



Director's Update

Dear CARD Families,

It has been a very busy winter and spring at FAU CARD. FAU CARD sponsored the following trainings and events: iTech Camp for Parents, Adult Social Groups, IEP trainings, Increasing Independence and Self-Help Skills, Transition Planning, Navigating the Dating World, Feeding and Nutrition, Visual Supports, Social Stories and Preparing for Community Participation. FAU CARD collaborated with many community partners including the Palm Beach School District, the Slomin Family Center for Autism and Related Disabilities for Sibshops, Palm Beach Behavioral Health and Wellness and Helping People Succeed for developmental screenings and community outreach.

The FAU CARD 5th Annual Wings of Hope Fundraiser was held on February 27th at the Addison. The event was a huge success and garnered over 160 guests and friends of FAU CARD. I want to thank the countless number of volunteers and sponsors. This event honored Tricia and Glen Stein for their longstanding support and dedication to the autism community. Thank you also to Lloyd Bucher and Michael Williams of WPTV for serving as Master of Ceremony as well as Charlene Maville and Ralph Capobianco for the creation of the inspiring video supporting FAU CARD. Finally, I want to thank the tireless and hard working Wings of Hope Committee, especially Lloyd Bucher for serving as Committee Chair, Nancy Rhodes, the rest of the CARD staff and volunteers for your hard work, dedication and countless hours contributed to make this event a success. Thank you all!

For Autism Awareness Month, FAU CARD hosted *Optimistic Parenting: Helping Parents Who Struggle with Challenging Behaviors at Home*. Over 100 families and professionals were trained by Dr. Mark Durand on effective ways to work with challenging children. The conference additionally, hosted two breakout sessions: Autism Spectrum Disorder: Talking to Children and Others About the Diagnosis and Small and Micro-Business Plans for Adults with Autism. The event was well attended and the feedback was overwhelmingly positive!

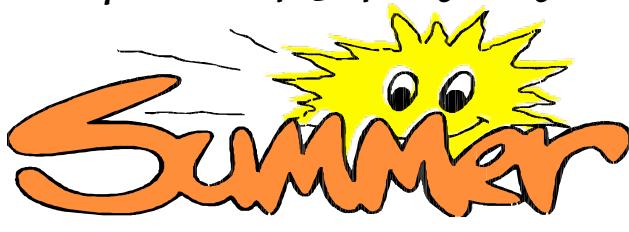
FAU CARD is sponsoring its 2nd Annual Treasure Coast Autism Awareness 5K Race and Walk at Jonathan Dickinson State Park in Martin County on May 17th with on-site registration at 6:30am and the race beginning at 7:30am. We are encouraging all of our northern Palm Beach and Treasure Coast families to come, support FAU CARD and have fun! For details, please see the event flyer in this newsletter and go to our website to register.

Finally, please plan on attending and encouraging your child's teacher and support staff to attend our Summer Academy on July 28th and 29th. This free event will be held at the FAU MacArthur Jupiter Campus in the Lifelong Learning Center from 9:00-3:00pm. We are very excited to host Dr. MaryLou Duffy, along with Sara Ward and several other exciting speakers.

Have a wonderful summer! I hope to see you at our events.

Maryellen Quinn-Lunny, Ed.S.
Director

FAU CARD Presents



Summer
2014

Camps & Programs for Special Populations

The 2014 summer camp list has been updated and is now available. You may access the list on our website, www.autism.fau.edu.

Please note that this compilation of summer camp providers is for informational purposes only. Contact the provider directly for more information when determining if a camp or program is appropriate for you, your child, or family member.

Palm Beach State's Summer Youth College offers a variety of classes for children of all ages.
Please click on the respective link for more information.



Boca Raton- www.palmbeachstate.edu/syc/boca-raton

Lake Worth- www.palmbeachstate.edu/syc/lake-worth



Palm Beach Gardens- <http://www.palmbeachstate.edu/syc/Documents/2014->



Executive Director's Update

FAU CARD and the other six CARD programs around the state of Florida have struggled for years with funding. While the number of persons with autism has increased dramatically, state funding for CARD is now at the level of 2007-2008. And even worse for FAU, as the last center to be established, we began with a reduced funding allocation and the planned equalization of funds never took place. Fortunately, as a result of determined advocacy on the part of families, all CARD centers combined hope to receive an increase. This increase will allow us to hire several new clinical support specialists, for example one staff to assist families with the transition from school to work or from high school to higher education or vocational/technical school. I want to extend my thanks to the many parents who communicated with their state legislators and shared their autism stories and told how FAU CARD helped them. In addition, a special thanks to State Representative Erik Fresen from Miami. Rep. Fresen came to the annual CARD conference, met with many families, learned of their struggles and he promised to help. He was the House champion of the CARD funding increase and he was successful. Thank you so much, Rep. Fresen.

Excitingly, there is a second area of progress for families and individuals with ASD in Palm Beach County. The Palm Beach County Commission is now re-organizing their program for children and youth. They will be establishing a new department within the county government for children and youth programming. Among the roles of this new department will be to help support the transition from school to work of young adults

with special needs. Here again, parents of young adults with autism were in the front ranks of those who made this possible. Very special thanks to Michelle Rubin, Richard Busto, Valerie Herskowitz, School Board Member Karen Brill and Darlene Foster for their efforts to educate our decision makers about the gaps in services for those nearing a transition from school to work. In addition I would like to thank Sharon Alexander from the Unicorn Foundation, Dr. Herm Fishbein from the Unicorn Village Academy, and Dr. Mary Lou Duffy from FAU for their effort on this important advocacy project. And special thanks must go to the County Commissioners who recognized the needs and voted for strengthening these programs. While we have a strong program for early intervention and for younger children in Palm Beach County, supports for adolescents and young adults are far less well developed. This has a harsh impact on many who may graduate and have no employment or educational opportunities available. These changes with the County Commission are a wonderful step forward in establishing a comprehensive array of supports for transition for young adults with autism. It is a great opportunity to work with such a motivated and talented groups of parents and professionals who care so much about helping improve the lives of people with autism. I am truly grateful to be part of this amazing community.

Regards,

Jack Scott, Ph.D.
Executive Director

FUNDRAISING

**One Day
One Community
One Way to GIVE**

Help Support FAU CARD in the Great Give!!!!

FAU CARD is participating in the GREAT GIVE!!! This 24-hour online and telephone giving event is designed to raise as much money as possible for local nonprofits as part of a nation-wide program called "Give Local America."

Your donation on MAY 6th made through the Great Give will give FAU CARD a portion of bonus funds from national and local pools – making your dollar go even further than it would on any other day. Mark your calendar to click on the link on May 6th. You will see an option on that date to designate CARD when you click on the link below...We'll be posting again on our Facebook page as a reminder...!

<http://www.greatgivepbc.org/#npo/florida-atlantic-university-foundation-inc>

One in 68: Let's Take a Closer Look

Judith Aronson-Ramos, M.D.

As I was thinking about what to write for this month's newsletter, I received a phone call from someone wanting an interview about the CDC releasing "new autism numbers." It was not until several hours later that the emails and news reports started coming in rapid succession commenting on the CDC report. I took this as my sign to write on this topic. I hope to provide parents and families with the factual information so they can make sense of the media blitz. The CDC report is part of an ongoing surveillance system that has been collecting data since 2000 through the Autism and Developmental Disabilities Monitoring Network (ADDM). The current data collected in 2010 reflects estimates of prevalence in eight year old children from eleven states (previous reports included fourteen states). The numbers are collected through a rigorous review process by trained clinicians with records from educational and health care sites. This is not an incidence study, which is an analysis of new cases over time; but rather a population-based prevalence study, which counts existing cases of ASD. The distinction may sound subtle but it's important. We don't have good incidence data in the U.S., which would tell us more about the rising numbers.

Another important background note on this study is that DSM IV terminology was used, so all cases of PDD's – Autism, Aspergers, and PDD-NOS were included. Some states allowed access to educational records, others did not. Three states were not included in this study that were in the previous study, including Florida. Hence the old and new data are not entirely comparable. This is significant if we are looking at changes over time. Additionally the states included in this study are not necessarily representative of the entire U.S. For example, Florida, California and Texas, all of which have high numbers of ASD children are not included. The current study included the following states: Alabama, Arizona, Arkansas, Colorado, Georgia, Maryland, Missouri, New Jersey, North Carolina, Utah, and Wisconsin.

Some of the findings in the new report of particular interest and worthy of action include: continued late age of diagnosis (4 years - median age is 53 months); increasing numbers of children with average to above IQs (46% of the study population have IQs higher than 85); lower detection rates in minorities; and relatively constant male to female ratio (4:1-5:1). What does all of this mean? Why does it matter? Without going into too much detail about limitations of the study, I think the big take-away messages are: 1) ASD numbers continue to climb; 2) we are seeing the biggest increases in children with average to above IQ; 3) minorities are still underrepresented; and 4) the male to female ratio remains constant.

Despite the arguments about study design flaws, case ascertainment questions, and study conclusions, I think it's important to use what we can from this data. The fact that we have growing numbers of cognitively-able ASD children is highly relevant to the educational services available. These higher-functioning children often go unserved and fall through the cracks. They are frequently in mainstream classroom without supports. Maybe this data will help improve the availability of services for this group of children.

Secondly, early detection is still not happening. We need to know why. Lack of funding? Lack of knowledge? We must catch kids before age 4.5 and begin early intervention as soon as possible. The CDC report should provide more information to fuel this effort. Thirdly, the lack of case numbers in minorities needs further study. If a lack of services is the cause, as many suspect, we need to identify how to better serve this community.

The ADDM reports from the CDC are also political in nature and can drive funding and services for our ASD children, teens and adults. Understanding what the numbers mean and how they may be used is important for all of us. To read the actual studies go to the following link: <http://www.cdc.gov/ncbddd/autism/data.html>

To learn more about Dr. Aronson-Ramos and provided services, please visit:
www.draronsonramos.com

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

FAU CARD Presents...

iTechnology Camp



Do you own an iPad, iPhone, or
iPod Touch?

Are you interested in learning how your iDevice
can help your child or student with ASD?

FAU CARD is continuing its series of workshops that are aimed at introducing participants to iDevice features and apps that may be helpful in promoting deficit skills. This summer's series of workshops is intended to help parents and professionals use their iDevices more functionally and will preview apps designed for children developmentally between 5 and 11 years of age.

Due to limited access to devices, it is recommended that participants bring their own iPad, iPhone, and/or iPod Touch.

Trainings will be held on Saturdays. Child care will be provided, therefore **registration is mandatory**.

Summer 2014 dates and topics:

May 10 - Orientation to the iDevice and Helpful Features

June 28 - English/Language Arts/Social Studies

July 26 - Math & Science

August 23 - Writing, Social Learning, & Productivity Tools

10:00 AM - 12:00 PM

FAU Boca campus, College of Education, Room 411

To register, please contact Elisa Cruz-Torres at ecruz4@fau.edu or 561-235-9078



IN THE NEWS...**Ernie Els Center Breaks Ground in Jupiter**

The Center for Disease Control (CDC) came out on March 28, 2014 with the latest prevalence statistics for Autism Spectrum Disorder (ASD). According to estimates from the CDC's Autism and Developmental Disabilities Monitoring Network, the prevalence rate of ASD is now identified as 1 in 68, with 1 in 42 for boys and 1 in 1,189 girls. As the incidence of ASD grows so must resources. On March 10th, the Ernie Els Foundation broke ground for their new state-of-the-art center in Jupiter, serving individuals with ASD from ages three through adult.

The center will serve pre-school children, school-age students, and adults with ASD by providing a full continuum of services including classroom instruction in academics, social skills, recreation and leisure, Applied Behavioral Analysis, Speech and Language therapy, Occupational Therapy, Physical Therapy, as well as instruction and support in employment. The center is being developed in phases according Richard Bustos, President of the Autism Project of Palm Beach County (APPBC), which is the fundraising arm of the Renaissance Learning Center and Renaissance Learning Academy. The plan is to move the Renaissance Learning Center Charter school, serving students from ages 3-14, to the new location on the Ernie Els campus in 2015. The Renaissance Learning Academy Charter school will move to the campus in the Fall of 2016 under phase two. Phase three will provide Diagnostic and Assessment Services, Early Intervention, Occupational Therapy, Physical Therapy, Applied Behavioral Analysis Therapy, and Speech and Language Therapy. Much-needed adult services are planned for phase four of the project. Plans also include a conference center and auditorium with a digital platform. This will connect with research centers and schools across the country and internationally to share information and evidence-based practices.

The needs for adults with ASD are receiving increasing attention and concern, as the prevalence rate increases and as individuals with ASD are exiting from school systems. The goal of the PPAC adult program entitled LEAP (Living Exceptionally Adult Program) is to provide opportunities for meaningful competitive employment in the community for adults with ASD. A full continuum of employment services will be offered, from on-campus employment to supportive competitive employment. The LEAP program will look at individual needs, challenges, strengths, interests and barriers to employment, providing job coaching; independent living skills training; transportation training; recreation and leisure; and; eventually, supportive housing as needed. Initially there will be a fee for services, but the LEAP program hopes to become a Medicaid and MedWaiver provider.

Dr. Siva Korukonda, Board Certified Behavior Analyst with ten years of experience working with individuals with severe challenging behaviors is the new Program Manager for LEAP. Dr. Korukonda is currently working with the Renaissance Learning Academy and Center building upon existing services and supports and developing partnerships with various community businesses. Additionally, Stephanie Santoro, M.S.W., and Board Certified Behavior Analyst, is presently conducting weekly social skills instruction and support with a group of registered adults.

Survey Assesses Need of Adults on the Spectrum

The Autism Project of Palm Beach County and the LEAP program is interested in your feedback. Please take a few moments to fill out this survey sponsored by the Autism Project of Palm Beach County (APPBC). APPBC is assessing the needs of adults with ASD in Palm Beach County and your answers will be beneficial in addressing these areas. Click to access the survey: www.appbc.org/survey/survey.htm. For additional information on LEAP (Living Exceptionally Adult Program) please see their website: www.appbclearp.com

Law Enforcement and Safety Conference Scheduled for June 10th

We have many concerns regarding our children. Will they be happy? Will they be successful? What kind of job will they hold? The list goes on. Among these questions is perhaps the most important: how do I keep my child safe? This is especially true for those parents who have a child with autism. Wandering, elopement and the associated risks and hazards are of paramount concern for those of us parenting a child with autism. The risks and hazards include drowning, traffic dangers, environmental concerns, and abduction. What do we do to protect our children? First and foremost we hope that law enforcement officers and first responders are able to handle our kids, who, often, present challenging behavior. Do they have any training in this area? Are they aware of the characteristics an individual with autism may exhibit? These are valid concerns and this summer FAU CARD, in collaboration with Autism Risk and Safety Management and Indian River State College's Law Enforcement Academy, will present an educational opportunity for law enforcement officers, first responders and parents to increase their knowledge of individuals with an autism spectrum diagnosis.

On Tuesday, June 10, 2014, at Indian River State College Law Enforcement Academy located in Fort Pierce, a law enforcement and public safety conference will be held from 1pm-5pm. From 5:30pm – 7:30pm a parent component will be offered. Parents will receive safety and risk management basics and also be able to attend the parent panel consisting of public safety professionals, a CARD clinician, and a representative from Autism Risk & Safety Management.

We look forward to this collaboration with Indian River State College and the opportunity to bring this valuable training opportunity to the Treasure Coast.

| Boca Raton & Treasure Coast Groups | Date | Time |
|--|------------------------------|--|
| Boca Raton 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. This group meets at the FAU High School or in the community. | 5/19 6/16 7/21 8/18 | 7:00 - 8:30 PM 7:00 - 8:30 PM 7:00 - 8:30 PM 7:00 - 8:30 PM |
| Treasure Coast Adult Group- Community Outings | | |
| Adults with an autism spectrum disorder ages 18 and older are welcome. The group will meet at various community locations to discuss issues, problem solve and form friendships. Locations will be determined prior to outing date. For questions, please contact Cathy Allore, Clinical Support Specialist, at (772) 873-3367 or callowe@fau.edu . | 5/15 6/12 7/10 8/14 | 7 - 8:30 PM 7 - 8:30 PM 7 - 8:30 PM 7 - 8:30 PM |

Trainings & Parent Networking Opportunities

All trainings will be available online

Connect to all trainings by emailing card@fau.edu for details.

Training Series: iTechnology Camp

FAU Boca Raton, College of Education, Room 411

Orientation to the iDevice and Helpful Features

5/10

10:00 - 12:00 PM

English/Language Arts/Social Studies

6/28

Math & Science

7/26

Writing, Social Learning, & Productivity Tools

8/23

An Introduction to Social Stories: How to make them and when to use them

***Online only**

This training will provide a general introduction to social stories/scripts, suggest appropriate situations in which they can be useful, and explain how to carefully choose language and images to enhance the effectiveness of the stories. Examples and additional resources will be provided.

5/13

12:00-1:30 PM

What Works? Evidence-based Standards in Autism Treatment

FAU Jupiter, Education Classroom, Room EC 201

Families and professionals are often bombarded by confusing and often conflicting information about the treatments available to children and adults with autism spectrum disorders. This training will help to inform families and professionals on how to make treatment choices based on current information on the effectiveness of different treatments.

5/30

12:00 -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.

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

Trainings & Parent Networking Opportunities

All trainings will be available online

Connect to all trainings by emailing card@fau.edu for details.

| | Date | Time |
|---|------|-----------------|
| <p>Building with Blocks to Build Baby's Language Skills: Using Play to Develop Communication</p> <p>FAU Boca Raton, College of Education, Room 411</p> <p>Everyone knows that children like to play, but did you know that play is essential to the development of language skills in young children? This workshop will review ways that parents of babies and toddlers ages 9 months to 3 years can strategically use play to help build their child's communication skills.</p> | 6/6 | 11:00AM-12:30PM |
| <p>Treasure Coast Law Enforcement Conference-Parent Education Component</p> <p>Indian River State College, 4600 Kirby Loop Rd., Ft. Pierce</p> <p>Registration Required: Call 772-8730-3367 or callore@fau.edu</p> <p>Parents will learn basic information on addressing risk and safety of their family member with autism spectrum disorders. They will also be able to interact with professionals on in a panel discussion about risk and safety of individuals on the autism spectrum.</p> | 6/10 | 5:30PM-7:30 PM |
| <p>Increasing Comprehension of Readers with Autism Spectrum Disorder</p> <p>FAU Jupiter, Education Classroom, Room EC 201</p> <p>This training is intended for parents and educators working with children who demonstrate difficulty with reading comprehension. The training will increase awareness of why readers with ASD struggle with comprehension and provide strategies and resources to develop these essential skills</p> | 6/20 | 11:30AM-1:00PM |

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Trainings & Parent Networking Opportunities

All trainings will be available online

Connect to all trainings by emailing card@fau.edu for details.

Date

Time

Power of Positivity: Using Cognitive Behavioral Strategies to Help You and Your Child

FAU Boca Raton, College of Education, Room 411

Would you like to learn ways to help yourself and your family member with ASD cope with challenging situations? If so, this training is for you. The training will review techniques of cognitive behavioral therapy that you can use at home that will help you thinking differently and more effectively about how to handle daily challenges.

7/11

12:00PM-1:30PM

Making and Keeping Friends

***Online only**

Participants will learn the essential skills for teaching friendship skills to children, adolescents and adults with autism spectrum disorders. Parents, professionals and individuals with autism are welcome to participate and will gain skills to help with finding social opportunities, joining conversations, dealing with disagreements and teasing and more.

7/17

12:00PM-1:30PM

Addressing Body Changes and Physical Development with Individuals with Developmental Disabilities

FAU Boca Raton, College of Education, Room 411

Presented by Mona Nasser, supervisor of the Special Gals program and parent support group at UM-NOVA CARD. Participants will be provided with strategies and tools for addressing “coming-of-age” changes with their child with ASD or related disabilities. A sensitive but important subject, this training will highlight how to discuss physical and sexual changes boys and girls encounter when entering puberty. Vision plans and goal checklists will also be developed as further supports for attendees.

8/1

2:00PM-4:00PM

REGISTRATION IS REQUIRED FOR ALL EVENTS.

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

Trainings & Parent Networking Opportunities

All trainings will be available online

Connect to all trainings by emailing card@fau.edu for details.

Date

Time

Managing Anxiety in Children with High-Functioning ASD: An Overview of Research-based Strategies to Help Children Conquer Their Fears

FAU Boca Raton, College of Education, Room 411

Researchers estimate that as many as half of all children diagnosed with an Autism Spectrum Disorder also have significant difficulties related to anxiety. This training for professionals and parents will review the research on anxiety and ASD, and will focus on scientifically supported treatment to minimize anxiety in children and adolescents with high-functioning ASD.

8/15

11:00AM-12:30PM

Written Expression Challenges: Strategies for supporting struggling writers with Autism Spectrum Disorder

FAU Jupiter, Education Classroom, Room EC 201

This training will provide parents and educators information on why children with ASD may struggle with written expression tasks and identify ways to develop both essential skills and confidence in young writers

8/22

11:30AM-1:00PM

Self-Determination

***Online only**

Participants will learn how to teach individuals with disabilities how to make things happen in their own lives. Strategies to teach self-determination skills to individuals with disabilities will be shared.

8/26

2:00PM-3:30PM

REGISTRATION IS REQUIRED FOR ALL EVENTS.

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



FAU CARD NEWS



Hello to all in the FAU CARD community! I am very excited to have recently joined the FAU CARD team as a Clinical Support Specialist. My name is Jennifer Sanderson, and I will be working from the FAU Boca Raton campus to provide support and training to individuals with ASD and their families, teachers, and other professionals who work with them. I am also a Licensed Clinical Psychologist, and bring specialized experience and training in the diagnosis and treatment of ASD to my new role at FAU CARD.

I am a native Floridian, and have lived in South Florida for most of my life. Prior to joining the FAU CARD team, I completed Master's and Doctoral degrees in Clinical Psychology from Nova Southeastern University, and undergraduate degrees in Psychology and Spanish from University of Florida. Through my graduate training and clinical rotations working with children and families through Easter Seals and the UM Mailman Center for Child Development, as well as providing respite care to children with developmental disabilities through ARC Broward, I found my perfect niche. The children with ASD and their families who allowed me into their lives inspired, moved, and challenged me to dedicate my career to learning about ASD and helping to bring best-practice treatment, diagnostic practices, and research to the ASD community. I completed a psychology internship specializing in developmental disabilities at the UCLA Semel Institute for Neuroscience and Human Behavior. Following the internship, I had the opportunity to continue at UCLA in the PEERS® Clinic, Children's Friendship Program, and other clinics helping to provide, develop, test, and disseminate evidence-based treatments that help children, adolescents, and young adults with ASD. During my postdoctoral residency, I also provided early intervention services to toddlers and their parents and developmental evaluations for young children.

In my role as Clinical Support Specialist at FAU CARD, I hope to use these experiences as a clinician and researcher to support the ASD community in South Florida, and help make best-practice models accessible to everyone. A happy, meaningful, and productive life within the community, alongside people who are aware of, understand, and accept those with ASD is something that *everyone* deserves. I look forward to meeting all of you and many great experiences with FAU CARD!

FAU CARD's Summer Academy...

This year's Summer Academy, July 28th & 29th, is at FAU's MacArthur Campus in Jupiter in the Lifelong Learning Center. Featuring dynamic keynote speaker, Mary Lou Duffy, Ph.D, and Sarah Ward, M.D., CCC/SLP, Dr. Duffy earned her degree in Special Education, and is actively engaged in research on improving teacher education, transition from school to work, and mentoring. She teaches courses in classroom management, assessment, collaboration, transition and special education. She will be presenting on "Strategies to Enhance Learning in the General Education Classroom."

Sarah Ward M.D., CCC/SLP, has over 15 years' experience in diagnostic evaluations, treatment and case management of children. Her presentation is entitled "Strategies to Improve Executive Functioning Skills."



FAU Children's Friendship Training



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



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

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.

When will the group occur?

The treatment is 12 weeks long and meets every Wednesday afternoon from 5:00 p.m. to 6:15 p.m. during the summer.

Where will the group occur?

The group will be held at the FAU Boca Raton campus at AD Henderson/ FAU High School.

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.

Now enrolling for summer and fall groups.

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

For more information, contact Jennifer Sanderson, Psy.D. at 561-235-9342 or jsanderson@fau.edu

TREASURE COAST NEWS

Camp ABLE of Martin County

The Able Summer Camp program is offered throughout the entire summer and includes physical games, activities and interaction in a stimulating environment, to include canoeing, swimming, horseback riding, as well as computer and other educational activities in a behaviorally based curriculum.

When: June 11th – August 13th, 2014 8:30am – 4:30pm

Where: Charles Leighton Park 2701 SW Cornell Ave, Palm City, FL

Registration package and payment must be returned to the ARC of Martin County by Friday, May 16, 2013 to ensure a spot for your child. ARC of Martin County is located at 2001 S. Kanner Hwy. in Stuart, FL.

Puzzled Families of Indian River

Puzzled Families is a parent support group that meets to provide support and information for parents of individuals with autism spectrum disorders. Rebecca Lucas Everett, Organizer 772-473-5331

When: 2nd Monday of each month from 6:00PM– 8:30PM



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

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

Disability Support Network of the Treasure Coast

Disability Support Network is a parent support group meeting in St. Lucie County to provide support and information for parents of individuals with special needs. For more info: Meg Ponte 772-284-9645 or Diane Ciccarelli 772-708-4883

When: 3rd Thursday of each month from 6:00pm-8:00pm

Where: Applebee's on the corner of Port St. Lucie Blvd and US Hwy. 1

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

The PEER Group of Indian River



For more information contact: peergroupofindianriver@gmail.com

Call for meeting times and location.

Nancy Moody, Founder: 772-770-0683

TREASURE COAST NEWS CONTINUED

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

Meets in Martin County at Covenant Fellowship on Astor Lane. For More info:
Rhonda Oksman, Founder/Facilitator 561-818-5566 or rhonda.oksman@gmail.com

Coming to St. Lucie County this Summer!

Treasure Coast Autism Law Enforcement & Public Safety Conference

Sponsored by: The FAU Center for Autism and Related Disabilities and
Autism Risk and Safety Management
in Collaboration with
Indian River State College's Law Enforcement Academy

Date: Tuesday, June 10, 2014
4600 Kirby Loop Road, Fort Pierce, FL 34981

For Law Enforcement/First Responders: Education Session,
1:00pm-5:00pm

For Parents: Informational Panel of Law Enforcement Professionals and
First Responders, 5:30-7:30pm

Registration is Required: 772-873-3367 or callore@fau.edu



Make Sure You Get Your Team Together and Register for FAU CARD's Second Annual Autism Awareness Walk!

Click here to Register! www.eventbrite.com/e/2nd-annual-treasure-coast-fau-card-autism-awareness-5k-race-walk-registration-11054810235



Calling all Runners & Walkers...
join us for the
**2nd Annual Treasure Coast
FAU CARD Autism Awareness
5K Race & Walk
Saturday, May 17th (7:30am)**
at
**Jonathan Dickinson State Park
16450 SE Federal Hwy., Hobe Sound 33455**



FAMILY PERSPECTIVES

Making a Place for Sibs

by Megan Allore

Can you name at least one organization dedicated to supporting individuals with autism. (Hint: CARD is one of them)! Can you name three? What if we expand this experiment to include any developmental disability or unique health concern? Can you name a dozen? Millions of Americans are diagnosed with developmental disabilities, mental health issues, and special health concerns, and it's a pretty safe assumption that most of them have at least one typically developing sibling. Unfortunately, most organizations provide next to no information online or in print for siblings.

There is one organization in the US—the Sibling Support Project—that is dedicated solely to supporting siblings and educating parents and service providers about unique concerns and opportunities for siblings. That organization is staffed by one man, Don Meyer, who travels the U.S. and abroad to train others to facilitate Sibshops, which are fun workshops designed for child and adolescent sibs. Don recently visited the Slomin Center in Delray Beach to give this two-day training co-sponsored by CARD. I was lucky to attend and participate in an adult sibling panel and the Sibshop simulation with the other sibs, both child and adult.

On day one, Don shared a lot of content and research about the kinds of things sibs have in common and what the research (albeit limited) shows about the effects of having a sibling with special needs. At many points on that day, it was like hearing a biography of my life. So many of the concerns (parent aging, guilt for having my own life separate from my brother Ian, embarrassment, stress) and opportunities (maturity, resilience, expanded capacity for empathy) resonated so closely to my experiences growing up with Ian. The adult sibling panel reinforced these revelations as the other five adults took the words out of my mouth describing their lives and sibling relationships. The most important thing about the Sibshop is that we had a blast, and that's really what Sibshops are all about. For some of the sibs, their lives are full of thinking about and caring for their sibling with special needs, and although we talked about some of those feelings and experiences, the point of the Sibshop is to be a space to have fun as kids.

This training came full circle on Saturday, April 12, when another adult sib, Sylvia, and I facilitated our own Sibshop at the annual CARD Family Connections Conference. Over the course of the day, I learned two things: **1)** Eight-year-old boys have unrelenting energy for hours at a time, and **2)** When asked about their siblings with special needs, sibs show an incredible amount of insight, empathy, and understanding. This second point can't be underscored enough. Parents often ask me when I realized that my brother was different or when I figured out my life wasn't the same as my friends' lives. Truthfully, I never had another reality other than one that included my brother. Sibshops help connect kids to peers who are going through the same stuff and normalizes their experiences. Again, it's also a space just for them, a rare occurrence in a life that seems to revolve around the child with special needs.

Through the Sibling Support Project, Don moderates Yahoogroups and closed Facebook groups for children, teens, and adult sibs. Since the training, I've been following the adult group, and it's both heartbreak and amazing when an adult sib finally finds us and posts that he or she has never connected before to other sibs. Their posts are full of pain from years of isolation and express hope that they are now in a place of understanding and support. My wish is that no sibling will ever have to bear the pain, guilt, and fear alone for so long. Sibshops and the other resources supplied from the Sibling Support Project make that wish a reality. The next step is for siblings, parents, service providers, and self-advocates to request and demand representation for sibs on websites, print materials, and services to ensure the person who is likely to have the longest and most loving relationship with the family member with special needs, has the resources to cope and flourish. For more info on the Sibling Support Project, please visit www.siblingsupport.org

FAMILY PERSPECTIVES CON'T

5 Tips for Brothers & Sisters

by Kelly Everson, Ph.D., of Palm Beach Behavioral Health and Wellness

- 1.** Remember that you are not alone! Every family is confronted with life's challenges... and yes, autism is challenging...but, if you look closely, nearly everyone has something difficult to face in their families.
- 2.** Be proud of your brother or sister. Learn to talk about autism and be open and comfortable describing the disorder to others. If you are comfortable with the topic...they will be comfortable too.



- 3.** If you are embarrassed by your brother or sister, your friends will sense this and it will make it awkward for them. If you talk openly to your friends about autism, they will become comfortable. But, like everyone else, sometimes you will love your brother or sister, and sometimes you will hate them. It's okay to feel your feelings. And, often it's easier when you have a professional counselor to help you understand them – someone special who is here just for you! Love your brother or sister the way they are. While it is OK to be sad that you have a brother or sister affected by autism it doesn't help to be upset and angry for extended periods of time.

Your anger doesn't change the situation; it only makes you unhappier. Remember your Mom and Dad may have those feelings too.

- 4.** Spend time with your Mom and Dad alone. Doing things together as a family with and without your brother or sister strengthens your family bond. It's OK for you to want alone time. Having a family member with autism can often be very time consuming, and attention grabbing. You need to feel important too. Remember, even if your brother or sister didn't have autism, you would still need alone time with Mom and Dad.

- 5.** Find an activity you can do with your brother or sister. You will find it rewarding to connect with your brother or sister, even if it is just putting a simple puzzle together. No matter how impaired they may be, doing something together creates a closeness. They will look forward to these shared activities and greet you with a special smile.

Check out our website for more info: www.pbbhw.com

Some of this material was adapted from Autism Speaks.

Palm Beach Behavioral Health and Wellness is excited to host



Where: Palm Beach Behavioral Health and Wellness
345 Jupiter Lakes Blvd, Suite 302A, Jupiter, FL 33458

When: Saturday, June 7, 2014 10:00am-1:00pm

Who: brothers and sisters between the ages of 8-13 years old who have a brother or sister with special needs (Autism, Asperger's, ADHD, Anxiety, Depression, learning or intellectual disabilities, chronic medical concerns)

Call to register by May 25. 561.429.2397
Visit website for more information! www.pbbhw.com

Cost is \$35 per child, includes lunch

**ASK EPPY**

Common Assets to Review

As you may know, having more than two thousand dollars in assets in the name of a person with a disability will disqualify that person from their government benefits. It is often a tiresome process to attempt to figure out on your own what you may need to re-evaluate in order to make sure your documents are in proper order.

Here is a list of documents to get you started:

- Life Insurance: remember, you may have a policy through your employer
- Annuities
- IRA's or 401k's or other retirement benefits
- Savings Bonds
- Property
- Inheritances
- Cash gift or any gift
- Bank Accounts
- Real Estate
- Collectibles, antiques, jewelry
- Personal Injury or wrongful death proceeds, or for that matter proceeds from any type of law suit
- Homestead laws that give the surviving spouse a life estate and the minor children a vested interest (as is the case in Florida in certain instances)
- Final paycheck
- Deeds
- Accidental death or travel insurance benefits provided through credit cards when a plane ticket is purchased using that card, etc.
- State mandated distribution of an estate without a will

These assets should be reviewed to make sure they will not be paid or given directly to the individual with special needs. In most cases a special needs trust can be used to hold these assets for the benefit of the individual with special needs. There is much to know about trusts: which type to choose, how to fund it, who will manage it, how funds are dispersed, and more. But it can be one of the most valuable tools you put into place to ensure the ongoing care and well being of the person you care for -- for many years to come.

Joseph Eppy, President of The Eppy Group is dedicated to helping families with special needs and can be contacted at j.eppy@eppygroup.com or by calling 954-271-7888



Thank you!

We would like to express our most sincere gratitude to all of the families, professionals and sponsors who contributed to our Wings of Hope Fundraiser honoring Tricia & Glen Stein

Our Sponsors:

The Eppy Group

First Capital

The Harry T. Mangurian Foundation, in Memory of J. Ernest Brophy

The Stein Family

Whole Foods Market ~ Boca Raton



Honorees Tricia and Glen Stein and their sons, Levi and Jordan.



*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.

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



CONTACT US

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