


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



Director's Update

Dear CARD Families,

Thank you for all your unwavering support and collaboration with FAU CARD. It has been wonderful to meet so many of you at our various events. You are truly an inspiration to all of us!

The FAU CARD 3rd Annual Wings of Hope Cocktail Reception was held on March 10 at the new FAU Football Stadium Premier Club. The event was a huge success and garnered over 150 guests and friends of FAU CARD. I want to thank the countless number of volunteers and sponsors. This event honored Judi and Craig Donoff for their longstanding support and dedication to the autism community. Additionally, Glen Stein, Fran and Joe Eppy, the Unicorn Foundation, the Dan Marino Foundation and Sandy Slomin were honored for their very generous support to FAU CARD. Thank you also to Susan Lebersfeld for her inspiring words. Finally, I want to thank the Wings of Hope committee members and staff for their hard work, dedication and countless hours contributed to make this event a success. Thank you all!

FAU CARD has established a Parent Advisory Committee for the purposes of obtaining feedback from parents in a variety of areas. The Parent Advisory Committee is representative of our five-county catchment area and will meet at least twice a year. Please be on the look out for

the link to our Parent Survey that will be shared with you in May. The information obtained from this survey will help us to ensure we are conducting the type of activities, trainings, events, etc. that are of interest to you and offered at the most convenient time. Please take a moment to complete the survey; your feedback is important to us!

Finally, please plan on attending and encouraging your child's teacher and support staff to attend our Summer Teacher Academy on July 30 and 31. The event will be held at the FAU Jupiter Campus in the Lifelong Learning Center from 9 - 4 PM. We are very excited to host Dr. Tim Knoster, a renowned speaker on utilizing Positive Behavioral Support strategies in the classroom, as well as Dr. Elizabeth Laugeson, founder and director of the UCLA PEERS clinic providing parent-assisted social skills training for adolescents and young adults. Please see our website www.autism.fau.edu for additional information on this training event and others sponsored by FAU CARD.

Have a wonderful summer! I look forward to seeing you at our events.

Maryellen Quinn-Lunny, Ed.S.
Director

Save the Date!



FLORIDA ATLANTIC UNIVERSITY 

Summer Academy

July 30 - 31, 2012

9:00 a.m. - 4:00 p.m.

FAU McArthur Campus @ Lifelong Learning Center



Monday, July 30:

Tim Knoster, Ed.D. Associate professor of Exceptionality Programs at Bloomsburg University and renowned speaker on utilizing Positive Behavior Support strategies in the classroom.



Tuesday, July 31:

Elizabeth Laugeson, Psy.D. Founder & Director of UCLA PEERS Clinic, providing parent-assisted social skills training for adolescents and young adults with Autism Spectrum Disorders, as well as youth with ADHD, depression, anxiety, and other social impairments.

Afternoon **Breakout Session** topics will include: literacy, iPad features & apps, social skills instruction, development of school-wide social-communication supports and more.

Register to attend by contacting us at card@fau.edu or 561-297-2055. CEUs will be available for BCBA/BCABAs and teacher in-service points.

Making Waves

FAU
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Executive Director's Update

Dear CARD Families,

As many of you may be aware, FAU CARD is partially funded by the State of Florida. However, these funds fall far short of our actual needs. Regional donors, supporters and fundraising events help make up the difference.

This year, we received some good news with the Florida legislature. The statewide CARD programs received an increase of 10%. This may be more of a restoration of funds as we have lost over 30% of our budget in the last three years. Nevertheless, we are thankful and especially grateful to some special regional legislators who helped CARD, including Senator Joe Negron and Representatives Gayle Harrell, Patrick Rooney, and Ari Porth. Many others helped to bring the importance of CARD, and its support to the autism community, to the forefront and our thanks go out to them all.

Our biggest fundraiser, Wings of Hope, was held March 10 at the FAU Football Stadium Premier

Club. This cocktail reception was a great success. We honored Boca area friends and supporters of CARD, Judi and Craig Donoff. Major sponsors included Fran and Joe Eppy from Eppy Financial, Tricia and Glen Stein of First Capital, and Sandy Slomin, founder of the Slomin Family Center for Autism. Many more generous supporters came out that night to help us raise over \$42,000. We look forward to our next fundraiser, our 3rd annual 5K Walk/Run, to be held on October 21 which serves as a great time for all children and their families.

I know these are difficult financial times for many families. Things have been, and will continue to be, difficult for us here at FAU CARD but we are committed to providing you with continued assistance and guidance.

Sincerely,

Jack Scott, Ph.D.
Executive Director





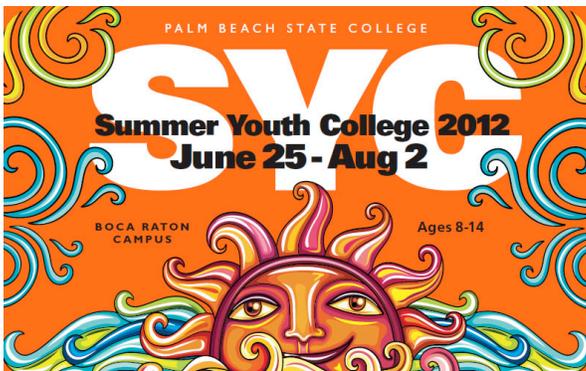
Camps & Programs For Special Populations

Annually, FAU CARD compiles a list of regional camps or programs as provided from a variety of sources including providers, websites, and agencies. You may access this list on our website, www.autism.fau.edu.

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

If you are a provider and would like to be added to the list, please email your information to card@fau.edu

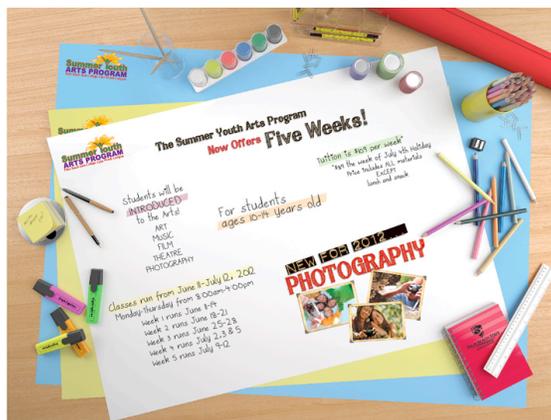
Palm Beach State's Summer Youth College offers a variety of classes for children 7 - 14 years of age. Please click on the respective link for more information.



Boca Raton- www.palmbeachstate.edu/x2271.xml



Lake Worth- www.palmbeachstate.edu/x2272.xml



Palm Beach Gardens- www.palmbeachstate.edu/x2270.xml



Will Medication Help My Child or Teen with ASD?

Judith Aronson-Ramos, M.D., FAAP

Estimates indicate that approximately 50% of children with ASD take medication. It is important that parents consider the purpose and possible outcomes with medication if they ever consider this option. As we all know educational interventions, behavioral therapy, and speech and occupational therapies are the mainstay of treatment. Many parents dabble in dietary interventions, supplements and alternative therapies as well. However, when it comes to medication, parents are often divided as to whether they should consider this treatment. Of course, it is not. Any family considering medication for a behavioral or cognitive purpose faces the same set of concerns and challenges which I will outline below.

What role will medication play in my child's treatment?

With ASD, medication can curb or regulate challenging behaviors. Medication may also provide an opportunity to overcome a stumbling block to progress in educational and behavioral treatments. For example, many children with ASD have difficulties with self regulation, attention, and distractibility. We frequently use medication for ADHD "off label" for children with ASD to help in these areas. These are the most common medications utilized and have mixed benefits – about 50% of children respond well and do much better, the other half do not. These are not the greatest odds but many parents are willing to try, as a medication trial is the only way to know who will benefit and who will not.

Another common group of medications trialed are the atypical antipsychotics such as Risperdal and Abilify. These medications are actually FDA-approved for the treatment of irritability and self-injurious behaviors associated with autism. Some related studies have proven positive results in improving these behaviors. However, these medications can potentially have serious side effects and so they need to be considered carefully.

Will medication harm my child?

This is a concern for every parent of a child taking medication regardless of their underlying problem. Any time medication is considered the clinician should be working closely with the family to weigh risks and benefits. Risks may include known side effects of a given medication such as

weight gain, disturbance of sleep, problems with mood and other concerns. The benefits are quite often obvious in cases of clinical success where a child is more adaptable, functional at school and at home, and their lives have been improved.

How long will my child need to be on medication?

This is always impossible to determine. However, trialing a medication does not commit a family or a child to any specific duration of treatment. Some medication may need to be weaned if discontinued and others can be stopped abruptly. The duration of treatment is always a choice and seeing as children are continually developing and changing as they mature, their baseline functions, behaviors and medication needs also change. Use of medication is a dynamic process and, with the help and guidance of your clinician, medicines can be adjusted or discontinued based on what the greatest benefit to your child will be.

What about the costs of medication?

For many families this can be a stumbling block depending on insurance and coverage plans. Today, there are many options, including generics, that help us overcome this obstacle when it arises.

Can medication cure autism? Do I have to try medication for my child at some point?

The answer to both of these is unequivocally no. We do not have a medication that will change the course of autism. We do have medication that can improve target symptoms and behaviors characteristic to individuals with autism, but clearly not all. For parents who do not see a role for medication in their child's treatment plan that is perfectly acceptable. The most important thing for parents is to be informed so they can make the best possible choice on behalf of their child. As young adults with ASD reach maturity, many are capable of making their own decisions about medication and whether or not they feel their lives may be enhanced by their use. It is extremely common for high functioning young adults to use medication to manage anxiety and compulsive behaviors and help them cope with life's stressors.

For more information, read the Autism Speaks decision paper at http://www.draronsonramos.com/documents/medicine_decision_aid.pdf

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

Boca Raton - Groups & Trainings / Parent Networking

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

Connect to all trainings live online by emailing

card@fau.edu for details.

	Date	Time
<p>Adult Group</p> <p>Adults with an autism spectrum disorder ages 18 and older are welcome. The group meets to discuss issues, problem solve and form friendships.</p>	<p>5/21 6/18 7/16 8/20</p>	<p>7 - 9 PM 7 - 9 PM 7 - 9 PM 7 - 9 PM</p>
<p>iPad Features and Applications</p> <p>Presenter will educate parents and professionals on iPad accessibility features and apps which focus on developing areas of communication, social skills, behavior management, and more.</p>	<p>5/18 7/20</p>	<p>11:30 AM - 1:30 PM 11:30 AM - 1:30 PM</p>
<p>Toilet Training</p> <p>Parents, caregivers and professionals will learn the basic strategies to begin teaching their child or student the process of potty training.</p>	<p>6/8 7/13</p>	<p>11:30 AM - 1:30 PM 11:30 AM - 1:30 PM</p>
<p>Behavior Basics</p> <p>Participants will learn basic behavior management strategies that can be used in the home and the community to promote positive behaviors.</p>	<p>6/22 8/3</p>	<p>11:30 AM - 1:30 PM 11:30 AM - 1:30 PM</p>



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](mailto:card@fau.edu) TO REGISTER FOR EACH EVENT.

Treasure Coast - Groups & Trainings / Parent Networking

****Trainings will be held live via web on Adobe Connect.****

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

Date

Time

Adult Group- Summer Outings

Adults with an autism spectrum disorder ages 18 and older are welcome. The group meets to discuss issues, problem solve and form friendships. Adult Group will meet at various community locations. Specific information will be forthcoming.

5/16

7 - 8:30 PM

6/20

7 - 8:30 PM

7/18

7 - 8:30 PM

8/15

7 - 8:30 PM

Toilet Training

Parents and professionals will learn about blending of evidence-based early intervention approaches to respond to a child's individual needs.

6/14

10:00 AM - 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.

6/21

10:00 AM - 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.

7/12

10:00 AM - 11:30 AM

Behavior Basics

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

7/19

10:00 AM - 11:30 AM



REGISTRATION IS REQUIRED FOR ALL EVENTS.

ALL GROUPS AND TRAININGS ARE SUBJECT TO CANCELLATION DUE TO LACK OF REGISTRATION.
PLEASE CALL 772-873-3367, 772-873-3422, OR E-MAIL [CARD@FAU.EDU](mailto:card@fau.edu) TO REGISTER FOR EACH EVENT.
FAU CARD does not endorse specific programs or points of view presented in this newsletter.

**NEW TO THE REGIONAL
AUTISM COMMUNITY**

In this section we feature providers, organizations, agencies or individuals who are new to the area and new to serving the specialized needs of children with autism. Please note, we are not endorsing but rather helping to welcome these new services to the regional autism community.

For newcomers wishing to be noted in this section, please contact Dr. Jack Scott via email at jscott@fau.edu.



**Support for the Autism Spectrum Group
Social Skills Program**

A social skills program for children, ages 8 to 14, who are able to benefit from lessons targeted at making and keeping friends, reading social cues and identifying the perspective of others, promoting cooperative play, identifying and verbalizing feelings, improving communication skills, behavior modification, making connections between feelings, thoughts and behavior, and more!

Program facilitator, Dr. Eric Nach, has over 20 years experience working with children with special needs and their families. This program will be held at Don Estridge Middle School located at the southeast corner of Military Trail and Spanish River Blvd. in Boca Raton.

For more information, please visit:
www.supportfortheautismspectrum.com, email:
ejnach@gmail.com or call (954) 290-4612.

**Prepared Meal Delivery & Healthy Meal
Plan Serving South Florida**

Serving South Florida, DeliverLean™ offers meals that not only satisfy the toughest critic, but provide perfectly-balanced nutrition, fueling wellness and productivity.

Created by master chefs and balanced by doctors and nutritionists for optimum health, weight loss or weight maintenance. DeliverLean™ offers five different meal plans to serve many needs:

Traditional Weight Loss Plan
Paleo Plan
Gluten Free Plan
Organic Protein Plan
HCG Plan

All meal plans are portion controlled and promote “clean” eating. For more information, visit www.deliverlean.com or call 1-888-740-LEAN

DeliverLean



Special Needs Family Fun Night

Come join the fun on the 2nd Friday of the month from 5:30 - 7:30 PM.

This is a great opportunity to socialize with other families, find out information on art classes, swim lessons, therapy and more! Come meet some of the local non-profit organizations, autism support agencies and other resources in the autism community.

Cost is \$10 per child and additional \$5 per sibling. Socks are required per child and per adult. Food and beverages will be available for purchase.

For more information, call 561.832.8140 or email info@leapinlizardspb.com

Located at 416 Clematis Street, West Palm Beach, FL 33401

Treasure Coast Christian Academy Expands Autism Services

TCCA administrators are working collaboratively with FAU CARD to be able to offer new programs to families on the Treasure Coast. Mrs. Netwig, principal of TCCA, wants to provide a place of total acceptance for all students who attend TCCA for an education. Acceptance and tolerance are two of the character traits that TCCA promotes with all students who attend. A faith-based curriculum, adapted/modified academic program, and an exercise and fitness curriculum have already been purchased that are supported with picture symbols in order to make the programs more accessible to all the students in the autism classrooms. Recently, TCCF has added the following programs:

CampAbility is summer camp for children diagnosed with autism in grades 3 to 8 with moderate to significant impairment

When: June 4 - August 3 from 7:30 AM - 5:30 PM

Program Targets: social relationship building, communication skills, self-help skills, independence skills, community integration, nutrition, faith, etc.

Cost: \$100 per week, campers will be responsible to bring their own lunch.

Due to facility limitations, campers must be toilet trained to attend.

Classrooms for students diagnosed with autism with moderate to significant impairment

When: School begins on August 20

Program Targets: adapted/modified curriculum, social relationship building, communication skills, self-help and independence skills, community integration, nutrition, faith, , etc.

Proudly accepting McKay and Stand up for Students Scholarships. Letters of Intent MUST be filed by July 1. www.floridaschoolchoice.org

For more information on CampAbility or on the new classrooms opening in August, please call Cindy Netwig at 772-343-8088 or visit the school's website at <http://mytcca.org>.

Local Walk Now Events for Autism Speaks Successful!

The 2012 Palm Beach Walk Now for Autism Speaks was a huge success despite having to call off the actual walk portion of the event due to a surprise high wind rainstorm. Additionally, the Treasure Coast Walk attracted over 1,400 participants. Over a total of \$400,000 has been raised so far to support Autism Speaks' mission of Research, Advocacy, Awareness and Family Services. Thank you FAU CARD for being a part of our Autism Speaks Family.



Guardianship Advocacy

Fran Eppy

Is your child approaching the age of 18? Do you realize you are going to lose your parental authority?

A guardian is a surrogate decision-maker appointed by the court to make either personal and/or financial decisions for a minor or for an adult with mental or physical disabilities. Typically, this would be a disability that is expected to span the lifetime of the individual.

In Florida, there are three types of guardianships-

1. Plenary
2. Limited
3. Advocacy

The first two were set up to protect the elderly and can be quite effective in accomplishing that goal. The problem is that those forms of guardianship were not created to protect those with cognitive or developmental disabilities.

Fortunately, the Florida legislature enacted **Guardianship Advocacy** statute 393.12. This form of guardianship is specifically designed to protect those under the age of 65 with cognitive issues. The costs of advocacy are generally much less and certainly less complex.

To file advocacy, one needs a letter from the doctor detailing the situation of the impaired person. While a hearing is still required, it is not an incapacitation hearing and will not be nearly as cumbersome. Retaining an attorney, although often a good idea, is no longer required for this filing in the state of Florida. At the hearing, a decision can be made as to which rights will remain with the individual and which will be assigned to the guardian. For example, the guardian could petition for health, living, and financial responsibilities while leaving the right to vote and marry to the individual. As you can see, this form of guardianship has real advantages. Please keep in mind that if you are a non-natural parent, in order to be a Guardian, training for preparation is required.

The exact statute is printed below:

Developmental Disabilities - Guardian Advocate - Florida Statute 393.12

A petition for guardian advocate may be executed by an adult person who is a resident of Florida. The petition must allege that a person with developmental disabilities needs a guardian advocate and lacks the ability to meet at least some of the essential requirements for his/her health or safety. The court sets a hearing date, counsel is appointed for the person with developmental disabilities and all interested persons are noticed of the hearing. At the hearing, the court shall receive and review all reports relevant to the person's disabilities. If the court finds that the person requires the appointment of a guardian advocate, the court shall enter a written order. Said order shall contain the findings of fact and conclusion of law. The order shall specify the exact powers and duties of the guardian advocate. Once the order is entered, the guardian advocate shall have the same powers and responsibilities required of a guardian under Florida Statute 744.

Eppy Financial Group, Inc. 1000 Corporate Drive, 7th Floor, Fort Lauderdale, FL 33334

Eppy Financial is a unique team of financial planners dedicated to helping families with special needs. Questions can be submitted to feppy@finsvcs.com or by calling 954.689.9482. We *will* answer all questions submitted with a personal response from one of our team members.



CONTACT US

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

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

Website: autism.fau.edu

e-mail: card@fau.edu

Boca Raton Campus

777 Glades Road
Boca Raton, FL 33431

Main Line: 561-297-2023

Fax: 561-297-2507

Treasure Coast Campus

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

Main Line: 561-297-2023

Fax: 772-873-3369

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Thank you!

We would like to express our most sincere gratitude to all of the families and sponsors who recently participated in our third annual Wings of Hope fundraiser. Thank you for all your support in making this a successful event!



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