



CENTER FOR AUTISM AND  
RELATED DISABILITIES  
Florida Atlantic University



**SEPTEMBER**

- SEPT 8 Treasure Coast Adult Social Group
- SEPT 11 Free Respite Care Training Program
- SEPT 13 Impacting IEP's: Making the Most of the IEP Process
- SEPT 19 Boca Raton Adult Social Group
- SEPT 20 Community Developmental Screening Clinic
- SEPT 26 FAU CARD Hangout Group
- SEPT 28 Executive Functioning
- SEPT 28 Cyberbullying: Identification, Prevention, and Response
- SEPT 30 Transition Conference

**OCTOBER**

- OCT 5 Open House
- OCT 6 iRISE<sup>2</sup> Mentoring Orientation Jupiter
- OCT 8 First Service Residential, John C. Cassidy, Roger Dean Stadium & ESPN West Palm will host Home Run for Autism, a family fun filled day
- OCT 10 The Autistic Brain: Social Skill Challenges
- OCT 12 Cyber Safety
- OCT 12 Let's Get Organized
- OCT 13 Treasure Coast Adult Social Group
- OCT 17 Boca Raton Adult Social Group
- OCT 20 iRISE<sup>2</sup> Mentoring Orientation Boca Raton
- OCT 20 Participating in the Community
- OCT 21 The Brain and ASD- Its Impact on Instruction
- OCT 23 Homecoming Run For Autism
- OCT 24 FAU CARD Hangout Group
- OCT 25 PATH for Transition
- OCT 28 Opening the Social Circle: Research and Interventions to Assist Adults to Socially Connect

**NOVEMBER**

- NOV 3 Destination Preschool: What Parents Need to Know About Transition to School-Age Services
- NOV 9 iRISE<sup>2</sup> Mentoring Orientation Jupiter
- NOV 10 Treasure Coast Adult Social Group
- NOV 10 iRISE<sup>2</sup> Mentoring Orientation Boca Raton
- NOV 15 Community Developmental Screening Clinic
- NOV 16 Introduction to Toilet Training
- NOV 17 Preventing Child Bullying in Schools and in the Community
- NOV 21 Boca Raton Adult Social Group
- NOV 2 8 FAU CARD Hangout Group

**DECEMBER**

- DEC 1 iRISE<sup>2</sup> Mentoring Orientation Jupiter
- DEC 8 Treasure Coast Adult Social Group
- DEC 9 My Brain Made Me Do it!: Executive Function & Self-Regulation: Essential Skills For Learners with ASD
- DEC 15 iRISE<sup>2</sup> Mentoring Orientation Boca Raton
- DEC 19 Boca Raton Adult Social Group

*Director's Update*

Dear CARD Families,

I hope you had a wonderful summer! It is difficult to believe we are approaching another school year. It has been another busy and productive summer at FAU CARD!

We are very grateful to receive additional funding this year through our FAU CARD grant. Please take a minute to thank your Florida legislators for their commitment to FAU CARD and all seven CARD centers. This funding has allowed us to continue to maintain all of our staff and all of the great program initiatives.

I want to thank all of the professionals and parents who took time out of their summer to attend our 10<sup>th</sup> annual Summer Academy conference on July 25<sup>th</sup> and 26<sup>th</sup> and our Empowered Educators Conference on August 2<sup>nd</sup>. A huge thank you also to our FAU CARD staff for their hard work in organizing these two great events.

Please make note of the following upcoming events: *The Brain and ASD, Its Impact on Instruction on Friday, October 21<sup>st</sup> with Dr. Brenda Smith Myles; the FAU CARD Homecoming 5K Fundraiser on Sunday, October 26<sup>th</sup> on the Boca Raton campus; the FAU CARD 2<sup>nd</sup> Annual Regional Transition Conference on Friday, September 30<sup>th</sup>; Preventing Child Bullying in the School and the Community on November 17<sup>th</sup> with Dr. Susan Limber; My Brain Made Me Do It, Executive Functioning and Self-Regulation: Essential Skills for Learners with ASD on December 9<sup>th</sup> with Dr. Lee Wilkinson.*

We also received funding from the Taft Foundation for our Little Owls Comprehensive Early Intervention Initiative for parents of young children with autism or suspected of having autism. This intensive training will be provided across our five county region. Additionally, we are grateful to the Mangurian Foundation for renewing funding for our Community Autism Speakers Series again this year. Please check out our event calendar for additional upcoming trainings and events.

I hope to see you soon.

*Maryellen Quinn-Lunny, Ed.S.*  
Director

# THE CHOCOLATE SPECTRUM IS OPEN!

By: Jennifer Percival



We are pleased to share that The Chocolate Spectrum is open! The Chocolate Spectrum is a chocolate store located in Jupiter, Florida that was started by Valerie Herskowitz for her son, Blake, a young man with autism. The Chocolate Spectrum opened in Valerie's home in 2013, and in July they moved into a storefront. The Chocolate Spectrum sells delicious chocolate confections, as well as a selection of coffees. The store not only has delectable treats, but also offers chocolate making classes and training opportunities! FAU CARD supports The Chocolate Spectrum and we hope you will too!

**Visit them at:**  
6725 W Indiantown Rd,  
Jupiter, FL 33458  
[www.thechocolatespectrum.com](http://www.thechocolatespectrum.com)

## FAU CARD WELCOMES MY FAVORITE THERAPISTS TO THE REGIONAL AUTISM COMMUNITY



My Favorite Therapists is a few weeks away from opening a cutting edge 8,000 sq. ft. multidisciplinary therapy center for children with special needs and developmental delays. Is it better than anything else? The same quality of service, therapists, and staff in this area and kind of facility, does not exist so the answer is a resounding "Yes", the company touts.

The Owners of My Favorite Therapists, Kimmy and Jay Katari, know firsthand how it is to live with and raise a child with special needs. It is stressful, emotional, time consuming, heart breaking and frustrating, especially when seeking out qualified therapists to help.

The Kataris combined their knowledge, experiences and desires to create My Favorite Therapists. Their therapy center is located at 1239 E. Newport Center Dr., #101 in Deerfield Beach, Florida, with 2 sensory gyms, 16 therapy rooms, a comfortable lounge/cafe for families and a multiuse room which can accommodate up to 50 people for seminars, trainings, sensory friendly movie nights and much more.

My Favorite Therapists provides behavioral services (ABA) for children at home, at school and in the community. At the center, the children can receive speech/language therapy, feeding therapy, occupational therapy, listening therapy, physical therapy, music therapy, art therapy, social skills group therapy, executive functioning group therapy, as well as special needs/ conventional tutoring with their Educate for Success© program.

The Company's concept is like no other, striving to focus on the child from all perspectives and all angles. My Favorite Therapists uses state of the art technologies to allow for collaboration between therapists and families through a HIPAA compliant cloud based software to achieve optimal success for each child. To learn more To learn more, call (754) 444-3707, email [info@myfavoritetherapists.com](mailto:info@myfavoritetherapists.com) or see [www.myfavoritetherapists.com](http://www.myfavoritetherapists.com). Join their My Favorite Therapists Facebook page!



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## THE CITY OF BOYNTON BEACH CELEBRATES INCLUSION IN MORE WAYS THAN ONE!



In July 2015, the city appointed an Americans with Disabilities Act (ADA) Coordinator to manage the inclusion process. Since that time, the city has conducted an ADA Self-Evaluation and has created an ADA Transition Plan to become fully compliant with the Americans with Disabilities Act. City staff have been participating in educational workshops and sensitivity training that included FAU CARD's Autism Friendly Business Training provided by Jennifer Percival, as well as training by Deaf Services at Gulfstream Goodwill Industries. Future trainings are scheduled with Lighthouse for the Blind, Gold Coast Down Syndrome Organization, Inc., the ARC, and the Coalition for Independent Living Options. In addition, The City of Boynton Beach has modified policies and had several successful inclusions in the 2016 Summer Camp program!

Susanna Launder, M.S., Ed., FAU CARD Clinical Support Specialist, met with the summer camp staff and provided support for inclusion of a 6 yr. old child with autism and epilepsy. The child was able to experience a fun-filled summer and rode a boogie board for the first time with her camp friends at the beach!

In addition, the city's recreation centers, library, golf course and city hall are all using visual supports to enable greater independence for its patrons. The city continues to learn from and work with community partners and is making every effort to provide families the opportunity to enjoy its programs, activities and services.

If you haven't taken your child to play at Congress Avenue Barrier-Free Park (3111 S. Congress Ave., Boynton Beach), you are missing something very special! This is a "must visit" for kids on a sensory diet!

For more information, contact Debbie Majors, Grants & ADA Coordinator (561) 742-6241 or 1-800- 955-8771 (TTY). Email [MajorsD@bbfl.us](mailto:MajorsD@bbfl.us). Follow us on Facebook, Twitter and Instagram.



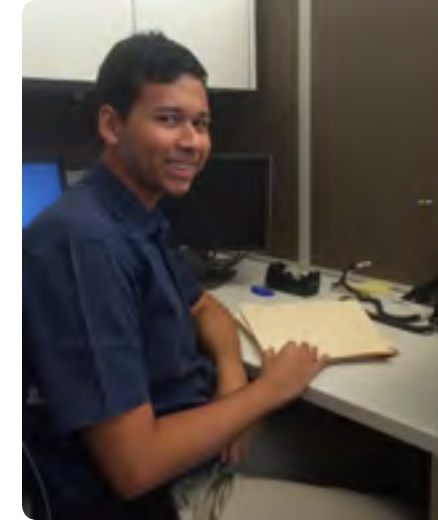
## CONGRATULATIONS DARIUS MURRAY!



The Portland State University Summer Institute on Youth Mentoring has selected FAU CARD's iRISE² Mentoring Program Coordinator, Darius Murray, as one of 25 professionals to attend this year's Summer Institute. He also received a scholarship to help pay for a portion of the institute. The institute offers a distinctive educational opportunity for experienced mentoring professionals. Participants attend an intensive four-day seminar presenting the latest developments in theory and research on youth mentoring. The sessions are led by prominent, internationally recognized research fellows and aim to promote highly interactive discussions that provide an in-depth view of the research and examine its implications for program policies and practices. Individuals from Great Britain, Canada and the United States apply for this remarkable opportunity to attend the internationally recognized summer institute. This not only provides a level of enhancement to our iRISE² Mentoring program but allows FAU CARD to help influence policies and practices in mentoring youth with autism.

## THANK YOU VELOCITY COMMUNITY CREDIT UNION

For making this internship opportunity possible and all the work they do in the community.



This summer, FAU's Center for Autism and Related Disabilities (CARD) iRISE² Mentoring program engaged in a partnership with an Autism Friendly Business—Velocity Community Credit Union in Palm Beach Gardens. The partnership yielded a nine-week paid summer internship for Diego, a protégé in the iRISE² Mentoring program which seeks to increase social and employable skills for individuals on the autism spectrum.

Darius Murray, Program Coordinator of the iRISE² Mentoring Program, trained several staff members at Velocity, helping to construct an understanding of autism and related disabilities in the workplace and how staff can be supportive.

This partnership is very unique because it generated a multi-agency collaboration that complemented Diego's internship at Velocity. With the help of thoroughly trained staff at Velocity Community Credit Union, Nicole DeFlorio—the Vocational Director of Palm Beach School for Autism, FAU CARD, the Department of Vocational Rehabilitation, Work Opportunities United, and Palm TranConnection, Diego was ready for success this summer.

Diego, a cautious but confident 16-year-old, walked into Velocity and interviewed for a paid internship position and exceeded their expectations. This experience helped Diego enhance his social cognitive skills in an environment that was professional and supportive. "Working at Velocity was great and I am sad that it must come to an end but I know I have been doing a good job here and I've learned many new skills. I will miss my co-workers and being a part of the office events the most," states Diego.

Velocity already employed amazing individuals, but now opening their doors to an intern, elevated their role as an Autism Friendly Business in our community. This collaboration is one of the great impacts FAU CARD has had and with programs like iRISE² Mentoring being the only one of its kind in the State of FL, the organization wants to continue to connect compassionate professional individuals with a protégé like Diego.

"Mentoring allows our protégés the opportunity to learn by experience and with the guidance of a professional within their communities. Not only can we provide several layers of support for the mentor and protégé but our mentors have the opportunity to really help bring awareness and change to the stigmas surrounding autism or disabilities. Our mentors are the change they would like to see in their community" says Darius Murray, Program Coordinator of the iRISE² Mentoring Program.

The iRISE² Mentoring Program has several protégés on their waitlist, like Diego, who would like to be matched with a mentor in the community. The iRISE² program is actively recruiting volunteers and would like your help. Become a mentor today and help someone reach their full potential!

For more information, contact Darius Murray at 561-213-6936



# ASD & SLEEP: WHAT CAN I DO TO HELP MY CHILD?

By: Judith Aronson-Ramos, M.D.

[www.draronsonramos.com](http://www.draronsonramos.com)

Sleep disorders are among the most common complaints in pediatrics and even more prevalent in individuals on the autism spectrum. All infants and children struggle with sleep challenges at some point in their lives. Teenagers and adults are also groups with significant sleep problems related to over use of screens and stimulation by media at all hours of the night. Sleep disorders are in fact becoming a worldwide health problem in both the industrialized nations and developing countries. (1.)

For individuals on the autism spectrum there are some additional unique challenges. Although we have not precisely identified a reason, we know there are brain chemistry differences involving melatonin, cortisol and other endogenous hormones which may contribute to sleep challenges in ASD. In addition issues with sensory sensitivities, anxiety, and ocd we commonly see in our ASD children compound endogenous sleep cycle differences and behavioral problems around sleep.

The good news is that sleep difficulties can be managed effectively with sound behavioral approaches and at times supplementation with melatonin where needed. The behavioral approaches most effective include practicing good sleep hygiene as outlined here:

- Sleep at the same TIME every day
- Sleep in the same PLACE
- Sleep alone – limit CO-SLEEPING
- Find a calming pre-bedtime ROUTINE
- Avoid extra liquids or food right before bed
- Avoid stimulating activities right before bed
- Avoid screens – (the LIGHT emitted delays sleep onset)
- Bed should be for sleep only not any other activities

Some children have difficulty settling down at night due to a pattern of behavioral non-compliance. These are the kids that fight any demands placed and want to be in charge. Building compliancy into bedtime routines need not be a battle. You can try to implement a reward based system for good bed time behavior and following the rules. For kids who are in a bed and constantly come out of their room you need to walk them back to their room without anger or emotion over and over again to try and extinguish the behavior. For children with more severe cognitive and behavioral problems use of gates and enclosures may be necessary. Here safety of course is the biggest priority and you can research some of these products online. They do make specific autism friendly enclosures for sleep.

There are a few medical conditions of significance that can cause a sleep problem these include: iron deficiency, epilepsy, sleep apnea, parasomnias (nightmares and night terrors), a history of sexual abuse and anxiety. Be sure if behavioral methods of correcting you child's sleep disturbance are not working that you consult with your doctor or a specialist to be sure nothing is over looked. Particularly in non-verbal children on the spectrum physical issues that are unrecognized such as a dental abscess, abdominal pain, and other physical complaints (even a hangnail!) can be more bothersome in the physical stillness and quiet of bedtime. So it is important to always be vigilant with non-verbal or minimally verbal children to do a body survey – head to toe to see if there is anything you notice and confer with an MD as needed. There are sleep specialists and there are times a sleep study in a hospital is necessary if sleep problems are severe, unremitting, and a deeper problem is suspected.



Regarding use of melatonin you will always need to check with your own doctor first so I am not providing specific recommendations on dosage. However it comes in many forms (spray, dissolvable tab, liquid, pill) and can be given an hour before bed. Remember it helps with sleep onset not sleep maintenance. The research is clear there is no established evidence melatonin is harmful, but we don't have good long term studies available on its safety either. I do recommend it to patients in my practice and have used it successfully for years. However it can and should be used in conjunction with good sleep hygiene. Behavioral methods are always the first approach to sleep challenges not melatonin.

Melatonin products are not regulated in the US and buying an OTC product can be confusing. Below is a very useful list of websites where you can get credible information about supplements that will be useful to keep for reference.

Below are listed some third party organizations that evaluate and assess dietary supplements. As this is an evolving field there may be other reputable organizations not listed. Remember industry or corporate sponsored organizations which are not unbiased may not be reliable.

1. The U.S. Pharmacopeia Convention (USP) is a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of medicines, food ingredients, and dietary supplements manufactured, distributed and consumed worldwide. [www.usp.org/about-usp](http://www.usp.org/about-usp)
2. Consumer Labs – [www.consumerlabs.com](http://www.consumerlabs.com) This website provides third party analysis of voluntarily submitted products and then will provide a seal of approval. They analyze to see if what in the product matches the label. It is a low cost subscription service.
3. FDA Recalls - <http://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/default.htm>
4. Other third party sites: <https://ods.od.nih.gov/> and <https://nccih.nih.gov> or [www.nsf.org](http://www.nsf.org)



Some parents find soothing aromas (lavender), low lights, sound machine (white noise), reading stories, and creating a sleep inducing ambience helpful. Foods that make an individual sleepy generally are high in carbohydrates but don't have caffeine, dyes and lots of artificial ingredients. Supplements such as tryptophan, lemon balm, valerian and others don't have the evidence base of melatonin and can carry some unknown risks.

In summary sleep challenges are prevalent across the lifespan and the world. Individuals with ASD have unique challenges with sleep due to neuroendocrine, behavioral, and psychological factors. Always work with behavioral approaches first (sleep hygiene, limit setting, consistency), check for missed underlying medical issues, use sleep enclosures where needed, and supplements are a last resort under the care of an MD.

<sup>1</sup> [http://www2.warwick.ac.uk/newsandevents/pressreleases/global\\_145sleeplessness\\_epidemic146/](http://www2.warwick.ac.uk/newsandevents/pressreleases/global_145sleeplessness_epidemic146/)

# TOKEN ECONOMY

By: Butterfly Effects Clinical Team

This Applied Behavior Analysis (ABA) Quick Tip is for families or caretakers to set up a token economy in your home. You can use a token economy for one or all of your children. This can be a fun family activity by allowing your child or children to choose their tokens, decorate their token jar or chart, and choose their rewards! Here is what you need to know:



## WHAT IS A TOKEN ECONOMY?

In its simplest form, a token economy is a system that rewards a specific behavior or behaviors with tokens that can be exchanged for a desired item or activity.

## WHY SHOULD I USE A TOKEN ECONOMY?

Token economies are very easy to set up and administer, can be used for the whole family and are effective, and FUN!

## DEFINITIONS TO KNOW:

**Target behavior:** The specific behavior you want to encourage. For example, going to the potty, brushing teeth, cleaning up toys.

**Tokens:** Tangible or intangible item that is collected and exchanged for reward. Examples of tangible tokens include stickers, tickets, or marbles. Examples of intangible tokens include check marks or tally marks on a chart or a punch card using a notecard and a hole punch.

**Reward (Reinforcer):** Desired item or activity that tokens are exchanged for. Examples of rewards or reinforcers are access to video games, iPad, favorite toy or game, or outing to favorite park.

**Reinforcement Schedule:** The reinforcement schedule is how often a token will be earned. For example, a token is earned every time your child cleans up toys when finished playing with them.

**Exchange Requirements:** The number of tokens needed to exchange for reward.

## EXAMPLES OF BEHAVIORS TO TARGET:

**Early Learner:** potty training, brushing teeth, cleaning up toys after playing

**Child:** simple chores (putting dishes in sink after eating, cleaning up room, making bed), homework

**Teen:** homework, grades, chores (cleaning bathroom, dusting, loading dishwasher)

## HOW TO IMPLEMENT A TOKEN ECONOMY:

1. Choose the behaviors you want to encourage
2. Select type of tokens with child (stickers, smiley faces, checkmarks)
3. Determine when tokens will be earned (example, tokens will be earned every time the child picks up toys when finished playing or child will receive token for picking up toys at the end of the day)



4. Choose the reward/s the tokens will be exchanged for in advance.
5. Determine how many tokens will be needed to earn reward (5 tokens=15 minutes on iPad)
6. Choose the time of day, days of the week, and place where tokens can be exchanged for reward.

## FUN TWIST ON THE TOKEN ECONOMY:

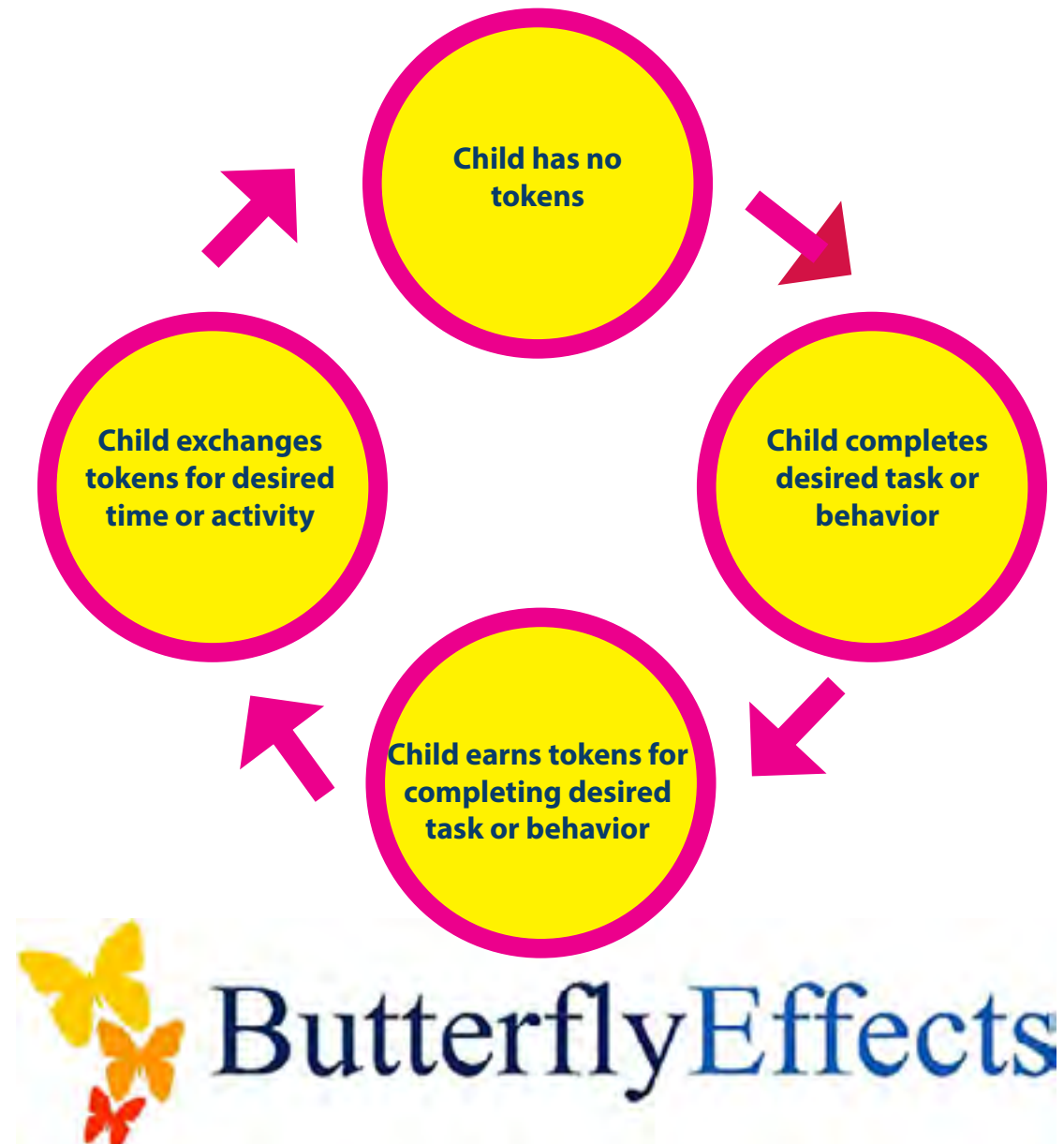
Do you want to encourage your kids to get along? Try a warm fuzzy jar! All you need is a jar and pom-poms from the craft store. Every time you catch your kids being nice to each other, place a warm fuzzy in the jar. Get the kids in on the action! Have your kids come to you when a sibling does something nice for them to place a warm fuzzy in the jar. When the jar is full the whole family gets a treat! For example, making chocolate chip cookies, going out for ice cream, or having a family game night!

## Links to ideas for your home token economy:

<https://www.teacherspayteachers.com/Product/Reward-Coupons-326080>

<http://mamaot.com/tips-for-positively-addressing-your-childs-behavior-using-a-token-economy/>

<http://www.rageagainsttheminivan.com/2013/11/using-token-economy-to-encourage-good.html>



For more information call 1-888-880-9270 or visit us at: <http://butterflyeffects.com/>



*The Eppy Group is a unique team of financial planners dedicated to helping families with special needs. Questions can be submitted to [c.eppy@eppygroup.com](mailto:c.eppy@eppygroup.com) or by calling 954-271-7888.*

## • Can my 401k or Group Life Insurance disqualify my child with autism from government benefits when I die?

**Yes.** If your child accumulates \$2000 of assets in their name they will be ineligible for government benefits. To avoid this, carefully check the beneficiary and successor beneficiary designations on your group life insurance and 401k plan. By the way, this applies to any asset that may trickle down to your child with special needs. And keep them up to date! You may wish to name a special needs trust as a beneficiary. Speak to a SpecialCare Planner for specifics.

*The SpecialCare program, developed exclusively by MassMutual, is an innovative outreach initiative that provides access to information, specialists and financial products and services that can help improve the quality of life for people with disabilities and other special needs and their families and care givers.*

*Joseph Eppy, president of The Eppy Group, assisted in the development of this program and taught other advisors on this topic for MassMutual.*

## • If we retire and spend our accumulated assets, how will we have money for my child's Special Needs Trust?

Before you retire it is crucial to do the proper planning so that you can spend your accumulated assets. Life insurance is often the best way to fund a special needs trust. It allows you to leverage your dollars today and plan for your child's future. Using **Whole** life insurance gives you a unique opportunity to spend down retirement assets, possibly increasing your spendable dollars and reducing taxes. Although, this may sound complex, we can help you understand the benefits of this type of planning.

## • Someone told me I need to be appointed the guardian of my own child when they reach the age of 18, is this true and why?

When a child in the state of Florida reaches the age of 18, they have all the legal rights and responsibilities of an adult...regardless of their decision making capabilities. A parent must go to court and be appointed guardian. Most importantly, if a parent is not the legal guardian of an adult child, they do not have the right to name the successor guardian, nor do they have the right to make decisions for the child, i.e. health care, financial and living. Without this, the adult child can be held liable for financial scams to which they are quite vulnerable. In the state of Florida there are 3 types of guardianship. Contact us for more information.

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Ah! The start of another school year! It's filled with excitement, hope and anxiety. Not just for students, but also for their parents and teachers. If, as a parent, you are gearing yourself up to do another year of battle... perhaps...you'll be open to starting this school year with a bit of a different attitude. Charles Swindoll said, "Life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes". Here's the other thing about attitude – It doesn't cost anything extra to be pleasant.

Try it, and consider these tips:

- Assume that everyone on your child's team wants your child to thrive. Offer them strategies that are effective at home. In turn, when they are asking you to support their goals, do it with diligence (no matter how tired you are) and provide regular feedback (in writing) on the triumphs and challenges you've seen. This will solidify your partnership.
- If you want a specific instructional approach, be aware that it's the teacher/school district's prerogative to implement it or not. They can say no. Don't allow this to jeopardize a positive parent/teacher-school relationship.
- If you want change and to make a schoolwide difference, become a member of your child's School Advisory Committee (SAC). They usually meet monthly and meeting dates are posted on the school's web site. Not enough families who have a child with a disability serve on these committees. The purpose of SAC is to support and guide the principal. If you want children with disabilities to be equally included in all school activities and reap the benefits of school-wide fundraising, your representation on SAC can have a significant impact.
- Attend ALL your child's IEP/Progress update meetings. You are the expert on your child! Why would you let goals be developed without your valuable input? Ask questions, lots of questions, to better understand who's who at the meeting and their rationale for determining what skills to address each year. Slow down the meeting if it's moving too fast. Believe it or not, IEP Team members prefer a parent who is involved with IEP development. A supportive Home-School collaboration on IEP objectives will dramatically increase the odds of your child meeting their annual goals.
- Make a vow that you will not judge or dump on your child's teacher/administrator and ask them to make the same vow. Teachers are mere mortals and like all of us, they are doing the best they can with the information and skills they have. When you judge them, you are limiting the relationship you can build. They cannot 'fix' all your child's issues alone. When you dump the problem in their lap you are sabotaging your child's progress. Compassionate collaboration can bring a team together to support a child who is going through a difficult time or experiencing an educational plateau.

The bottom line is that everyone wants students to be successful and everyone brings a valuable perspective on your child and their specific learning or behavioral needs. Think of the IEP and other meetings as a 'strategic planning' session of your CHILD's TEAM. And, let's be honest, those meetings always go better when there's doughnuts!



# BECOME A MENTOR TODAY

By: Darius Murray

With almost two years of program development and implementation, the iRISE<sup>2</sup> Mentoring program has been off to a meteoric start. Staff have been meeting with individuals and families while continuing to collaborate with local businesses to create internship opportunities and empower members of the community. Our protégés have volunteered in the community, painted bonsai trees, taken nature walks and received scholarships to help reach academic goals. More importantly, we are proud to announce our first successful 1-year mentoring match. **Kristen and Calli have been officially matched for one year in our mentoring program and both have seen a tremendous amount of interpersonal growth.** As Calli completes her summer dual-enrollment class at Palm Beach State College, she is preparing for her senior year of high school and applying to college. Kristen who is now a seasoned iRISE<sup>2</sup> mentor, has a new understanding of autism and how she can help in the community and in her.

## A message from Kristen:



*Being a mentor is something that I have had my sights on for quite a while. When I heard about the iRISE<sup>2</sup> program at FAU, I decided it was time to set sail. This journey is something I am very proud of. I am beyond happy to have been “matched” with Calli. I definitely thought that I would have the chance to make a difference and impact her life, but she has done the same for me. Calli is incredibly strong and is very in tune with who she is. This speaks volumes of her, because most young girls at age sixteen do not truly know who they are or who they want to be. Calli is so passionate about herself and her interests, more than I was at that age. Calli's*

*personality is very different from mine; because of this, she has taught me so much. She understands herself and truly comprehends relationships and life. This is profound. Calli has confidence in me and our relationship. As she tells the stories, I am constantly taking a message away from her. I am still reveling in a time that she was not really up to going out one evening and by the end of the night she was all smiles. In those moments, I know I am making an impact with her. This relationship is an irreplaceable one, I think we all have something to offer to the individuals on the iRISE<sup>2</sup> mentoring waitlist and would recommend the program to others interested in making an impact in someone's life.*

As we move forward and continue to not rest between our accomplishments, we urge our parents, professional and members of the community to consider becoming a mentor and inspiring someone with special interests.

## Become a mentor today!

Darius Murray  
iRISE<sup>2</sup> Mentoring Program Coordinator  
(561)213-6936

# FLORIDA ATLANTIC UNIVERSITY™

## iRISE<sup>2</sup> MENTORING PROGRAM

### Orientations:

Come and learn about our NEW exciting iRISE<sup>2</sup> Mentoring Program and how you can become a mentor for amazing individuals impacted by autism. This orientation will provide participants with a complete overview of our iRISE<sup>2</sup> Mentoring Program while discussing the role of mentor, mentor requirements, the iRISE<sup>2</sup> matching process, protégé enrollment and mentor training opportunities.

### Mentor Requirements:

*Must be at least 21 years of age or older  
Open to maintaining a 1-year mentoring relationship  
Dedicate a minimum of 4-6 hours a month  
Valid driver's license  
Successfully complete volunteer background screening*

### Jupiter iRISE<sup>2</sup> Mentor Orientation

Thursday, October 20 (4 - 5 p.m.)  
Thursday, November 10 (4 - 5 p.m.)  
Thursday, December 15 (4 - 5 p.m.)

#### Jupiter Campus, Life Long Learning Center - PC 154

To attend this training on campus or online, register at:

<http://irisementorjupiter.eventbrite.com>

### Boca Raton iRISE<sup>2</sup> Mentor Orientation

Thursday, October 6 (5:30-6:30 p.m.)  
Wednesday, November 9 (5:30-6:30 p.m.)  
Thursday, December 1 (5:30-6:30 p.m.)

#### Boca Raton Campus, College of Education - 411

To attend this training on campus or online, register at:

<http://irise2mentororientatonboca.eventbrite.com>

# Adult Social Groups

**Boca Raton**

**Treasure Coast**

**Jupiter**

Adults with autism spectrum disorder ages 18 and older are welcome. Groups will meet at various community locations to discuss issues, problem solve, and form friendships. Locations will be determined prior to outing date. Any costs associated with participation in the outing are the responsibility of the adult participant, as well as transportation to and from the outing.

*(Dates/ times may be subject to change depending on activity scheduled.)*

**Jupiter**

*Dates and Times to be announced. For questions, contact Alison Bourdeau (561) 990-9518 or by email [abourdeau@fau.edu](mailto:abourdeau@fau.edu)*

**Boca Raton**  
7 - 8:30 p.m.

Monday, Sept 19  
Monday, Oct 17  
Monday, Nov 21  
Monday, Dec 19

*For questions, contact Veronica Castro  
(561) 213-8381 or [castrov2014@fau.edu](mailto:castrov2014@fau.edu)*

**Treasure Coast**  
7 - 8:30 p.m.

Thursday, Sept 8  
Thursday, Oct 13  
Thursday, Nov 10  
Thursday, Dec 8

*For questions, contact Cathy Allore  
(772) 873-3367 or [callore@fau.edu](mailto:callore@fau.edu)*



# Ladies Adult Social Group

- ★ **Women with autism 18 years old and up**
- ★ **Social outings based on interests**
- ★ **Focusing on making connections with others and exploring interest-based activities in the area**
- ★ **Meeting in Jupiter**
- ★ **Meets monthly**  
*(Dates/ times may be subject to change depending on activity scheduled.)*

**For more information call Alison Bourdeau  
(561)990-9518 or email [abourdeau@fau.edu](mailto:abourdeau@fau.edu)**



## FAU CARD Hangout Group

Supporting young adults/students with autism and other related disabilities transition to independence. Ages 17 – 25 are welcome. This is a topic specific group that will meet monthly and discuss a different topic each session. There will be experts to facilitate topics and discussions.

*Participants must reside in Palm Beach County or attend a college or university in Palm Beach County.*

FAU Boca Raton Campus, College of Education 5:30 – 6:30 p.m.

Monday, September 26: Movie Night at the Living Room Theater on FAU Boca Raton Campus

Monday, October 24: Dining with Etiquette Workshop

Monday, November 28: Career Day with iRISE<sup>2</sup> guest

**For more information about this group, please contact:**

**Darius Murray, iRISE2 Mentor Program Coordinator, (561) 213-6936 or [dmurra23@fau.edu](mailto:dmurra23@fau.edu)**



The FAU Center for Autism and Related Disabilities (CARD) provides expert consulting, training and support, at no charge, for people with autism and related disabilities, their families and the professionals serving them. CARD's goal is to optimize the potential of the individuals we serve by helping them become valued members of their communities, enabling them to learn, work, communicate and socialize. Visit us at: [www.autism.fau.edu](http://www.autism.fau.edu). If an accommodation(s) for a disability is required, please call 561-297-2055 or e-mail us at [CARD@fau.edu](mailto:CARD@fau.edu), a minimum of five working days in advance of the date of the event.

# FREE Respite Care Training Program



Learn the skills and tools necessary to be an effective caregiver to individuals of all ages living with developmental and autism spectrum disorders.

**Sunday,  
September 11, 2016  
10 a.m. - 3 p.m.**  
(Check-in begins at 9:30 a.m.)

Sponsored By:

**FAU Center for Autism  
and Related Disabilities**



Location:

Peter Blum Family YMCA of Boca Raton,  
6631 Palmetto Circle S., Boca Raton, FL 33433

To Register: [www.ralejsfs.org/rsvp](http://www.ralejsfs.org/rsvp)

For additional information contact Tzippi Rosen, MSW  
JFS Special Needs Outreach Coordinator  
561.852.3333 | [tzippir@ralejsfs.org](mailto:tzippir@ralejsfs.org)



# Impacting IEP's: Making the Most of the IEP Process

The IEP process can be a daunting and overwhelming for both parents and educators alike. Whether it be writing appropriate goals and objectives, selecting an appropriate placement or understanding the services, parents often leave IEP meetings with more questions than answers. This training will provide participants with an overview of the IEP process, an understanding of the critical features of an IEP, and tips on having a successful IEP meeting.

For more information, please contact Susanna Launder at [slaunder@fau.edu](mailto:slaunder@fau.edu) or 561-212-2859

**TUES  
SEPT 13**  
10 a.m. - 12 p.m.

*Boca Raton Campus, College of Education, Room 411*

To attend this training *on campus or online*, register at:

**<http://impactingieps.eventbrite.com>**

*Registration closes at 5 p.m. on Friday, September 9, 2016.*

## Executive Functioning

This training will cover the basics of Executive Functioning, and how this may present in individuals with ASD. Examples will be discussed and strategies for individuals and families will be presented. The training will be offered online via Adobe Connect. A link to the online training will be sent out to the provided email a few days prior to the event.

For more information please contact Alison Bourdeau at [abourdeau@fau.edu](mailto:abourdeau@fau.edu)

**SEPT  
WED 28**  
12 - 1:30 p.m.

**FAU Jupiter Campus**

To attend this training online, register at:

**<https://efandasd.eventbrite.com>**

*Registration closes at 5 p.m. on Monday, September 26, 2016.*

# Cyberbullying: Identification, Prevention, and Response

This presentation is designed for school administrators, counselors, social workers, psychologists, and other professionals who desire a comprehensive understanding of and action plan to deal with cyberbullying among youth today. The overall goal is to enlighten educators about the tremendous value inherent in a positive school climate for all students, not only to enhance student achievement, success, productivity, and connectedness, but because it will produce students who are safe, smart, honest, and responsible both offline and online. Apart from providing foundational information, it will cover relevant legal principles and provide clarity from the courts as to when to intervene in incidents that originate off-campus. The presentation will also focus on cyberbullying and students with autism spectrum disorder (ASD). Research indicates that persons with ASD are among those most vulnerable to this growing problem and in many ways are the "perfect victim."

**This presentation will teach participants the following objectives and more:**

- Identify popular online environments among adolescents today
- Obtain a baseline for what the research says as to the prevalence, scope, and frequency of cyberbullying
- Understand social media use as a phenomenon, both psychologically and as it plays out among youth
- Understand the role of educators and other youth professionals in responding to cyberbullying

**WED  
SEPT 28**  
6-8 p.m.

**FAU Jupiter Campus, ADM Auditorium**

To attend this training *on campus* register at:

**[http://fau\\_cyberbullying.eventbrite.com](http://fau_cyberbullying.eventbrite.com)**

*Registration closes at 5 p.m. on Monday, September 26, 2016.*



Dr. Sameer Hinduja is a Professor in the School of Criminology and Criminal Justice at Florida Atlantic University and Co-Director of the Cyberbullying Research Center. He is recognized internationally for his groundbreaking work on the subjects of cyberbullying and safe social media use, concerns that have paralleled the exponential growth in online communication by young people. He has written seven books, and his interdisciplinary research is widely published and cited in a number of peer-reviewed academic journals. As a noted speaker and expert on teens and social media use, Dr. Hinduja also provides training to schools, youth organizations, parents and kids on the best practices of identification, prevention and response. In addition, he is frequently asked to provide expert commentary by news organizations and his work has been featured in venues that include CNN's Anderson Cooper 360, NPR's All Things Considered, the BBC, and The New York Times.



Jack Scott is the Executive Director of the FAU CARD center. He is an associate professor in the Department of Exceptional Student Education. He teaches courses on autism, inclusion and behavior analysis. Dr. Scott received his doctoral degree from the University of Florida. He has written a textbook on autism, *Students with Autism: Characteristics and Instructional Programming*, (2000), and has written a number of chapters and articles on autism and individualized instruction and is just finishing a new book for Woodbine House about safety for children with autism.

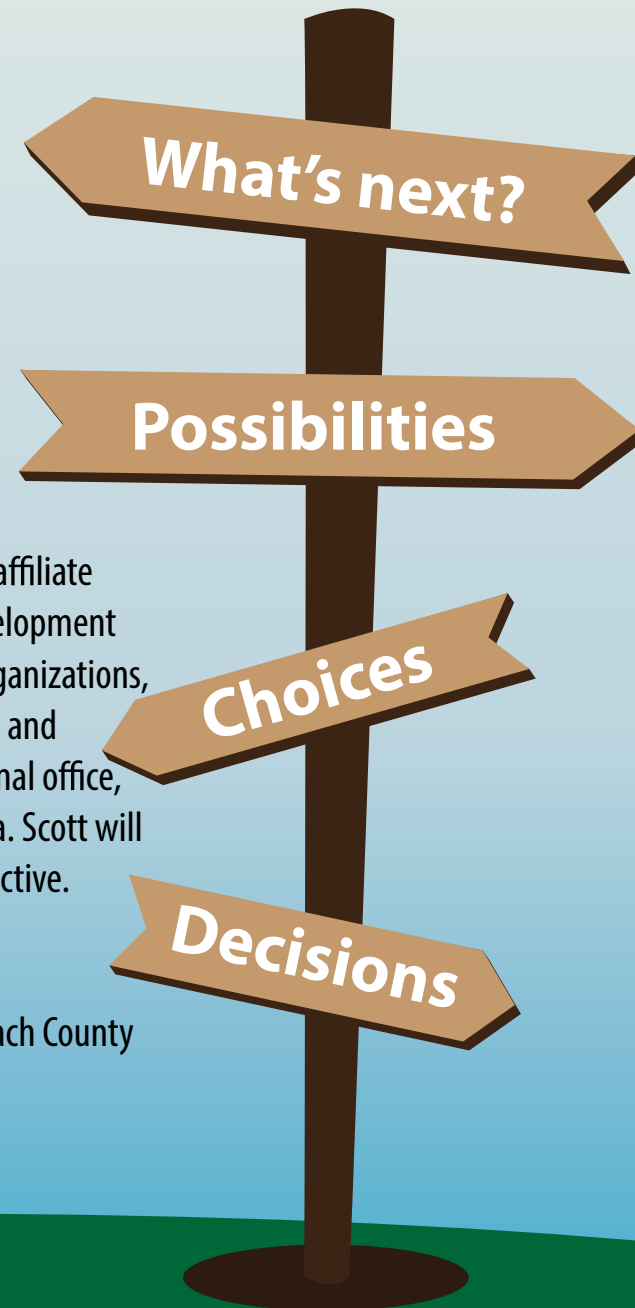


The FAU Center for Autism and Related Disabilities (CARD) provides expert consulting, training and support, at no charge, for people with autism and related disabilities, their families and the professionals serving them. CARD's goal is to optimize the potential of the individuals we serve by helping them become valued members of their communities, enabling them to learn, work, communicate and socialize. Visit us at: [www.autism.fau.edu](http://www.autism.fau.edu). If an accommodation(s) for a disability is required, please call 561-297-2055 or e-mail us at [CARD@fau.edu](mailto:CARD@fau.edu), a minimum of five working days in advance of the date of the event.

**FAU CARD is proud to collaborate with the Palm Beach School District on this training and others**

# FAU CARD TRANSITION CONFERENCE

**SEPT  
30  
2016**  
9 a.m. - 3 p.m.  
FAU Jupiter Campus  
Life Long Learning Center



## Keynote Speaker

Scott Badesch, President and CEO of the Autism Society of America

A father of a young adult with autism, Scott led his local Autism Society affiliate before joining the national office in 2010 as Senior Vice President of Development and Operations. He has more than 30 years of experience in nonprofit organizations, particularly in fundraising, chapter outreach, advocacy and public policy, and transformation of organizations. Before joining the Autism Society national office, Scott served as President and CEO of the Autism Society of North Carolina. Scott will be speaking about transition from both a parent and professional perspective.

## Plenary Speakers

Elsa DeGoias, Manager of Disability Services, CareerSource Palm Beach County  
Joe and Craig Eppy, Financial Advisors, The Eppy Group  
Richard Friedkin, Benefits Planner, Gulfstream Goodwill

**Register now:**

**<http://faucardtransitionconference2016.eventbrite.com>**



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CareerSource Palm Beach County and The Eppy Group are proud sponsors of FAU CARD Transition Conference 2016



**WED OCT 5**  
5 - 7 p.m.

IRSC - St. Lucie West Campus in the Schreiber Center  
3209 Virginia Ave, Fort Pierce, FL 34981



FAU-CARD at Indian River State College has been provided with a beautiful new office space at the northern end of the campus. The FAU CARD office is now located in the Schreiber Conference Center in Suite D-115.

## The FAU CARD Treasure Coast office staff are as follows:



Cathy Allore, *Clinical Support Specialist for St Lucie County*  
[callore@fau.edu](mailto:callore@fau.edu) or 772-873-3367

Rosie Portera, *Clinical Support Specialist for Indian River and Okeechobee counties*  
[r.portera.vaughn@fau.edu](mailto:r.portera.vaughn@fau.edu) or 772-873-3422

## FAU CARD WELCOMES OUR NEW TEAM MEMBER:

*Miriam Moreno-Duany, M.S. Clinical Support Specialist*



Miriam Moreno-Duany earned a Bachelor's degree from the University of Maryland in psychology and a Master's degree in counseling from Johns Hopkins University. Miriam is a licensed mental health counselor in the State of Maryland and is currently working towards licensure in the State of Florida. Miriam is pursuing a PhD in counseling, and is looking forward to gaining more knowledge to provide the most expert level of services possible to families and professionals that seek support from FAU CARD.

Miriam is experienced in supporting families from culturally, linguistically, and economically diverse backgrounds and has worked with families, children, couples and individuals. Prior to joining FAU, she worked as a Triple P Therapist providing classes and support for parents of children who were exhibiting behavioral issues.



John C. Cassidy  
AIR CONDITIONING INC.

ESPN  
WEST PALM

Roger Dean Stadium

FirstService Residential, John C. Cassidy,  
Roger Dean Stadium & ESPN West Palm  
will host charity softball game:

**SAT. OCT 8**  
at the Roger Dean Stadium

FirstService Residential  
vs.  
John C. Cassidy Air Conditioning

Gates open at 3 p.m. | 3-5:30 p.m. Family Fun Day: Enjoy games, food, beverages, entertainment, giveaways and information from community organizations. | 5:30-6:30 p.m. Charity Softball Game

**RSVP by Tuesday, 10/4/2016 at**

**<https://homerunforautism.eventbrite.com>**

*We encourage online registration, but registration will be allowed on the day of the event*

\$10 entry donation (covers food and beverage), 10 years old and under **free entry**

proceeds raised will be donated to:

**FAU Center for Autism & Related Disabilities**

Vendor sponsorship \$300. Please make check out FAU Foundation, Inc., FAU CARD  
or visit: <https://homerunforautism.eventbrite.com>

FAU  
CENTER FOR AUTISM AND  
RELATED DISABILITIES  
Florida Atlantic University



## The Autistic Brain: Social Skill Challenges

MON  
OCT 10  
6 - 8 p.m.

Participants will learn about the neurological foundations of social skill development and how to support social skill learning strategies. The continuum of perceptual skills and interventions will be reviewed based on the work of Michelle Garcia Winner and SocialThinking.com

*Sun Up Arc, Vero Beach*

To attend this training on site register at:

**<http://socialskillchallenges.eventbrite.com>**

*Registration closes at 5 p.m. on Thursday, October 6, 2016.*

*For more information please contact Rosie Portera at [r.portera.vaughn@fau.edu](mailto:r.portera.vaughn@fau.edu)*

## FAU CARD WELCOMES WEBEHAVE TO THE REGIONAL AUTISM COMMUNITY



weBehave, a division of World Evolve, provides cutting-edge, applied behavior analysis (ABA) services to children with autism and other developmental disabilities. We offer center-based and community-based services across South Florida. Our services include ABA therapy, social skills groups, school-readiness preparation, tutoring, early literacy training, and parent and professionals training. Our clinical team is comprised of energetic and enthusiastic individuals, who are passionate and dedicated to the field of behavior analysis. Our diverse and experienced clinicians come from many educational and cultural backgrounds, but most importantly, the clinicians at weBehave share a unified vision—a field of Applied Behavior Analysis that provides quality

services to families via a unified group of professionals.

For more information about weBehave or World Evolve visit our websites at:

[www.changingbehaviortogether.com](http://www.changingbehaviortogether.com) and [www.world-evolve.com](http://www.world-evolve.com) or contact us at [janet@webehave.com](mailto:janet@webehave.com)



Cassidy Cool Zone will be open and vendors will be there

# Cyber Safety

**Tuesday  
October 12**

**Let's  
Get  
Organized**

**11 a.m. - 12 p.m.**

This training will help participants 11-17 years old, learn about cyber safety tips for being safe while having fun playing games. Learning how to recognize unsafe interactions while on the internet. Each participant will receive helpful safety-related resources.

For more information, please contact Veronica Castro at [castrov2014@fau.edu](mailto:castrov2014@fau.edu) or 561-213-8381

**Boca Raton Campus, College of Education, Room 411**

To attend this training *on campus* register at:

**<https://faucybersafety.eventbrite.com>**

Registration closes at 5 p.m. on Monday, October 10, 2016.

**1-2 p.m.**

Strategies for Helping Students with Organization and Using a Planner. Please join us for an informative training that will cover strategies on how to get and keep students 11-17 years old organized. This demonstration will cover the use of picking a planner and using it effectively, how to organize a student's backpack, and general tips on how to remain organized as the school year progresses. Students can bring with them a planner or backpack. *\*This class is limited to individuals registered with FAU CARD*

For more information, please contact Alexandria May at [amay8@fau.edu](mailto:amay8@fau.edu)

**Boca Raton Campus, College of Education, Room 411**

To attend this training *on campus* register at:

**<http://letsgetorganized.eventbrite.com>**

Registration closes at 5 p.m. on Monday, October 10, 2016.

## Participating in the Community

Participants will learn how to write a blueprint for an individual to participate most successfully in community activities.

For more information please contact Cathy Allore at [callore@fau.edu](mailto:callore@fau.edu)

**THUR  
OCT 20  
3 - 4:30 p.m.**

To attend this training *online*, register at:

**<http://part-comm-psl.eventbrite.com>**

Registration closes at 5 p.m. on Tuesday, October 18, 2016.

### FAU CARD WELCOMES OUR NEW TEAM MEMBER:

***Wanda Baldwin, MSW, LCSW Early Intervention Specialist***



Wanda Baldwin is a Licensed Clinical Social Worker with a strong commitment to supporting families of young children and the professionals that work with them. She received her M.S.W. from Florida State University and her BSW from the University of West Florida. As the very first Coordinator of the Early Steps Program of Palm Beach County, she worked for over 20 years with infants and toddlers with disabilities and their families. Most recently she was the Director of Child Development at the Children's Home Society- BRIDGES, a place-based initiative located in neighborhoods associated with poor child outcomes. She acted as the project subject matter expert on child development and family dynamics. Currently she is member of the Touchpoints™, Infant Mental Health and Triple P seminar Training Cadre with the Children's Services Council of Palm Beach County. She has training and experience in using reflective practice in community settings to increase staff engagement with young families. As a mother, she understands the critical role families play in the development of children and works tirelessly to help families improve outcomes for their children.



**FAU CARD Jupiter, Florida**

**THE BRAIN AND ASD, ITS IMPACT ON INSTRUCTION**

Presented by: Dr. Brenda Smith Myles    Hosted by: FAU CARD

**October 21, 2016**  
9:00 am – 4:00 pm  
Registration begins at 8:30 am

*\*6 ASHA CEUs, Social Work, Mental Health, MNF will be available (\$75 pre-registration; \$90 onsite)*

**St. Lucie Public Schools**  
School Board Meeting Room  
4204 Okeechobee Road,  
Fort Pierce, FL34947

**Registration Information:**

**REGISTRATION IS MANDATORY**

**DEADLINE:** October 21, 2016  
Limited to first 250 participants

To view this presentation onsite or online,  
register online at:  
[www.doepartnership.org/trainings.html](http://www.doepartnership.org/trainings.html)

For more information, contact:  
[CARD@fau.edu](mailto:CARD@fau.edu) or 561-297-2023

**Directions:**

For directions click [HERE](#)

*Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.*

*\*6 ASHA CEUs, Social Work, Mental Health, MNF will be available (\$50 pre-registration; \$75 onsite)*

**About the Presenter**

Brenda Smith Myles is an Associate Professor in the Department of Special Education at the University of Kansas where she co-directs a graduate program in Asperger Syndrome and autism. She has written numerous articles and co-authored several books on Asperger Syndrome and autism, including *Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns* (with Southwick), *Asperger Syndrome and Sensory Issues: Practical Solutions for Making Sense of the World* (with Cook, Miller, Rinner, and Robbins), and *Asperger Syndrome and Adolescence: Practical Solutions for School Success* (with Adreon), which was the winner of the Autism Society of America’s outstanding literary work. Myles is on the executive boards of the Organization for Autism Research, Asperger Syndrome Coalition of the United States, Maap Services Inc., Aspen, the International Council for Learning Disabilities, and Advocates for Individuals with High Functioning Autism, Asperger’s Syndrome, and other Pervasive Developmental Disorders. She is also the editor of *Intervention in School and Clinic*, the third largest journal in special education.

**Training Description**

This session will briefly overview some of the neurological research and autism spectrum disorder in laymen’s terms. Specifically, brain research related to academics/learning, social, sensory, and regulation will be addressed. Practical implications of the findings of this research will also be discussed.

**Training Objectives**

1. Describe how academic and learning challenges in autism spectrum disorder (ASD) are related to the brain.
2. Discuss the sensory systems, regulation, and social neurological research and how they are linked.
3. Provide an overview of the linkages between observable behavior and neurological research.

*“The Brain and ASD, Its Impact on Instruction” is offered for up to .6 ASHA CEUs (Intermediate level, Professional area)*



- Bounce Houses
- Arts & Crafts
- Face Painting
- Food & Beverages
- Music & Games



**FAU CARD'S 7<sup>TH</sup> ANNUAL 5K HOMECOMING RUN FOR AUTISM**

**JOIN US!**  
**SUNDAY, OCTOBER 23**

**Located at:**  
Florida Atlantic University  
FAU Track & Field Complex  
777 Glades Road  
Boca Raton, Florida 33431

- 5:30 p.m. Night Race with Accuchip Timing
- Run through the FAU Football Stadium
- Prizes for Top Runners & Fundraising Team

**Register now: [www.fau.edu/campusrec](http://www.fau.edu/campusrec)**  
*Donations benefit FAU CARD*



**CENTER FOR AUTISM AND RELATED DISABILITIES**  
Florida Atlantic University



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B. [www.DOEpartnership.org](http://www.DOEpartnership.org)

# PATH for Transition Planning Alternative Tomorrows with Hope

**Tuesday  
October 25th  
1-3 p.m.**

Boca Raton Campus, College of Education, Room 401  
To attend this training on campus, register at:  
<http://faucardpathbocaraton.eventbrite.com>  
Registration closes at 5 p.m. on Friday, October 21, 2016.  
For more information please contact Jennifer Percival at [jpollack@fau.edu](mailto:jpollack@fau.edu)

## Plan for transition using the PATH process

The PATH process is a visual experience where participants draw or write out steps towards reaching their goals. The training is for individuals, parents, or families and participants will leave with their own path plan.

# Destination Preschool

What Parents Need to Know About Transitioning to School-Age Services

This training is best suited for Palm Beach County parents of children with special needs who are under the age of 5. Participants will be given valuable information regarding the Transition Process for the Exceptional Student Education (ESE) Pre-Kindergarten Program within the School District of Palm Beach County. Participants will learn about ESE Parent Support Services, Procedural Safeguards, Child Find Referrals, ESE Evaluations, the Individual Education Plan (IEP), Eligibility Determination and Placement at an ESE Pre-K Program or an ASD Charter School.

**THUR  
NOV 3**  
9-11:30 a.m.

## FAU Jupiter Campus

To attend this training on campus or online, register at:

<http://destination-preschool.eventbrite.com>

Registration closes at 5 p.m. on Tuesday, November 1, 2016.

For more information please contact Kelley Bastien at [bastienk@fau.edu](mailto:bastienk@fau.edu)

# Opening the Social Circle:

Research and Interventions to Assist Adults to Socially Connect



This training will look at current research and interventions that pertain to adults with autism and the myriad of potential social challenges. Resources will be provided. The training will be offered online via Adobe Connect. A link to the online training will be sent out to the provided email a few days prior to the event.

For more information please contact Alison Bourdeau at [abourdeau@fau.edu](mailto:abourdeau@fau.edu)

**OCT  
OCT 28**  
12-1:30 p.m.

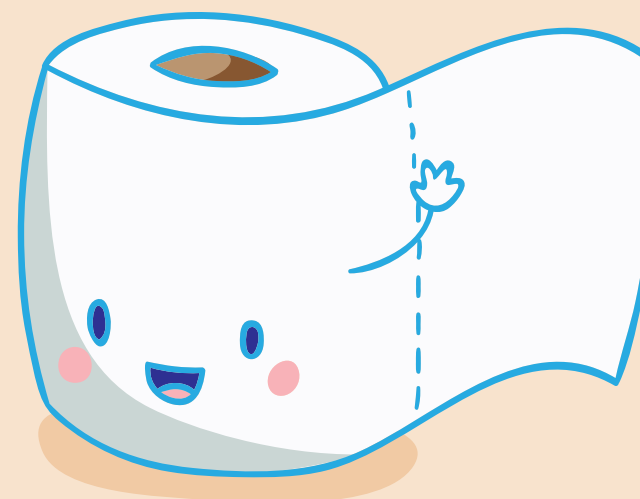
## FAU Jupiter Campus

To attend this training on campus or online, register at:

<http://openingsocialcircle.eventbrite.com>

Registration closes at 5 p.m. on Wednesday, October 26, 2016.

# Introduction to Toilet Training



This training will provide caregivers an overview of strategies for successful toilet training. The opportunity to ask questions and troubleshoot concerns will be provided. Participants are invited to attend onsite or online. For more information, please contact Noelle Balsamo at [nbalsamo@fau.edu](mailto:nbalsamo@fau.edu)

**THUR  
NOV 16**  
10-11:30 a.m.

## FAU Boca Raton Campus, College of Education, Room 411

To attend this training on campus or online, register at:

<https://toilettrainingintroduction.eventbrite.com>

Registration closes at 5 p.m. on Monday, November 14, 2016.



## Preventing Child Bullying in Schools and in the Community



Dr. Susan Limber is the Dan Olweus Distinguished Professor at Clemson University and a national leader in efforts to prevent bullying. She is one of the key developers of the National Bullying Prevention Campaign, aimed at “tweens” or children between the ages of 9 and 13. This is the key age for preventing bullying.

Dr. Limber will address the impact of bullying on both the targeted children and the bullies themselves, with a special emphasis on vulnerable populations such as children with autism and other disabilities. She will also describe the Olweus Program, the most widely used and effective evidence based anti-bullying program in the world. This program targets multiple systems calling for school and community wide efforts to combat bullying.

To attend this training onsite or online at the Jupiter Campus ADM Auditorium from 1:30 - 3:30 p.m.

<http://prevent-bullying-jupiter.eventbrite.com>

To attend this training onsite at the Boca Campus Live Oak Pavilion, C & D from 6:30 - 8:30 p.m.

<http://prevent-bullying-boca.eventbrite.com>

**THURSDAY  
NOV  
17**

**Registration closes at 5 p.m. on Tuesday, Nov 15, 2016.**



The FAU Center for Autism and Related Disabilities (CARD) provides expert consulting, training and support, at no charge, for people with autism and related disabilities, their families and the professionals serving them. CARD's goal is to optimize the potential of the individuals we serve by helping them become valued members of their communities, enabling them to learn, work, communicate and socialize. Visit us at: [www.autism.fau.edu](http://www.autism.fau.edu) If an accommodation(s) for a disability is required, please call 561-297-2055 or e-mail us at [CARD@fau.edu](mailto:CARD@fau.edu), a minimum of 5 working days in advance of the date of the event.

*This special FAU CARD event is made possible through a generous donation from Craig Donoff, P.A.*



**FAU CARD Jupiter, Florida**

**MY BRAIN MADE ME DO IT!**

**EXECUTIVE FUNCTION & SELF-REGULATION: ESSENTIAL SKILLS FOR LEARNERS ON THE AUTISM SPECTRUM**

Presented by: Lee A. Wilkinson, PhD Hosted by: FAU CARD

**December 9, 2016**

9:00 am – 4:00 pm  
Registration begins at 8:30 am

*\*6 ASHA CEUs, Social Work, Mental Health, MNF will be available (\$75 pre-registration; \$90 onsite)*

**FAU Jupiter MacArthur Campus**

Administrative Bldg. - Auditorium  
5353 Parkside Drive  
Jupiter, FL 33458

**Registration Information:**

**REGISTRATION IS MANDATORY**

**DEADLINE: December 7, 2016**  
Limited to first 250 participants

To view this presentation onsite or online, register online at:  
[www.doepartnership.org/trainings.html](http://www.doepartnership.org/trainings.html)

For more information, contact:  
[CARD@fau.edu](mailto:CARD@fau.edu) or 561-297-2023

**Directions:**

For directions click [HERE](#)

*Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.*

*\*6 ASHA CEUs, Social Work, Mental Health, MNF will be available (\$75 pre-registration; \$90 onsite)*

### About the Presenter

Lee A. Wilkinson, PhD, is a licensed and nationally certified school psychologist, registered psychologist, and certified cognitive-behavioral therapist. His research and professional writing has focused primarily on behavioral consultation and therapy, and evidence-based practice in assessment and intervention for autism spectrum disorder. Dr. Wilkinson is author of the award-winning book, “A Best Practice Guide to Assessment and Intervention for Autism and Asperger Syndrome in Schools,” published by Jessica Kingsley Publishers. He is also editor of a volume in the American Psychological Association (APA) School Psychology Book Series, “Autism Spectrum Disorder in Children and Adolescents: Evidence-Based Assessment and Intervention in Schools”. His latest book is “Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT.”

### Training Description

This full-day workshop provides an introduction to the components of executive function and self-regulation (EF/SR), and focuses on their influence on learning and adjustment. Program content will help participants better understand these critical cognitive domains and the behavioral implications of EF/SR deficits in the school setting. The presentation includes an overview of self-management planning and useful take-away strategies designed to help students on the autism spectrum learn how to regulate their behaviors independently and appropriately across home and school contexts. The workshop also offers practical insights, practice recommendations, and an up-to date review of evidence-based interventions based upon systematic research reviews.

### Training Objectives

- Define executive functions in general, understand the relationships among and between the key domains of the executive system, and discuss cognitive processing skills as they affect learning, social, emotional, attentional, and behavioral functioning.
- Understand how executive function and self-regulation (EF/SR) skills provide critical supports for learning and development.
- Describe a variety of assessment methods available to measure and quantify the child's profile of executive functions and self-regulatory behavior.
- Define self-management within the context of positive behavior support and list the steps for developing a self-management program.
- Identify evidence-based interventions to strengthen the self-regulation skills of children and youth on the autism spectrum.



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B. [www.DOEpartnership.org](http://www.DOEpartnership.org)



FLORIDA ATLANTIC UNIVERSITY  
CARD

FAU CARD

Little  
Owls

Early Intervention Initiative



FAU CARD's Little Owls Early Intervention Initiative is a 3-day training for parents, grandparents, and family members of infants, toddlers and preschoolers with autism spectrum disorder(ASD) or a related disorder. The goal of Little Owls trainings is to prepare families to be active participants in a child's positive developmental growth. They will discover how to promote learning, communication and social engagement. Family members will become more confident as they learn about selecting therapies, advocacy and understanding benefits. A special emphasis is placed on educating families on how to keep children with ASD safe. Because parents play a central role in the life of a child, parent support and self-care is an important theme of the training.



#### Want to Learn More?

To Learn more about the FAU CARD's Little Owls Early Intervention Initiative contact:

Wanda Baldwin, LCSW  
Early Intervention Specialist  
561.245.1792  
baldwinw@fau.edu

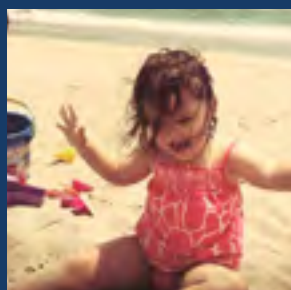


#### Little Owls Training:

**Date:** 10/7, 10/14, 10/17

**Time:** 9-4 p.m.

**Location:** Karen Slattery Educational Research Center for Child Development, Boca Raton, FL 33431



#### Little Owls will offer you practical and effective parenting strategies to equip you to deal with:

- Challenging behaviors
- Improving social communication
- Advocacy
- Benefits my child may be eligible for



## Community Developmental Screening Clinic

Do you have a child who is 5 years old or younger?  
Do you have concerns about their development?

We will conduct free developmental screenings throughout our service area, which includes Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties. This service is critical for children and families experiencing developmental concerns because early screening leads to early diagnosis and early intervention.

### We are coming to your community! Developmental Screenings

**Where:** Vickers House South  
3801 Georgia Avenue  
West Palm Beach, FL 33405

**Time:** 9 a.m. - 12 p.m.

**Dates:** Sept 20, 2016  
Nov 15, 2016  
Jan 17, 2017

**Appointments:** Call (561) 804-4975 - to schedule your child for a screening.  
*\*Parents must be present at the time of screening to provide consent and receive screening results.\**



If you have specific questions about screening tools used or to schedule the clinic to come to your area  
Please contact Veronica A. Castro, LCSW at (561) 213-8381.



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## New Restrictions on Subminimum Wage Go Into Effect Today, July 22, 2016!

Legislative  
Update

### Tips for Back to School

The beginning of a new school year is right around the corner. Transitioning from the lazy days of summer back into the hustle and bustle of the school year can be challenging for many families. Now is the time to start thinking about how you, as a parent or caregiver, can make the transition from summer vacation back to school as smooth as possible. Below are some tips to help you get started.

**1. Prime your child for the change.** Simply put, start talking with your child about the start of the school year.

Reminding them that they may have to start going to bed and waking up earlier, they will have to be out the door by a certain time to get to school on time, and any other disruptions to their current schedule. Creating a visual checklist, video model or social story could be very helpful strategies to implement.

**2. Establish and practice a school routine early.** We all benefit from practicing new skills and routines. Going to bed, waking up, and getting ready for school are no different. Consider creating a back to school schedule for your child at least one week before the start of school and practice! This will help both you and your child prepare for the transition and will also give you useful information on where you may need to adjust time.

**3. Visit your child's school before the first day of school.** Many, if not all schools will have a meet the teacher event at the school the week before the start of classes. These types of events may be particularly overwhelming for a child on the Autism spectrum. Consider contacting your school and requesting a visit at a different time, perhaps the day following the event. The reasons you may want to request a visit following the meet the teacher event is simple, that week before the start of school is quite busy for school staff, many teachers do not have their classrooms set up and school facilities staff are making last minute repairs, especially at the beginning of the week. The later you go in that week before the start of school the more likely you will get a picture of what your child's class will look like on that crucial first day.

**4. Involve your child in 'back to school' preparation.** From back to school shopping, to selecting a first day of school outfit, to packing lunch, allowing your child to make choices along the way will give them a sense of ownership and connection to the new school year before it has even started. In doing this you are also supporting self-determination and self-advocacy!

**5. Stay calm.** The start of the school year can be stressful for us all. Try to maintain a calm reaction to obstacles as they arise. Use the resources you have available (family, community, etc.) for support. Remember this too shall pass.

FAU  
CENTER FOR AUTISM AND  
RELATED DISABILITIES  
Florida Atlantic University

APSE, The Association of People Supporting Employment First shared a briefing about the new restriction on subminimum wage. Here are the highlights. Access the full brief at this link: [http://static.ow.ly/docs/legislativeupdate\\_536P.pdf](http://static.ow.ly/docs/legislativeupdate_536P.pdf)

As a result of the Workforce Innovation and Opportunity Act (WIOA), new restrictions on subminimum wage go into effect today, Friday July 22nd. The information below outlines these new requirements.

#### For Youth With Disabilities Prior to Placement in Subminimum Wage

Starting today, before a youth with a disability who is 24 or under starts subminimum wage employment, they must:

1. Receive either pre-employment transition services from their public vocational rehabilitation (VR) agency or transition services under IDEA from their school.
2. Be determined ineligible for VR services, or be accepted for VR services and be unsuccessful in achieving an employment outcome after a reasonable period of time. A "reasonable period of time," is the expected time for the services identified in the individualized plan for employment (IPE) to be completed. For an individual in supported employment, this is up to 24 months, but can be extended.
3. Receive career counseling, and information and referrals from the VR agency to programs and other resources in the local area that offer employment-related services designed to help the youth attain competitive integrated employment. This must be in a manner that facilitates informed choice and independent decision-making by the youth.

#### No Contracting By Schools to Pay Youth Subminimum Wage

Effective today, schools may no longer contract or have other arrangements with holders of special wage certificates in order to pay a youth a disability subminimum wage.

#### For Individuals Earning a Subminimum Wage

Effective today, if an individual who is currently earning subminimum wage "is known" to public VR, 6 months after beginning employment at subminimum wage and on an annual basis thereafter, they must:

1. Receive career counseling and referral to other programs and resources to assist in pursuing competitive integrated employment, under similar parameters as requirement #3 above for youth with disabilities.
2. Be informed about the availability of self-advocacy, self-determination and peer mentoring training opportunities available in the local area, that are not provided by the entity that employs the individual at subminimum wage.

These required steps for those currently earning subminimum wage may be provided directly by VR or by a contractor hired by VR. The contractor cannot be a holder of a special wage certificate.

## LOCAL SIBSHOP® GROUPS:

### MIAMI SIBSHOP®

Primary Contact: Jessica Spence  
**REACH of Miami**  
9501 SW 20th Terrace  
Miami, FL 33165  
Phone: 808-321-3814

### SLOMIN FAMILY CENTER SIBSHOP®

Primary Contact: Jeffrey Zirulnick  
16705 Puzzle Place  
Delray Beach, FL 33446  
Phone: 561-495-4443  
[www.slominfamilycenter.org](http://www.slominfamilycenter.org)

### PBBHW SIBSHOP®

Primary Contact: Brandi Rials  
**Palm Beach Behavioral Health and Wellness**  
345 Jupiter Lakes Blvd, Ste 302a  
Jupiter, FL 33458  
Phone: 561-429-2397  
[www.pbbhw.com](http://www.pbbhw.com)

## TREASURE COAST PARENT SUPPORT GROUPS:

### Disability Support Network of the Treasure Coast

Disability Support Network is a parent support group meeting to provide support and information for parents of individuals with special needs, not specifically for those living with autism spectrum disorders.

*When: 3rd Thursday of each month from 7 - 8:30 p.m. in either Martin or St Lucie.*

*Where: TBA at a local restaurant. Like them on Facebook for meeting notifications.*

RSVP: [puzzledfamilies@gmail.com](mailto:puzzledfamilies@gmail.com)

<https://www.facebook.com/groups/131030553607709/>

### Puzzled Families of Indian River County

Puzzled Families is a parent support group that meets to provide support and information for parents of individuals with autism spectrum disorders.

*When: 2nd Monday of each month from 6 – 8:30 p.m.*

*Where: Sun Up Center, 2455 5th Street SW, Vero Beach, FL*

<https://www.facebook.com/pages/Puzzled-Families-of-Indian-River/122076224542183>

RSVP: [puzzledfamilies@gmail.com](mailto:puzzledfamilies@gmail.com)

### S.O.U.L. (Supporting, Overcoming, Understanding, & Loving)

Meets in Martin County and is for those families living with autism spectrum disorders. This is not a religious meeting, but for education and q & a. The goal of the group is to provide resources to those families attending.

*When: 1st Monday of the month from 6:30 - 8 p.m.*

*Where: Covenant Fellowship Church @ 2880 SE Aster Lane in Stuart.*

For More info contact Rhonda Oksman, Founder/Facilitator

Email: [rhonda.oksman@gmail.com](mailto:rhonda.oksman@gmail.com)

<https://www.facebook.com/SoulSupportGroup>

### BROWARD COUNTY SIBSHOP®

Primary Contact: John Kabot  
**Supporting the Spectrum**  
3055 NW 126th Avenue  
Sunrise, FL 33323  
Phone: 954-829-9018

### JAFCO SIBSHOP® SERIES

Primary Contact: Linda Sachs, LCSW  
**JAFCO**  
4200 N. University Drive  
Sunrise, FL 33351  
[www.jafco.org](http://www.jafco.org)

### PALM BEACH COUNTY SIBSHOP®

Primary Contact: Daniella Robbins  
**PBC Parks/Rec & ARC of PBC**  
2728 Lake Worth Road  
Lake Worth, FL 33461  
Phone: 561-966-7088

## FAU CARD ONLINE TRAININGS

FAU CARD has developed this library of online training presentations that are available for you to view.

Visit our website: <http://coe.fau.edu/centersandprograms/card/tutorials.php>

- Overview of Autism Spectrum Disorders

### In the Home

- Guardianship Options
- Strategies for Increasing Homework Success
- Toilet Training

### In the School

- ASD & the Reading Comprehension Challenge: What Can You Do?, created by UM-NSU CARD
- Classroom Set-up
- Count on It! Strategies to Teach Math Skills to Students with ASD, created by UM-NSU CARD
- Enhancing Engagement in Science
- Strategies for Increasing Homework Success
- Preventing Seclusion and Restraint for Students with ASD

### Behavior Series

- **Part 1:** Understanding Why Problem Behaviors Occur
- **Part 2:** Building Play and Leisure Skills
- **Part 3:** Environmental Setup and Visual Strategies
- **Part 4:** Developing Requesting and Protesting Skills
- **Part 5:** Token Economies and Behavioral Contracts

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the future of  
**autism?**

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one click.**



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and advance understanding of autism.*



Individuals with autism will receive a \$50 gift card once registration  
is complete.



To learn more about SPARK and register online,  
visit **[www.SPARKforAutism.org/CARD](http://www.SPARKforAutism.org/CARD)**

**SAVE THE DATE!**

**January 20-22, 2017**

**24  
CARD**

**Conference**  
on Autism and Related Disabilities

**24 years • 7 centers • 1 mission**

**24<sup>th</sup> Annual Statewide Conference**  
and PEPSA PreConference for Educators

Florida Hotel and Conference Center • Orlando, FL

**To register, please visit: <http://www.cardconference.net>**

We would like to express our most sincere gratitude to all of the families and professionals who continue to support FAU CARD.

If you or your organization would like to contribute to FAU CARD, donations can be made out to:



**FAU Foundation - CARD**

*and mailed to our office at:*

**FAU CARD  
Department of ESE  
777 Glades Road  
Boca Raton, FL 33431**

**Or visit:**

<https://fauf.fau.edu/NetCommunity/SSLPage.aspx?&pid=1151>

and select Center for Autism & Related Disabilities (C.A.R.D.) as the designation



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**CENTER FOR AUTISM AND  
RELATED DISABILITIES**  
Florida Atlantic University