



Executive Director's Update

Dear CARD Families,

We are now facing a substantial budget cut. Our budget for the 2011-2012 fiscal year, like the budgets of the other CARD centers, has been reduced by 20.22%. Since 2006, FAU CARD has lost a total of \$120,000. The Florida Atlantic University Center for Autism & Related Disabilities (FAU CARD) provides a variety of free services to people with autism of all ages. We are one of seven centers around the state funded from the General Revenue of the State of Florida. Our service area includes Palm Beach, Martin, St. Lucie, Okeechobee and Indian River counties.

The number of people diagnosed with autism continues to rise along with the number of individuals and families seeking our services. To date, our client registry consists of over 2,500 families and growing. We have met this demand and have exceeded our goals and productivity each year since 2006. Unfortunately, during that same time period the statewide CARD program has experienced a 35% cut in funds. At FAU CARD, we have tried to operate our center in a way that minimizes the impact these cuts have on the services provided to you.

We are committed to providing services to you and your family; however, we cannot absorb this current budget cut without significant changes to the services we do provide. Below is how the budget cuts will affect services provided by FAU CARD.

- We have decided not to layoff any clinical staff so that we can continue to meet the existing demand.
- A part-time clerical staff member will be laid-off.
- Local travel will be limited. This will impact the number of home, school and community visits we can schedule. Home and school visits will be made for crisis cases and limited to 3 per client per year.
- Live home and school visits will be available through our online services. Here, we will be able to assist with issues that you are experiencing and provide you with suggestions to resolve the problems.

- Office visits and on-campus trainings will continue as they have in the past. There are an unlimited number of office visits made available to you and we will continue to conduct our regular trainings and workshops.
- We will also expand our online training capabilities. Additional trainings will be posted on our website and we will begin to conduct live trainings online.
- We will discontinue most support groups. We will only continue to offer the support group for adults with autism spectrum disorders. This is a severely underserved population and we feel the need to continue to support those who lose almost all supports once they leave school. All other groups will no longer meet starting September 2011. Although we will discontinue our other groups, we will assist any agency or school that is interested in starting a group. We will also be incorporating a support and parent networking component to all future trainings.

We deeply regret that these changes have to be made. We have been doing so much with so little for a very long time. This last round of budget cuts brought us to the point where we can no longer operate as we have previously. Our hope is that the future will bring additional funding so that we can offer our full array of programs. We continue to be active in our fundraising so as to offset state cuts and welcome donations at any time. Had it not been for the success of our recent fundraising efforts and the generosity of several important donors, we would have had to lay off one or more full time staff.

All of us at CARD are passionate about working with you. We hope you understand the decisions that had to be made and we look forward to working with you throughout this next year.

Sincerely,

Jack Scott, Ph.D.
Executive Director

**CENTER FOR AUTISM AND
RELATED DISABILITIES**

Florida Atlantic University

**OCTOBER 30, 2011**

FAU CARD will be the benefiting charity of this year's Homecoming 5K Run. 2011 marks the first year of the new FAU Football Stadium, the first football season to be hosted on FAU's Boca Raton campus! Last year's Pumpkin Run was such a success and we hope this year's will be even better now that we're partnering with FAU Campus Recreation and the students at FAU.

This year's run will begin at 5:15 p.m. and activities will include:

- **5K race on a certified course**
- **1 mile fun run/walk for adults and kids**
- **Kids races and bounce houses**

To register, please visit www.active.com/donate/faucard

Contact Ali Cunningham at (561) 297-4247 or acunnin5@fau.edu for sponsorship and volunteer opportunities. We'll see you at the race!

New Medication Frontiers for Autism Spectrum Disorders

Judith Aronson-Ramos, M.D.

Several years ago families may have read about a breakthrough study in 2007 at MIT where researchers were able to duplicate Fragile X in laboratory mice, give them autistic like symptoms and reverse symptoms of mental retardation and autism by manipulating their genome. As is always the case in medicine, there can be years or even decades before a basic science discoveries translate into clinically beneficial intervention for humans. Sometimes what is thought of as a scientific “breakthrough” never materializes and we learn to live with the hype of the headlines, never getting too excited they may come to fruition.

In the case of this discovery, families may soon be able to benefit from another treatment option. The pharmaceutical companies and researchers have been working on a way to produce a compound which can be given to individuals with Fragile X and autism to produce the positive changes found in the original experiments. Since the original research at MIT, several studies have been underway in the private sector and the National Institute of Health to see if the clinical symptoms of Fragile X and autism can be modified in any way.

The exciting thing about these studies for families is this is one of the first times a medication is being targeted for core symptoms of autism and reversal of impairment. The medications in trial are all trying to interrupt a protein pathway in the cells which result in the symptoms commonly seen in Fragile X and autism. Until now, medications we

use in autism are to help lessen problematic symptoms and behaviors – hyperactivity, aggression, rigidity, obsessive and compulsive tendencies, inattention, anxiety, etc. What this new era in pharmaceutical research may signal is the beginning of the search for medications that can treat core symptoms of autism. This is one example and there are others where research is targeting the use of pharmaceuticals for cure or reversal of negative symptoms.

Other clinical trials are exploring the use of existing medications, such as Aricept used to treat Alzheimer’s, in children with autism. The Aricept study is not yet complete, but its goal is also targeting more of the core symptoms. In particular, theorizing that many children with autism have disrupted REM sleep which impacts their behavior and cognitive abilities. Another study is looking at d-cycloserine (an antibiotic) to treat symptoms of social withdrawal. Although we do not have the outcome data yet on many of these studies, parents should know what is in the works and what may be available one day soon. This is not to place too much emphasis on pharmaceuticals as the answer, but is it one prong of a multi-pronged approach to improve the lives of individuals on the spectrum.



For more information about the MIT study or ongoing research, please visit:
<http://web.mit.edu/newsoffice/2007/fragilex-1219.html>, www.fragilex.org, or www.clinicaltrials.gov

Boca Raton Events - Groups

Trainings / Parent Networking

All events will be held in Room 411 in the College of Education.

	Date	Time
Adult Group Adults with an autism spectrum disorder ages 18 and older are welcome. The group meets to discuss issues, problem solve and form friendships.	9/19 10/17 11/21 12/19	7 - 9 PM 7 - 9 PM 7 - 9 PM 7 - 9 PM
Collaborating Effectively with School Personnel Parents will learn how to develop a good home/school relationship with the professionals involved in their child's educational programming. *Connect to this live training online by emailing card@fau.edu for details.*	9/9	11:30 AM - 1:30 PM
Inferencing & Summarizing Skill Building This training will teach parents how to help their child build skills in reading by utilizing research-based strategies to address the commonly problematic areas of inferencing and summarizing.	9/23 11/18	11:30 AM - 1:30 PM 11:30 AM - 1:30 PM
Asperger Syndrome: Characteristics, Education, and Treatment The characteristics of Asperger Disorder will be discussed in depth, along with evidence-based education and treatment options, and specific strategies to promote success will be provided.	9/30 11/4	11:30 AM - 1:30 PM 11:30 AM - 1:30 PM
How to Use Visual Supports Participants will learn about visual strategies to support individuals with autism spectrum disorders at home, school and in the community.	10/7 12/9	11:30 AM - 1:30 PM 11:30 AM - 1:30 PM
Managing Disruptive Behaviors Parents and professionals will learn behavior management techniques that can be used in the home and the community to prevent and replace problem behavior.	10/21 12/16	11:30 AM - 1:30 PM 11:30 AM - 1:30 PM

REGISTRATION IS REQUIRED FOR ALL EVENTS.

ALL GROUPS AND TRAININGS ARE SUBJECT TO CANCELLATION DUE TO LACK OF REGISTRATION.

PLEASE CALL 561-297-2055 OR E-MAIL CARD@FAU.EDU TO REGISTER FOR EACH EVENT.



Treasure Coast Events - Groups & Trainings

All groups and training locations will be held on our campus in Port St. Lucie. Rooms will be announced upon registration.

Adult Group

Adults with an autism spectrum disorder ages 18 and older are welcome. The group meets to discuss issues, problem solve and form friendships.

Date	Time
9/13	7 - 8:30 PM
10/18	7 - 8:30 PM
11/15	7 - 8:30 PM
12/13	7 - 8:30 PM

Preparing for Community Participation

Participants will learn to identify necessary tools and strategies to use when taking children or students into the community to make the experience more meaningful and enjoyable.

9/9	11:30 AM - 1:30 PM
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Asperger 101: Strategies and Tools

Parents and professionals will learn about the characteristics and strengths of individuals with Asperger Syndrome, as well as strategies that can help them be successful.

9/23	11:30 AM - 1:30 PM
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Teaching Social Skills

Parents will learn specific strategies to encourage social integration skills for their children with an autism spectrum disorder.

10/14	11:30 AM - 1:30 PM
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Visual Supports

Participants will learn about visual strategies to support individuals with autism spectrum disorders at home, school, and in the community.

10/28	11:30 AM - 1:30 PM
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REGISTRATION IS REQUIRED FOR ALL EVENTS.

ALL GROUPS AND TRAININGS ARE SUBJECT TO CANCELLATION DUE TO LACK OF REGISTRATION.

PLEASE CALL 772-873-3367 OR E-MAIL CARD@FAU.EDU TO REGISTER FOR EACH EVENT.

Treasure Coast Events - Trainings

All groups and training locations will be held on our campus in Port St. Lucie. Rooms will be announced upon registration.

Date

Time

Behavior Basics

Participants will learn basic behavior management strategies that can be used in the home and the community to promote positive behaviors.

11/4

11:30 - 1:30 PM

Visual Communication System

Participants will learn how to use pictures to elicit communication from an individual with little to no verbal skills.

11/18

11:30 - 1:30 PM

Transition Planning: Making A Plan for the Future

Participants will learn how to prepare their adolescent or young adult for life beyond school

12/2

11:30 - 1:30 PM

Toilet Training

Parents, caregivers and professionals will learn the basic strategies to begin teaching their child or student the process of potty training.

12/16

11:30 - 1:30 PM



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PLEASE CALL 772-873-3367 OR E-MAIL CARD@FAU.EDU TO REGISTER FOR EACH EVENT.

**COMMUNITY NEWS
PALM BEACH**



**Programs Offered at
Therapeutic Recreation**

The Therapeutic Recreation Complex Center, located in Lake Worth, is committed to enhancing the quality of life for people of all ages with disabilities and their families. Various programs are offered for children, teens, and adults who have physical disabilities and/or developmental disabilities. Wheelchair sports, dance classes, martial arts, water programs and movie night are just a few of the many opportunities available.

For a complete list of events and programs, please visit www.pbcgov.com/parks/therapeutic_recreation/ or call (561) 966-7088 for more information.

**Talk Time Toddler &
Preschool Language Play Group**

Talk Time is a therapeutic language and literacy-based program for toddlers and preschoolers ages 18 months to 6 years old diagnosed with speech/language delay or disorder, Down Syndrome, autism, PDD or a developmental disability. Using fun-filled activities, Talk Time's focus is to enhance your child's communication skills in a comprehensive 8-week program guided by an experienced Speech & Language Pathologist and special education teacher.

For more information, please contact 561-635-2275 / 561-827-7336 or email talkingtotslp@gmail.com

You can also visit: <http://talktimelp.yolasite.com>



Academic Program for Youths

Gulfstream Goodwill Transition to Life Academy is a tuition-free charter school for special diploma students. The focus of the school is to prepare students for adult life after graduation from high school. Students will be provided with vocational guidance and have job shadowing experiences at employer worksites.

Come join our students:

- Get help with finding a job and keeping a job in supported employment
- Obtain valuable work experience for competitive employment
- Improve reading, math and computer skills for adult life
- Learn independent living skills
- Get paid for work while learning in the Project SEARCH program



Gulfstream Goodwill Transition to Life Academy is located at:
3800 S. Congress Ave., #12, Boynton Beach, FL 33426



2nd Annual Treasure Coast Transition Conference – Area 15

The conference will be held on Saturday, September 24, 2011 from 9 a.m. - 1 p.m. at the Knight Technology Center at Indian River State College in Fort Pierce. Registration begins at 8:30 a.m.

Break-out sessions will include topics such as guardianship, IEP process, legal rights, government benefits, behavior issues, employment strategies and leisure opportunities.

There will be a variety of resources and service provider booths available.

Sensory 'Sensitive' Cinema



from **rave**

For families affected by autism and other disabilities, Rave would like to offer this special opportunity for you to enjoy your favorite films in a safe and accepting environment.

The auditoriums dedicated to the film have their lights up and the sound turned down.

Audience members are invited to get up and dance, walk, shout or sing!

Parents and other family members pay \$7.50

Children with disabilities are **free!**

This Fall we are showing:

<i>Date:</i>	<i>Title:</i>	<i>Time:</i>
November 5, 2011	Puss in Boots	10 am
November 19, 2011	Happy Feet 2	10 am
November 26, 2011	Arthur Christmas	10 am
December 17, 2011	Alvin & the Chipmunks 3	10 am



Location: St. Lucie West 14
1900 NW Courtyard
Port St Lucie, FL 34986
772-344-3570

Full Circle Therapeutic Riding



Located in Palm City, Full Circle Therapeutic Riding provides therapeutic riding sessions weekly or every other week to persons with physical, mental or emotional disabilities. The riding instructor guides the rider through an individualized program of movements with the horse and activities on the horse. The result is direct improvement in the physical, psychological, cognitive, behavioral and communication abilities of the person.

Full Circle Therapeutic Riding has been serving Martin, St. Lucie, Okeechobee and Palm Beach counties for 18 years! For more information, call the Executive Director, Linda McLendon, at 772-283-2355.

Social-Behavioral Skills Groups for Children, Tweens and Teens

Does your child have trouble navigating the social world? Then it might be time he create a map to help lead him to success.

Creator and director, Alanna Apap, MS, BCBA, has developed a research-based social skills curriculum that runs 6 - 14 weeks utilizing fun, theme-based programs that are integrated with trained Peer P.A.L.S. (Playing and Learning Socially). Participants will receive support and practice to help address social-behavioral challenges and identify how they can learn best. The program even offers a parent component to help implement a home behavior management program.

Please call 772-221-3944 or email alanna@peerpals.us for more information.



November & Associates Presents: "M.O.B." Social Skills Groups!!!

Helping children to:

- Make and keep friends
- Observe and interpret others' feelings
- Build confidence in social interactions

The groups are organized into 6-week sessions and meet one time per week for 60 minutes. Participants are grouped by age and developmental level.

Groups are run by Jane Dinzik, BA, a social skills coach who has experience working with individuals with autism and related disabilities.

For more information:

Call November & Associates at 772-342-1435.



CONTACT US

***Statewide CARD Toll Free Number: 1-800-9-AUTISM
(288476)***

FAU CARD Toll Free Number: 1-888-632-6395

Website: autism.fau.edu

e-mail: card@fau.edu

Boca Raton Campus

777 Glades Road
Boca Raton, FL 33431

Main Line: 561-297-2023

Fax: 561-297-2507

Treasure Coast Campus

500 NW California Blvd.
Port St. Lucie, FL 34986

Main Line: 561-297-2023

Fax: 772-873-3369

FAU CARD STAFF CONTACT INFORMATION

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Thank you! Thank you!

Thank you!

We would like to express our most sincere gratitude to all of the families and professionals who recently contributed to 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**