

The ALL ABOARD NEWS



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

Volume XV— Issue 2

Spring 2011

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COME WALK WITH ABOARD!

The Advisory Board on Autism & Related Disorders is proud to represent Autism at the Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield



Saturday, May 21, 2011 at Heinz Field
Register online at:

www.walkforahealthycommunity.org

This annual walk is a fundraiser that benefits local health and human service agencies in Southwestern Pennsylvania. This is the eighth year that ABOARD has participated in this event and through these years, thousands of dollars have been raised to fund programs that directly help families and individuals affected by an autism diagnosis. Since Highmark Blue Cross Blue Shield underwrites the cost of the walk, **100% of the money raised by ABOARD walkers will directly fund family support services at ABOARD.**

Start gathering friends, family members, neighbors, and co-workers to join you at this important local event. 69 local non-profit organizations will be represented at Heinz Field on May 21. There will be incentive prizes, games, and entertainment. T-shirts will be available to those who turn in at least \$25 on walk day.

Go to www.walkforahealthycommunity.org and see how easy it is to register as an individual or to start a team. Once you have registered, you will be able to create a web address to email to family and friends. This will connect them to your personal web page. You can personalize your web page by adding a photo or story about your experience and why you support ABOARD. Supporters can use the site to make pledges via credit cards, checks, or cash.

Questions about the walk or registration can be directed to autismwalk@aboard.org. We hope that you will consider walking or supporting a walker at this important event.



Executive Director Message

Dear Community,

We truly admire the support you have shown for ABOARD's mission since our last newsletter. From your great survey participation – 345 surveys completed on the first day of publication – to your Gala attendance, "birthday gifts", Highmark Walk for a Healthy Community registrations and conference sign-ups, the level of ABOARD community activity is impressive. Your participation is the wind in the sails that keep our office staff and board of directors moving in the right direction.

Your requests for help with stress management and getting more involved in community outings were made clear in our recent survey. Therefore, our first initiative of 2011 is Autism Fitness, which combines both. By increasing healthy activity, just about anyone can de-stress, feel better, sleep better, meet new friends, and function at an optimal level. So adults, please jive with us on April 30th at our Spring Fling blues night, or bowl with us on May 7th at our Masquerade Bowl. Anyone can join us at the Highmark Walk (May 21st) or walk for ABOARD in your neighborhood. Whatever you choose, we look forward to getting moving with you as we raise money needed for our programming.

Families especially are invited to the Allegheny Commons and Lake Elizabeth on Pittsburgh's North Side on

June 11th for our free, Autism Outdoors! event. With our newest partner, Venture Outdoors, many may kayak in the 2 foot deep lake, wall-climb, or bike for the first time. There will even be geocaching (treasure hunting!) I will conduct staff autism training with Venture Outdoors prior to this event, so please know they welcome and are aware of special needs. Venture Outdoors employees are very open and motivated. They want to let you know you are welcome to try the activities, or just watch and wait 'til next time, and that they look forward to meeting you all. What a cool way to get together with others and learn new skills!

We also have an activity planned for our support group leaders and professional advisory council members. Please keep an eye out, if you are a member of either group, for our invitation to a May meeting where we will combine forces and compare notes about living and succeeding with autism in our region.

These positive changes are happening with fresh ideas from our survey, our great office staff Marie, Jennifer and Rebecca, and our hardworking board of directors. We all look forward to seeing you at one or more events. Enjoy the newness of spring and take good care of yourself!

Thank you again for sharing your time and ideas with us!

Lu Randall, Executive Director

A Special Thanks to our Supporters!

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ABOARD's 7th Annual All Abilities Camp Fair Recap

ABOARD's 7th Annual All Abilities Camp Fair was held on Saturday, January 22, 2011 at the Shoppes at Northway. Parents and Professionals were able to visit with agencies offering extended school year programs, therapeutic summer programs, and programs to help promote college readiness for individuals with special needs and in particular those with an autism spectrum disorder. Attendees were entertained by Aunt Annie's Pretzel mascot "Twistee" where anyone wanting to learn and try twisting a pretzel were given the opportunity. Also "T-Rex" from the Carnegie Museum of Natural History made his special appearance during the day. Exhibiting at this year's event were:



AHEAD	Pressley Ridge Autism
AIU3	New Story
AOT, Inc.	Slippery Rock University
Baierl Family YMCA	Southwestern Human Services
Barber National Institute	SPEAK Program
Carnegie Museum of Natural History	Steps to Independence
Computing Workshop	Thrive Place
Familylinks	Total Learning Centers
Family Behavioral Resources	The Watson Institute
InVision Human Services	Wesley Spectrum Services
Mercyhurst College	Western Psychiatric Institute and Clinic
NHS Human Services	Woodlands Foundation

Thank you to Familylinks for your ongoing sponsorship of this event.

ABOARD's Saturday Seminar

"AUTISM AND SEXUALITY"

Helping Children with Autism Spectrum Disorders

Presented by Shawn McGill

Saturday, April 9, 2011 - 9 a.m. - 3 p.m.

The ABOARD Office, 35 Wilson Street, Suite 100, Pittsburgh, PA 15223

Call 412-781-4116 for more information or go to

www.ABOARD.org !

ABOARD 11th Annual Gala



PHOTO by Pam Panchack of Pittsburgh Post-Gazette. The evening was chaired by Steve and MJ Crane (on right), Stan and Patricia Hasselbusch (on left) and Dave and Lori McMaster (photo below).

On Saturday, February 5th, ABOARD held its 11th annual Gala. The evening included a wine tasting and silent auction at J. Verno Studios on the South Side for over 250 guests. A dinner buffet was served with a presentation from the board chair, Elliot Frank. Elliot presented clips from the movie Temple Grandin. A free copy of the movie was provided to all in attendance courtesy of HBO. Following Elliot's presentation the introduction of the recipient Grandin Award was presented by Lu Randall, ABOARD's new executive Director, to Bonnie Jamieson, Educational Consultant at The Watson Institute. There was food, music and much camaraderie among all the guests as the evening continued with dancing to The Soiree Band.

ABOARD would like to thank all the Gala sponsors that help make this event so successful!

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Value Behavioral Health of Pennsylvania



PHOTO by Pam Panchack of Pittsburgh Post-Gazette

ABOARD Honors Grandin Winner & Award Finalists

The Grandin Award was presented to Bonnie Jamieson on February 5, 2011, at ABOARD's annual Gala held at the J. Verno Studios in Pittsburgh. The Grandin Award is given by ABOARD to acknowledge one individual who most clearly contributes to ABOARD's mission of "maximizing the potential and possibilities of children, adolescents and adults with autism in Pennsylvania."

Bonnie Jamieson M.Ed., is an Educational Consultant for The Watson Institute and has worked in the field of autism for over 30 years. She was honored for her years of service to the autism community in Pennsylvania.

Early in her career Bonnie was an educator for the Regional Intervention Program (RIP) in Harrisburg. This internationally-recognized organization teaches parents how to work directly with their own children as well as train other parents. Bonnie then helped found the LEAP Preschool, an inclusion-based program for young children with autism which started in Pittsburgh in 1980. She went on to serve as a teacher, supervisor, grant-writer, and national trainer for this innovative school.

For the past 15 years Bonnie has been an education consultant with The Watson Institute in Sewickley, PA. She also consults in 32 autistic support classrooms in the Pittsburgh Public Schools, as well as numerous other districts throughout the region.

Also recognized that evening were Grandin award finalists Paul Clifford and Terry Conner. Paul has retired from the education field and now serves as an advocate through his advocacy service, Expanded Horizons. Terry has co-founded several innovative autism programs including Charter Spectrum School and autismresources.com. Congratulations and thank you all for your service to the autism community.



PHOTO by Pam Panchack of Pittsburgh Post-Gazette. Elliot Frank, Chairman, ABOARD's Board of Directors & Grandin Award Winner Bonnie Jamieson, Educational Consultant at The Watson Institute.

ABOARD is sincerely grateful to the following individuals, organizations, and businesses for their generous donations toward the Silent Auction portion of our Gala.

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Child Health Association of Sewickley	Kozi Media Design	Pittsburgh Symphony Orchestra	Diane Startari
Clay Café	The Kretschmann Farm	Pittsburgh Zoo & PPG Aquarium	Sweetwater Center for the Arts
Steve & MJ Crane	Larrimor's	Prantl's Bakery	Trader Joe's
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Support Group Happenings

ABOARD is very proud to be the biggest provider of support groups for caregivers of children with ASD and related disorders. Why we provide this service can be summed up by this mom: "When you have a normal child you know what the best is—the best school, etc. When you have a child with special needs, you don't know the best services, the best care, etc. You get that information from the group. If you go into the special education process with the right level of knowledge because you've talked to parents who've been through it already, then hopefully you'll come out with what's best for you and your child. You learn that through other people's mistakes. I feel more comfortable talking about things that I'm dealing with that might be really upsetting at the time. I sometimes feel more comfortable talking to these people than I do my own family or friends outside of this group. I feel like I'm being heard. This is our lifeline, like sometimes it's the only things that keep you going till the next month."

FOUR ELEMENTS OF OUR NATION'S DISABILITY POLICY

IDEA (20 U.S.C. Section 1401 (c), Section 504 and the Americans with Disabilities Act (ADA) declare that our nation's disability policy includes four elements:

Equal opportunity—having the same opportunities in life as people without disabilities.

Full participation—having opportunities to be included in all aspects of their community and being free of segregation based on their disabilities.

Independent living—having opportunities to participate fully in decisions about them and to make choices about how to live their lives.

Economic self-sufficiency—having opportunities to work or otherwise contribute to their communities or households.

Ironically, these are the same four elements that motivate parents to get the maximum potential for their children, from the date of the diagnosis through life's stages. Remember them.

Penns Valley ASD Support Group Centre County

It's a struggle to coordinate the meetings as of late. Some like Friday, some Saturday night, some like houses to meet at, some restaurants. When a meeting does come together - I think everyone's leaves after laughs and tears feeling a little inspired, a little encouraged to try something new. A reminder that there's always someone a phone call away who has a pretty good idea what it's like in your shoes and is there if you need them. They become some of your closest friends. It would be nice to have more time to devote to championing the group but all of our hands are pretty full already. We really appreciate all of ABOARD's support!

Discussion Group for Adults with HFA/AS Allegheny County

The discussion group for adults with HFA/AS is held on the second and fourth

Sunday of every month at the Squirrel Hill Library. It is run by Rebecca Klaw with help from April Artz. There are 65 folks on the mailing list (this includes some family members as well as the discussion group members) and anywhere from 12-50 folks show up for the meetings. The usual number is about 20-25. When there are more attendees, we usually divide up into smaller groups so that more folks get a chance to talk. This group is in its third year now and even has its own Meetup.com website.

What is discussed at this discussion group? Many things. Sometimes there are discussion starters which can be anything from famous quotations to single words that we collectively put on the board. Sometimes we have a topic that we all discuss together such as recently when we discussed bad memories and the observation that the bad memories in this group seem to remain crystal clear and don't fade with time. We have used the sharing of favorite music as a way of getting to know each other better and we have shared artwork. There is talk about families and romance and employment and struggles. The discussions flow easily and the time goes quickly. If anyone is interested in joining, they can contact Rebecca at rebeccaklaw@aol.com or they can go to the meetup.com website which is <http://www.autism-support-group.com/>.

NHS Greensburg Parent Support Group Westmoreland County

My name is Stefanie Enciso and I am the parent support group coordinator

Support Group Happenings—Continued

for NHS Human Services, Greensburg Center. Our groups occur on the fourth Tuesday of the month from 6-8 pm at our Greensburg office, which is located at: 531 South Main Street Greensburg, PA 15601.

I encourage the families to RSVP with Michelle at 724-600-0120 or at 724-600-0125. Childcare services are being provided from volunteer education majors at Saint Vincent College (however I am not sure how long they will continue to volunteer for).

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.

Central Susquehanna Autism Support Group

Here is a little ditty about our group.....Anissa DeCapria-Sandutti (who helps me run the group wrote it) ...thanks for everything ABOARD does for Families! Susan

The Central Susquehanna Autism Support Group continues to meet on

an almost monthly basis. We have a mix of meetings with child care provided & informal family inclusive activities. Attendance tends to be sporadic when it is a more formal meeting. However, for new families we want to keep this option available. During our informal family activities, there is typically a stronger turnout of families.

Parents share their struggles and successes at both meetings. Some struggles shared include transportation for children to schools outside of their district, maintaining education in the least restrictive environment, & transitions at various stages in the educational journey. Other parents shared success stories about language development, increased social opportunities in a variety of community settings, & summer camp opportunities.

This fall we had Central Region ASERT staff, Kristen Riley, give a presentation with a variety resources. Parents who did not attend this meeting but receive our minutes have the opportunity to visit the ASERT website & call the office toll free for one on one assistance with concerns or advice. The Central Pennsylvania Regional Autism Partnership, an ASERT center, was established in December of 2008 through a generous grant from the Pennsylvania Department of Welfare's Bureau of Autism Services.

Looking into this upcoming year we have a nice balance of meetings planned as well as activities. The children truly enjoyed the local Bounceplex and the swimming pool so we are incorporating those into our calendar. We are seeking speakers for the late summer and early fall months at this time.

Susan Bolig continues to be a valuable asset to families. She takes numerous phone calls and guides families in the right direction for supports and services.

Autism Spectrum Support Group Lebanon County

2011 has been a good year so far, for the Autism Spectrum Support Group of Lebanon County. It didn't start out that way, though, because the first meeting had to be cancelled due to snow and ice. The GFCF diet presentation has been rescheduled for May. The group met later in the month for a family activity at The Laser Factory. Eleven families gathered for a pizza party, laser tag and playing in the indoor playground. Everyone seemed to have a great time of fun and fellowship. Our February meeting featured a presentation from our local IU's autism specialist. She talked about the SuperFlex Program; some of the children in our group have already been using it through the school year. The parents whose children were already in 'The Training Academy' were able to testify to the effectiveness of the program. Monthly coffee klatch breakfast meetings have resumed on the first Wednesday of the Month. We are looking forward to a visit from the family representative of CBHNP for a Q&A session and a family activity at Paramount, a local gymnastic center this month. Autism, not like you think.

**Continued
on
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The Watson Institute Summer 2011 Programs

Inclusive camp experiences for children with autism ages 3-15 at various summer camps in western PA and Erie, PA.



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www.thewatsoninstitute.org



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Contact The Alliance to make an appointment:

412.885.6000

www.aft.org

The Results are in from the ABOARD Survey

"The Survey Says..." is a phrase made popular on the game show Family Feud. It would take about 10 newsletters to tell you everything our recent survey says! You provided 1,500 lines of commentary we sorted through and ranked to define our strengths and needs, and gave us new ideas for future programming.

Your top 3 autism needs? School advocacy, professional development and stress management. Ratings for overall attributes of ABOARD (timeliness, friendliness, making good referrals, etc.) ranged between 92-96% "Good to Great" ratings in each category. It made sense to then see related feedback saying that you will continue to use our resources and recommend us to others frequently.

Where do we need to improve? Reaching out to those of you in rural areas is something we could do better. Giving more support and structure to our sup-

port group leaders is another area of need, and since we had already been working on that, it was good to see agreement. Your biggest personal concerns are future finances, finding a school that understands and supports, and improving your community inclusion, with family stress being the fourth most common worry. We will work to bring you more resources in those areas in the months to come.

With 617 surveys returned as of this writing, we want to let you know that if you do not see your biggest concern listed above, or if you have an individual situation you told us about, it will not be lost in the shuffle. Maybe it's because we work with the autism spectrum that we like to pay attention to the details, and try to meet the widest variety of needs possible. We will work to tweak our events and communications to help you get more out of ABOARD. While we cannot be all things to all people right now, your ideas will be

fed into our strategic planning process underway this spring if we cannot address them immediately.

You will see some new, very short surveys, designed to ask your opinion about specific things. One coming up soon will ask for your input for the Fred Rogers Company who approached us for help in creating an autism-friendly DVD package. They will be using footage from Mr. Roger's Neighborhood television shows to help parents teach social and emotional content. We hope to follow that with a breakfast at their studios for some parent focus groups.

Thank you to those who took so much time to thoughtfully answer our questions. It was very gratifying to see the level of response. Please know we will continue to listen to your very important opinions as we work to make ABOARD the best it can be!

The Autism ID Card

Helps people on the autism spectrum explain their medical condition to **Police, EMTs, and other first responders** in the event of an emergency.

In November 2009, Autism Speaks hosted a National Town Hall Meeting to address the needs of adults with autism. The number one priority agreed upon by the hundreds of autism service providers, parents, and people on the autism spectrum was improved training for first responders. To meet this need, SEO Pittsburgh, in collaboration with the Allegheny County Office of the Public Defender, have created an Autism ID Card for individuals on the autism spectrum to present to police, medical personnel, and other first responders in the event of an emergency.

ABOARD has produced these cards and are available for FREE!

To order Autism ID Cards, please contact ABOARD at (800) 827-9385 or at support@aboard.org!

I Have Autism:

My medical condition impairs my ability to communicate with others. As a result I may have difficulty understanding your directions, and I may not be able to respond to your questions. I may also become physically agitated if you touch me or move too close to me.

Please do not interpret this behavior as a refusal to cooperate. I am not intentionally defying your instructions.

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Contact Printed Name

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Contact Phone #

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Public Defender, 542 Forbes Avenue, Pittsburgh, PA 15219

Why Fitness was Forgotten and What We Need to Do About It

When you read the word "Fitness," what comes to mind? Images of yoga classes? Rock climbing? Lifting weights or swimming, perhaps sports? Why do some activities come to mind faster than others. Are the mainstream offerings of fitness effective for the autism and special needs populations? Where did they come from and how is it that while we have more sports leagues and activities than ever before, our young populations face great health risks? An interdisciplinary model has the answers.

The fitness industry is a strange, strange area. In over a decade of being a fitness enthusiast, then fitness professional, and eventually full-fledged exercise physiologist, I have come across some of the dullest and brightest ideas around. I have met, worked, and become friends with highly intelligent, caring specialists, and have also seen complete idiots doing more harm than good with their athletes and clients. The special needs community has similar variability in educational and therapeutic practice. One thing I have noticed is that the two fields, fitness and special needs, seldom come together to talk.

If Robin refuses to do a jumping jack, can we assume she does not know how to do one? What if Robin can do the jumping jack, but will not do it in an appropriate setting? What if Robin tries to imitate a jumping jack, but does not have the coordination to perform it correctly. If Curtis tries to play baseball and simply cannot connect the bat to the ball, or does not know in which order to run the bases, is he a bad athlete? Is he not an athlete at all? The answer can be summed in two words; General and Specific.

General activities are where fitness really exists. I break general movements down into five categories:
Pushing- Movement away from the body
Pulling- Movement towards the body
Rotation- Movement around the body
Bending- Lowering the body towards the
Locomotion- Going from point A to Point B.

We need to develop general movement patterns to be safe and successful with specific movement patterns. Specific movement patterns are typically sports based. That baseball swing Curtis was trying to perform is a very specific movement pattern with limited generalization or "cross-over" to other activities. Being good at football does not automatically make you a great badminton player, but being able to push, pull, squat and bend correctly can help with both sports. The problem is that our society tends to think sports first and everything else second or not at all. From my experience, most of my athletes with autism are not lining up to play shortstop.

The two obstacles between real fitness and the special needs population are 1) an over-appreciation of organized sports and 2) A misrepresentation of what fitness and exercise should be. Without a long explanation (happily provided some other time), what you see in most commercial gyms is not conducive to fitness or fun. Treadmills, elliptical machines, and all manner of expensive, space-hogging equipment are a waste of time and can often cause more harm than benefit. These steel dinosaurs are a relic of the late 1970's and 1980's, when bodybuilding hijacked a more well-rounded culture of fitness, yet I see at least one in every adaptive PE gym I walk into. All this leads to the mostly misinformed

present, where the progress of the fitness industry (the good stuff we've learned) is not getting used in special education, clinics, or homes.

How do we fix things? First, fitness has to be considered a life skill. If our young generations begin now with sedentary lifestyles and poor eating habits, how does that prepare them for a healthy future? Second, play and movement exploration must replace the unit-of-this-sport, unit-of-that-sport system, because that is not working and never will. We have to embrace more general fitness activities that center around individuals rather than forcing the individual into a situation that is not right for them. You can dress Samantha up like a soccer player and throw her on a field. It does not provide any particular benefit if she is not learning to move well or enjoying the activity.

Fitness can be a gateway to physical ability, optimal cognitive functioning, improved self-esteem, and socialization. These benefits require good programming based on the needs of the individual. If we want the best for young people with special needs, a greater amount of collaboration must take place between those in the fitness and in the special needs community. Together, we can set the foundation for a healthier, more able future.

Eric Chessen, M.S.,

Founder of Autism Fitness and the creator of the PAC Profile Assessment Toolbox. In addition to working with his athletes, Eric consults, writes, and presents across the U.S. and internationally. For more information, visit

www.AUTISMFITNESS.com



SAVE THE DATE - ABOARD and Venture Outdoors present
"Autism Outdoors! A FREE Exploration of fun things to do outside!"
 June 11, 2011 — More Details to Come Soon



Support Group Happenings—Continued

Social Group for Adults with HFA/ Asperger's Allegheny County

The ABOARD Community Outings for Adults with High Functioning Autism or Asperger Syndrome meets once a month in the Pittsburgh area in an attempt to help individuals experience new opportunities and develop new relationships. Events are chosen democratically in an attempt to meet the needs, sensitivities, and interests of its members whenever possible. Past activities have included Pirates baseball games, bowling, museums, picnics and holiday parties.

This group will continue to accept new members, so please join us at any time by emailing janaz5@aol.com or calling ABOARD at 1-800-827-9385.

Bedford County Autism Support Group Bedford County

We are a group of parents that meet

on the 2nd Thursday of each month @ 6:30-8:30pm @ The Colonial Hills Baptist Church in Bedford. We get together to share our joys, concerns & love with each other. Occasionally we are blessed to have someone come to inform us on various local programs for our kids. We are currently working on a community outreach event in August.

Just Us Parents Autism Support Group Allegheny County

Find support, encouragement and help in your parenting of a child on the Spectrum Autism...PDD-NOS.....Asperger's
When: First Monday of every month
Time: 7:00pm to 9:00pm
Where: PANERA on McKnight across from Ross Park Mall – Conference Room
Meet other parents, support one another, share information and ideas, get resource information, meeting the needs of those who attend. For questions or more information please contact Astrid

Arroyo at 412-358-0393 or at la.bella@verizon.net or Maureen Wirth at 724-625-0284 at mhwirth@gmail.com

ABOARD is the largest facilitator of autism support groups in Pennsylvania.

We currently have 62 groups in 47 counties.

ABOARD owes a big thanks to the facilitators, who volunteer much more than the 2-3 hours at a monthly meeting. We are so grateful for their help in providing education, advocacy and support to the families and professionals in their community.

If you are interested in attending a support group or starting a support group with ABOARD, please contact Marie Mambuca, Family Support Director at 412-781-4116.

2011 Park Ticket Sale - Take advantage of the discounted rate while supporting ABOARD!



Idlewild Tickets - \$18.00 (150 Tickets Available)

The gate price at Idlewild this year is \$31.99. Children 2 and under are free. **Tickets are valid WEEKDAYS only any time May 30 (Memorial Day), June 8 – August 11, September 5 (Labor Day).** Tickets cannot be upgraded to weekend usage and are VOID after September 5, 2011.



Sandcastle Tickets - \$15.00 (500 Tickets Available)

The gate price at Sandcastle this year is \$30.99. Children 3 and under are free. **Tickets are valid any day.**



Kennywood Tickets - \$22.00 (250 Tickets Available)

The gate price at Kennywood this year is \$36.99. Children 2 and under are free. **Tickets are valid for any day in May, June and September. Tickets valid WEEKDAY only for July and August but can be upgraded to weekend usage at gate.**

Visit www.ABOARD.org to purchase tickets!

PRESSLEY RIDGE AUTISM AND DEVELOPMENTAL DISABILITIES PROGRAM



Children receive intense educational and therapeutic services while improving their behavioral, social, communication and life skills.

- * Day School for Autism
- * Therapeutic Social groups
- * Extended School Year Summer Programs

Extended School Year—Open for Enrollment

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*Specializing in Individual and
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ABOARD'S 2011 Organization/Corporate Partners

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

The Advisory Board on Autism & Related Disorders (ABOARD) 2011 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. Membership at the \$300 level will include acknowledgement in our quarterly newsletter for the year 2011, a link on our website to yours, and discounted exhibitor rates at our conferences.

Organization/Corporate membership dues: \$300

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 _____ CCID # _____ Authorized Signature _____

phone: 412.781.4116 or 800.827.9385/Fax: 412.781.4122







FAMILY BEHAVIORAL RESOURCES





FAMILY FOCUSED THERAPY



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

-  Medication Management
-  Family Support Groups
-  Focus Groups
-  Resource Packages for Families

-  Family-Based Services
-  Sibling Support Groups
-  Trainings for School Districts
-  Summer Camps (STAPs)

FBR is now an approved provider of services under the PA Adult Autism Waiver.
In need of services? Contact us at adultasd@familybehavioralresources.com!

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:
Rick J. Murray, LSW, BCBA, Chief Operating Officer
Catherine A. Hughes, Family Support Coordinator
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!**

Yes, I want to help ABOARD!

Name: _____

Address: _____

Email: _____

Phone (in case of questions): _____

Gift Amount & Payment Method**\$50 \$100 \$250 \$500 Other \$****Check Enclosed****MasterCard #** _____**Visa #** _____

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/causes/228832/49465600?m=16ba113e>



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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.

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



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.