

Director's Update

It has been quite eventful at FAU CARD over the last several months. First, I would like to alert you to some staffing changes. Jennifer Agganis, former Associate Director, recently took a position in a private practice. Debbie Chanan, who primarily conducted our intakes and coordinated our groups, recently moved back to Chicago. Jennifer and Debbie will be greatly missed and we wish them the best with their new positions. Replacing them are two very talented professionals. Elisa Cruz-Torres joined the staff in the Boca Raton office and she will primarily work with schools and families, as well as assist with trainings and groups. Also joining our staff is Cheryl Checkers. Cheryl will lead our intake meetings, as well as coordinate all Palm Beach County groups. While we were sad to see Jennifer and Debbie leave, we are very excited to have Elisa and Cheryl join our team.

In other news, the inaugural 5K Pumpkin Run was an enormous success. There were over 1,000 runners, walkers and their guests in attendance. We raised much needed awareness about autism spectrum disorder and CARD services. We also raised much needed funding to support our programs this year, as well as next year. In all, we raised over \$23,000. I would like to thank all our sponsors, the planning committee, the CARD staff and all the folks who came out to run, walk or otherwise support us.

The Dan Marino Foundation WalkAbout Autism is coming soon, scheduled for January 29th at Sun Life Stadium, home of the Miami Dolphins. There will be music and entertainment for the kids and adults, including a video game zone, football skills station, celebrity autographs, bounce houses and much more. All proceeds benefit local autism support organizations. And, unlike any other event, schools that create a team and raise money get back 25%. Learn more about the WalkAbout on page 2. We hope to see you there.

Finally, we are starting a new lunch-and-learn program at FAU CARD in Palm Beach County. Families and professionals are welcome to join us on selected Fridays to learn about autism and related disabilities, as well as various issues and evidence-based strategies to use while working with or caring for people with autism spectrum disorder. You bring your lunch and we'll supply the learning.

All of us at FAU CARD greatly appreciate your support. We could not provide any of our programs without you. Please call us if you, or someone you know needs help. We are here for you!

All the best,

Kyle Bennett, Ed.D., BCBA Director





Walk About Autism



Saturday, January 29, 2011

10:00 am to 2:00 pm Sun Life Stadium, Miami, FL

1 IN 110 CHILDREN IN THE UNITED STATES HAVE AUTISM.
90% OF ADULTS WITH AUTISM ARE UNEMPLOYED.
HELP US TO HELP THEM BY JOINING IN THE
DAN MARINO FOUNDATION WALKABOUT AUTISM

MONEY RAISED HERE, STAYS HERE

WWW.DMFWALKABOUTAUTISM.ORG

























Executive Director's Update



Another year is almost passed and I hope it has been a good one for you and your family. The holidays are great for so many of us as we have additional time to spend with our children and to appreciate them even more.

If you find you have some television watching time I want to offer a suggestion for a great DVD. HBO has produced a movie, "Temple Grandin", about the life, struggles and many successes of Temple Grandin. Temple is, perhaps, the world's most famous person with autism. As many of you know, she revolutionized the cattle processing industry with her humane and cattle-friendly designs and is now a professor of animal science at Colorado State University. The movie shows her struggles at school and the very special ways her mother Eustacia Cutler fought for her daughter. Her mom's motto was that Temple was different but not less. It turns out she was surely different and quite a bit more. The movie goes on to show Temple's challenges to gain acceptance in the cattle industry, which was not only insensitive to people with disabilities but hostile to females at the time. But throughout, Temple forced herself to see opportunities as doors opened and she recognized that she had to push herself through them. Her designs worked and in a profit-oriented

industry she was, and remains, in great demand.

I had a chance to see Temple in person recently. She affirmed that most of what we see in the film is true with a few Hollywood embellishments. Her mother also presented and shared a story of autism in the 1950s and 1960s with the terrible blame unfairly placed on families and especially mothers. Eustacia had to educate people at every turn about what Temple could do if given a fair chance. Both Temple and Eustacia stressed the importance of being polite, of having good manners and having good hygiene and a willingness to work hard as keys to success for a person with ASD. Both the movie and Temple's life offer such a positive and inspiring example of what a person with autism can achieve. I can only hope that more people now see the ability side of autism and not focus on the disability side. If you have any chance to see this movie please do. If you have a chance to see either Temple or her mother present let me urge you to do so.

Best wishes for a great holiday season and a wonderful New Year.

Jack Scott, Ph.D., BCBA-D Executive Director

THINK AUTISM.

support, research, educate, advocate, advocate

18th ANNUAL CONFERENCE



JANUARY 14-16, 2011 LAKE MARY MARRIOTT LAKE MARY, FL

Visit www.ucf-card.org to register and get more information.



MEDICAL UPDATE

Florida Atlantic University

Engagement and Motivation - The Keys to Early Learning

Judith Aronson-Ramos, M.D.

Many studies have shown that early learning experiences are pivotal in shaping a child's attitude, motivation and success in school. With autism spectrum disorders (ASD), children can have varying degrees of resistance in the learning environment. There may be difficulties with specific skills, language, comprehension, motivation, and engagement which can all become barriers to successful early learning.

In the September issue of the Journal of Autism and Developmental Disorders two well-known autism experts, Lynn and Robert Koegel, take on the topic of academic motivation in children with ASD. (Improving Motivation for Academics in Children With Autism, JADD, Vol. 40, p. 1057-1066). Although theirs was a pilot study, its importance was in reminding me that sometimes we can overlook the obvious when it comes to helping our kids with ASD. Frequently, I counsel families about accommodations and modifications to keep children with an ASD engaged in the learning process at school. At times we can become so fixated on the IEP and what it includes that we forget about simple and fundamental strategies we can implement at home and at school to improve engagement.

The early school years provide a powerful opportunity to begin children on a path toward learning that is positive and meaningful. Many children with autism struggle with showing little interest or motivation in academic assignments and can exhibit disruptive behaviors when these assignments are presented. Teachers and autism teams work very hard to develop behavior plans that include incentives and rewards to improve compliance and engagement with the learning process. However, sometimes we just need to take a step back and ask, is my child motivated to learn this or complete this assignment? If not, why and how can we improve the situation?

One key concept that other studies have also explored is giving the child a tangible reward to motivate completing activities. Obviously we all use rewards as incentives and this is not new. But what about offering the child certain

choices with regard to different aspects of the activity, and provide a clear immediate reward when completed. For example, during a writing exercise offer a choice of writing instrument (pencil, marker, crayon, different grips, colors, etc.), choice of paper, or where to complete it. Provide clear expectations for the assignment, make them as relevant to that child and his or her interests as possible, followed by a tangible meaningful reward. It actually seems all too reasonable and quite simple especially to those with years of experience with ABA and behavior therapy. What I am trying to highlight is to think about MOTIVATION as a more tangible goal than just compliance.

Quite often we fixate on the disruptive behaviors and the power struggles with children with ASD to get them to comply in the academic setting. Sometimes, simple choice offering can promote engagement. If we think about the big picture, what we are really trying to do with our children, is to teach them to ENGAGE and be MOTIVATED in school, in play, in relationships and with the world; not to simply be obedient.

Going back to the study cited above, what the researchers did worked exceedingly well for the small group of children with whom they intervened. The team found the children completed school work more quickly, engaged in fewer disruptive behaviors and even requested assignments.

Many times at school and at home we encounter resistance and disruption because we cannot get the child with ASD to ENGAGE or be MOTIVATED to see or do what we want them to be doing. By reminding ourselves that engagement and motivation are precursors to being compliant we may find our own novel and unique ways to get our kids to join us in an activity. By setting this stage early we help promote a positive experience in the school environment which is pivotal for learning. Please contact FAU CARD for additional resources on this topic.



Boca Raton Events - Groups Unless otherwise specified, all events will be held in the College of Education.	Date	Time
Kid's Club	1/6	4:30 - 5:30 PM
Children with an autism spectrum disorder ages 7-11 will have	2/3	4:30 - 5:30 PM
the opportunity to make friends, play games and talk about issues	3/3	4:30 - 5:30 PM
in a safe and friendly environment. Room 447.	4/7	4:30 - 5:30 PM
Parent Support Groups	1/6	4:30 - 5:30 & 6 - 7 PM
Parents and caregivers are invited to join us for open	2/3	4:30 - 5:30 PM
discussion, networking opportunities and problem solving.	3/3	4:30 - 5:30 & 6 - 7 PM
Room 411.	4/7	4:30 - 5:30 PM
Teen Group & Community Activities*		
Teenagers with an autism spectrum disorder ages 12-17 will	1/6	6 - 7 PM
have the opportunity to meet others, make friends and problem	2/3*	6 - 7 PM
solve issues that teenagers may experience. Teens and parents will	3/3	6 - 7 PM
also meet in the community for fun activities. Dates are indicated with an asterisk (*). Locations TBA.	4/7*	6 - 7 PM
Adult Group	1/24	7 - 9 PM
Adulta with an autism master of Provider and 10 and 11	2/21	7 - 9 PM
Adults with an autism spectrum disorder ages 18 and older are	3/21	7 - 9 PM
welcome. The group meets to discuss issues, problem solve and form friendships. Room 411.	4/18	7 - 9 PM

REGISTRATION IS REQUIRED FOR ALL EVENTS.

Boca Raton Events - Training All trainings will be held in Room 411 in the College of Education.	Date	Time
Training Series: Bringing Out the Best in Your Child's Behavior		
 Behavior Basics Parent's Assessment of Behavior Problems Developing & Implementing Behavior Intervention Plans Implementing & Evaluating Behavior Intervention Plans 	1/21 2/25 3/18 4/8	11:30 AM - 1 PM 11:30 AM - 1 PM 11:30 AM - 1 PM 11:30 AM - 1 PM
ASD: Characteristics, Education and Treatment A thorough review of characteristics of Autism, Asperger Syndrome, PDD-NOS, Rett Syndrome & Childhood Disintegrative Disorder will be presented. Education and treatment approaches will also be presented.	1/7 3/11	11:30 AM - 1 PM 11:30 AM - 1 PM
Participants will learn the key features of verbal behavior programming for young children with autism and similar disabilities. The basic foundation of the programming will be presented, as well as the research base documenting its efficacy. Participants will also learn about local and internet resources to establish this type of programming with their children.	2/11 4/29	11:30 AM - 1 PM 11:30 AM - 1 PM
Developing Relationship Skills The presentation shares ideas with individuals with an ASD, parents and professionals in order to promote the acquisition of essential life and social skills. Areas to be addressed include self-regulation, non-verbal communication and relationships.	2/4 4/22	11:30 AM - 1 PM 11:30 AM - 1 PM

Treasure Coast		
Events & Groups	Date	Time
All groups and training locations will be held on our Port St. Lucie campus. Rooms will be announced upon registration.	os and training locations will be held on our Port St. Lucie	
Family Support Day		
Parent Networking		
Parents and caregivers are invited to join us for open discussion,	2/10	6 - 7 PM
networking opportunities and problem solving.	3/10	6 - 7 PM
Kid's Club	4/14	6 - 7 PM
Children with an autism spectrum disorder ages 7-11 will have the		
opportunity to make friends, play games and talk about issues in a safe and		
friendly environment.		
Adult Group	1/20	7 - 8:30 PM
Adults with an autism spectrum disorder ages 18 and older are welcome.	2/17	7 - 8:30 PM
The group meets to discuss issues, problem solve and form friendships.	3/17	7 - 8:30 PM
G top	4/21	7 - 8:30 PM
Intermediate Behavior Management		
Parents and professionals will learn procedures for assessing and treating challenging behaviors with an emphasis on prevention and teaching replacement skills. Prior attendance at the Behavior Basics workshop is suggested.	2/7	6 - 7:30 PM
ASD: Characteristics, Education and Treatment		
A thorough review of characteristics of Autism, Asperger Syndrome, PDD-NOS, Rett Syndrome & Childhood Disintegrative Disorder will be presented. Education and treatment approaches will also be presented.	2/18	10 - 11:30 AM
Visual Supports		
Participants will learn about visual strategies to support individuals with autism spectrum disorders at home, school and in the community.	2/24	6 - 7:30 PM

Treasure Coast Events -		
Training All training locations will be held on our Port St. Lucie campus. Rooms will be announced upon registration.	Date	Time
Wandering Prevention & Safety		
Participants will learn about the layers of support that can be implemented in order to prevent risks such as drowning, abduction and traffic accidents, which are a direct result of wandering.	3/11	10 - 11:30 AM
Making the Most of Natural Learning Opportunities		
Parents and professionals learn ways to take advantage of everyday opportunities to target and develop key behaviors in their young children including communication, social skills and positive behaviors.	3/14	10 - 11:30 AM
Leisure Skills		
Participants will learn why leisure skills are important and how to develop them in adolescents and young adults with autism spectrum disorders.	3/24	6 - 7:30 PM
Functional Skills Development		
Parents, caregivers and professionals learn procedures to teach routine activities of daily living to promote independence and increase self-help skills. Functional skills are applicable to the home, classroom, workplace and community.	4/5	5:30 - 7 PM
Toilet Training		
Strategies for beginning toilet training, working through accidents and problem behaviors will be presented.	4/15	10 - 11:30 AM
Preparing for Community Participation		
Participants will learn to identify necessary tools and strategies to use when taking their child/student into the community in order to make the experience meaningful and enjoyable.	4/28	6 - 7:30 PM

REGISTRATION IS REQUIRED FOR ALL EVENTS.



Florida Atlantic University

PALM BEACH COMMUNITY NEWS



"Wings of Hope" Cocktail Reception

Join us for an evening of networking, cocktails and food this March at our 2nd Annual "Wings of Hope" at the Marleen and Harold Forkas Alumni Center at Florida Atlantic University. Come join us for an evening of fun while helping raise funds to continue our efforts to provide free services for people with autism spectrum disorders and related disabilities. Sponsorship and underwriting opportunities are

available. Please contact Cheryl Checkers at cchecker@fau.edu or (561) 297-2055 for more information.

Palm Beach School for Autism

The Palm Beach School for Autism has recently undergone an expansion and added a new middle school program enrolling students in grades six through eight. The mission of the middle school program is to provide students a developmentally appropriate education that builds on the strengths and needs of each student. The focus is to teach students the skills necessary to become independent adults who can participate fully in their community, home life, and social activities to the best of their ability.

Limited space is available in the Preschool, Elementary and Middle School programs. For more information about enrollment and/or The Palm Beach School for Autism, please contact Ann Levene at (561) 533-9917 or AnnL@pbsfa.org.





Beginning ABA and Discrete Trial Training

Reaching Potentials will be holding an upcoming training for parents and professionals. Details are as follows:

When: February 5 & 6, 2011 and April 2 & 3,

2011 9-4 Fee: \$175

Where: 500 NE Spanish River Blvd., Ste. 12 Boca Raton, FL 33431

Call: 561-391-1004 to register for the training or visit <u>www.reachingpotentials.org</u> for more information.



Florida Atlantic University

TREASURE COAST COMMUNITY NEWS

Autism Friendly Movie Experiences

Rave Motion Pictures® is offering autism friendly movies. These events are scheduled monthly and will feature a newly released movie that is family friendly. The viewing environment will host an increase in lighting during the showing of the movie and a decrease in the audio level. This allows for a more enjoyable environment for people with autism in attendance. This is a gluten/casein free friendly environment as well. Ticket prices are \$7.50 per person, while tickets for individuals with autism will be free, compliments of Rave Motion Pictures®. Please join us each month for a new release and a new experience for your child. For future dates and information contact Cathy Allore at callore@fau.edu or 772-873-3367.



20th Annual Children's Conference

The 20th Annual Treasure Coast Children's Conference is being held on March 5 at Fort Pierce Central High School, Fort Pierce, FL. The Early Learning Coalitions of Indian River, Martin, Okeechobee, and S.t Lucie Counties host this educational conference for child care providers, teachers, owners, and operators. Visit www.elcirmo.org for further information.



Sun Up was founded in 1992. We are a 501c3 non profit agency. Our vision is of a unique educational and residential community where individuals with developmental disabilities can live, learn, work, play and enjoy life. The Education, Activities and Administration building is situated on 10 acres at 2455 5th St. S.W. in Vero Beach, Florida. Contact Dennis Bartholomew, Executive Director of The Sun Up Center at 772-770-6626.

Sun Up provides programs and services for those with: Autism, Down syndrome, Cerebral Palsy, Intellectual Disabilities and Mental Illness. Sun Up's goal is to provide a "lifetime of support", from infancy through adulthood, for individuals with developmental delays or disabilities, as well as chronic mental illness. Sun Up also provides support for parents, siblings and caregivers.



CONTACT US

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

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

Website: www.coe.fau.edu/card

e-mail: card@fau.edu

<u>Boca Raton Campus</u> <u>Treasure Coast Campus</u>

777 Glades Road 500 NW California Blvd. Boca Raton, FL 33431 Port St. Lucie, FL 34986

Main Line: 561-297-2023 Main Line: 772-873-3368

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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