



February 11, 2011

Join Our Mailing List!



# *Autism Weekly*

**Advisory Board on Autism & Related Disorders**

**412.781.4116 or toll free: 800.827.9385**

## **ABOARD'S MISSION:**

**There is considerable debate throughout the autism community about the cause of autism and issues such as vaccination, diet, inclusion, and appropriate therapies. Legislative acts can also influence services to those with autism. Our policy is to inform. We trust that individuals will assimilate the information we provide and make the best decision for their children and clients.**

**The entire mission statement can be found at  
<http://aboard.web.officelive.com/aboutus.aspx>**

ABOARD  
Presents

Integrative  
Biomedical  
Treatment  
Options  
FOR CHILDREN AND  
ADULTS WITH  
AUTISM SPECTRUM  
DISORDERS



*Saturday, March 19, 2011*

*9:00 a.m. - 3:00 p.m.*

*Holiday Inn*

*Pittsburgh Airport*

*Featuring:*

**Gut Biology, Pathology, and Treatment Strategies in Patients With Autism Spectrum Disorders**

**Anju Usman, MD**

**Autism and the Autonomic Nervous System**

**Anju Usman, MD**

**Raising a Healthy Child in a Toxic World**

**Suruchi Chandra, MD**

---

***Gut Biology, Pathology, and Treatment Strategies in Patients With Autism Spectrum Disorders***

**Anju Usman, MD**

*Patients diagnosed with autism have co-morbid medical conditions including gastrointestinal dysfunction. The most common issues that present are malabsorption, maldigestion, motility disorders, dysbiosis, and allergy/inflammation. This lecture will discuss gastrointestinal pathology, histology and treatment strategies for individuals on the autism spectrum as well as focus on the gut-brain-immune connection as it relates to autoimmunity and potentially PANDAS.*

***Autism and the Autonomic Nervous System***

**Anju Usman, MD**

*Patients with autism are in a state of chronic stress. This stress causes a particular arm of the autonomic nervous system to be turned on or activated. When chronically turned on the sympathetic nervous system can cause symptoms such as hyperactivity, anxiety, attention and focus difficulties. A chronic fight or flight response to stress can also lead to medical issues such as impaired gastrointestinal motility, immune dysregulation, and hormonal imbalances. These issues can be identified and addressed with proper testing, good nutrition, targeted nutraceuticals, and adaptogenic herbs.*

***Raising a Healthy Child in a Toxic World***

**Suruchi Chandra, MD**

*With the rise of environmental toxins, there has been an increased incidence of children experiencing health challenges such as allergies, digestive problems, difficulty focusing and delayed development. We will begin with a brief overview of the scientific literature of the effects of various toxins on health, including BPA, phthalates, flame retardants and toxins in our food supply. Then, tools and strategies will be presented to help you to eat well and create a healthy home that will allow your child and entire family to achieve true health. Finally, we will look at ways to*

*help support the body's detoxification systems in eliminating the everyday toxins that we are all exposed to.*

### **Learning Objectives**

*Attendees will:*

- *Learn about GI pathology, histology and treatment strategies*
- *Learn about the gut-brain connection, autoimmunity and relation to PANDAS and treatment strategies*
- *Learn about the affects of chronic strees and the sympathetic nervous system which involve impaired GI motility, immune and hormonal imbalances and treatment strategies.*
- *Learn about effects of various toxins on health and strategies for a healthier diet and home*
- *Learn how to support the body's' detox system and eliminate toxins.*

### **PROGRAM**

*8:00 a.m. Registration*  
*9:00 a.m. Conference Opening*  
*9:10 a.m. Dr. Anju Usman*  
*10:15 a.m. Break & Exhibits*  
*10:30 a.m. Dr. Anju USman*  
*11:30 a.m. Lunch & Exhibits*  
*12:30 p.m. Dr. Suruchi Chandra*  
*1:30 p.m. Break & Exhibits*  
*1:45 p.m. Dr. Suruch Chandra*  
*3:00 p.m. Evaluation & Closure*

### **Continuing Education Credits**

#### **AOTA OCCUPATIONAL THERAPY**

*The Advisory Board on Autism and Related Disorders (ABOARD) is an Approved Provider of the American Occupational Therapy Association (AOTA.) A maximum of 0.45 credits (4.5 contact hours) will be awarded upon successful completion of the conference. The assignment of AOTA CEUs does not imply endorsement of Specific course content, products, or clinical procedures by AOTA.*

#### **PA EDUCATORS ACT 48**

*The Allegheny Intermediate Unit is recognized by the PA Department of Education to offer continuing education credits ACT 48 under guidelines. A maximum of 4.5 hours of PA EDUCATORS ACT 48 credits will be awarded for the completion of the seminar. A certificate of attendance is provided as well.*

**SOCIAL WORKERS**

***For social workers, 45 credit hours of continuing education are provided for the completion of the seminar through cosponsorship of the University of Pittsburgh School of Social Work, a Pennsylvania-approved sponsor of social work continuing education.***

**ASHA**

***"This program is offered for .4 CEUs (Intermediate level; Related area.)"***



**[REGISTER Online Now](#)**  
**[Brochure & Registration Form](#)**

REGISTER NOW\_For

save the date!

# AUTISM *through* *the* LIFESPAN

A part of the Passavant Hospital Foundation Extending the Care ETC Program Series  
Passavant Hospital Foundation Conference Center & Legacy Theatre at Cumberland Woods Village



*Presentations and breakout sessions each day*

## Wednesday, April 13<sup>th</sup> early childhood to adolescence

research

*findings and implications*

education

*working with the system to meet  
individual needs*

medicine

*primary care, co-occurring  
conditions and diagnosis*

## Thursday, April 14<sup>th</sup> transition: adolescence through adulthood

research

review of relevant state  
& federal legislation

planning for  
independence

employment

Sponsored by:



PASSAVANT HOSPITAL  
FOUNDATION

Presented by:



Western Psychiatric Institute and Clinic  
of UPMC





Dear Friend of ABOARD,

We are conducting a survey to help us fine-tune our efforts to meet your needs and those of others in the autism community. Please answer any questions that apply to you. If you choose not to answer a question, or find any that are not applicable, that is O.K. We will use whatever information you are able to share. Thank you in advance for giving us your valuable insights about living with autism.



[Click here to take SURVEY](#)



[TABLE OF CONTENTS](#)

- [Feature](#)
- [Legislation](#)
- [Rural](#)
- [Research](#)
- [Events/Info](#)

[QUICK LINKS](#)

[ABOARD](#)

[NEWSLETTER](#)

Click here to learn about **What's Happening** at ABOARD and all our upcoming events, conference and seminars for 2010!

Today's eblast is provided free to the families through the support of our sponsors!



<b>SOUTH HILLS LOCATION</b>	<b>PITTSBURGH AFFILIATE</b>
110 Ft. Couch Rd., 2nd Floor	5167 Butler Street
Pittsburgh, PA 15241	Pittsburgh, PA 15201
Phone: (412) 831-1223	Phone: (412) 781-3990
Fax: (412) 831-1034	Fax: (412) 781-3966

[www.shs-pgh.org](http://www.shs-pgh.org)

**THANK YOU TO OUR SPONSORS FOR HELPING PROVIDE THIS SERVICE TO OUR FAMILIES FOR FREE!**

# .....Feature.....

## **Autistic Young Adults Fall Through the Cracks**

Paul T. Shattuck, Ph.D., of Washington University, St. Louis, and colleagues analyzed data from a nationally representative telephone questionnaire surveying parents and guardians of young adults between the ages of 19 and 23 years with an autism spectrum disorder. Surveys were conducted from April 2007 to February 2008.

Here's a comparison of the new rates of service compared with estimates gathered six years earlier when all patients were still in high school:

- Speech therapy was at 74.6 percent - now 9.1 percent
- mental health services was at 46.2 - now 35 percent
- medical services was at 46.9 percent - now 23.5 percent
- had a case manager was at 63.6 percent - now 41.9 percent

About two-fifths of youths in the new survey (39.1 percent) had not received any of these services.

- The odds shown below show how unevenly services distributed:
- The rate of receiving any of the services were 3.31 times higher for white youths compared to African American youths.
- The rate of receiving any of the services was 5.96 times higher for families making \$75,000 or greater compared with families with incomes of \$25,000 or less.
- The rate of using case management services were 5.88 times higher among families with incomes of \$75,000 or greater compared with those those making \$25,000 or less.

<http://www.infozine.com/news/stories/op/storiesView/sid/46233/>

## **Legislation**



### **No Budget Cuts to State Funded Programs for People with Disabilities!**

From the Disability Rights Network

Governor Corbett will present his proposed budget on March 8. As you may have heard, there almost certainly will be funding cuts to many state-funded programs. We must take steps now to prevent budget cuts for services to people with intellectual disabilities, mental illness and autism that can jeopardize their health and welfare.



It is urgent that you write to Governor Corbett as soon as possible and no later than February 25. We need to let the Governor know how funding cuts to these services would affect you, your family or people you know and with whom you work. Below is a sample letter to Governor Corbett, but you should try to personalize it as much as possible. Tell the Governor about services you or your family or others you know receive and why they are important; and, what would happen if those services were reduced or cut entirely.

You might also make one or more of the following important points in your letter to the Governor: For more than 50 years, Pennsylvania Governors have shown a bipartisan commitment to maintaining and expanding funding for community-based services for people with disabilities.

Governor Corbett made a commitment in his campaign to preserve services to people with intellectual disabilities, saying that it was a core responsibility of the state government.

Home and community-based services are cost-effective. If these services are cut, people with intellectual disabilities, mental illness and autism might be forced to enter state institutions, which costs more than twice as much as community services.

The only source of funding for services for people with intellectual disabilities is state funding (with federal matching funds). The costs of these services cannot be shifted to private payers, such as insurance companies, that do not fund these services.

State funding (with federal matching funds) is critical to fund essential services for people with mental illness. Although private payers, such as insurance companies, may fund some of these services, most individuals who need such services do not have access to private insurance and, even those who do, find that most private insurance offers little, if any, coverage for mental health treatment.

Loss of state-funded mental health services will only shift the costs to other state-funded systems, including prisons and jails.

Across-the-board cuts cannot be absorbed by providers.

Cuts in funding to providers will mean cuts in services.

There are already lengthy waiting lists for people with disabilities to receive services. Any funding cuts will simply increase those waiting lists. Continued support should be provided for the waiting list.

Please send copies of your letter to Governor Corbett's Budget Secretary, Charles Zogby, 238 Capitol Building, Harrisburg, PA 17120 and to the Acting Secretary of the Department of Public Welfare, Gary Alexander, 502 Health and Welfare Building, P.O. Box 2675, Harrisburg, PA 17120.

If possible, please schedule a visit to your elected state senator and state representative in their local district offices. They will be in their local offices on February 10, 11, 17, 18, 21, 22, 23, 24 and 25.

Ask them to write a letter to the Governor urging him not to cut funding for community services for

people with disabilities and to provide you with a copy of the letter

Nancy Murray  
President, The Arc of Greater Pittsburgh  
serving Allegheny and Beaver Counties  
ACHIEVA  
(412) 995-5000 x424  
[nmurray@achieva.info](mailto:nmurray@achieva.info)



## Rural

### **ABOARD Gala held at J. Verno Studios on the South Side**

The 11th annual Gala to benefit ABOARD (The Advisory Board on Autism and Related Disorders) began with a wine tasting and silent auction Saturday at J. Verno Studios on the South Side. A dinner buffet was followed by welcoming remarks from board chair Elliot Frank and the announcement of the Grandin Award, named for Dr. Temple Grandin and given to acknowledge the individual "who has most clearly contributed to maximizing the potential and possibilities" of children and adults with autism in Pennsylvania. The recipient, introduced by Lu Randall, ABOARD's new director, was Bonnie Jamieson. The evening chaired by Steve and MJ Crane, Stan and Patricia Hasselbusch and Dave and Lori McMaster, ended with dancing to The Soiree Band

<http://www.post-gazette.com/pg/11039/1123775-460.stm#ixzz1DPrkLgZ7>

## Research



### **Study Uncovers Further Evidence of Autism, Testosterone Link**

Researchers in [Australia](#) have uncovered further evidence of a link between [testosterone](#) and autism, backing a theory that high testosterone exposure in the womb increases the risk of the disorder, The Australian reported Monday. Researchers at the Telethon Institute for Child Health Research in Perth, Western Australia, found that girls with autistic-like behaviors at 2 years old had their first period about six months later than girls without the disorder's [symptoms](#).

## **.....GRANT ALERT.....**

### **BAS Family and Individual Mini-Grants**

The Bureau of Autism Services (BAS) has announced the availability of mini-grants to support children and adults with an Autism Spectrum Disorder (ASD) and families that include an individual with ASD. The full application packet including directions, frequently asked questions and answers, and the application will be available for download from the [BAS web site](#) at the close of business February 18. Individuals who do not have Internet access or printing capabilities can request that a paper application be mailed by calling BAS at 866-539-7689 (select option # 2) after 5:00 p.m. on February 18. BAS will post a webcast regarding the mini-grant application process. Visit <http://bastraining.acrobat.com/p53796987> after February 18 to view this informative webcast.



## **Events/Info**

### **ABOARD Support Group Meeting**

For a complete listing of the ABOARD Support Groups please see our website at [www.aboard.org](http://www.aboard.org) !

## **GET CONNECTED!!!!!!!!!!!!!!**

### **Perspective Program: Intervention Research Study for Adults with ASD**

*The Perspectives Program at the University of Pittsburgh is developing new non-drug interventions to meet the unique needs of adults with autism spectrum disorders. Individuals with Autism, Asperger's Syndrome, or Pervasive Developmental Disorder NOS, between the ages of 16-40, are now being accepted into the program. All participants will receive one of two new experimental interventions, Cognitive Enhancement Therapy or Enriched Supportive Therapy, at no cost. Participants must be able to come to the University of Pittsburgh on a regular basis. A new session is beginning soon. To enroll or find out more information contact 1-866-647-3436 or*

[autismrecruiter@upmc.edu](mailto:autismrecruiter@upmc.edu).

## **Capernaum Interest Meeting and Game Night!**

Capernaum is a ministry for teens and young adults with special needs, ages 14-25. We are hosting an interest meeting for parents on Friday, February 18th at 7pm at The Life Center. The Life Center is located at 1810 Valley Ave, New Brighton, PA 15066 - next to the Beaver County YMCA. We will be playing games and providing snacks for the kids while we provide information for parents on what Capernaum is doing in the community. For more information, contact Marguerite Christy at [marguerite.christy@gmail.com](mailto:marguerite.christy@gmail.com)

## **I.E.P. BOOTCAMP!** Autism Sharing and Parenting

What parents need to know to survive the Individualized Educational Plan Process

Presented by: Cathy Roccia-Meier & Sabra Townsend

Get the basics and uncover new facts about the IEP process.

The roles of an effective IEP Team

Why Present Levels of Performance are important and what they should be

Understand SDIs (Specially Designed Instructions) and see what some look like

What does Progress Monitoring look like

How is Extended School Year eligibility addressed

Level of Service vs. Level of Inclusion

Examine your multi-year IEPs to get Educational Benefit

And more . . .

Wednesday, February 16, 2011

6:15pm

CBH

8th & Market, 7th floor

Philadelphia, PA 19107

(8th St. entrance across from 'ROSS')

Light meal provided

Let us know you plan to attend!

Call the RSVP Line\*

215-413-7106

## **CPC Family Support Network...Helping Each other put the pieces of the puzzle together**

The CPC Family Support Network through Community Psychiatric Centers invites families and friends of children with autism to join us on Monday, February 14 at 6:30 p.m. to discuss "Identifying and Dealing with Stims and Behaviors," led by John Carosso, Psy.D at the CPC Blairsville office, 9 W. Market Street. To RSVP or for more information contact Desiree at 724.875.1675 or [dpollard@zoominternet.net](mailto:dpollard@zoominternet.net) or visit [www.cpcwecare.com](http://www.cpcwecare.com). Childcare will be provided.

## **Creating Agreement Workshon**

On February 28, 2011, UCP Kids is pleased to welcome Kerry Smith and Suzanne McDougall from the Pennsylvania ODR. This workshop is designed to focus participants' understanding of and skill development in the areas of effective communication, collaboration, problem solving, and resolving conflict! Join us at UCP Community Service Center from 6:00-9:00 pm. For more information and to register go to <http://www.ucpclass.org/ucp-community/ucp-kids-invites-you-join-us-learning-about-creating-agreement> .

## **Local Task Force 2011 STEPP Awards**

The Local Task Force on the Right to Education (LTF3) is proud to sponsor the Scott E. Folmer Memorial: Student, Teacher and Exemplary Practice or Partnering (STEPP) Awards which recognize the outstanding support of children receiving special education services.

You may complete the online nomination form by clicking the link located on the LTF3 homepage (<http://www.ltf3.org> ). Nominations must be received by Monday, March 15, 2011.

## **Sensory Friendly Films**

### **Don't miss the next Sensory Friendly Film!**

#### [Gnomeo & Juliet](#)

February 12

10 a.m. local time

[Find a theatre](#)

AMC Theatres (AMC) and the Autism Society have teamed up to bring families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis with the "Sensory Friendly Films" program.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing - in other words, AMC's "Silence is Golden®" policy will not be enforced unless the safety of the audience is questioned.

Tickets are \$4-6 depending on location and can be purchased on the day of the event.

#### Upcoming Shows

March 12: Mars Needs Moms

## **Pressley Ridge is hosting a Professional Development Series on Autism and emotional disorders.**

The topics include Practical Strategies for Differentiated Instruction (Feb 15-Greensboro). Instructional

... topics include: Effective Strategies for Differentiated Instruction (March 2-Greensburg), Instructional Strategies for Students with Emotional, Behavioral, Trauma, and Loss Issues (March 2-Greensburg), and High Functioning Autism and Asperger's Syndrome in the Regular Education Classroom (March 16-Beaver Falls, April 19-DuBois). To learn more about these seminars featuring nationally renowned speakers, visit [www.pressleyridge.org/educationtraining/](http://www.pressleyridge.org/educationtraining/), call 412.872.9474 or email [educationtraining@pressleyridge.org](mailto:educationtraining@pressleyridge.org).

**The Adult Autism Waiver must be renewed by June 30, 2011.**

This provides an opportunity to make revisions and improvements based on our experience and your input. Prior to submitting the renewal application to CMS, the Bureau of Autism Services is providing a period of 30 days for you to review the revised document and offer feedback or suggestions. The feedback period will be open from 1/28/11 to 2/28/11. Pending approval, the renewed Adult Autism Waiver will go into effect July 1, 2011.

To review the Adult Autism Waiver Renewal Application and access the public comment section, please:

Visit the BAS Virtual Training Center: <http://bastraining.tiul1.org>

Set up a free account if you do not already have one. If you have an account but do not remember your log-in information you will be able to request that it be emailed on the homepage.

Once you have logged in, select Adult Autism Waiver Renewal: Public Comment

To request a printed copy of the renewal application, or a copy in a different language, please call toll free in PA: 1-888-539-7689 or email: [ra-odpautismwaiver@state.pa.us](mailto:ra-odpautismwaiver@state.pa.us) with Waiver Renewal in the subject line.





HIGHMARK.  
**WALK**  
FOR A HEALTHY COMMUNITY  
*Organizations Unite to Make a Difference*

**Save The Date!**

**Saturday, May 21, 2011**

**Heinz Field, Pittsburgh, PA**

We are one of 69 organizations participating in the 2011 Highmark Walk for a Healthy Community.

Highmark Blue Cross Blue Shield underwrites 100 percent of the cost of the event and funds raised directly benefit the participating organizations.

Mark your calendar, find those walking shoes and look for more information to come soon!

[www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org)

HIGHMARK.  
Blue Cross Blue Shield   
An Independent Licensee of the Blue Cross and Blue Shield Association

*Contact the Office at 412-449-0165 for more information!*

## **Designs by Ja9**

New Autism Awareness products now available online!

[www.designsbyja9.com](http://www.designsbyja9.com)

Just click on the "Support Autism Awareness" link on the homepage and be sure to select **ABOARD** as the benefactor of the \$10 donation for each puzzle purchased.



## **This Valentine's Day**

Show your love while supporting Autism Awareness with these \*Limited Edition\* cherry red [Autism Awareness Puzzle Pieces](#) made in the USA by glass artist Janine Stillman.

Available only until 2/28/11.

(an 18" black magnetic cable choker is included in this special promotion)

\$30 each plus shipping (and tax for CA residents)

### The "Romantic" Puzzle

A cherry red puzzle piece adorned with scrolls of beautiful gold/orange/pink dichroic glass suspended from a silver or gold plated hanging loop.



### The "Contemporary" Puzzle

A cherry red puzzle piece adorned with splashes of beautiful gold/orange/pink dichroic glass and polka dots suspended from a silver or gold plated hanging loop.



***Support Autism Awareness Dichroic glass puzzle piece jewelry and gifts [www.designsbyja9.com](http://www.designsbyja9.com)***

*ABOARD will receive a donation of \$10 for each puzzle purchased.*

*Autism...  
Together we can solve the puzzle!*

***CLICK HERE TO MAKE A PERSONAL DONATION TO ABOARD!***

*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](http://www.dos.state.pa.us).*

*ABOARD is a member of the The Chamber of Commerce*



**United Way**

*United Way of Allegheny County Contributor Choice Agency Number 9817*

Find us on Facebook 

**Join our page or join our cause!**

Find us on Facebook 

You can also

add a CAUSE Toolbar so every web search will help ABOARD generate funds! <http://apps.facebook.com/causes/toolbar>



**GOODSEARCH.COM or GOODSHOP.COM - Select "ABOARD"**

## **OUR MISSION**

ABOARD IS DEDICATED TO MAXIMIZING THE SOCIAL, EDUCATION AND VOCATIONAL POTENTIAL AND POSSIBILITIES OF PENNSYLVANIA CHILDREN, ADOLESCENTS AND ADULTS WITH AUTISM AND RELATED DISORDERS. THROUGH FAMILY SUPPORT, INFORMATION DISSEMINATION, EDUCATION & TRAINING, AWARENESS BUILDING AND COLLABORATION, WE PROVIDE HOPE AND HELP TO PENNSYLVANIANS CONFRONTED WITH THE CHALLENGES OF AUTISM.

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

[Forward email](#)



*Try it FREE today.*

This email was sent to autismnews@aboard.org by [autismnews@aboard.org](mailto:autismnews@aboard.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Advisory Board on Autism and Related Disorders | 35 Wilson Street, Suite 100 | Pittsburgh | PA | 15223