

The ALL ABOARD NEWS



A Quarterly Publication from the Advisory Board on Autism and Related Disorders

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Volume XV— Issue 4

Fall 2011

2011 Achievements and the year is not over yet!

Did you know that we:

- * Talked to: parents of undiagnosed toddlers, adults calling from out of state needing help for local siblings, adults with autism desiring support, grandparents wanting to help, teachers needing strategies, and doctors calling about theories and research concepts.
- * Provided seven educational conferences for over 1,000 people
- * Sent 52 autism e-blasts and four newsletters to over 8,000 readers each time.
- * Sponsored 60 support groups in 47 counties
- * Secured the safety and well-being of several older adults whose elderly parents were no longer able to care for them.
- * Recorded a webinar with ACHIEVA, a free for anyone needing to learn about “Autism, Understanding and Helping.”
- * Hired 100% autism-owned and operated SEO Pittsburgh to redesign our website.
- * Presented at: Keystone Stars Preschool Providers, Big Brothers, Big Sisters of Western Pennsylvania, Boy Scouts of America, Venture Outdoors, parent groups, teacher training workshops, and corporate Lunch n Learn series.
- * Produced autism-awareness press pieces including newspaper, magazine, radio, video blog and webinar.
- * Introduced 150 people with autism and their families to kayaking, wall climbing, biking and geocaching on the North Side at Autism Outdoors.
- * Linked one adult support group to Center for the Arts via grounds and museum tour and lunch.
- * Toured parts of Pittsburgh for Gallery Crawl with another adult group, finishing at Pgh Glass Center show.
- * Invited children with autism and their families to free RiverQuest and bowling event.
- * Worked with local community groups to integrate on our individuals with autism!
- * Mentored authors with autism beginning their public speaking careers.
- * Referred hundreds of callers to the doctors, therapists, job training, educational and legal advocates, housing supports, and numerous other niche providers to meet individual needs.

Look inside for more outreach, education and supportive services from ABOARD!

Executive Director Message

Low Expectations

When one of my kids was young and going through a really rough time, I wanted to protect him. I told myself that he had enough difficulty getting through the day, he "must be tired" and so he should take it easy. This meant cutting back on evening activities, making sure he rested, generally disengaging from outside things.

At some point he got involved with swimming. I know he needed the kindness of the coach, and the fact that swimming allowed him an outlet where he didn't have to deal with a lot of people while underwater. Soon he swam more and more, developing some stamina, and eventually making it kind of a habit. Eventually he craved swimming, not feeling quite right unless he got enough pool time at least every other day.

Looking back I recall him being a clingy little kid terrified of putting his face in the water. This lasted longer than it did for many others, and it was a really big struggle to move forward in lessons. Due to some timely interventions, and a lot of courage on his part, one day I was amazed to see him standing on a starting block, ready to dive into the water as an alternate (not for points) swimmer. He was the only alternate left in that race and would be swimming alone in front of hundreds of people at a local summer meet. This was a pretty unbelievable moment for a kid who months before would never have even wanted to talk in front of neighbors, let alone swim the length of a pool in front of strangers. Whatever happened to the kid I wanted to wrap in an afghan and leave on the couch?

He exceeded my low expectations.

Now an adult, he participates in some type of heavy exercise many times during the week. This makes him feel settled, focused, certainly helps him sleep, and I have not heard complaints of migraines like the ones that plagued him in years past.

Of course we all know that exercise is vital. But aside from therapeutic, structured, targeted activities, do we encourage our kids to try things that seem out of their reach? Many families who joined us in kayaking at Autism Outdoors reported that they came with apprehension, believing their children would probably not get into a kayak, or even try to climb the wall. We even set aside a kayak or two for "dryland" boating, believing some might need to just sit inside on land this first time around. But to everyone's pleasure, we needed every kayak in the water because everyone wanted to paddle for real.

So I have to wonder, during the days I wanted to shield my kid, who was I really protecting? Maybe it was me, wanting to avoid disappointment and the feelings I would get when things, once again, did not work out. It's really tiring to push through anxiety, fear and trepidation in our children, and I think often times the lines blur and those feelings become ours. If you need to talk over these kinds of feelings yourself, give us a call. Maybe it's time you raised the expectations of yourself, and in turn, your children. You never know what they might achieve if you allow yourself the raise the bar just one more time.

Lu Randall, Executive Director

Thanks to our Supporters!

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James and Palma Yount

Benefit for ABOARD

BYS (Breathe Yoga Studio, LLC) and Sangha Center for Yoga and Wellness held benefit yoga classes for ABOARD.

Walk for ABOARD

Pitt-Johnstown's Kappa Delta Rho Fraternity held their annual autism walk to benefit ABOARD. The 2011 walk was held on Saturday, April 2, 2011 at the University's New Wellness Center. Thank you to all the families that attended.

Volunteering services to ABOARD

Brochure design services: Steve Perdziola
New Website Programming: Doug Osborne

**THANK YOU FOR
SUPPORTING ABOARD**

ABOARD Excursion on the RiverQuest



RiverQuest is a non-profit science and environmental education organization that operates a river-based learning center for students, teachers and the community in the Pennsylvania, Ohio and West Virginia tri-state area. All RiverQuest programs are adventure-based, discovery programs that engage students in hands-on learning activities held onboard a vessel and on shore. They offer comprehensive standards-based programs, field trips, interactive classroom

presentations and professional development for teachers, for schools and the public.

On a perfect summer day, ABOARD had the opportunity to join forces with RiverQuest, to provide a group of individuals 12 and older with a voyage to look for life in the watery world that runs beneath our city on a science exploration.



The ship set sail and all on board were able to learn through hands-on experiments about the life of the river and alter-

native sources of energy that made this boat green. The kids got to learn about the microscopic plankton in our rivers and the wild life birds we see native to our home town. The staff was quite impressed with how much our kids could answer and knew!



As we continue our partnership with RiverQuest in training additional staff and future events, we hope that you and your family will attend many of their public tours as this is a welcoming environment for our individuals with autism.



**Please Join ABOARD & Princess Lanes
for a FREE Family Bowling Day!**



DATE: Sun. Nov. 6, 2011

TIME: Session 1
12:30 - 2:30 PM

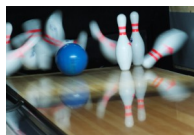
Session 2
3:00 - 5:00 PM

PLACE: Princess Lanes
Back of Caste Village
Shoppes in South Hills
540 Weyman Road
Pittsburgh, PA 15236
www.bowlprincess.com

COST: FREE—Thanks To Princess
Lanes and Caste Family
Fund

RSVP: You must RSVP at
www.aboard.org to re-
serve your lane and time
slot. 30 lanes per session
available.

**See you at the lanes for a fun day of
family bowling!**



For additional questions call Rebecca Williams-Thomas
at 412-499-0165 or email rwthomas@aboard.org.



Support Group Happenings

Discussion Group for Adults with HFA/ Asperger's

Rebecca Klaw

rebeccaklaw@aol.com

The Adult Discussion group which is held twice a month at the Squirrel Hill Library on Sunday afternoons is going strong with good attendance and lively conversation. The group members have met with an attorney to ask questions about employment and disability law, they have shared some of their talents, and they have generally discussed many issues that impact their lives while living among the neurotypical majority.

Autism Adult Advocacy Group (Contact for local, state, national issues only.)

Phil Garrow

phil@garrow.com

Over the past three months, our Autism Advocacy Group has met several times and completed a number of tasks.

Several members of our group have been busy this summer creating the new web site for ABOARD. In addition to web site design and optimization, we have provided ABOARD with autism research and consultation for the text of their site.

We have continued to provide support to ABOARD's teen and adult autism social groups that use Meetup.com. This includes Internet technical support, and advisement to ABOARD's Meetup group leaders.

We have conducted autism research, compiled notes, and assembled family histories for autism advocacy literature. This includes information for autism-related pamphlets, presentations, and books.

Finally, we have been active in coordinating joint events between ABOARD's adult autism group and SMART (Social

Meetup for Aspies and Related Types), a social group run by and for adults on the autism spectrum here in the Pittsburgh area. For those interested in learning more about SMART, visit www.SmartAspies.com

NHS Human Services, Greensburg Stefanie Encisco

SEncisco@nhsonline.org

Parent Support Group: To provide an environment where parents are able to meet and support one another emotionally concerning similar issues in raising a child with special needs. The group will also provide the parents with presentations and different guest speakers to facilitate an increase in resources and information.

Sibling Support Group: To foster a fun, interactive, and therapeutic environment that provides siblings with the support necessary to enhance their understanding of their sibling's needs, promote self-awareness, encourage peer support, and identify their thoughts and feelings.

Autism Spectrum Support Group Lebanon County

Diane & Gary Grumbine

Diane@LebanonAutism.com

Tuesday, October 18th, 7-8:30pm:

Melanie Walborn MT-BC will present **Music Therapy, What is it? How can it help your child?** We will meet at the Fairland Brethren in Christ Church. *Babysitting is available to those who call Faith by Oct. 15th.*

Saturday, Oct. 22nd, 5:30-7:30 pm:

Bring your family to a **Hayride & bonfire at Sycamore Springs Orchard**, enjoy hotdogs, s'mores and apple cider by a campfire, a hay wagon brings us to and from our campfire site. Please RSVP to Ann Donnelly at 838-4505 by Oct. 18th. Light-

sticks for the kids provided. Sycamore Springs is located at 2501 Heilmandale Rd. Jonestown.

Tuesday, November, 8th 9-10:30am:

Breakfast at Hometown Family Restaurant. Let Diane or Ann know if you are coming.

Tuesday, November 15th, 7-8:30pm:

Meeting at the Fairland Brethren in Christ Church. **Elizabeth Bunting of Easter Seals** will describe the services they offer and therapeutic recreation programs that may benefit your child. *Babysitting is available, call Faith by Oct 12th to reserve a place for your children.*

Friday, November 18th 7:30-

9:30pm: Family Swimming party at the Palmyra High school Pool. Limited to 50 swimmers, lifeguard provided. RSVP to Diane by Nov. 16th 838-7946 or email Diane@LebanonAutism.com

Central Susquehanna Autism Support Group Susan Bolig

slb725@hotmail.com

We are on a short break from meetings. We have a little bit of money in our account so we are plan to do one more activity this year. Sometime in November or early December will have the event and connect families to each other. This will help them start to support one another and then after the new year we will resume monthly meetings.

Latrobe Contact for Families Lisa Rizza

lrizza2001@yahoo.com

I meet with families one-on-one, we talk on the phone, go out to lunch or for a walk in the park-discussing their own needs and they seems to really enjoy the one-on-one support.

Support Group Happenings—Continued

Lancaster County Autism Mommies

Kim Shank

lcamonline@yahoo.com

The mission of Lancaster County Autism Mommies (LCAM) is to form an alliance of mothers dedicated to creating circles of support that embrace families touched by autism. It is our desire to significantly impact all aspects of life affected by autism so that families may thrive in a supportive environment. United, we are empowered to promote growth and awareness, provide education and resources, and nurture relationships with each other, our children, our families and our community. We have recently added a support group portion to our meetings, facilitated by a clinical psychologist. We are in the process of planning a fall family event.

Adult Social Group for Adults with HFA/Asperger's

Janice Nathan

nathanspeech@aol.com

The Social Outings Group is for adults on the autism spectrum who want to participate in social events in a friendly and supportive environment. Our events often include potlucks, visits to local museums, trips to Kennywood, and sponsored walks. The Social Outings Group usually schedules one social outing per month. In October we will have a Halloween party.

Philadelphia : Autism Sharing & Parenting

Renee Henderson

nasya06@msn.com

Our goals:

- To provide a support system for children with a diagnosis of ASD and their families
- To educate the under-informed and

culturally diverse populations in Philadelphia area

- To advocate for Children with ASD and their families
- To increase awareness of Autism and related families issues in the Philadelphia area

We meet once a month alternating between Wednesday evening and Saturday days. We meet at Community Behavioral Health when we meet on Wednesday evening and at The Center for Autism when we meet on Saturday afternoon. Please call 215 413 7106 for information about the current meeting.

FBR Monroeville Family Social & Play Group

Quana Hayes

[Monroeville](mailto:Monroeville@familybehavioralresources.com)

[@familybehavioralresources.com](mailto:Monroeville@familybehavioralresources.com)

FBR Monroeville office offers a Family Support Group and Social Skills/Play Group monthly for children with Autism Spectrum Diagnoses and their siblings. The meetings occur on the second Monday of every month from 6:00pm until 7:30pm. Families come together in an open forum setting to discuss various topics. Periodically guest speakers come into the group to explore special topics with the group. The social skills play group is open to children of all ages and is offered during the time of the Family Support Group. Overseen by Behavioral Specialist Consultants and Therapeutic Support Staff, this group provides an opportunity for children to develop their socialization, play skills, and coping with each other's uniqueness and differences. The support group takes place at Garden City United Methodist Church located at 500 Laurel Drive, Monroeville, PA 15146. Parents can RSVP to attend the group by calling 412-824-4005.

FBR New Kensington Family Social & Play Group

Felecia Junad

[newkensington-](mailto:newkensington@familybehavioralresources.com)

[ton@familybehavioralresources.com](mailto:newkensington@familybehavioralresources.com)

Family Behavioral Resources New Kensington office offers a Family Support Group and Social Skills/Play Group monthly for children with Autism Spectrum Diagnoses and their siblings. The meetings occur on the third Tuesday of every month from 6:00pm until 7:30pm. Families come together in an open forum setting to discuss various topics. Periodically guest speakers come into the group to explore special topics with the group. The social skills play group is open to children of all ages and is offered during the time of the Family Support Group. Overseen by Behavioral Specialist Consultants and Therapeutic Support Staff, this group provides an opportunity for children to develop their socialization, play skills, and coping with each other's uniqueness and differences. The support group takes place at the FBR New Kensington Office located at 2400 Leechburg Road, Suite 102 New Kensington, PA 15068. Parents can RSVP to attend the group by calling 724-337-1890.

FBR Indiana Family Social & Play Group

Amy Flickinger

[Indiana](mailto:Indiana@familybehavioralresources.com)

[@familybehavioralresources.com](mailto:Indiana@familybehavioralresources.com)

Family Behavioral Resources and the ARC of Indiana County have partnered for a Family Support Group and Social Skills group. The group meets the 3rd Wednesday of each month from 6:00pm to 8:00pm at the ARC in Indiana County.

Continued on Page 6

Support Group Happenings—Continued

CSIU Parent Support Group

Kathleen Baas-Stropnick

porkey72@aol.com

Labor Day weekend CampEmerge hosted 162 people -- a capacity crowd at Camp Victory. Over 30 families attended, with more than 35 on the spectrum -- children to adult. Even with a little rain (which developed into a huge rain in the Susquehanna River Valley causing small stream and later river flooding, ruining many houses) on Sunday did not stop the fun.

Parents at the Support Circle on Sunday discussed topics such as transitions, medications, diets, and the need for political action. Most families at the Camp were 'veterans', with just two new families. Please email for meeting information.

Fayette & Greene County

P.A.K. Parent's Of Autistic Kids

Arlo3464@verizon.net

Our support group meets the first Tuesday of each month except December, at the Behavioral Health Administration Bldg. Jacob Murphy Lane, Uniontown, PA, from 6:30 PM to 8:00 PM. We plan events for our families and have informational guest speakers. Our main fundraiser is a Theme Luncheon that is held each July.

If interested
in advertising
in the
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On Spectrums - Essay by adult with autism

Mom and I did something special, after we went to Half Price Books and Office Depot. We went to a little town that sits to the east of the city where their little movie theater was showing *Buck*. It's a movie about Buck Brannaman, who has an absolute gift with horses. He starts colts, works with difficult horses, and teaches people how to work with their horses without ever intimidating or scaring them.

And it got me thinking, as things often do. We so often say that autism is a spectrum, but what do we mean when we say that? Given the cue to stop and think, I'm guessing that most people would answer that it is a spectrum in terms of severity.

Which is true. Some people are more affected by autism than others. Some people get a little dose of it and some people get a big dose, and most people get a dose that's somewhere in between. And the parents of kids who get a little dose argue that they have it the worst because their children know they're different and it pains them. And the parents of the kids who have a big dose argue that they have it worst because their children don't know they're different. And the parents of the kids in the middle, well, they argue too, on both sides.

Probably needless to say, I think that this arguing is a bit silly. I think that we need to validate each other's struggles. Truly. That is what so many of us are looking for, is validation. But then, I think we need to quickly move to action, where we take our knowledge of how things are for our personal dose of autism and use it to help others, regardless of their dose.

But, I'm getting off topic. Because while autism is in fact a spectrum in terms of severity, it is so much more than that. It is also a spectrum in terms of gifts and talents and delights.

Some people with autism can draw, and I mean *really* draw. I knew a guy who drew city skylines, and they were incredible. Some, like Temple Grandin, *really* know animals. Temple has single-handedly revolutionized the cattle industry in this country. Some of us write. Now, I'm not sure that I *really* write in terms of quality, but what I lack in quality I make up in quantity. I'm always writing. Some kids know trains, some know dinosaurs, and some know movies inside and out. Some truly know the meaning of singing to the Lord in praise at all times (my friend Jeneil's little girl, Rhema, comes to mind).

But then, are we with autism really so different from humanity as a whole?

People have struggles, all with different things, but all struggles nonetheless.

People want to be validated in their struggles, regardless of how difficult they have been.

People want others to reach out and help them.

But, and perhaps most importantly, we all have gifts, such as Buck's gift of working with horses.

And so, it is not just an autism spectrum, you see, but a humanity spectrum. Autism is simply a set of extremes within this greater spectrum of beings. That set of extremes may make us stand out, sometimes undeniably so... but then, on the big things, are we really so different after all?

By Lydia Wayman

Wayman, 23, who was raised in Shaler, PA, is a graduate of Grove City College. She writes about the challenges of trying to live an independent life as an autistic adult on her blog, [Autistic Speaks](http://AutisticSpeaks.com). You can buy her books at www.lulu.com

East End Brewing Company: annual PEDAL PALE ALE KEG RIDE
REVERSE KEG RIDE: Saturday October 29, 2011
Benefits ABOARD (Advisory Board on Autism and Related Disorders)



THE PARTICULARS:

Saturday, October 29th. Rain or Shine
Breakfast and Check-in: 9:00 am at OTB, Southside PA
Depart: 10:00 am From OTB
Arrive at 11:00 am - 11:30 am at East End Brewing

Prizes: Costume judging and beer-filled prizes will be awarded at our destination in each of these three categories:

- * Best BEER-themed costume
- * Best PITTSBURGH-themed costume
- * Best OVERALL costume

Cost: \$15 for pre-registration (on-line) - \$20 for Day-of-ride

HOW TO SIGN UP:

To ride along, you first need to REGISTER at
www.ventureoutdoors.org/Activities.aspx?id=55175

Then show up at our starting point,
OTB with your bike, get yourself checked-in,
collect your "beer token" ...and then just follow the
bouncing kegs when we head out.!

THANK YOU TO EAST END BREWING COMPANY FOR SUPPORTING ABOARD!
www.eastendbrewing.com/2011reversekegride



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OUR MISSION

It is the mission of AERI Behavioral Health Services (AERI BHS) to be a leader in providing access to research-based services in order to assist individuals in reaching their ultimate potential.



For more information on how our services can be of support to you please contact us at:

1-866-727-AERI

e-mail: support@aerionline.com
www.aerionline.com

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Transition Supports



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Family Behavioral Resources offers **BHRS/Wraparound Services** for children and adolescents with behavioral health needs. FBR is also proud to offer a **specialized program and Autism Team**, led by a **Board Certified Behavior Analyst** to treat children with **Autism Spectrum Disorders** in across Pennsylvania. FBR also offers:

Psychological Evaluations
 Outpatient Therapy
 Social Skill/Play Groups
 Parent/Professional Workshops

Trauma Services
 Family Support Groups
 Focus Groups
 Resource Packages for Families

Community Outreach
 Sibling Support Groups
 Trainings for School Districts
 Summer Camps (STAPs)

FBR offers **Family Support Groups**, **Social Skill/Play Groups**, and **Sibling Support Groups** in areas where needs have been identified. *All support groups at FBR are proudly hosted in collaboration with and support from ABOARD.*

For general questions about services for persons with Autism Spectrum Disorders, please contact us:
1-866-4-FBR-ASD; autismservices@familybehavioralresources.com



A **CARF Three-Year Accreditation** has been awarded to **Family Behavioral Resources** for its Intensive Family-Based Services - Mental Health (Children and Adolescents), Outpatient Treatment - Mental Health (Adults), and Outpatient Treatment - Mental Health (Children and Adolescents). *BHRS is accredited under Outpatient Treatment. **Ask us about CARF today!**



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www.wesleyspectrum.org



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Weighted Sensory Pressure Vests

Sensory pressure vests provide constant, even deep pressure to children when their body is craving this important calming and organizing proprioceptive input. Pressure vests promote self-calming, balance, and increased body awareness by enhancing proprioceptive feedback. Children with proprioceptive and tactile integration dysfunction benefit from the sensory feedback they receive when wearing the vest, because it gives the child the input their body craves. The proprioceptive system is located within the body's muscles, joints and ligaments. The proprioceptive system is impacted when the body experiences deep pressure or when performing heavy work activities (for example pushing or pulling against resistance). The brain's response to proprioceptive feedback is to release serotonin, which is an organizing neurotransmitter. The tactile sensory system is located in the body's largest sensory receptor, the skin. The brain's response to deep pressure tactile input is to release dopamine, which leaves the body feeling, safe, secure, and in control. Most children love to wear them, because it feels good.

Weight or pressure vests can be used for calming to help the oversensitive child decrease hyper-responsiveness. The pressure is known to help reduce the response to stimuli. They may be effective for children who exhibit signs of excessive energy, appear restless most of the time, engage in risky jumping, climbing and/or crashing behaviors, have a hard time sitting still at home or at school, have difficulty concentrating on tasks, seem frequently disorganized, crave proprioceptive input, live for recess and frequently enjoy bear hugs and squishing activities. Research on the effectiveness of

pressure vests has shown mixed results and is limited to single case studies. However, anecdotally occupational therapists report the benefits of these vests to include:

- Increases body awareness
- Improves balance and coordination
- Increases focus and concentration
- Enhances comprehension and learning
- Dramatically reduces hyperactivity
- Maximizes benefits of therapy sessions
- Increases therapy carryover

Many children with sensory processing difficulties show dramatic improvement in their ability to sit still and concentrate on tasks. These vests can be used before or during gross motor, heavy work, table top, classroom, or at-home activities, when their bodies need that extra input in order to perform tasks with sustained concentration. Weighted vests should be used as part of a sensory diet.

It can be beneficial for a child to have the opportunity to trial the use of a pressure vest prior to making a purchase. If a family does not have access to a vest they can try using a spandex material swim shirt that fits snugly. Another idea is to have the child wear a backpack with some added weight. The rule of thumb is to add one pound for each year of a child's age.

Vests can be ordered through a variety of vendors who sell sensory equipment. Caregivers can simply pick a vendor and follow their specific sizing guidelines. An occupational therapist can measure a child for a more custom fit pressure vest. Depending on insurance as well as the child's diagnosis these vests

may be covered through health insurance. With the recommendation of a school based occupational therapist the use of a pressure vest can be added into a child's IEP, and it would then become the responsibility of the school to purchase this as adaptive equipment.

Therapeutic weighted vests can be used for children diagnosed with Autism, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Angelman Syndrome, Apraxia, Asperger's Syndrome (AS), Ataxia, Cerebral Palsy, Down Syndrome, Dyslexia, Fetal Alcohol Syndrome (FAS), Hypotonia, Pervasive Developmental Disorder (PDD-NOS), Prader-Willi Syndrome (PWS), Rett Syndrome, Sensory Integration Disorder (SID), and Sensory Processing Disorder (SPD).

Written by Kristen Burke, OTR/L, Early Intervention Occupational Therapist for TEIS

TEIS provides therapeutic early intervention services to young children in Western PA. If you have concerns about your child's development (birth-3) and live in Pittsburgh and Allegheny County, call the Alliance for Infants & Toddlers at 412-885-6000 to schedule an evaluation for your child and then be sure to choose TEIS as your child's service provider. TEIS also offers therapy services in Westmoreland County and Evaluations in Beaver County. To schedule an evaluation for your child in Beaver County call the Beaver County Direct Services Unit (724) 891-2827 and request TEIS to complete your child's initial evaluation.

PRESSLEY RIDGE SCHOOL FOR AUTISM



Come see
what all the
excitement
is about!

Pressley Ridge Expanding Its Autism Services

Pressley Ridge is expanding its autism services in a new home that is designed to help each child reach his or her full potential in school and in life. *Our larger school allows for these additions to our program:*

- Vocational training labs (horticulture, retail, office support, and culinary)
- Real-life skill classrooms
- State-of-the-art sensory room
- Art, music, and P.E. classes, including yoga instruction
- Sensory friendly academic classrooms
- Counseling in anger/stress management
- Discrete trial training for students who would benefit from this type of intervention
- Speech and occupational therapy
- On-site businesses for our students to gain real-life job experiences
- Behavior support specialists
- Functional behavior assessments
- Community based instruction
- Psychological testing

Pressley Ridge

Serving Children and Families Since 1832

For more information: 1-877-905-4291 or www.pressleyridge.org/school-for-autism/

Is your child into gaming more than socializing?

Check out our Aspergers Syndrome Socialization Groups!

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Disability Legal Resource Fair



Facing Tough Issues, Together

**Guardianship - Powers of Attorney - Due Process
Manifestation of Disability - Criminal Defense
Special Needs Trusts - Discrimination**

Nobody enjoys thinking about the areas listed above, but together we can learn more about them in a supportive environment. Visit with representatives from local law firms dealing with the sensitive and challenging issues facing families with any type of disability.

***Presentations "Preventing Big Problems through Planning"
"Don't Freak Out If..." Larry Sutton, PhD.***

WHO SHOULD ATTEND?

Individuals, Families or Professionals dealing with ANY disability

WHEN?

Saturday, November 5th, 2011 from 10 a.m. - 1 p.m.

WHERE?

Caste Commons at Caste Village.

5301 Grove Road

Whitehall, PA 15236

FREE! Sponsored by:

The Advisory Board on Autism and Related Disorders
(ABOARD) and the Caste Family Foundation

Bring your questions for 3-5 minute mini-consults.



Join



and



BYS Yoga is offering ABOARD families 2 FREE sessions of Yoga.

The first session will be for the entire family who have a child with autism. Come out as a family to enjoy and learn the benefits of yoga!

The second session will be for teens and adults on the spectrum to come out and experience a new class and meet each other.

The classes are for all levels and beginners welcomed!

Please register at www.aboard.org!



**FAMILY CLASS
November 5, 2011
3:30 P.M. - 4:45 P.M.**

**TEEN/ADULT CLASS
November 5, 2011
5:15 P.M. - 6:30 P.M.**



BYS yoga, LLC - 1113 East Carson St., 3rd Floor, Pgh., PA 15203

Innovative approach. Shared vision.



InVision Human Services' Behavioral Health Rehabilitation Services (BHRS) is known for serving children and adolescents living with the most challenging behaviors and disabilities. Hallmarks of our programs are:

- **Customized, innovative and person-directed approaches**
- **Understanding that behavior is a form of communication**
- **Development of replacement skills**
- **Focused community integration**
- **Collaborative family/team-focused approach**
- **Well-trained, dedicated staff**

We conduct Functional Behavior Assessments and develop Customized Support Plans tailored to the unique needs of each individual we serve. Our team uses a myriad of techniques such as Applied Behavior Analysis (ABA), Positive Behavior Support, and Skill-Building Narratives to address the unique needs of each person we serve.

Other programs available at InVision Human Services: Community Supports, Employment Supports, Summer Therapeutic Activities Camp, Residential and Consulting.



Throughout Pennsylvania

Call 412-456-2144 or email info@invisionhs.org for more information.

www.invisionhs.org

ABOARD'S 2011 Organization/Corporate Partners

A.O.T., Inc.	Nathan Speech Services
ACHIEVA	New Story
AHEADD	NHS Human Services
The Alliance for Infants & Toddlers	Pace School
Alliance Health, Inc. – Allegheny	Paoletta Counseling Services
Aspire Pediatric Therapy, LLC	Pediatric Therapy Professionals, Inc.
Autism Education and Research Institute & AERI Behavioral Health Services	Pediatric Therapy Specialists
Autism Speaks	PLEA
Barber National Institute	Pressley Ridge Autism & Developmental Disabilities Program
Bayada Nurses	Rehabilitation Specialists, Inc.
The Children's Institute of Pittsburgh	River Speech & Educational Services, Inc.
Chiropractic & Lifestyle Solutions for Families	Sensory Link Pediatric Therapy
Community Care Behavioral Health	Shamrock Solutions, Inc.
Comprehensive Children and Family Services	Southwestern Human Services
The Early Learning Institute	The Stern Center for Developmental & Behavioral Health
Easter Seals Western PA	TEIS
Emmaus Community of Pittsburgh	Tri-Medical Rehab Supply
Family Behavioral Resources	University of Pittsburgh Autism Center of Excellence
Familylinks	Value Behavioral Health of Pennsylvania
Fayette County Behavioral Health Administration	Vocational & Psychological Services
Green Acres Contracting Co., Inc.	The Watson Institute
The Integrated Care	Wesley Spectrum Services
InVision Human Services	Western Psychiatric Institute and Clinic
Ligonier Valley Learning Center, Inc.	Westmoreland Casemanagement and Supports

The Advisory Board on Autism & Related Disorders (ABOARD) 2011/2012 ABOARD Membership Form

YOUR MEMBERSHIP is CRUCIAL

**Committed to *NO LESS* than the maximum
potential of every Pennsylvania child, adolescent
and adult with ASD**

Your membership has benefits! It supports our work in meeting the needs of Pennsylvanian families challenged with autism spectrum disorders. It also keeps your organization "front and center" in the minds of those very families.

Members will be acknowledged in our quarterly newsletter **for the remainder of the year 2011 and well as the entire year of 2012**, a link on our website to yours, and discounted exhibitor rates at our conferences.

Organization/Corporate membership dues: \$400

Organization _____

Primary Contact Name _____

Address _____

Phone # _____ Fax # _____

E-mail _____ Website _____

**Mail form with your check made payable to ABOARD or credit card info. to:
ABOARD, 35 Wilson St., Suite 100, Pittsburgh, PA 15223**

Credit Card (VISA, Master Card) _____ Card # _____

Name as it Appears on Card _____

Statement Billing Address _____

Ex. Date _____ CID # _____ Authorized Signature _____

phone: 412.781.4116 or 800.827.9385/Fax: 412.781.4122



Advisory Board on
Autism and Related
Disorders

35 Wilson Street
Suite 100
Pittsburgh, PA 15223

Toll Free: : 800-827-9385
Phone: 412-781-4116
Fax: 412-781-4122

We're on the web!
www.aboard.org

Our Core Principles

ABOARD believes that because there is considerable debate throughout the autism community regarding therapies, inclusion, autism cause, vaccine impact, and the potential effects of proposed legislation, our policy is to inform. We trust individuals to assimilate the information and make the best decision for their children, clients and students!

We believe that families are entitled to accurate and timely information, require emotional and practical support from other families grappling with comparable challenges, and often need advocacy assistance and training to maximize availability and utilization of treatment educational and vocational possibilities required by law.



SAVE THE DATE FOR THE 12th Annual ABOARD Gala - February 18, 2012 New Location: Phipps Conservatory

ABOARD is an IRS-Approved 501(c)(3) organization.

Your donation qualifies as a charitable deduction. ABOARD is registered with the Pennsylvania Department of State Bureau of Charitable Organizations. To receive a copy of the official registration and financial information, please call 800-732-0990 within Pennsylvania or visit www.dos.state.pa.us.



United Way of
Allegheny County
Contributor Choice
Agency Number
9817

Sign up for **Facebook Causes** to help ABOARD

If you are a member of Facebook and a supporter of ABOARD, then join our cause! By joining the ABOARD cause and inviting your Facebook friends, you are raising awareness about autism and all the things ABOARD does!

[http://apps.facebook.com/
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m=16ba113e](http://apps.facebook.com/causes/228832/49465600?m=16ba113e)



GOODSEARCH.COM
Select
"ABOARD"

Are you receiving ABOARD Alerts? If not, send us your email address!