

# Happy Holidays

FAU CARD NEWSLETTER  
Spring 2015



FLORIDA ATLANTIC UNIVERSITY™  
CARD



# This Holiday Season

Dear CARD Families,

This holiday season brings great opportunity to spend dedicated, quality time with your children, which we know is so important for their development. You may find yourself with time to relax with your children, which is rare for many of us. Take advantage of these moments. Find out what your child likes to do. Maybe they have an interest in puzzles or games - see if you can find one you can do together. Maybe they want to visit a park or museum or the beach. As you do this, you will see new skills and capabilities that have emerged. This is especially likely in activities based on special interests. These special interests allow the child to build competence and, in many cases, demonstrate strengths that may be the ticket for later vocational and professional success.

I hope you all let this holiday season become an opportunity to relax, enjoy your family, and grow closer to your child with autism.

Best Holiday Wishes,

*Jack Scott*  
Executive Director

## Director's Update

Dear CARD Families,

We hope you had a smooth transition to the school year. It is hard to believe that once again we are approaching the holidays. It has been a very busy and productive year at FAU CARD!

In our previous newsletter, I shared that, due to the increased funding from the Florida Legislature, we were able to hire six new staff members. I would like to welcome our Clinical Support Specialist Veronica Castro, Susanna Launder, and Rosie Portera. Also joining our team are Jennifer Pollack, Clinical Specialist for Transitioning; Darius Murray, Clinical Associate for Mentoring; and Mercedes Pagano, Coordinator for Marketing, Information and Publications. We are very excited to have in place a very well-rounded, expert group of professionals. The FAU CARD team now consists of professionals with extensive special education experience and training including three Board Certified Behavior Analysts; a clinical psychologist, a speech and language pathologist, two mental health clinicians and a rehabilitation counselor. Additionally, I would like to welcome Elisa Cruz-Torres to her new role as Assistant Director. Dr. Ali Cunningham has moved to a visiting professorship position with FAU, but will continue to consult for FAU CARD. We are very fortunate to have such a diverse and professional group of staff at FAU CARD. Please take a moment to welcome our new staff and congratulate Elisa and Ali as you see them at our various events. Remember, none of this would be possible without the increased funding from our Florida Legislators. As you meet with your legislator, please thank them for supporting FAU CARD and all of the CARD centers.

FAU CARD had several very successful training events this fall. Dr. Merrill Winston, Board Certified Behavior Analyst, presented on October 3rd to an audience of professionals and family members on strategies to reduce restraint and seclusion and utilize procedures to teach coping strategies to individuals on the spectrum. On November 7 and 14 we collaborated with United Way, Boys Town and Sandy Pines to offer trainings on increasing reading fluency and utilizing behavior analysis to address mental health concerns. FAU CARD sponsored the Verbal Behavior Milestone Assessment and Placement Program (VB-MAPP) training on December 12th by Dr. Mark Sundberg, developer of the instrument, to a large group of professionals. Additionally, we are excited to share with you information about several upcoming training events: FAU CARD is sponsoring a Community Speaker Series in January, February and March of 2015; Grandparent training series in February 2015; Early Indicators training in February of 2015 and Diagnosis and Intervention for ASD Across Multiple Perspectives on March 26th. Please see the FAU CARD training and event calendar on the FAU CARD website ([www.autism.fau.edu](http://www.autism.fau.edu)) for additional offerings.

We hope to see you at the 22nd Annual State CARD Conference, January 16th-18th in Orlando. Please visit the conference website at <http://card-usf.fmhi.usf.edu/CARDconference/> for details.

Please mark your calendar for the upcoming FAU CARD Wings of Hope Event on March 5th at the Addison in Boca Raton. Wings of Hope is an important fundraising event for FAU CARD. We hope we can count on your support. Additionally, please note the Family Connections Conference will be held on Saturday, March 28th on the FAU Jupiter campus. FAU CARD will be sponsoring researcher and author Dr. June Groden. Dr. Groden will be speaking about the impact stress and anxiety can have on individuals with autism. She will also inform us on life-long strategies to reduce and manage stress and anxiety. Please see the FAU website for additional information on these and other upcoming important events.

Thank you for all your support of FAU CARD. We appreciate all you do to help us!  
I hope to see you at some of our events.

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



# FAU CARD Trainings - Calender of Events

- January**  
January 8 Jupiter Adult Social Group  
January 8 Treasure Coast Adult Social Group  
January 13 Open House on the Treasure Coast  
January 22 Mentoring Program Orientation  
January 23 Vocational Rehabilitation Services: Overview, Strategies, & Tips  
January 26 Boca Raton Adult Social Group  
January 28 David Finch Autism Speaker Series  
January 29 Transitioning Into Adulthood within Autism Spectrum Transition Planning: A Guide for Parents and Professionals  
January 30 Teaching Written Expression to Elementary School Students with Autism Spectrum Disorder

- February**  
February 12 Treasure Coast Adult Social Group  
February 12 Building Bridges Session 1  
February 13 How to Effectively Use a Picture Exchange Communication System  
February 17 Getting the Child with ASD Organized in 2015  
February 19 Jupiter Adult Social Group  
February 19 John Elder Robison Autism Speaker Series  
February 23 Boca Raton Adult Social Group  
February 26 Building Bridges Session 2  
February 27 Increasing Independence in Students with ASD Using Self-Management Tolls and Techniques

- March**  
March 5 Wings of Hope 2015 Gala  
March 12 Building Bridges Session 3  
March 12 Treasure Coast Adult Social Group  
March 16 Boca Raton Adult Social Group  
March 18 Dr. Martha Pelaez Early Intervention in ASD  
March 19 Jupiter Adult Social Group  
March 20 Building with Blocks to Build Baby's Language Skills  
March 26 Diagnosis and Intervention for ASD from a Multi-discipline Perspective  
March 27 IEP Basics: An Introduction to the Individualized Education Plan  
March 28 Family Connection Conference

- April**  
April 2 Transitioning into Adulthood within the Autism Spectrum: Building a Relationship with Your Young Adult, the Next Development Stage  
  
April 9 Treasure Coast Adult Social Group  
April 16 Jupiter Adult Social Group  
April 20 Boca Raton Adult Social Group  
April 21 Early Detection of Autism Spectrum Disorder: Do You Know What To Look For?  
April 22 Siblings As Mentors  
April 24 Preparing For Community Participation  
April 28 Behavior Basics for Parents

Visit: <http://www.coe.fau.edu/centersandprograms/card/trainingcalendar.aspx>

FAU CARD does not endorse specific programs or points of view presented in this newsletter.

## Meet THE Staff



**Veronica Castro**  
Clinical Support Specialist  
castrov2014@fau.edu  
Phone: 561-213-8381



**Alison Bourdeau**  
Clinical Support Specialist  
abourdeau@fau.edu  
Phone: 561-990-9518



**Noelle Balsamo**  
Clinical Support Specialist  
nbalsamo@fau.edu  
Phone: 561-212-4930



**Cathy Allore**  
Clinical Support Specialist  
callore@fau.edu  
Phone: 772-873-3367



**Don Lawless-Coker**  
Grants Coordinator  
dcoker@fau.edu  
Phone: 561-297-4016



**Ana Moyano**  
Student Assistant  
CARD@fau.edu  
Phone: 561-297-2023



**Susanna Launder**  
Clinical Support Specialist  
slaunder@fau.edu  
Phone: 561-212-2859



**Maryellen Quinn-Lunny**  
Director  
mqlunny@fau.edu  
Phone: 561-221-3436



**Jennifer Sanderson**  
Clinical Support Specialist  
jsanderson@fau.edu  
Phone: 561-235-9342



**Elisa Cruz-Torres**  
Assistant Director  
ecruz4@fau.edu  
Phone: 561-235-9078



**Ali Cunningham**  
Visiting Asst. Professor  
Dept of Counselor Ed &  
Clinical Consultant  
acunnin5@fau.edu  
Phone: 561-235-8412



**Crystal Saint-Preux**  
Student Assistant  
CARD@fau.edu  
Phone: 561-297-2023



**Rosemary Portera**  
Clinical Support Specialist  
r.portera.vaughn@fau.edu  
Phone: 772-873-3422



**Jennifer Pollack**  
Clinical Support Specialist  
for Transition  
jpollack@fau.edu  
Phone: 561-212-4203



**Mercedes Pagano**  
Coordinator Information  
& Publication Services  
paganom@fau.edu  
Phone: 561-212-8058



**Darius Murray**  
Clinical Support  
Associate for Mentoring  
dmurra23@fau.edu  
Phone: 561-213-6936



**Jack Scott**  
Executive Director  
jscott@fau.edu  
Phone: 561-251-4104

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.



I am excited to be a part of such a dynamic team at FAU CARD! I will be teaming up with my peers to develop outreach to minority populations throughout our 5-county catchment area. I will develop programs and trainings supporting adults with autism and their families as they continue their journeys through adulthood.

I have a Bachelor's of Science in Elementary Education from Concordia College in Bronxville, New York and Master's in Social Work from Fordham University in New York. I am a Licensed Clinical Social Worker and have extensive experience in working with the families of children and adults with special needs providing them training, education, support and resources, both in English and Spanish.



**Veronica Castro**  
*Clinical Support Specialist*  
castrov2014@fau.edu  
Phone: 561-213-8381



**Jennifer Pollack**  
*Clinical Support Specialist for Transition*  
jpollack@fau.edu  
Phone: 561-212-4203

I am excited to be joining the team as the Transition Specialist at FAU CARD! I will be developing transition planning trainings and resources as well as working on the Autism Friendly Business initiative! My recent employment includes two years as a Unit Supervisor and four years as a Transition Counselor at FLDOE's Division of Vocational Rehabilitation. Prior to working at DVR I was a classroom educator and worked at the Department of Children and Families. My education background includes a Master's Degree in Mental Health Counseling and Rehabilitation Counseling, and post-Master's coursework in School Guidance Counseling and Exceptional Student Education.



**Susanna Launder**  
*Clinical Support Specialist*  
slaunder@fau.edu  
Phone: 561-212-2859

Greetings to everyone in the FAU CARD community! I am thrilled to have recently joined the FAU CARD team as a Clinical Support Specialist. My name is Susanna Launder, and I will be working out of the FAU Boca Raton campus to provide support and training to individuals with ASD, their families, educators and other professionals working with them. I am a native Floridian and have lived in South Florida for most of my life with brief stops in Tallahassee and Richmond, Virginia. I earned both my bachelor's and master's degrees in Special Education from FSU with an emphasis on Varying Exceptionalities and Emotional Disturbances. I have had the privilege of working as a special education teacher for the past 12 years and bring my training and unique experiences working with individuals with ASD to my new role at FAU CARD. I started my career in education right here in Palm Beach County as a Varying Exceptionalities teacher in a variety of settings. It was during that time that I came to realize that working with students with ASD was where I was not only the most comfortable, but the most effective. I carry the strategies and tools I learned during that time with me to this day. In my role as a Clinical Support Specialist, I hope to bring my experiences as an educator to support the ASD community here in South Florida.

I am Mercedes Scott Pagano and I am excited to have joined FAU CARD as the Coordinator for Marketing Information and Publication Services. I have over 6 years of experience in graphics design, marketing and online brand development. I've helped connect people and products through various media to increase the bottom line. My vision is to impact the audience with fresh, innovative concepts. "If you can visualize, you can create." My passion is to inspire, provoke and increase brand awareness through different channels in different markets.

I was born in Colombia but grew up in Miami, Florida and graduated from the University of Florida with a degree in Marketing. Before working at FAU I spent 4 years working as the Marketing Director for a leading provider of telecommunications services connecting residents and corporate clients around the world. As the marketing director of RingVoz, I developed and implemented global marketing initiatives for North America and South America. I am eager to share my talents and strengthen the awareness of FAU's Center for Autism and Related Disabilities (CARD).



**Mercedes Pagano**  
*Coordinator Information & Publication Services*  
paganom@fau.edu  
Phone: 561-212-8058

It's been so great joining CARD's gifted team of Clinical Support Specialists! Since starting in September, I have really appreciated the way that Okeechobee and Indian River Counties have welcomed me into their communities. I am a Speech Language Pathologist and have spent my career specializing in interventions for children and adults with autism and other significant disabilities. I began my career at The Arc of Palm Beach County and while there, was given many amazing opportunities to develop a variety of early intervention, out-of-school programs and two public charter schools. I then choose to go back into the "trenches" working for the Martin County School District where I fell back in love with children on the autism spectrum. I am passionate about seeing the possibilities for children with disabilities and have always been grateful to families for allowing me to support them on their journey to their child's fullest potential. I look forward to learning more about and sharing new resources and information with the communities I'm excited to serve.



**Rosemary Portera**  
*Clinical Support Specialist*  
r.portera.vaughn@fau.edu  
Phone: 772-873-3422



**Darius Murray**  
*Clinical Support Associate for Mentoring*  
dmurra23@fau.edu  
Phone: 561-213-6936

I am Darius Murray and I am excited to have joined FAU CARD as the Clinical Mentoring Associate. I have had the pleasure of developing the new interest-based mentoring program now being offered at CARD. Prior to joining CARD, I worked with Big Brothers Big Sisters in the capacity of a match support specialist, coordinating school and community-based mentoring programs and implementing evidence-based practices and trainings for mentors aimed at developing stronger supportive relationships with youth. I earned my bachelor's degree at the University of South Florida in Interdisciplinary Social Sciences with concentrations in Multidisciplinary Behavioral Science and Communication. I have worked with children, families, and individuals with disabilities throughout the Palm Beach community, advocating educating and linking them to services. I am honored to be working with CARD at such a ground breaking capacity and look forward to meeting and working with all of our constituents and professionals in the future.

# ADHD and ASD: What Every Parent Should Know

By Judith Aronson-Ramos, M.D.

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

For many years, before the publication of the DSM-V last year, parents and doctors were well aware of the overlap of ADHD with Autism Spectrum Disorders. Prior to the publication of the current diagnostic manual, children with autism could not technically be diagnosed with also having ADHD too. This was predominantly a technicality. It was presumed that the ADHD symptoms and behaviors a child with autism experienced were a part of the autism, not a separate condition, therefore a child could not be formally diagnosed with both ASD and ADHD.

Times have changed and new diagnostic criteria permit the use of a separate diagnosis of ADHD for a child with autism if it is clinically applicable. Difficulties with attention and activity are common in autism. Some children are overly focused on a narrow area of interest, others are unable to focus at all due to overstimulation or self stimulation. Some children are excessively active, impatient, and impulsive. All of these ADHD symptoms can be so impairing that their treatment is necessary for progress in language, motor planning, adaptive behaviors, self help skills and academics.

Generally, when children are evaluated by a medical professional for ASD, they are also being evaluated for co-occurring challenges and disorders. This typically includes an evaluation for ADHD. This may require parents and teachers to complete rating scales, as well as more detailed information about the child's ability to complete tasks, follow directions, and maintain self control. To meet criteria for ADHD, the child must have at least 6 of the symptoms of inattention and/or 6 of the symptoms of hyperactivity and impulsivity. It is also important to know that an individual can have three different forms of ADHD: ADHD-inattentive (not hyperactive), ADHD-hyperactive/impulsive (not inattentive), or combined type ADHD. Here are the characteristics/criteria for assessing ADHD:

## ***Inattention***

1. Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
2. Often has trouble keeping attention on tasks or play activities.
3. Often does not seem to listen when spoken to directly.
4. Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions).
5. Often has trouble organizing activities.
6. Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).
7. Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
8. Is often easily distracted.
9. Is often forgetful in daily activities.



## ***Hyperactivity and Impulsivity***

1. Often fidgets with hands or feet or squirms in seat when sitting still is expected.
2. Often gets up from seat when remaining in seat is expected.
3. Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
4. Often has trouble playing or doing leisure activities quietly.
5. Is often "on the go" or often acts as if "driven by a motor".
6. Often talks excessively.
7. Often blurts out answers before questions have been finished.
8. Often has trouble waiting one's turn.
9. Often interrupts or intrudes on others (e.g., butts into conversations or games).

To meet eligibility for an ADHD diagnosis, symptoms can be present as young as 4 years of age, but must be apparent before the age of 12. Along with the symptoms, there needs to be IMPAIRMENT. This means problems must be exhibited at home and in school interfering with their daily function. Common problems include: disrupting class, difficulty following directions, trouble with organizational skills, inability to complete assignments and tasks, poor compliance, academic or peer issues, difficulties with group activities, relationship problems with parents, teachers or siblings.

As you can see there is quite a bit of overlap between these symptoms and the behavioral issues in children with autism. The proper identification of ADHD in children with autism may lead to additional treatments, school based accommodations, and behavioral support provided at home which could be beneficial.

Understanding ADHD may help parents to work more effectively with their child with autism. For example, behavioral methods (token economy, frequent rewards, breaking down instructions), classroom accommodations and modifications, nutritional approaches (increased protein intake with each meal, removing dyes and preservatives, organic food, etc), regular exercise, sufficient sleep, and medications, may be beneficial depending on the needs of your child.

For years, physicians have used ADHD medications in autism, typically the stimulants, non-stimulants, and strattera. There are limited small studies to show efficacy of many of the ADHD medications in helping children with autism. However, there can also be increased side effects in children with autism, such as: increased anxiety and OCD-like behaviors, agitation, aggression, and worsened sleep and eating habits. Understanding autism first and its behavioral and psychological effects are important if deciding to treat coexisting ADHD with medication. It is always recommended you consult with a medical doctor before making changes in diet or medication.

For more information for parents and teachers about ADHD, I recommend the following resources:

[www.chadd.org](http://www.chadd.org)

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

[www.help4adhd.org](http://www.help4adhd.org)

*Help4KidsWithADHD*

I would also recommend the book *Kids in the Syndrome Mix of ADHD, Aspergers, Tourettes, Bipolar and More: The One Stop Guide For Parents Teachers and Other Professionals* by Martin Kutscher, M.D.



# Adult Social Groups

Adults with an 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.

**Boca Raton**  
7:00 - 8:30 pm

January 26  
February 23  
March 16  
April 20

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

**Treasure Coast**  
7:00 - 8:30 pm

January 8  
February 12  
March 12  
April 9

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

**Jupiter**  
6:30 - 8:30 pm

January 20  
February 17  
March 17  
April 21

For questions, contact Alison Bourdeau (561) 990-9518 or by email [abourdeau@fau.edu](mailto:abourdeau@fau.edu)

encourage  
inspire  
strengthen

## FAU CARD

The Mentoring Program at FAU CARD supports one-to-one mentoring relationships of individuals with autism and related disabilities with trained compassionate professional role models, providing them with evidence-based trainings and services that support and enrich the interests and lives of their protégés, while helping them to overcome social, personal and academic challenges.

**Current programs:**  
Community-based Mentoring



To learn more about becoming a mentor or protégé contact:

Darius Murray  
[Dmurra23@fau.edu](mailto:Dmurra23@fau.edu)  
(561)213-6936

## Mentoring Program

Become a Mentor

Studies have shown that mentoring has the ability to:

- Increase self-esteem and self-confidence
- Promote positive attitudes towards education
- Help avoid the use of drugs and involvement in risky behavior
- Increase career and vocational awareness
- Improve behavior at home and school
- Provide protégés with a strong positive role model

**Protégé requirements:**

Protégés must be able to communicate and discuss their current interest and long-term goals.

**Mentor requirements:**

Mentors must be at least 21 years of age and willing to make a one-year commitment of 4-6 hours a month to mentoring their protégé.

**JAN 22**  
10:00 – 11:30 AM

**NEW Mentoring Program Orientation!**

This orientation will provide participants with an introduction to the NEW Mentoring Program now available at FAU CARD. We will discuss the mission and goals of the program, eligibility requirements, screening procedures and the types of support provided to mentor and protégé matches.

FAU Boca Campus, College of Education, Room 411

To register please visit: <https://newmentoring.eventbrite.com>

# Autism Speaker Series

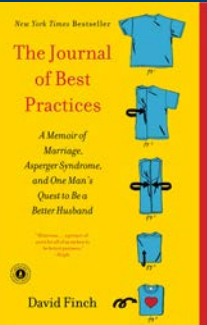
FAU Boca Campus  
Room TBD

January 28, 2015  
2:00-4:00 p.m. &  
6:30-8:30 p.m.

David  
Finch



David Finch is a humorist and author of the acclaimed New York Times bestselling memoir, *The Journal of Best Practices*. Married in 2003 and diagnosed five years later with Asperger syndrome, David has committed himself to relentless self-improvement, sometimes to a comical extent. A former semiconductor engineer turned full-time writer and speaker, David has written for *The New York Times*, *Huffington Post*, and *Slate*, and he writes a relationship blog for *Psychology Today*. But his greatest accomplishment by far has been learning how to thrive as a family man.



At the podium, David brings his story to life through narrative that both inspires and entertains. With a comedian’s wit, affecting storytelling, a long list of endearing quirks, and surprising wisdom, David shares his journey from the world’s most trying husband to the husband who tries the most—a journey that taught him how to live a successful, fulfilling life, and even how to fold laundry without being asked. His messages range from the transformative power of love, understanding, guidance, and adaptability in any relationship, to living a fulfilling life with an autism spectrum condition, to thriving in what he describes as a “neurologically-mixed marriage.” While sharing hilarious and moving anecdotes from his life, David provides his audiences with invaluable, fresh insights into their own. Rich with wisdom and life-changing lessons for anyone motivated to succeed—be it in their career, their marriage, or any aspect of their life—David’s talks lend a message of hope and inspiration from which anyone can benefit. “

Oh, You Needed Me to Pay Attention?” Classroom Perspective from a Deceptively Remarkable Student  
This presentation is specifically geared for educators, administrators, and parents who find themselves occasionally baffled by their students. K-12 and higher education benefit equally, and in many cases CEUs may be offered for attending.

“Oh, You Needed Me to Pay Taxes?” Successful Transitions for Individuals on the Autism Spectrum  
Navigating transition from elementary education into high school, high school in college or vocation, and college into career involves a little more for individuals with special needs. When high school is over, the IEP may go away but the needs persist. This lecture addresses considerations of transition, including such crucial life skills as making friends, dating, getting and staying organized, dealing with difficult emotions, dealing with looser schedules and greater uncertainty, interviewing, disclosure, and above all, achieving independence.

Thank you to the Harry T Mangurian Jr Foundation Inc for making the “Autism Speaker Series” possible.  
Thank you to our partner: The Master Teacher Program and the Department of English of the Dorothy F. Schmidt College of Arts and Letters

# Autism Speaker Series

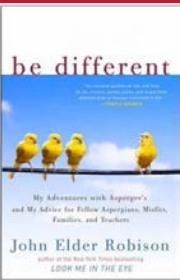
FAU Jupiter  
Administrative  
Building, Auditorium

Feb 19, 2015  
6:30-8:30 p.m.

John Elder  
Robison



John Elder Robison grew up with Asperger's, at a time when the diagnosis didn't exist, and with no inkling of how to pass for normal. (He was finally diagnosed at age forty.) In his incredibly readable, bestselling memoir, *Look Me In the Eye*, Robison recounts his incredible life, with illuminating insight. The book was named one of the top books of the year by Amazon, was listed in *Publisher's Weekly* as one of the top selling books in America for three years in a row, and was a finalist for the Books for a Better Life Award.



Robison's second book, *Be Different* is an honest, darkly humorous glimpse of Asperger's as a difference, not a disability. Beyond the real-life tales on its pages, *Be Different* offers practical advice for parents and educator he captures the irreducible strangeness of the human mind and the irrepressible strength of the human spirit -- and provides us a fresh perspective on the autism now afflicting so many children. His third book, *Raising Cubby*, tells the story of him - an autistic dad - raising a geeky son who's also on the spectrum. His newest book - *Switched On* - is coming in the fall of 2015 and will tell the story of a groundbreaking Harvard Medical School study to change emotional intelligence in people with autism. In his talks, Robison details how he overcame enormous odds to lead a fulfilling life: from an anti-social child to a successful father now running a multi-million dollar car specialty shop and his own photography business. Though his life is unique -- he's designed guitars for KISS and toys for Milton Bradley -- it's equally rich with clues to both spotting autism in children and harnessing the best from those already diagnosed. (Autistic kids excel at math, in engineering, and with technology.)

John is the Neurodiversity Scholar in Residence at The College of William & Mary in Williamsburg, VA. W&M is the first major American university to integrate neurodiversity into its curriculum. In addition, he's a co-founder of a vocational and life skills high school program for teens on the spectrum, and he has served on the Interagency Autism Coordinating Committee and many other autism-related boards.

Thank you to the Harry T Mangurian Jr Foundation Inc for making the “Autism Speaker Series” possible.  
Thank you to our partner: The Master Teacher Program and the Department of English of the Dorothy F. Schmidt College of Arts and Letters





## Building Bridges: Autism Spectrum Disorder & your grandchild

6:00pm -8:00pm in the Large Classroom at the Lifelong Learning Center, FAU MacArthur Jupiter campus

February 12, 2015

**Session 1** will provide participants with a concise explanation of ASD, causes and early indicators, as well as discussion on dealing with challenging behaviors.

February 26, 2015

**Session 2** will provide participants with strategies to use in building relationships with their grandchildren as well as supporting their adult child.

March 12, 2015

**Session 3** in the series will be a panel discussion from grandparents at different stages in their journey with ASD.

To register for one or more of these sessions, please visit:  
<http://grandparentstraining.eventbrite.com>

## FAU-CARD on the Treasure Coast

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 115. An open house for the new office is in the planning stages and targeted for the new year. It will be announced as soon as the details are finalized.



The FAU CARD Treasure Coast office staff are as follows:

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

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

Martin County is served by Alison Bordeau out of the FAU Jupiter CARD office (abordeau@fau.edu or 561-990-9518).

Stop by our new office suite!



**When:** January 13, 2015

**Time:** 5:30-7pm

3209 Virginia Ave,  
Fort Pierce, FL 34981

## FAU-CARD Training

### Vocational Rehabilitation Services: Overview, Strategies, & Tips

This informational training will help students and families be better prepared to navigate the Vocational Rehabilitation (VR) process. Participants will learn VR terminology, what documents to bring to an intake meeting, and what questions to ask when meeting with a VR Counselor. Understanding the steps to receive services and what will be needed for development of an Individual Plan for Employment will also be presented. Participants will leave with a greater understanding of the VR process and how VR can play a key role in a transition planning.



**JAN 23**  
12 - 1:30 PM

FAU Jupiter Campus, College of Education - EC 202  
Register: <http://vocrehaboverview.eventbrite.com>

### Transitioning Into Adulthood within the Autism Spectrum Transition Planning: A Guide for Parents and Professionals

This training will provide participants with an overview of what it means to transition into adulthood within the Autism Spectrum. We will explore the key components to transition planning as it relates to adulthood.



**JAN 29**  
10 - 11:30 AM

FAU Boca Campus, College of Education, Room 411  
Register: <http://transitionadulthood.eventbrite.com>



## Teaching Written Expression to Elementary School Students with Autism Spectrum Disorder

This training will provide educators and caregivers an overview of written expression challenges students with ASD commonly face and discuss strategies and tools for supporting your struggling writer. The training will be offered both on-site and online. Please indicate how you will attend in your registration. Please contact Noelle Balsamo at [nbalsamo@fau.edu](mailto:nbalsamo@fau.edu) or call 561 212-4930 with any questions.



**JAN 30**  
12 - 1:30 PM

FAU Jupiter Campus, College of Education - EC 201  
Register: <https://writtenexpression.eventbrite.com>

## How to Effectively Use a Picture Exchange Communication System

Participants will learn how to create and effectively deliver a picture exchange system to promote functional communication for their children or students with limited or impaired verbal abilities.



**FEB 13**  
11 - 12:30 PM

FAU Boca Campus, College of Education, Room 411  
Register: <http://pictureexchangesystem.eventbrite.com>

## Help us reach our \$5000 goal to:

Teach Preschool Children with Autism Spectrum Disorder to Make and Keep Friends

In addition to teaching children the critical social skills they need to build friendships, the program shows parents ways to expand their child's social opportunities, provide coaching during social interactions with peers, and support their child's development of friendships.

Funding will help FAU's Center for Autism and Related Disabilities (CARD) provide materials needed to implement and evaluate the program so that children ages 4 to 6 with an autism spectrum disorder and their parents will benefit. The program is slated to begin in spring 2015.

<https://fauf.fau.edu/springboard/#/project/card>



## Thank you for making our Homecoming Run for Autism 2014 a success!



## Getting the Child with ASD Organized in 2015

Parents will be introduced to loads of tips and examples of practical ways they can organize their child and their home to make life easier and keep everyone on track. A discussion about the many behaviors exhibited by children with sensory issues and practical suggestions and systems parents can use will be offered. We'll also review strategies for creating calming sensory spaces, reassuring routines and checklists, organizing overwhelming environments and more! This presentation is based on the book *The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids* by Carolyn Dalglish. This training will also be the kick off event for the Okeechobee County Parent Support Group.

Okeechobee County Library  
206 SW 16th St, Okeechobee, FL 34974  
Register: <http://organize2015.eventbrite.com>



# Autism Emergency

Participants will learn the critical need for being prepared for an autism emergency. Wandering, identification methods, and emergency documentation will be covered.  
\*\*\*ONSITE ONLY\*\*\*

**When:** February 24, 2015  
**Time:** 3:00pm-4:30pm

**Location:**  
500 Northwest California Boulevard  
Port St Lucie, FL 34986



## Building with Blocks to Build Baby's Language Skills: Using Play to Develop Communication

FAU Boca Campus, College of Education, Room 411  
Register: <https://building-language-through-play.eventbrite.com>

**MARCH 20**  
3:00 – 5:30 PM

This two-part workshop is designed to teach parents to strategically use play to build communication skills in their toddlers and preschool-aged children. Parents will attend this workshop together with their young child between the ages of 9 months and 4 years. In Part 1 (3:00 - 4:15 p.m.), parents will learn evidence-based strategies to build communication skills through play (childcare will be provided). In Part 2 (4:15 -5:30 p.m.), parents will practice what they have learned in realistic play activities with their children and receive live coaching and feedback from the instructor. Professionals working with this age group are also welcome to attend and observe parent coaching strategies. *(offered in-person only)*

\*\*\*\*This workshop is limited to a maximum of 6 families in order to facilitate individualized coaching and feedback. \*\*\*\*

### REGISTRATION IS REQUIRED

<https://www.eventbrite.com/e/autism-emergency-tickets-14704460437>

## Increasing Independence in Students with ASD Using Self-Management Tools and Techniques

This training will provide participants an overview of the barriers to independence in individuals with ASD and discuss how you can teach self- management skills to increase independent functioning throughout the day.

FAU Jupiter, Education Classroom, Room 202c

Register:

<https://www.eventbrite.com/e/increasing-independence-tickets-14811510627>

**FEB 27**  
12:00 - 1:30 p.m.

## Congratulations to the College of Education 50 years Serving Educators!



## IEP Basics: An Introduction to the Individualized Education Plan

This training will provide an introduction to the Individualized Education Plan (IEP) document, discuss the process from evaluation to implementation, and support the active participation of caregivers in related meetings and activities. The training will be provided both On-site and On-line. Please indicate how you will attend in your registration. Please contact Noelle Balsamo [nbalsamo@fau.edu](mailto:nbalsamo@fau.edu) or 561 212-4930 with any questions.



**MARCH 27**  
12 - 1:30 PM

FAU Jupiter Campus, Education Classroom, Room 202c  
Register: <http://ieptraining.eventbrite.com>

## Transitioning Into Adulthood within the Autism Spectrum: Building a Relationship with Your Young Adult, the Next Developmental Stage

This training will provide participants with the necessary tools to develop a healthy relationship with young adults within the Autism Spectrum. We will explore the changes in relationship as adolescent's transition to young adults.



**APRIL 2**  
10 - 11:30 AM

FAU Boca Campus, College of Education, Room 411  
Register: <http://adulthood.eventbrite.com>





**APRIL 21**  
6:00 - 8:00 pm

## Early Detection of Autism Spectrum Disorder: Do You Know What to Look for?

Autism Spectrum Disorder now affects 1 in 68 children in the U.S., and is the fastest growing developmental disability (CDC, 2014). This training will provide parents of infants, toddlers, and young children (birth-5 years) with key information, tools, and resources needed to monitor their children's developmental progress. Participants will learn to recognize early indicators of Autism Spectrum Disorder, and will explore available resources in the community for diagnostic assessment, early intervention, and specialized school programming. Professionals (teachers, therapists, etc.) who work with young children and their parents are also encouraged to attend.

Florida Atlantic University - Jupiter Campus  
Register: <https://early-detection-of-autism-spectrum-disorder.eventbrite.com>

## Behavior Basics for Parents

*Participants will learn basics regarding behavior and how to address challenging behaviors. Strategies such as prompting and reinforcement will be covered.*

**When:** April 28, 2015  
**Time:** 3:00pm-4:30pm

**Location:**  
500 Northwest California Blvd  
Port St Lucie, FL 34986



### Siblings As Mentors

This workshop will provide participants with an overview on empowering siblings as mentors. Topics presented will include issues related to providing support and guidance to siblings, motivating growth independences and the self-confidence that will enable a sibling to take a supportive position as a role model and advocate for their siblings with disabilities, family and peers.



**APRIL 22**  
10:00 - 12:00 PM

### Preparing for Community Participation

Participants will learn the benefits and barriers encountered when including individuals with ASD in the community. Planning tools will be covered and real life examples will be provided.

FAU Jupiter, Education Classroom, Room 202c  
Register:  
<http://www.eventbrite.com/e/community-participation-tickets-14813719233>

**APRIL 24**  
12:00 - 1:30 p.m.

FAU Boca Campus, College of Education, Room 411  
Register: <https://slibings.eventbrite.com>

**REGISTRATION IS REQUIRED**  
<http://behaviorpsl.eventbrite.com>



**CAPITOL LIGHTING PRESENTS 'MAKING LIVES BRIGHTER' AWARD IN CELEBRATION OF ITS 90TH ANNIVERSARY, TO FAU CARD.**



# A Sibling Perspective: Future Planning by Megan Allore

As I write, Thanksgiving is right around the corner. I'm spending it with my family, in my hometown of Stuart, FL. I'm looking forward to a long weekend away from the bustle of Miami and, even more importantly, looking forward to my favorite Thanksgiving staple—green bean casserole!

Besides eating, this Thanksgiving weekend, my family will be getting together a for another reason. We are having a formal meeting to discuss my brother Ian's future care, my parent's plans as they age, and some "what if" scenarios regarding my brother. My fiancé Eric will also be joining this conversation, since these decisions will now affect his life as much as mine.

Here are the questions I will be asking:

- *With Ian about to age out of public school, how do we all support a meaningful post-high school plan?*
- *What is the plan for Ian's living situation? Will he stay in his current group home?*
- *Will Ian need to live with my parents or me at some point? Under what circumstances does this become necessary?*
- *If Eric and I live somewhere besides Stuart where Ian currently lives, do we move him into another group living situation that is closer to us or do we move him with us?*
- *Do we have the means to try to start a Special Needs Trust to support Ian financially?*
- *What are our wishes if Ian ever develops a major disease or life-threatening illness? How do we balance the suffering he may encounter in treatment since he may not understand what's going on or be able to easily cooperate with certain treatments? What's ethical and right?*
- *Do my parents have wills and advance directives in place?*
- *At what point do I become the primary guardian for Ian?*



Some of these questions are hard to face. Who wants to talk about their parents dying someday? Or what we think we want to do should Ian ever develop something like cancer? But I cannot underscore enough how important it is to talk openly about these topics, as uncomfortable as they may be. Siblings especially need to know what their parents' views are so that in the case that the parents aren't there when the decisions need to be made for the special needs family member, the sibling knows that everyone is on the same team.

Many readers have young children and, although it may not be appropriate just yet to have the kind of conversation I'm about to have with my family, parents should find some ways to let their typical children know that there are plans in place. Even as young as 10, I was already thinking about how I needed to make decisions that would enable Ian to live with me. It never crossed my mind that my mom had plans in place to someday transition him to a group home and knowing this would have lifted some of the heavy responsibility I felt at such a young age.

Just as important as it is for parents to make some of the decisions in advance, parents should also solicit input from the typical sibling(s) because of the life-long nature of their relationship with the special needs child. Parents should never assume that the typical child will go along with any and all decisions made by the parents, as the typical child has a right to make his or her own choices in life and sometimes that doesn't include as active of a role in the special needs sibling's life as parents may prefer.

Many resources exist online for how to have these kinds of hard conversations. A new book was just published that may be of particular interest to siblings and parents called *The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults with Disabilities* edited by Don Meyer and Emily Holl. There are chapters on topics such as future planning, advocacy, and caring for multiple generations.

Establishing a plan and drafting any necessary documents should be a part of every family's strategy in providing the best quality of life for their special needs child, and siblings must be included in that process. Siblings face a lot of responsibility, and legislation like the Family Medical Leave Act allows for parents and siblings to take time off work without losing their job to care for a child does not have any written provisions. Knowing this, the more support and planning in place the better to prevent undue stress on everyone or interruptions in care for any vulnerable family members.

So, as Thanksgiving rapidly approaches, I give thanks for my amazing brother who always helps me keep perspective on what's important, my parents and their bravery to face these hard questions, and my new fiancé who stands next to me and takes on my wacky and wonderful family. By the time you read this article, I hope you had joyous and safe holidays!



American Honda Birdies for Children program is a vehicle for local charities to team up with The Honda Classic and present you with a chance to win a new Honda automobile, while at the same time, the FAU Center for Autism and Related Disabilities (CARD) receives 100% of the proceeds plus a 10% matching contribution courtesy of The Honda Classic.

### HOW TO DONATE AND GUESS THE BIRDIES

Make a donation of \$20 or more to FAU CARD and then guess the total number of birdies that will be made by the entire field in all four rounds of the 2015 Honda Classic. Make your donations by February 25, 2015.

### WHAT CAN BE WON

Grand Prize: Brand New 2015 Honda Vehicle

### WHAT NUMBER SHOULD I GUESS?

2013: 1,244 Birdies  
2014: 1,363 Birdies

Donate & Enter to win at: <https://www.thehondaclassic.com/birdies-for-children/donate/FAUCARD/>



## Autism Friendly Business



FAU CARD is developing an Autism Friendly Business Initiative! Our goal is to increase Autism awareness and support inclusion by creating safe spaces and no judgement zones in the community for children with ASD and their families and children on the Autism Spectrum. To accomplish this CARD will deliver trainings to educate businesses about Autism and how to support individuals with ASD and their families. Businesses completing the training will have follow-up support available and will receive a FAU CARD Autism Friendly Business decal to post proudly identifying their business as an Autism No Judgement Zone as well

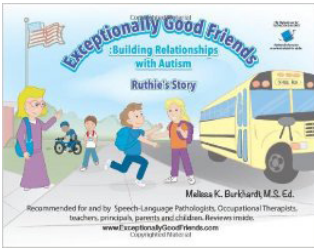
as acknowledgement on FAU CARD’s website. We are excited about bringing the Autism Friendly Business Initiative to the community! Look for the new link on our website and visit Autism Friendly Businesses in the community starting in early 2015!

## Exceptionally Good Friends

A Book Review

By: Rosie Portera, M.S., CCC-SLP

So have you ever wondered what a classroom of elementary students think of the new kid who has autism? Or what is the student with autism thinking about this loud, bright, busy classroom? This truly original book offers its readers a glimpse into the perspective of a student with autism (Clay) and his new friend (Ruthie). The first story is Ruthie’s Story. Ruthie is a compassionate child who in reaching out to Clay, ends up building a bridge that helps him learn and understand the world and friends in his own way. Flipping the book over and reading Clay’s Story presents the reader with the challenges that Clay faces to calm himself and make his “heart feel just right”. His teacher, Mrs. Hope, demonstrates numerous evidence-based interventions that are integrated into her class and successfully support Clay’s learning and communication skills.



In the center of the book, the author, Melissa Burkhardt, M.S.ED., has provided succinct and relevant tips and resources for teachers, therapist and parents. Melissa goes a step further by listing page numbers where these “best practices” are referenced in the stories and provides numerous web sites for additional resources. This is a MUST have for parents who are struggling to explain autism to family and friends. It’s the perfect introduction for general education teachers who are opening their class and hearts to a student on the autism spectrum.

Melissa has worked in the field of autism for over 20 years and has numerous advanced degrees and certifications including Reading Specialist and Montessori World Education Institute. As an extra bonus, she resides on the Treasure Coast and will present at FAU CARD’s Summer Academy. *Exceptionally Good Friends* is a 2013 Mom’s Choice Award winner and is available from Amazon.com for \$18.95 or on Melissa’s web site: [www.exceptionallygoodfriends.com](http://www.exceptionallygoodfriends.com).

## Palm Beach Opera Begins A Sensory-Friendly Initiative



In collaboration with FAU CARD, Palm Beach Opera is happy to introduce its first sensory-friendly initiative. Each year, Palm Beach Opera presents the Children’s Performance for children of all ages and their families and this year there will be additional accommodations for those children who are on the Autism Spectrum. This year’s performance is *The Daughter of the Regiment* by Gaetano Donizetti on March 21, 2015 at 1:00 p.m. at the Kravis Center for the Performing Arts in West Palm Beach. The opera is 90 minutes in length; there are Education Stations in the lobby prior to the performance and an opportunity for children to meet the artists immediately following the performance. During the opera, lights will be dimmed and the sound will be non-amplified. Palm

Beach Opera will provide easily accessible seating areas, fidget tools and ear buds, as well as a break space for individuals needing a quiet retreat. Families will also receive resource materials to prepare for their visit to the opera.

All tickets are \$5 each and can be purchased by calling the Palm Beach Opera Box Office at 561-833-7888. Please let the Box Office know you will be participating in the Sensory-Friendly Initiative. More information is available on the Palm Beach Opera website here: <http://pbopera.org/event/sensory-friendly-childrens-performance/>.

## Families In Need



With the holiday season upon us, sometimes we find we ourselves in the fortunate position to support others who have needs that may be greater than ours. The following FAU CARD family is seeking financial assistance to help support and carry them through the holiday season and beyond. To find out more about this families’ needs and/or to donate, please click on the provided links.

Christina Z., mother of Cole: [www.fundme.com/en/projects/7257-Autism-and-lupus-a-son-and-mothers-story](http://www.fundme.com/en/projects/7257-Autism-and-lupus-a-son-and-mothers-story)

## Adult Support Group: 12/11





## Locator Bracelets are distributed in St Lucie County!



I, Cathy Allore, previously announced a locator bracelet program (Project Protect) FAU-CARD, St Lucie County Sheriff's Office, Pilot Club of Fort Pierce, and SafetyNet® by LoJack was collaborating on to provide to St Lucie County residents. St. Lucie County Sheriff Office committed to providing bracelets and one year of monitoring costs to 25 families in St Lucie County who met pre-determined eligibility criteria. The program was funded by a grant applied for and received by Sgt Cavallaro of the St Lucie County Sheriff Office. On December 9th, Project Protect Parent Orientation and Training was held in the FAU-CARD Office @ IRSC in St Lucie County.

SafetyNet® Representative, Natalia Cuervo, and Cathy Allore, FAU-CARD Clinician provided the Orientation and Training to fourteen families who met the eligibility criteria. The parent orientation and training was designed to provide training on safety issues related to autism spectrum disorders and specifically targeted Wandering and Elopement behavior. Natalia provided the orientation and maintenance requirements of SafetyNet®, such as daily testing of the battery and semi-annual battery changes. There are still eleven bracelets available and if your child, adolescent, or young adult meets the following criteria, please contact me for the final Project Protect Parent Orientation and Training to be scheduled in either late January or early February.

- **Live in St Lucie County?**
- **Has a documented diagnosis of autism?**
- **Is registered with or willing to register with CARD?**
- **Has a history of wandering or elopement behavior?**
- **Has a safety plan in place at home or school?**
- **Is documentation available of wandering or elopement behavior?**
- **Receiving services under Medicaid Waiver?**
- **Receives 24/7 supervision for safety?**

Parents who attended the training were very thankful to us for providing the much needed 'piece of mind' in helping them address the safety concerns they face daily in parenting and keeping their family member with autism safe. The Orientation and Training offered in two sessions. The afternoon session had 6 families represented and the evening session had 8 families represented. For more information contact Cathy Allore at 772-873-3367 or callore@fau.edu.

## TREASURE COAST COMMUNITY NEWS:

### NEW Parent Support Group – St Lucie County

The Puzzled Families group that meets in Indian River county has recognized the need for a parent support group in St Lucie county and so have started a group in Fort Pierce. October 9, 2014 was their first meeting and they will continue to meet monthly at the Community United Methodist Church where they have been graciously provided with space. Puzzled Families is for parents of kids on the autism spectrum.

*When: 2nd Thursday of each month from 6 – 7:30pm*  
*Where: Community United Methodist Church located at 3114 Okeechobee Road, Fort Pierce, FL*  
Join them for support, resource information, and guest speakers at the St Lucie location.

### Okeechobee County's 8th Annual Health and Safety Expo

*Location: Agri-Civic Center 4601 Highway*  
*When: Saturday, January 31, 2015 from 9am-2pm.*  
*Admission is FREE.*

For more information, contact Sharon Vinson @ sharon.vinson@okee.k12.fl.us or 863-462-5000 X257.

### Sensory Sensitive Cinema in St Lucie West

Carmike Theater in St Lucie West (formerly the Rave) is offering sensory sensitive movies.

*Address: 1900 NW Courtyard, Port St Lucie, FL 34986*  
*Phone: (772) 344-3580*

Carmike would like to give your family this special opportunity to enjoy their favorite films in a safe and accepting environment. The auditorium dedicated to the films have their lights up, the sound turned down, and audience members are invited to get up and dance, walk, shout or sing!

All films begin at 10:00 am and doors open at 9:30 am Admission for the individual with special needs is FREE, but all others in the party pay admission. Adult (12 and over): \$8.00 and Children (under 12): \$7.75.

Saturday, January 3, 2015 – Paddington  
\*As other dates and titles become available Treasure Coast CARD office will notify families on the Treasure Coast via email\*

## TREASURE COAST PARENT SUPPORT GROUPS:

### 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 PM*  
*Where: Sun Up Center, 2455 5th Street SW, Vero Beach, FL*  
<https://www.facebook.com/pages/Puzzled-Families-of-Indian-River/122076224542183>  
RSVP to [puzzledfamilies@gmail.com](mailto:puzzledfamilies@gmail.com)

### Disability Support Network

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 7:00pm-8:30pm*  
*Where: Cinco de Mayo Restaurant @ 1840 NE Jensen Beach Blvd, JB 34957*  
<https://www.facebook.com/groups/131030553607709/>

### The PEER Group of Indian River

Meetings are held the 3rd Tuesday of the month (except in July and December) from 6:30pm-8:00pm. Meeting location: SunUp ARC at 2455 5th Street SW, Vero Beach.

For more information contact Nancy Moody @ 772-770-0683 or by email: [peergroupofindianriver@gmail.com](mailto:peergroupofindianriver@gmail.com).

### Walk Now for Autism

Walk is being held in Tradition Square located at 10489 SW Meeting Street, Port St Lucie, FL. Local agencies and service providers will be available to answer questions and offer support.

*When: Saturday, April 11, 2014*  
<http://www.walknowforautismspeaks.org/faf/home/default.asp?ievent=1123666>

### NEW GROUP: Puzzled Families

Puzzled Families is a parent support group that meets to provide support and information for parents of individuals with autism spectrum disorders. Join them at their location in Fort Pierce.

*When: 2nd Thursday of each month from 6 – 7:30pm*  
*Where: Community United Methodist Church, 3114 Okeechobee Rd, Fort Pierce, FL*  
<https://www.facebook.com/pages/Puzzled-Families-of-Indian-River/122076224542183>  
RSVP to [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 6:30pm-8:00pm.*  
*Where: Covenant Fellowship Church @ 2880 SE Aster Lane in Stuart.*  
For More info contact Rhonda Oksman, Founder/Facilitator at 561-818-5566 or email [rhonda.oksman@gmail.com](mailto:rhonda.oksman@gmail.com)

### New Preschool Open in St Lucie County!

Amazing Abilities Academy is now accepting enrollment for classrooms beginning in January 2015! The preschool is the culmination of the ideas of one mom that developed while she was out looking for a preschool program for her son with special needs. Amazing Abilities Academy accepts and embraces all children of all amazing abilities. For a tour or to discuss enrollment, call Annmarie at 772-340-4550 <https://www.facebook.com/pages/Amazing-Abilities-Academy/1527059237513307>





You are cordially invited  
to the

# Wings of Hope 2015 GALA

FAU CARD Is Proud To Honor

**Surfers For  
Autism**

at the  
The Addison  
2 E Camino Real  
Boca Raton, FL 33432

held on

**March 5**

from 7-11pm  
formal cocktail attire

RSVP by February 10, 2015

<https://fauf.fau.edu/wingsofhope>

FAU CARD Is Proud To Honor

**WPTV  
NewsChannel 5**

**FAU**<sup>TM</sup>

## Who We Are:

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.

## What We Do

- Free developmental screenings
- Support groups for adults with autism
- Consultation with families
- Regional trainings hosting experts in the field for families and professionals
- Annual conference participation
- Annual family conference
- Summer academy for professionals
- Public education
- Mentorship programs
- And much more...

## Sponsorship Opportunities



6 tickets to event  
Placement in event program (quarter page)  
Name recognition on FAU CARD website, program at event, social media & press release  
Opportunity to place company item in gift bags



12 tickets to event  
Placement in event program (half page)  
Name recognition on FAU CARD website, program at event, social media & press release  
Opportunity to place company item in gift bags



24 Tickets to the event  
Placement in event program (full page)  
Name recognition on FAU CARD website, program at event, social media & press release  
Opportunity to provide gift bags with company logo  
Company table at FAU Homecoming Run for Autism 2015  
Two tickets to FAU CARD "Autism Leaders" breakfast



36 Tickets to the event  
Placement in event program (two full pages)  
Name recognition on FAU CARD website, program at event, social media & press release  
Opportunity to provide gift bags with company logo  
Naming opportunity for a speakers series  
Company table at FAU Homecoming Run for Autism 2015  
Four tickets to FAU CARD "Autism Leaders" breakfast  
Check presentation at Wings of Hope 2015 Gala  
Message on jumbotron at FAU football game 2015  
Logo placement on CARD's newsletter fall & spring semester  
Meet & greet with FAU's President Dr. John Kelly

### ADDITIONAL OPPORTUNITIES

- Full page ads \$1,000
- Half page ads \$500
- Quarter page ads \$250
- Message/tribute line \$100



☐ Individual Ticket \$150

☐ Couple Ticket \$275

☐ \$100 Donation

☐ \$500 Donation

☐ \$250 Donation

☐ \$1000 Donation

Total Amount: \_\_\_\_\_

Tickets and donations are tax deductible

Cardholder's Name: \_\_\_\_\_

☐ VISA

☐ MC

☐ Disc

☐ AmEX

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

CVC: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Card Holder's Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

FLORIDA ATLANTIC UNIVERSITY  
CARD

Make Checks Payable to: FAU Foundation/CARD 777 Glades Road Boca Raton, FL 33431



# Art Classes



**Lighthouse ArtCenter  
Museum & Gallery**  
373 Tequesta Drive  
Tequesta, FL 33469  
(561) 746-3101



**School of Art**  
395 Seabrook Road  
Tequesta, FL 33469  
(561) 748-8737

Winter: January 5 to February 28

Spring: March 2 to April 25

[LighthouseArts.org](http://LighthouseArts.org)

## Saturday

### Special Needs 1st Saturday

Special needs students ages 16 to adult create art in a group setting which can facilitate art education, social skills and communication, as well as build confidence and self-esteem. They will have an opportunity to socialize with their peers and enjoy a tour of the Museum. A snack will be provided. Students should bring their lunch.

This FREE program is underwritten by The Loxahatchee Club Educational Foundation.

Space is limited and a reservation is required.

To enroll, call Sheri or Evelyne at (561) 746-3101.

First Saturdays, 9 a.m. to 1 p.m.; Museum, Free

## Wednesday

### Special Needs arts

Are you or someone you love dealing with challenging disabilities? Making art can develop cognitive and motor skills and provide a venue for stress relief.

Instructor: Peggy Kirkwood

Wed, 4 to 6 p.m.; Studio A: School

Winter or Spring: \$195

## Special Needs

Professional art teachers educate special needs students in the elements of art. Students can reveal their emotions, challenges, worries, hopes and struggles through the process of creating art. No matter what the final outcome, they learn valuable lessons, while developing a sense of independence and accomplishment.

## ATTENTION PARENTS OF CHILDREN WITH AUTISM SPECTRUM DISORDER BETWEEN THE AGES OF 3 AND 11

If you are a parent or guardian of a child aged 3 - 11 years with autism spectrum disorder, you may be eligible to participate in a West Virginia University IRB-approved study on parenting. We are interested in learning about the parent-child interactions of parents of children with autism between the ages of 3 and 11. If you are eligible to participate, you may opt into a drawing to receive a \$100.00 gift card for completing a 45-minute survey.

Surveys can be completed online. Please note, your answers will be completely anonymous and no identifying information will be linked to your answers. IRB approval is on file for this study.

This study is being conducted by Hilary Bougher and Amy Root in the Department of Learning Sciences and Human Development at West Virginia University.

If interested, please go to the following link:

[http://www.qualtrics.com/SE/?SID=SV\\_9ZWwB0vIcjrFeJv](http://www.qualtrics.com/SE/?SID=SV_9ZWwB0vIcjrFeJv)

# Children's Friendship Training

Now available at both FAU Jupiter and FAU Boca Raton campuses!



The FAU Communication Disorders Clinic (CDC) offers social skills groups for children in 2nd to 6th grade and their parents.



## What is Children's Friendship Training?

An evidence-based social skills treatment group where children learn how to make and keep friends. Parents attend to learn how to support their children in friendship development.

## Who can attend?

Children in 2nd to 6th grade who have Autism Spectrum Disorder or a related disability. This group is appropriate for children who have fluent verbal language skills, are able to follow basic classroom rules, and have average to above average cognitive abilities.

Children's Friendship Training is an evidence-based treatment program developed by Fred Frankel, Ph.D., ABPP, and Robert Myatt, Ph.D. at the UCLA Semel Institute for Neuroscience and Human Behavior to teach elementary school-aged children with high functioning ASD and other social difficulties how to make and keep friends. Some of the topics that will be addressed over the course of treatment include: Conversational skills, Finding common interests, Joining games, Good sportsmanship, Changing your reputation, Appropriate playdate behavior, Handling teasing and bullying, and Managing conflicts with adults and peers.

In collaboration with the  
**FAU Center for Autism and  
Related Disabilities  
(FAU CARD)**

## When will the group occur?

The treatment is 12 weeks long and meets every Monday afternoon from 5:30 p.m. to 6:45 p.m. during Spring 2015.

## Where will the group occur?

Groups will be held in two locations:

- FAU Boca Raton campus  
(starts Monday 01/26/2015)

- FAU Jupiter campus  
(starts Monday 02/09/2015)

## How much will it cost?

A charge of \$30/session, a total of \$360 for the 12-week program.



## Why are parents involved?

The Children's Friendship Training program is unique in its inclusion of a parent group, which is a requirement of the program, so that parents can provide support and coaching to their child as friendship skills are developed.

To apply for Spring 2015, please complete a confidential interest form by clicking on this link or visit:  
<http://tinyurl.com/mvfabtc>

For more information, contact:

FAU Boca Raton: Susanna Launder, M.Ed.  
561-212-2859 or [slaunder@fau.edu](mailto:slaunder@fau.edu)

FAU Jupiter: Noelle Balsamo, M.Ed., BCBA  
561-212-4930 or [nbalsamo@fau.edu](mailto:nbalsamo@fau.edu)





FAU CARD has developed this library of online training presentations that are available for you to view. Visit our website:  
<http://www.coe.fau.edu/centersandprograms/card/tutorials.aspx>

- Overview of Autism Spectrum Disorders
- Toilet Training
- Enhancing Engagement in Science
- ASD & the Reading Comprehension Challenge: What Can You Do?, created by UM-NSU CARD
- Guardianship Options

### 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
  - Training Materials
- Part 5: Token Economies and Behavioral Contracts

## 22nd Annual CARD Conference **SAVE THE DATE**

# FOCUS on AUTISM

**January 16, 17 & 18, 2015**

**2015**



Florida Mall & Conference Center  
1500 Sand Lake Road  
Orlando, FL 32809

Register at: <https://www.eventbrite.com/e/card-conference-registration-13075626551>



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



---

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