

The ALL ABOARD NEWS



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

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Volume XIII— Issue 10

Winter 2009

ABOARD's 5th Annual All Abilities Camp Fair

Saturday, February 7, 2009

Ross Park Mall

10:00 am – 3:00 pm

Come See What Your Child Can Do This Summer!

Exhibitors to include:

- Camps and programs for school and preschool age children with disabilities
- Inclusion friendly camps and programs
- Full and half day programs
- Information regarding extended school year (ESY)

Attendance is Free
Sponsored by



For More Information Contact: ABOARD
Advisory Board on Autism & Related Disorders

412-781-4116 or 1-800-827-9385



Chairman's Message

Last Friday, I had the pleasure of attending ABOARD's Autism & Communication conference co-sponsored by DynaVox/Mayer Johnson. The conference was extremely well received and over 100 participants heard national speakers and had hands-on opportunities to work with DynaVox equipment. They also had the chance to network with their fellow professionals and parents. It was good to see ABOARD's education efforts being successful and well received once more. We have other exciting workshops planned in the coming months as we strive to fulfill that part of our mission.

We are all hearing in the news a lot of talk about "change" and "recession"! Regardless of your political views, there is no doubt that there is excitement watching the United States about to experience a history defining moment of "change" when president-elect Obama is sworn in. And regardless of your financial status, we all are paying close attention to the effects of the current economic turmoil in the world and how it affects us.

For those of us in the autism world, "change" has a different meaning. It is often something we approach with caution, wondering how our children will react to the "change" in the route the school bus took home today or the "change" in the weekend plans that occur. Change is not always easy for us. While the country has 2 months to prepare for the change in its President, we often have no preparation or warning to deal with the effects of change that occur daily in our lives! But with the strength of our passion

we too persevere, much like our democracy does every 4 years. We just do it daily.

The economic turmoil in the world puts an added burden on our families. We often pay out of pocket for services. Therapies for our family are not always covered and they are expensive. We have no "bailout" funds to help. We look expectantly to the implementation of the new Pennsylvania insurance bill in July 2009. Hopefully, it will be done in such a way that providers will be reimbursed in an efficient and timely fashion, so the smaller ones can remain in business and continue to provide help to our children and families.

ABOARD is not immune from the changes caused by the economic turmoil. We hear that funders are cutting back financial support in 2009. We have an active board of directors and 3 dedicated office staff working hard to support the families of Western Pennsylvania. I am asking all those who read this newsletter to consider sending in a donation. Your donation will help us continue to be there at the other end of the telephone line to help the parents of the newly diagnosed child begin their life long journey of constant change.

May you all have a healthy and happy New Year, and may your changes be peaceful!

Sincerely

Elliot Frank, Chairperson

LOOK FOR ABOARD'S UP-AND-COMING **ASK THE EXPERT SECTION IN OUR NEWSLETTERS:**



Do you have a question you would like one of our Professional Advisory Council Members to answer?

If yes please send your questions to autismnews@aboard.org and look in our next newsletter for answers to your questions!

Professional Advisory Council

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Community Psychiatric Centers
Licensed Psychologist

Paula Ciliberti

Resource Coordinator for
Child Development Unit

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Neurodevelopmental and
Developmental Behavioral Pediatrician
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Department of Pediatrics

Gary Swanson, M.D.

Medical Director
Division of Child & Adolescent Psychiatry
Allegheny General Hospital

Patricia Valentine

Deputy Director for Behavioral
Health Services

Diane Williams, Ph.D., CCC-SLP

Center for Excellence in Autism Research at
University of Pittsburgh

***What is the
Professional
Advisory
Council (PAC)?***

***ABOARD's
Professional
Advisory
Council is
comprised of
a group of
professional
individuals
that work in
the autism
community.
This council
helps promote
resources,
information
and latest
technology/
trends to help
those with
autism while
providing
guidance and
support to
ABOARD.***

LEGAL GUIDELINES FOR EXTENDED SCHOOL YEAR OFTEN IGNORED

The topic of Extended School Year (ESY) is one that is often misunderstood by parents of children with disabilities. Unfortunately, school districts sometimes also do not understand the legal requirements of this program and/or do not follow these requirements. The result is that many children who are legally eligible to participate in this program are denied the opportunity.

The mandate for providing ESY is found in the federal regulations that support the Individuals with Disabilities in Education Act (IDEA). These regulations at 34 CFR Section 300.106 issue a strong command to public schools to "ensure that ESY is available to provide a FAPE to children who qualify" (34 CFR 300.106(a)(1)). Thus, the clear purpose of providing ESY services is to ensure that a child with a disability receives a Free and Appropriate Education (FAPE), a right established by the IDEA in 1975. The regulations go on to define ESY as "special education and related services that are provided to a child with a disability, beyond the normal school

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year, in accordance with the child's Individualized Education Program (IEP), at no cost to the parent" (34 CFR 106(b)). The regulations further state that the IEP team must make the decision on eligibility for ESY, and that ESY services may not be limited to a particular disability, and may not be limited in type, amount or duration. (34 CFR Sections 300.106(a)).

Schools shall determine ESY eligibility at each IEP meeting!

Pennsylvania law incorporates the federal guidelines for ESY at 34 CFR 300.106. Furthermore, it sets forth a number of standards for determining eligibility for ESY. Those standards found at 22 Pa. Code Section 14.132 include:

Schools shall determine ESY eligibility at each IEP meeting;

Factors used to determine eligibility include (22 Pa. Code 14.132):

- **regression (losing progress due to interruption);**
- **recoupment (time needed to recover lost skills);**
- **severity of child's disability;**
- **and emergence of a critical skill.**

In addition, the regulations outline which sources of information may be relied upon to make the ESY determination. These include progress on IEP

LEGAL GUIDELINES FOR ESY OFTEN IGNORED — CONTINUED

goals, parent reports, medical personnel reports and test scores. (22 Pa. Code 12.132(b). One last important requirement of ESY in Pennsylvania concerns the timing of the ESY determination. For students in a target group, including those with autism spectrum disorders, a meeting to discuss eligibility for ESY must be held no later than February 28 of each year, and a Notice of Recommended Placement (NOREP) stating the ESY decision must be

For students in a target group, including those with autism spectrum disorders, a meeting to discuss eligibility for ESY must be held no later than February 28 of each year, and a Notice of Recommended Placement (NOREP) stating the ESY decision must be issued no later than March 31.

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This provides parents with sufficient time to appeal a decision they do not agree with.

Many parents are surprised at the actual scope of eligibility for ESY. Often parents report that the only guideline they hear from school officials is the "Regression/Recoupment" standard. In other words, they are told that they must show that their child has lost academic progress as a result of a school break or vacation, and that it was difficult for their child to make this progress up. This is simply not accurate. First of all, even when regression/recoupment is being considered, it is not a requirement that the parent must actually show the child has lost progress in the past due to an interruption in schooling.

(Reports from parents, teachers, therapists and others can be considered.) More importantly, regression/recoupment is simply not the only standard to consider.

The one guiding principle parents must remember is that there is no one single criterion which must be used to determine ESY eligibility.

The most important thing you can do as a parent of a child who may be eligible for ESY is to learn what the law entitles your child to receive. Do NOT rely upon school officials for your information regarding eligibility.

In conclusion, the most important thing you can do as a parent of a child who may be eligible for ESY is to learn what the law entitles your child to receive. Do NOT rely upon school officials for your information regarding eligibility. Knowledge is power!

By Donna Morris

Donna Morris is an education advocate/attorney practicing in Western Pennsylvania. She can be reached at 412-576-7441 or at donnaj1742@comcast.net.

A Special Thanks to our Recent Donors!

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\$50—\$99

In 2009 ABOARD will be offering Advertising incentives to all Organizations and Companies that donated to ABOARD. The following is the list of items you will receive via your donation to ABOARD! Contact ABOARD to start receiving these incentives with your donation!

\$5,000 +

Full Page Ad in Newsletter (4x per year)
Advertising for 1 year in weekly E-Blast

\$2,500—\$4,999

(Half Page Ad in Newsletter (4x per year)
Advertising for 9 months in weekly E-Blast

\$1,000—\$2,499

(1/4 Page Ad in Newsletter (4x per year)
Advertising for 6 months in weekly E-Blast

\$500—\$999

(Business Card in Newsletter (4x per year)
Advertising for 3 months in weekly E-Blast



Creative Discovery for Children in the Autism Spectrum



Drama is a powerful tool for teaching social skills, body language and the mechanics of social interactions. The CLO Academy's New Horizons Program is proud to offer performing arts classes for children in the Autism Spectrum.

Classes are held Tuesday
evenings at CLO Academy

Ages 6-8 5:30 - 6:30pm
Ages 9-14 6:30 - 7:30pm

Led by a staff of qualified, experienced teachers, students will join advanced Academy students in an integrated environment that enables them to explore emotions through acting and music.

"My son has never been involved in something like this - and frequently doesn't like new and challenging things - but he has loved it."

- 2007 Parent



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
- * Behavioral Health Rehabilitation Services
- * Extended School Year Summer Programs

For more information, call **1-888-777-0820**
or visit www.pressleyridge.org.

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UPMC | University of Pittsburgh
Medical Center

CHARTS

*Children with Hyperactivity and Autism Research Treatment Study
Funded by the National Institutes of Mental Health*



The CHARTS study examines the use of an approved ADHD medication and parent training sessions for the treatment of over-activity and inattention in children diagnosed with Autism Spectrum Disorders. Parent training sessions are intended to help families manage their children's challenging behavior.

The study involves 10 weekly sessions. An optional 24-week follow-up involves monthly visits to our outpatient clinic located at:

**Merck Child Outpatient Clinic
Franklin Building, 1011 Bingham Street
in the South Side of Pittsburgh**

There are no costs to participate. Evaluations, study visits, parent training sessions, and medication are provided free of charge.

Who is Eligible to Participate?

Children must...

- Have symptoms or a diagnosis of Autistic Disorder, Asperger's Disorder or Pervasive Developmental Disorder (PDD)
- Have symptoms such as over-activity, inattention, and impulsivity
- Be between 5 and 13 years of age
- Not be on medication or be on medications that are not working well

For more information, please contact:

**Sarah McAuliffe-Bellin, M.Ed., Study Coordinator, at 412-235-5447
or mcauliffebellinsj@upmc.edu**

Date: February 27, 2009

Time: 6:00-10:00 p.m.

★ **FREE** ★

Family Swim Night

For families with Children/Adults
with Autism.



**Join
ABOARD
AUTISM HELP NETWORK
AUTISM SPEAKS
for a fun family event!**

Come join us for a **FREE** evening of fun with the entire family as we enjoy the indoor heated pool at The Woodlands Foundation!

Snacks and drinks will be provided in the recreation center where you will have a chance to talk with someone from each of the groups and enjoy some fun!

**Event is from 6-10:00 PM.
Pool opens at 6:00 PM.
Two Swim Sessions are available!**

DATE: Friday, February 27, 2009

**TIME: Swim Session A (6-7:45PM)
Swim Session B (8-9:45PM)**

PLACE: The Woodlands Foundation
134 Shenot Road, Wexford, PA 15090
www.woodlandsfoundation.org/

COST: FREE

RSVP: To ensure pool is properly staffed with lifeguards please RSVP with your swim session preference choice by:
February 20, 2009

Contact: Rebecca Williams-Thomas,
ABOARD at 412-449-0165
rwthomas@aboard.org



The Clash Between Zero Tolerance and Autism in Education and in the Criminal Justice System

Special Education law in Pennsylvania provides that punishment for a manifestation of a student's disability is an inappropriate technique for handling behavior and may not be used by schools. The presentation will discuss some of the more common manifestations of autism that may impact behavior in school, in the general public and in other settings. The presentation will also discuss proactive strategies and interventions and positive supports that can and should be used to assure a more balanced and appropriate method of supporting and disciplining students. The desire is to help families and their advocates obtain better Positive Behavioral Support Plans that will reduce the instances of potential clash between autism and zero tolerance. Also, this presentation intends to help parents and their advocates be better prepared to understand the manifestations of autism so they can challenge the school if it insists upon disregarding those manifestations in its effort to impose a zero tolerance policy.

The second part of the presentation will present a brief legal and clinical construct that identifies, clarifies and urges the implementa-

Attorney, Art Feldman, and Autism Consultant and Trainer, Rebecca Klaw, will give a two-part presentation on the related issues concerning the clash between “zero tolerance” policies and administrative approaches in education and in law enforcement and the actual requirements inherent in special education law and in criminal law. They will discuss not only how zero tolerance (100% intolerance) is wrong for therapeutic and policy reasons but also wrong for legal reasons.

ABOARD Saturday Seminar
“The Clash Between Zero Tolerance and Autism in Schools and in the Criminal Justice System”
 Duquesne University - Mellon Hall
 April 18, 2009
 8:30 a.m. – Noon

tion of the complexity that is truly inherent in the statutes and case law that constitutes our criminal justice system. The objective here will also be to avoid a “zero tolerance” approach to criminal law that often starts by only looking at conduct, without considering the knowledge, intent or motive behind that conduct. We will explore the legal definitions of “intent,” “knowing,”

“reckless,” and other general psychological or mental elements of many crimes. We will then look at specific examples in Pennsylvania’s Crime Code to consider the ways in which an individual’s knowledge and intent are elements of specific crimes that must be considered before determining if the individual has actually committed the crime alleged. We will look at ways that autism may create processing deficits that impact an individual’s recognition and interpretation of circumstances, events, danger and what is right and wrong. We will look at ways in which autism may impact an individual’s reaction to circumstances and ways that autism may impact the motive or intent that is actually behind the conduct. The desire here is to help individuals, families and their advocates to be better prepared to understand the criminal laws, the ways in which the knowledge, intent or motive behind a defendant’s conduct are very important elements of most crimes, and the ways in which autism may impact the knowledge, intent, motive and conduct to such an extent that a crime has not actually been committed.

ABOARD'S 2009 Organization/Corporate Partnerships

Partnership with ABOARD is mutually beneficial. 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. We will do this by acknowledging your membership in our quarterly newsletter as well as on our website, which is being re-designed. Also your organization will receive a discounted rate to exhibit at our conferences along with a 20% discounted registration fee when sending 5 or more of your employees to attend our conferences and workshops.

Thank you for your support:

Achievement Center
Alliance for Infants & Toddlers
Alliance Health Wraparound
A.O.T., Inc.
Arc of Mercer County
Autism Speaks
AVID Learning Therapy Center
Children's Institute of Pittsburgh
Clearfield-Jefferson MH/MR Program
Community Care Behavioral Health
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& Family Services
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Integrated Care Corporation
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Ligonier Valley Learning Center
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PLEA
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& Behavioral Health
Vocational & Psychological Services
Watson Institute
Wesley Spectrum Services
Western Psychiatric Institute and Clinic
Westmoreland Case Management
& Supports, Inc.
Westmoreland County MH/MR Program
WJS Psychological Associates, Inc.
Youth Advocate Programs, Inc.

2009 ABOARD Membership Form

Organization/Corporate membership offering for 2009: \$250

Organization _____
 Contact Name _____
 Address _____
 Phone # _____ Fax # _____ E-mail _____

Mail form with your check 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 _____

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Expiration Date _____ Authorized Signature _____



Making an *amazing* difference in the lives of children with autism

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- **Project STAR:** a social service agency helping children with special needs to grow in a safe, nurturing, lasting family

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The Children's Institute

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SAVE THE DATES

for these upcoming events with ABOARD in 2009



Saturday Seminar

"Special Needs and Emergency Service Personnel: A Positive Interaction"

Lenore Wossidlo

&

"Emergency Preparedness for the Special Needs Population"

Cynthia Garfold

ABOARD Office

January 24, 2009

9:30 a.m. – Noon

ABOARD's 5th Annual All Abilities Camp Fair

Come See What Your Child Can Do This Summer!

Ross Park Mall

February 7, 2009

10:00 a.m.—3:00 p.m.

Free Family Swim Night

Hosted by: ABOARD, AUTISM HELP NETWORK & AUTISM SPEAKS

Woodlands Foundation, Wexford PA

February 27, 2009

5:00 p.m.-10:00 p.m.

Spring Conference

"Healing the New Childhood Epidemics: Autism, ADHD, Asthma and Allergies"

Kenneth Bock, MD, Defeat Autism Now Practitioner, and Author

&

*"Toxicity of the Environment: Implications for an Integrative Approach to
Autism Spectrum Disorders"*

Scott Faber, MD, FAAP

Holiday Inn Pittsburgh Airport

Saturday, March 21, 2009

9:00 a.m. – 4:00 p.m.

Saturday Seminar

*"The Clash Between Zero Tolerance and Autism in Schools and in the
Criminal Justice System"*

Rebecca Klaw, MS, M.Ed. and Arthur D. Feldman Esq.

Duquesne University—Mellon Hall

April 18, 2009

8:30 a.m. – Noon



MILESTONES ACHIEVEMENT CENTERS OF AMERICA, INC. (M.A.C.)

www.MACAmerica.net

1.877.MAC.SCHL or 1.877.622.7245

Milestones Achievement Centers of America, Inc. are private schools licensed by the Commonwealth of Pennsylvania and located across the state of Pennsylvania.

We are pleased to announce our newest site located in Monroeville is open and now excepting students!

MAC offers a full range of special education and related services to children ages 2 to 21 years of age using a multi-disciplinary approach. Our special education staff and our behavioral health staff are all components of one team. This integrated team approach makes MAC the ideal intervention environment for children who experience both educational and behavioral health issues.

We at MAC do not expect our students to learn the way we teach, we teach the way that is best for each of our students to learn.

We welcome you to visit our website at www.MACAmerica.net to learn more about our organization or please call us at 1.877.622.7245.

Pittsburgh Early Autism Study

Our Goal

Understand the earliest indicators of autism spectrum disorders (ASD)

What We Now Know

Family videotapes of children later diagnosed with ASD suggest that diagnostic signs may emerge within the first year of life

What We Will Do

Study infants who have an older brother or sister already diagnosed with ASD
Look for infant behaviors that predict a later ASD diagnosis

Benefits

Screens and assessments of autism symptoms between 18 and 48 months at no cost

How You Can Help

Participate with your infant in one or both of the projects on the reverse side. Compensation is available for participants.

How Babies Develop Intellectually

(directed by Dr. Mark Strauss)

Where: Infant & Toddler Development Center, University of Pittsburgh (free parking provided)

When: Infants are seen at 6, 11, 16, 24, 36 and 48 months of age

What: Babies watch pictures and movies (e.g. Mr. Rogers Neighborhood) while we record how they look at them

Infants who do not have a sibling with autism are also welcome in this research study

Website: www.pitt.edu/~infants
Email: infants@pitt.edu

How Babies Communicate

(directed by Dr. Jana Iverson)

Where: In your own home at a time convenient for you

When: Monthly while babies are between 5 and 14 months, then again at 18, 24, and 36 months

What: Trained staff visit your home for about an hour and observe infants during everyday activities and playtime with you

Website: www.pitt.edu/~icl
Email: icl@pitt.edu

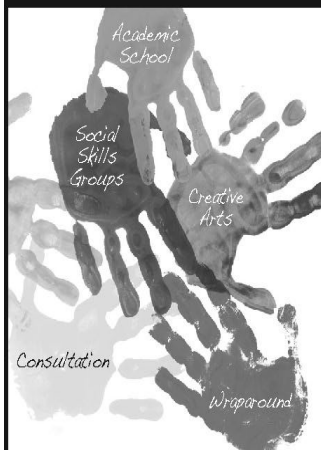
*Pitt Early
Autism
Study*

Supported by the National
Institutes of Health



1-866-647-3436 or
autismrecruiter@upmc.edu

Wesley Spectrum Family and Child Development Center Specializing in the Treatment of Children with Autism and other Development Disabilities



BHRS IN-HOME SERVICES (WRAPAROUND) using Applied Behavioral Analysis (Verbal Behavior) and Relational Therapy for treatment.

ON SITE THERAPEUTIC GROUPS (WONDER KIDS CLUB) focused on social skills and communication acquisition and practice.

PRIVATE ACADEMIC SCHOOL: K-3 Elementary Center that includes speech, language, music and occupational therapy on site.

THERAPEUTIC CREATIVE ARTS: music, movement and art groups, instrument instruction and programs focusing on expressive arts.

ALSO OFFERING: parent support groups, sibshops for families, trainings for groups and school consultations.



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371 North Main St.
Butler, PA
724-841-0910

Naturopathic Philosophy in Treating Autism Spectrum

It is estimated that 1 in 5 boys in the United States are required to take a controlled stimulant medication like Ritalin in order to attend school. That means over 300 million doses of Ritalin are being dispensed to children every day in the U.S. It begs the question...Why?

Epidemiological studies have been done in California regarding children who were diagnosed with Autism Spectrum Disorder. The studies revealed that the #1 correlation were mothers who ate canned tuna while they were pregnant. Boys tend to be more sensitive to mercury toxicity than girls. Testosterone seems to amplify toxicity of mercury where estrogen seems to be protective, which helps to explain the increase rates of autism in boys.

As a Naturopath and DAN! Practitioner, I have found that **the most effective method of treatment for Autism Spectrum Disorder is Homeopathy**. Homeopathy is safe, gentle, and effective. Homeopathy is devoid of all chemical toxicity, and will not interfere with prescription drugs or other medications, making it very safe to use with children diagnosed on the autism spectrum. Homeopathic remedies are made from substances found in nature, and are broken down to a very minute essence of the substance. Homeopathy

is based on the 'Law of Similars,' meaning "Like cures like." In a laboratory Sulfur is used to clean up a mercury spill. Children with Autism Spectrum Disorder are poor detoxifiers. They often have defects in the sulfation and methylation pathways of the liver. It is no wonder that I frequently prescribe homeopathic Sulfur in my practice for the treatment of autism. Parents often report an improvement in their children's behavior, less "stinky poops", improvements in eczema, skin rashes, allergies, improved sleep, more focused, less irritable, less stomach aches, and less obsessive thoughts after taking homeopathic Sulfur.

Another homeopathic remedy that is frequently prescribed in practice is *Calcarea phosphorica* and is a homeopathic remedy derived from calcium. This remedy is very good for tantrums, children who are never satisfied, poor coordination, and developmental delays. Based on the theory of like treats like, often children on the spectrum have poor mineral absorption because their intestines are so inflamed, and have trouble assimilating calcium from dairy. This remedy seems to help with assimilation.

Homeopathy complements the DAN! Protocol. In homeopathy there is a basic principle called, "removing the obstacles to cure." These obsta-

cles include dietary indiscretions, toxins, and preservatives, in order to lessen the burden on the liver so the body has a chance to repair itself. Many children do well with Specialized Diets including the Gluten-Free and Casein-Free-Diet. Chronic inflammation also can cause a "leaky gut" so larger molecules are able to be absorbed. 70% of the body's immune system surrounds the gut. It is called the GALT system (Gut Activated Lymphoid Tissue). The lymph system views these larger food molecules as foreign or an invader and natural tries to attack it. Overtime this can lead to numerous delayed food sensitivities that can also lead to disruptive behavior and mood swings.

Naturopathic doctors believe that chronic intestinal inflammation leads to a disruption in the enzymes that break down gluten and casein completely. The body then absorbs this casein-opioid and gluten-opioid like product that gets absorbed into the bloodstream and is able to bind to receptors on the brain. Initially, shortly after children eat dairy and processed carbs they appear like they are in a fog. Distracted, unable to focus, won't make direct eye contact. When the foods begin to pull off the brain, some children experience withdrawal symptoms.

Naturopathic Philosophy in Treating Autism Spectrum Disorders—Continued

They get irritated, tantrums, head banging, stomach complaints, headaches, violent, not unlike the symptoms an addict experiences coming off of heroin. These kids begin to crave their drug of choice, macaroni and cheese or cereal. It is a way of medicating or numbing themselves so they don't experience the hypersensitivity of their environment. They begin to crave the foods they are allergic to in order to medicate themselves. My office provides test kits that are sent to Great Plains laboratory to screen for opioids produced by gluten and casein. This is a generally screen. If a child tests positive then he/she may benefit from the GF/CF Diet and digestive enzymes. I have added the expertise of a nutritionist to my practice, to compliment Naturopathy in the treatment of Autism Spectrum Disorder

Donna Bassi RD, LDN is a licensed Dietitian-Nutritionist who is available for nutritional consultations at Appalachian Botanicals, LLC. Donna explains that, "Gluten is more than just wheat - it is grains like wheat, barley, oats, and rye. Casein is the protein found in anything "milked" from a mammal-including cow's milk, sheep, goat, and human breast milk. Reading labels is crucial. Products that say "wheat-free" do not necessarily mean "gluten-free."

Dairy-free, Lactose-free or Organic are not casein-free. Gluten-free also includes things that do not have gluten in them but are either grown near them or processed in a facility with them, contaminating them, such as millet and oats."

While this diet may appear overwhelming at first, the good news is that it will become second nature to your life. All changes should be made gradually to allow the body to adapt and heal. Gain comfort and confidence from the fact that thousands of other families have walked this walk before you.

Detoxification and Chelation are common 'buzz' words in the autism community. Many parents are quick to want to chelate their child. However, doing chelation first without first removing food allergens, healing the gut, and supporting the liver can be dangerous. Chelating agents bind to mercury and mobilize heavy metals from brain and lymphatic tissue into the blood stream. If a child's liver isn't functioning properly and he/she is constipated it will cause the toxins to recirculate in the blood causing potential harm to the body again. Detoxification is an important step to recovery but should be done under the supervision of a trained healthcare professional and introduced after the other steps


mentioned above.

Summary of Naturopathic Philosophy in treating Autism: (1) "Heal the Gut" (2) Eliminate Environmental Toxins & Remove Food Allergies (3) Restore Detoxification Pathways (4) Improve Immune Function (5) Optimize Nutrition and Overall Health

A homeopathic intake on an adult would normally take 2 hours. When treating a child with Autism Spectrum Disorder, I have found that it is best to break it into two appointments. I like to spend the first hour appointment, interviewing one or both of the parents discussing the child. The second appointment, I include the child in the interview. I also have free 5 minute consultations between 8-8:30AM during the week for parental support and to answer any questions that may arise. I have witnessed truly remarkable improvement with the entire range of autism spectrum disorders.

By Heidi Weinhold ND

For more information regarding Heidi Weinhold ND and Appalachian Botanicals please visit my web site www.doctorheidi.net.




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by the Alliance for Infants and Toddlers, Inc.*

Contact The Alliance to make an appointment

412.885.6000

Be Proactive by Educating your Local Law Enforcement Professionals and Ensure the Safety of Your Loved One with Special Needs.



Children and adults with special needs may have interactions with law enforcement professionals just like anyone else. Efforts towards these interactions to be positive help these professionals in doing their job well. Taking the time to familiarize your local police of your loved one's specific special needs can help alleviate the occurrence of an unpleasant encounter. Matthew Lisovich, Lieutenant for the Swissvale Police Department appreciates what knowledge he has acquired to better service individuals with special needs. Matt stated the following:

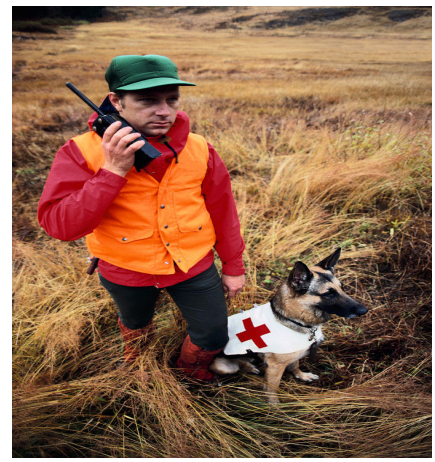
"I hope that the courage that parents of special needs children possess is enough for them to ap-

proach their local Police. I'm not saying they should be afraid to, but I know there are a lot of people who are. As you know, that first step has to be taken by the parents."

George W. Polnar, Chief of Police for the Monroeville Police Department commented with the following as well:

Lenore Wossidlo and Cynthia Garfield will be presenting at the ABOARD Office on January 24th. Lenore will be presenting on the topic of "Special Needs and Emergency Service Personnel" – a positive Interaction and Cynthia will be presenting on "Emergency Preparedness for the Special Needs Population."

"The information the family may proactively provide gives us the ability to do our job better, and in turn to better serve them. The information is not shared publicly, but rather can simply be attached to our CAD



(Computer Aided Dispatch) system to alert us when something arises at that address, allowing us to tailor our response appropriately."

Just as important is the safety of our loved ones with special needs, especially in an emergency situation. There are Lifesaving Programs for the Special Need Population available through the Western Pennsylvania Search and Rescue Development Center. Having a loved one who is an elopement risk or has special needs that could jeopardize their safety in an emergency situation can be addressed.



Presents a Specialized Saturday Seminar

**"Special Needs and Emergency Service Personnel
A Positive Interaction" and
"Emergency Preparedness for the Special Needs Population"**

Lenore Wossidlo & Cynthia Garfold

Saturday, January 24, 2009

9:30 a.m. – Noon

ABOARD Office

Lenore Wossidlo is the proud mother of a 16-year old son with a diagnosis of Autism. For over 10 years, she has been actively involved in helping police departments understand the challenges and characteristics of the special needs population. Lenore will provide attendees with information that can help you establish a positive relationship with your local police department on behalf of your loved one with a disability.

Cynthia Garfold is the Executive Director of the Western Pennsylvania Search and Rescue Development Center. For 8+ years she has been involved with lifesaving programs for the special needs population and emergency preparedness. Cynthia will provide attendees with information about technology available for this purpose.

**ABOARD's Specialized Saturday Seminar of 1-24-09
Registration Form**

Registration Fee - \$10

Total Enclosed - \$ ____ (checks payable to ABOARD)

Name(s)

Address

City, State, Zip

Phone/E-mail (e-mail will be used for registration confirmation and driving directions)

Organization

Complete for credit card transactions ☐ VISA ☐ MasterCard (please check)

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Name on Card _____ Signature _____

Mail or fax registration to **ABOARD, Advisory Board on Autism and Related Disorders**

35 Wilson Street, Suite 100, Pittsburgh, PA 15223

Phone: 412-781-4116 or 1-800-827-9385 Fax: 412-781-4116

(in cases of inclement weather, call the **ABOARD Office**)



Advisory Board on
Autism and Related
Disorders

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Pittsburgh, PA 15223

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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.

Yes, I want to help ABOARD!

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