic Approach to Understanding Your Child's Behavior One Step at a Time: Functional Analysis of Severe and Challenging Behaviors Clinic: This bi monthly clinic will be held for families of individuals with Autism Spectrum Disorders or Dual Sensory Impairment, who are engaging in severe and challenging behaviors. Parents will be asked to approve to the collection of data and videotaping of them and their children. Interested families should contact Marlena.Fuller@jax.ufl.edu for additional information.

Computer based parent training: Teaching parents how to play with their young children: This computer based training will allow parents and caregivers an easy to follow curriculum designed to teach them skills necessary to foster appropriate social skills in young children with Autism Spectrum Disorders. Parents will be asked to approve to the collection of data and videotaping of them and their children. Please contact Dr. Mae.Barker@jax.ufl.edu for additional information.

Support Group for Parents of College Students with Autism Spectrum Disorders (ASD): This 4 session group is held on every first Monday of the Quarter and will allow parents an opportunity to meet other parents and share information that has been helpful to their family while raising a young adult with ASD. For more information contact Anne.Wilson@jax.ufl.edu.

Verbal Language Clinic: This clinic is designed to conduct skill based assessments and train parents in the skills necessary to implement verbal language instruction to their child with Autism Spectrum Disorders. For additional information contact Katrina.Ressa@jax.ufl.edu.

Recognizing, Deescalating and Improving Problematic Behavior: A Training for Parents and Caregivers, Utilizing the Principles of Nonviolent Crisis Intervention: This 2 day training will assist parents and caregivers of individual with Autism Spectrum Disorders and/or Related Disabilities, with obtaining skills necessary to understand the triggers for and safely address crisis situations. This training will be conducted by Marlena Fuller who is a Board Certified Associate Behavior Analyst, as well as a certified instructor of Nonviolent Crisis Intervention. *Note participants must be able to bend and move fluidly. Please contact Marlena.Fuller@jax.ufl.edu for additional information.

Aspergers Syndrome and High Functioning Autism (HFA): Managing Anxiety: This On Demand training is designed to provide parents, caregivers and school personnel with tools helpful in preventing and managing anxiety in school aged individuals with Aspergers Syndrome and HFA. Please contact Angela.Mann@jax.ufl.edu for additional information or to request this training in your home, office, or school.

Transitioning Students to Adulthood: This parent, caregiver, and school personnel training is designed to provide an outline of best practices in transition, and strategies to assist with making the transition process a smooth one for all involved. For additional information contact Anne.Wilson@jax.ufl.edu.

The Parent Manual: Transitioning Students to Adulthood: This manual along with Anne's guidance will provide parents and caregivers with the information necessary to successfully transition their child with Autism Spectrum Disorders from high school to adulthood. A suggested timeline with important dates will be provided to help attendees understand the process. For additional information contact Anne.Wilson@jax.ufl.edu.

Supporting Students with ASD in Inclusive Settings: This On Demand training is designed to provide parents and caregivers with the tools helpful when preparing their child with ASD for inclusion in the general education setting, including an overview of inclusion, accommodations and IEP goals and strategies to work with the school personnel to help your child. Please contact Angela.Mann@jax.ufl.edu for additional information or to request this training in your home.