

CARD NEWSLETTER

CARD Staff

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 Executive Director of CARD

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Constituency Board Officers

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Lou Cabrera - Co-chair

Zohreh Kianmehr-Roumi

- Secretary

Inaugural Autism Symposium:

Current Medical Evidence &
 Interventions Regarding Autism

March 11, 2009
 UNF - Univ. Center
 1200 Alumni Dr.

Presented jointly by Wolfson Children's Hospital and the University of Florida, this symposium will focus upon providing attendees with:

- 1) Scientific knowledge on vaccinations and autism,
- 2) Discussions on up-to-date advances in autism research, and
- 3) Current behavioral interventions for individuals with autism.

All parents, caregivers, special needs teachers, psychologists, nurses, speech therapists, occupational therapists, behavioral therapists, marriage and family therapists, mental health counselors and clinical social workers are invited.

Admission is \$25.

For more information go online to:

http://www.hscj.ufl.edu/peds/aut/events/2009_AutismSymposium.pdf



Sibling Support

CARD will begin offering sibling support groups for the siblings of children on the autism spectrum. The support groups will be held on the first Tuesday of each month after school at the various public schools around the greater Jacksonville area. Support groups will consist of both fun and therapeutic games to create an enjoyable and beneficial experience for siblings. For specific locations/dates and details, contact Carolyn Tully (carolyn.tully@jax.ufl.edu) with your questions. This service is funded, in part, by a grant from the HEAL foundation (www.healautismnow.org).

Upcoming Events

- MAR 11** - Inaugural Autism Symposium
- MAR 13** - Regional Workshop - Social Understanding and Methods for Teaching Social Skills to Children with ASD
- MAR 18** - CARD Constituency Board Meeting
- MAR 26** - APBS - International Behavior Support Conference
- APR 8** - Bounce over to CARD - Egg Hunt

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

Successful Transitions

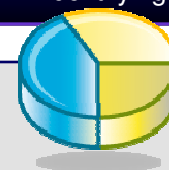
Effective transition plans have a positive impact on students, their families, and the community.

Successful Transition Plans:

- Individualized, flexible, and creative
- Collaborative and proactive
- Include families, schools, agencies, and community members
- Amend as needed
- Include age appropriate assessments
- Promote self-determination
- Embrace choice making, preferences, and interests (regardless of a communication challenge)
- Make education relevant to individual preference and interest
- Embed functional skills
- Includes support networks & accommodations
- Comprehensive
- Identifying Critical Needs

CARD - Jacksonville Demographics (as of Feb, 2009)

Number of Constituents:	2001	
Those with ASD:	1968	# Male: 1729
Those with Related Disabilities:	33	# Female: 272



Letter from the Director:



Mae Barker, Ph.D., BCBA
Mae.Barker@jax.ufl.edu

Dear CARD Constituents,

I often take my ability to engage in social skills effortlessly and effectively for granted. My ability to communicate with others, engage in appropriate nonverbal behaviors, adhere to social expectations and rules, and imitate others has allowed me to succeed in school, in life, and professionally. I am fortunate that I was able to learn the majority of social skills simply by observing others. Individuals with autism spectrum disorders (ASD) are not so fortunate in this respect. For this reason, we as educational professionals and supportive family members must directly teach social skills to individuals with ASD. Further, to facilitate the ongoing development of skills, we must give feedback and coach individuals with ASD on their engagement in social skills. As individuals are diagnosed earlier with ASD, such social skill instruction must also start early.

At CARD, we are offering a full-day regional workshop on March 13 on social understanding and methods for teaching social skills with guest speakers, Michelle Chrzczonowski, MS, BCBA and Kristine Ordetx, Ed.D. We are also hosting a number of social skills learning experiences for individuals with ASD across their life span. Elise Bowers is conducting *More than Words* play groups for young children on the spectrum and their parents. Also, for parents of young children, I have developed a computer-based training program that shows you how to initiate and engage in play with your child. Both of these are ideal learning experiences for parents of newly diagnosed children as it shows parents how to incorporate instruction to address the core deficits of autism in play. Angela Mann, Katrina Ressa and Anthony Rhodes are continuing to run their Behavioral Detectives groups for children between the ages of 6 to 12 years. This is an innovative social skills experience for students that utilizes video modeling and detective work outside of the center. While the students undergo "detective training," parents receive training and consultation on how to facilitate their children's social skills instruction. Dr. Maria Tapia is continuing to conduct monthly Adolescent and Adult Asperger's Syndrome group at the center with support from Anne Wilson, CARD's Transition Specialist.

If you are wondering if your child would benefit from the social skills groups and experiences being offered at CARD, I encourage you to speak to your educational coordinator. If you have not been assigned a CARD educational coordinator, then please contact our center for assistance today. As always, we are here to serve and support the mission of the statewide CARD program.

Sincerely,
Dr. Mae Barker, BCBA-D

Teacher Partnerships Program

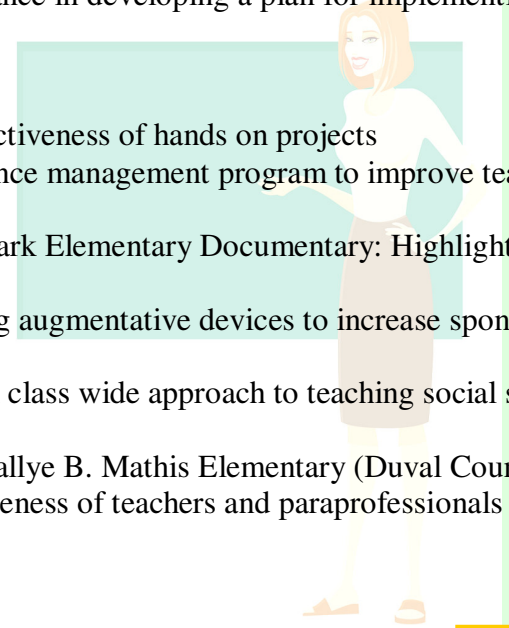
CARD-Jacksonville is proud to continue our participation in the Dept. of Education Teacher Partnerships Program. This year, six of our partnerships presented at the annual CARD conference in West Palm Beach, FL.

The mission of the *Teacher Partnerships Program* is to enhance the educational program for students with autism spectrum disorders. The statewide Centers for Autism and Related Disabilities (CARD) staff join together in partnership with Florida educators to provide training and technical assistance in developing a plan for implementing innovative and effective practices in the school environment.

Jacksonville partnerships presenting at the 2009 CARD Conference:

- Gary Wright John Stockton Elementary (Duval County)- The Effectiveness of hands on projects
- Sabrina Bunker Oakhill Elementary (Duval County) – A performance management program to improve teachers instructional delivery to students with autism
- Trina Middleton Abess Park Elementary (Duval County)- Abess Park Elementary Documentary: Highlighting effective instructional practices at work for students with ASD
- Laurie Tudeen Keystone Heights Elementary (Clay County)- Using augmentative devices to increase spontaneous requests in an autism classroom
- Bridgette Baldwin Ocean Palms Elementary (St. Johns County)- A class wide approach to teaching social skills in a regular education classroom for students with ASD
- Cheryl Stansell, Greenland Pines Elementary and Peggy Turner, Sallye B. Mathis Elementary (Duval County) – a Multi school implementation of strategies to increase the effectiveness of teachers and paraprofessionals who work with ASD students

For more information go to: <http://doepartnership.usf.edu/>



Moved?

CARD is encouraging all its constituents past and present to update their contact information in our new database and join our weekly email list. CARD email updates contain information on upcoming events, event flyers, and current programs and services being offered at the CARD-Jacksonville center.

If you are interested in joining the email list or updating your current mailing address, simply email:

Anthony.Rhodes@jax.ufl.edu, with your updated information, name, and email.



We Want Your Feedback

Have you used CARD services? We want your input, complimentary or critical. CARD staff are dedicated to providing the best services possible to the Jacksonville community and that means getting everyone's opinion on the services we provide.

Please feel free to email your comments and feedback to Anthony.Rhodes@jax.ufl.edu.

WANTED:

Job Opportunities for High School Students with ASD

Englewood High School

Stephen Redfern, the Life Skills Teacher at Englewood High School, welcomes actual hands-on jobs for his class from local businesses, churches, schools or individuals. If you need help with a job, please contact *Chris Solomon*, Autism Site Coach at 739-5212, Ext. 240. Pick-up and delivery service for students is provided.

Life Skills/Vocational Class

In this class, students with autism complete a variety of actual work jobs. During this school year, the students have completed jobs such as:

- ◇ Collating and organizing binders for trainings
- ◇ Counting and rolling loose coins for teachers, staff and churches
- ◇ Folding letters, stuffing envelopes, and adhering mailing labels
- ◇ Completing all paper shredding for one agency
- ◇ Sharpening pencils for teachers and collating and stapling materials.
- ◇ Folding pizza boxes for local restaurants

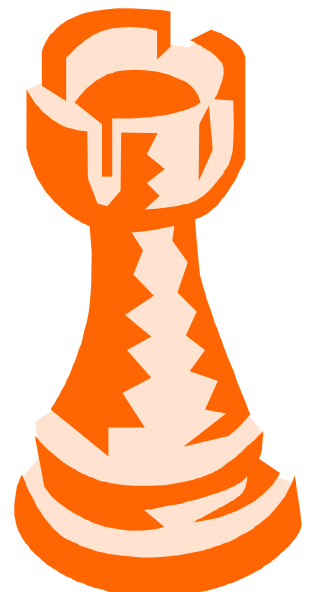
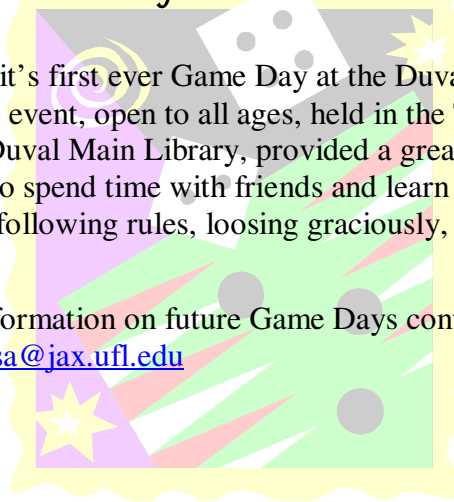
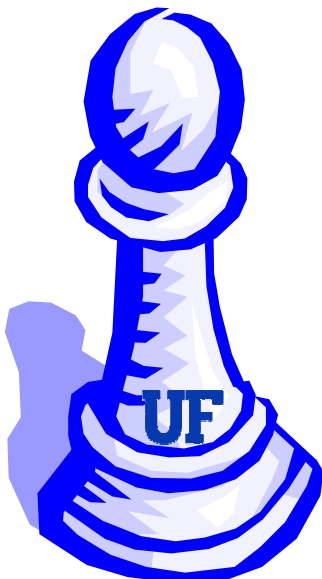
Off Campus Community Based Education (CBI) Work

Some students with autism at Englewood H.S. also participate in the off campus CBI work program. Supervised by job coaches, the students complete volunteer work and gain valuable hands on experiences at local businesses. This school year, some students have worked up to 8 hours a week at Golden Corral, TJ Maxx, Marshalls and the YMCA. Any business located within 10 miles of Englewood High School interested in partnering with the CBI should contact Chris Solomon, Autism Site Coach, 739-5212, Ext. 240.

Game Day @ the Library

CARD held its first ever Game Day at the Duval County Main Library. The event, open to all ages, held in the Teen Services area of the Duval Main Library, provided a great opportunity for individuals to spend time with friends and learn new skills, like turn taking, following rules, losing graciously, and giving compliments.

For more information on future Game Days contact Katrina.Ressa@jax.ufl.edu



Dr. Tapia's Social Skills, Parent, & Siblings Groups

For years now *Dr. Maria Tapia, Ph.D.*, a licensed psychologist, has been working with the CARD center providing psychological counseling, consultation, and holding family support and social skills groups for individuals effected by Autism. Recently, the groups celebrated by having a night out on the town, enjoying good food, and one another's company.



Asperger Social Skills Group: Led by *Dr. Maria Tapia, Ph.D.*, this group assists adolescents diagnosed with Aspergers Syndrome. Group members practice problem solving techniques and real world scenarios while troubleshooting topics of concern to them. Groups meet at 3:30pm on the 1st Monday of every month. The siblings of participants also meet for a **Sibling Group** which is lead by *Dr. Tapia*, where family members share topics and concerns they have as the sibling of an individual with Autism Spectrum Disorder, while playing an enjoyable game, activity, or making a crafts. For more information please contact *Dr. Maria Tapia*.

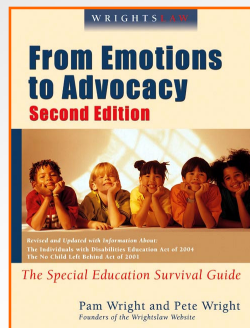
Adult/Adolescent Support Group: This 1 hour and 30 minute support group is led by *Dr. Maria Tapia*, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, *Dr. Tapia* provides problem solving techniques and group exercises to assist this population 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* for additional information. *Individuals are also free to make an appointment for a 1 hour private counseling session with *Dr. Tapia*.

New in the CARD Library

Wrightslaw - From Emotions to Advocacy: Second Edition (2008)
(The Special Education Survival Guide) by Pam and Pete Wright.

In *Wrightslaw: From Emotions to Advocacy*, Pete and Pam Wright teach you how to plan, prepare, organize -- and get quality special education services. In this comprehensive, easy-to-read book, you learn about

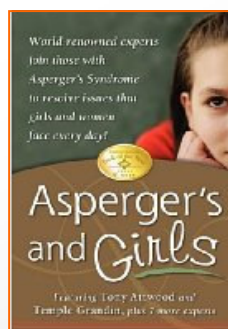
- ◆ Your child's disability and educational needs
- ◆ Creating a simple method for organizing your child's file
- ◆ Devising a master plan for your child's special education
- ◆ Roles of experts: consultants and evaluators
- ◆ Writing SMART IEP goals and objectives
- ◆ Using test scores to monitor your child's progress
- ◆ Understanding parent-school conflict - why it is inevitable and how to resolve it
- ◆ Creating paper trails; writing effective letters
- ◆ Using worksheets, agendas and thank-you letters
- ◆ Strategies to improve meeting outcomes
- ◆ Negotiating for special education services



Asperger's and Girls (2006)
Featuring Tony Attwood, Temple Grandin, plus 7 more experts

Covering topics such as:

- ◆ The Pattern of Development of Girls w/ Asperger's
- ◆ Gender: A Different Set of Challenges?
- ◆ Girl to Girl: Advice on Friendship, Bullying, & Fitting In
- ◆ Negotiating the Transition from High School to Beyond
- ◆ Maternal Instincts in Asperger's Syndrome



Experts in the field share practical advice for both caregivers and women and girls who are affected by Asperger's. Chapters are written by women who have been diagnosed with ASD. They candidly reveal their experiences and compassionately advise others, while recognizing the unique problems of girls on the spectrum.

UF JACKSONVILLE BEHAVIORAL DETECTIVE CAMP

(A SOCIAL SKILLS TRAINING CAMP FOR PERSONS WITH ASPERGER'S SYNDROME)

The University of Florida Department of Human Observation (located at the CARD center) is taking applications for its Behavioral Detective Camp program.



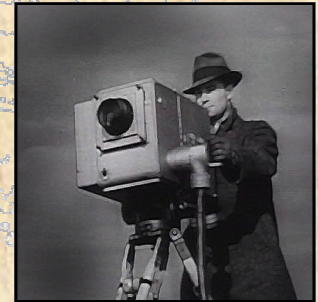
Detectives in training will spend 10-12 group sessions learning the covert techniques necessary to engage others in social interactions.



Lessons include such topics as:

- Initiating Conversations
- Talking on Topic
- Deciphering Nonverbals & Body Language
- Dealing with Anger
- Handling Bullies like a Detective
- ..and many more.

One of the many tactics employed by The Department to great success is VIDEO MODELING. This allows junior detectives to discreetly practice a variety of interactions and review them immediately before encountering real SPY agents in the field. Detectives work under the instruction of Top Detectives to create and act out scenarios that exhibit proper detective protocol. At the end of camp each participant receives an edited DVD of their videos to add to their behavioral library.



Led by Top Detectives Angela Mann, M.A., Anthony R. Rhodes, M.S., & Katrina Ressa, B.A., BCABA.

For more information contact Katrina.Ressa@jax.ufl.edu



Jacksonville CARD Parent Scholarships

For the last two years CARD-Jax has provided means for constituents and families to attend the annual CARD conference. Participants who apply and are accepted for the scholarship receive \$500 to cover the costs of the conference registration (\$100) and provide a \$400 stipend to cover expenses.

Quotes from parents:

“At the CARD Conference I meet many different people, what they all had in common was a great desire to help children in the Autism spectrum achieve success. The seminars were great. So much information to learn about and how to apply the information on a day-to-day basis. The speakers were so helpful and eager to answer questions relating to my children. I am still reading the information I received in order to be a better advocate for my children. This conference is a wonderful opportunity and gave me great hope that every day will be better for children in the Autistic Spectrum. Thank you for giving the scholarship to me so I had the opportunity to attend this conference. “

- Patty Wimmer-Johnson

“I feel fortunate to have had the opportunity to attend the CARD Conference this year. Not only was I able to learn valuable information during the conference sessions, but I was also able to meet many interesting people. The support that I felt from so many people (all wanting to learn more about autism) during the weekend was something that I'll remember for years to come. The experience was amazing and I'm so thankful that I was able to attend!”

- Jennifer Potts

“I loved the presentation regarding the basic biology of autism. Sophia Colamarino distilled the information into something understandable to science novices. The enthusiasm for her work that she exudes makes even the most pessimistic person hopeful for a major scientific breakthrough.

A member of CARD working with a general education teacher and an ESE teacher to find a way to teach typical kids compassion and understanding for children with special needs was touching. I commend Marlene Sotelo, Sheree Starr Schulson, and Corrie C. Anderson-Lohr on their cooperative efforts in the classroom. Their presentation culminated in a movie made by the kids in both classes. As a parent of two children on the spectrum, I loved that a general education teacher cared enough to teach her students about tolerance and acceptance.”

- Angie Grishaw

“I greatly appreciated the opportunity to attend the CARD conference. I was extremely impressed with the quality of the presenters who came and provided information. Highly qualified professionals such as a neuroscientist in the field of research, renowned behavior specialists, committed parents, authors, and skilled teachers all presented a world of hope. As a parent, it was encouraging and heartwarming to see how successfully ASD children have been integrated into classrooms with the help of accepting and creative teachers, and how typical kids are finding out how rewarding it is to befriend a child with autism. My belief in the idea that even though there isn't yet a cure, there are some very effective interventions was solidified. As parents, my husband and I are our son's only lifelong advocates. I feel the responsibility to be pro-active in finding information and learning ways in which I can help him have the highest quality of life. Attending the CARD conference has given me ideas and renewed resolve to keep fighting for him and helping him reach his potential. There was not a single wasted moment on the schedule; I was glued to my seat! Highly recommended for parents and professionals.”

- Pam Lively