

March 18, 2011

Join Our Mailing List!

ABOARD turned 15 on March 17th!

It's was also St. Patrick's Day so we've turned our logo green!

Please consider sharing your "green" with us by making a quick and easy online donation. We are hoping that you will show your support with any level of "birthday gift" you can spare to help all who struggle with the challenges of autism and bring a little gold to the end of their rainbow. <u>A birthday note from ABOARD Director Lu Randall</u>



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



AUTISM & SEXUALITY

Helping Children with Autism Spectrum Disorders

Presented by: Shawn McGill Saturday, April 9, 2011 9 a.m. - 3 p.m. at

> The ABOARD Office Pittsburgh, PA 15223

Seats limited please register now! Only 15 spots left!

PROGRAM D

Parent and clinical consultant in the field of intellectual and developmental disabilities since 1998, Shawn McGill will present an all-day workshop that addresses how we can best support persons on the spectrum to understand and safely express their sexuality. This comprehensive and unique training increases one's knowledge and awareness on how to best prepare your child for puberty, and how to best support them in navigating the many aspects of sexuality. Throughout the day you will learn educational and supportive methods to explain sexual feelings and body changes and to teach about legal and safe sexual expression.

Conutining Education Credits

<u>Click here to register online!</u>

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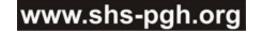
Click here to learn about What's Happening at ABOARD and all our upcoming events, conference and seminars for 2011!

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



SOUTH HILLS LOCATION PITTSBURGH AFFILIATE 110 Ft. Couch Rd., 2nd Floor Pittsburgh, PA 15241 Phone: (412) 831-1223 Fax: (412) 831-1034

5167 Butler Street Pittsburgh, PA 15201 Phone: (412) 781-3990 Fax: (412) 781-3966







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

.....Feature.....

In Va. assault case, anxious parents recognize 'dark side of autism'

Champion said parents are just beginning to acknowledge what she calls the "dark side of autism," their children's capacity for aggression when they are frustrated, angry or overstimulated. Her son recently hit his attendant and attacked his father in front of a movie theater. Other parents describe scary episodes of biting, kicking and hitting.

http://www.washingtonpost.com/local/in-va-assault-case-anxious-parents-recognize-dark-side-of-autism-/2011/03/11/ABYhoSS_story.html





Helping Those Who May Not Be Able to Help Themselves

For parents like her, the question of what will happen to their children once they're no longer around or able to help them looms like an ominous cloud because there simply aren't many affordable services for high-functioning adults with disabilities.

"You see the anxiety that the parents have: Who's going to know them like they're going to know

them?" said Paula Goldstein, chief operating officer at Jewish Family and Children's Service of Greater Philadelphia. Now, for the first time, JFCS will be able to help people like Toll to set their grown children on a solid path for the future. Through a new program called B'side, JFCS will provide families with holistic long-term planning, counseling and regular home visits. Social workers will connect clients to anything they need, from reminders to get chores done to help balancing their checkbooks.

http://www.jewishexponent.com/article/23102/



ACTION ALERT - Legislation

NAA ACTION ALERT

Keep Our Loved Ones Safe From Wandering-Related Injuries and Death

Please click here to take action now:

http://www.change.org/petitions/keep-our-loved-ones-safe-from-wandering-related-injuries-anddeath-4

Dear Parents and Friends;

Deaths associated with autism wandering/elopement remain a leading cause of fatalities among children and adults with an autism spectrum disorder (ASD). Please see listing of recent fatalities below.*

Individuals with autism go missing from multiple settings - home, school, daycare, summer camps, relatives' homes and environments that carry common supervision patterns.

The National Autism Association believes a medical code for wandering will help protect at-risk individuals who have a documented history of wandering. Here's why: Physicians are largely unaware of this issue; therefore, cannot provide prevention materials or advice. A medical code will increase awareness, advice and prevention-material distribution. A diagnostic code will allow for data collection on the incidence of wandering, thereby increasing opportunities for prevention education for doctors, caregivers, school administrators and staff, first responders/search personnel.

Many nonverbal individuals with ASD are unable to respond to their name when called. We feel a diagnostic code will lead to increased awareness and the development of emergency search-and-rescue response protocols.

We believe a medical code will enhance schools' understanding of wandering so that children with a history of wandering will be better protected. Currently, wandering is not looked at as a medical condition, but one of choice or bad behavior. This has lead to a lack of school training, prevention and emergency response. In January alone, two children with autism went missing from their schools.

Children and adults with ASD who suddenly flee, bolt or run because of a trigger are at greater risk of restraint. We believe a medical code will help establish protocols that work to eliminate triggers, thereby eliminating the need for restraint.

We've seen reports of parents locking/secluding children in their rooms to keep them from wandering outside. While this is anecdotal information, we believe parents, schools and other care providers need better solutions. A medical code has enormous potential to help provide safe alternatives.

We believe every disabled individual with a history of wandering who is at serious risk of injury, trauma or death should have access to safety devices and prevention materials regardless of the caregiver's income. A medical code for wandering could potentially provide insurance coverage for those unable to afford critical protections for their children/adults.

Please support a wandering medical code for at-risk individuals by <u>signing this petition</u>. You can also send a personal or organizational letter of support via email to Donna Pickett, Co-Chair of the ICD-9-CM Coordination and Maintenance Committee, at <u>DPickett@cdc.gov</u>. The comment period closes April 1, 2011.

This medical code would be available for those most at risk. Not every person with a developmental disability wanders into potential danger, but for those individuals that are susceptible, the consequences can be devastating. They should be afforded every opportunity for protection from harm.

Sincerely, The National Autism Association Visit <u>http://www.awaare.org</u> for information and resources on wandering prevention.

Research

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Doctor Does Groundbreaking Autism Research

Neurogeneticist Dr. John Stoffner has spent the last 20 years studying the c autism spectrum disorder and mitochondria disease. Mitochondria produce body needs. Stoffner said mitochondria deficiencies can be linked to a host Alzheimer's disease, Parkinson's disease and autism. Dr. Stoffner and his te who have autism and mitochondria disease together are a greater risk for a

especially when they have a fever. He said a fever of around 102 degrees or higher coupled with dehydration, can act as a trigger. Think of it as going from a 1 to a 6 or an 8 on the autism spectrum.

http://www.wsbtv.com/news/27191878/detail.html

Of Interest

<u>Clothing for children with autism presents challenges</u>

Clothing often poses a roadblock for children in the autism spectrum. For some children, certain fabrics are literally painful to wear. Cotton usually is a fabric that most children with ASD (autism spectrum disorders) will tolerate, but the softer the cotton is, the better. Washing is a wonderful way to soften new clothing. It also can take away certain scents in clothing that an ASD child with high sensory to smell may need to have addressed. http://www.brownsvilleherald.com/articles/children-123864-challenges-quiet.html

The friendly robot for autistic kids

Kaspar the robot teaches autistic children about emotions and physical contact - and even plays Nintendo Wii with them "Children with autism don't react well to people because they don't understand facial expressions," says autism expert Ben Robins, <u>as quoted by the Associated Press</u>. "Robots are much safer for them because there's less for them to interpret and [robots] are very predictable."

http://theweek.com/article/index/212982/the-friendly-robot-for-autistic-kids







ABOARD Support Group Meeting For a complete Sisting of the ABOARD Support Groups please see our website at 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.

FBR and AERI Co-Host 9th Annual Autism Awareness Night

The 9th Annual Autism Awareness Night is co-hosted this year by Family Behavioral Resources (FBR) and the Autism Education and Research Institute (AERI) on April 7th, 2011 from 6:30pm-9pm at the Doubletree Hotel in Monroeville, PA. Hope for Tomorrow - A Tale of Two Mothers shares unique stories from two women -both of whom are national authors and motivational speakers. Amalia Starr, author of "Raising Brandon" and Claudreen Jackson, wife of the late Pervis Jackson (from Motown group The Spinners) and author of "Inspired by Autism" open their voices and hearts as they talk about their beloved adult sons and experiences in raising their loved ones on the autism spectrum. The stories are as alike as they are different, but common theme remains the same - they have immense love for their sons, and show strength, courage, and resiliency. Their life lessons and perspectives will undoubtedly teach and inspire the audience. This event has always been and is still FREE to the community as part of our commitment to supporting Autism Awareness Month in April. We invite family members, persons on the spectrum, therapists, teachers, paraprofessionals - anyone who need a "cup of comfort and inspiration!" Starr and Jackson will surely remind us that no matter how our loved ones are impacted by the spectrum, there is always "hope for tomorrow." Sponsorship and Exhibitor Opportunities are now available on a limited basis - first come, first serve! Finally, we have applied for Continuing Education hours and expect to once again be approved to provide this exceptional opportunity to those in need of credit. Should this change, we will notify the community immediately. We hope to see returning guests and new faces this year for our annual event. Join us for an exceptional evening!

NHS Human Services will be providing a parent and sibling support group.

Group meetings will take place on the fourth Tuesday of every month 6:00 pm at the NHS Human Services Greensburg office located at 531 S. Main Street, Greensburg, PA 15601 (In the same parking lot as Family Video and Main Bowling). Every meeting will involve presentations, guest

speakers, and group discussion. RSVP with Michelle at 724-600-0120 or 724-600-0125. For more information contact Stefanie Enciso at 724-882-3825 or at SEnciso@nhsonline.org

Institute on Disabilities at Temple University presents THE MINI COURSE LECTURE SERIES ON DISABILITIES

Siblings: Moving Beyond the Parent/Child Relationship

PRESENTER:

Kathryn Fialkowski- A family-oriented discussion about social networks for individuals with intellectual and developmental disabilities. Individuals with intellectual disabilities, family members, professionals, and allies are welcome.
Monday, March 28, 2011
2 Part Session (with lunch on your own)
Registration begins at 9:00 AM
Part I: 10 AM - 11:30 PM
Part II: 1 - 2:30 PM

Temple University Main Campus /Student Center 1755 N. 13th Street / Room 200A / Philadelphia, PA 19122

Kate and David Fialkowski will share their journey from "typical" siblings to when one sibling takes on the role of caregiver or overseer of the other sibling. This frank and sensitive discussion will include the transition from parent-led support to sibling-led support and navigating the process and outcomes of that role change.

During the afternoon, a select panel will discuss the development and leverage of the social network. Everyone is encouraged to attend including "Person-Centered Circles." Questions and open sharing of ideas from the audience will be encouraged.

Kathryn Fialkowski and her brother David grew up in inner-city Philadelphia. Kate has spent her life advocating for disability rights and inclusion. She and her family have led grassroots activism in the right to education, community living, and employment for individuals with developmental disabilities. Kate is currently a Joseph P. Kennedy Jr. Public Policy Fellow placed at Administration on Developmental Disabilities (ADD) in Washington, DC, working on grassroots strategic planning and self-advocacy organization.

Event is FREE. Registration REQUIRED. Register NOW ONLINE at <u>www.disabilities.temple.edu/programs/miniseries</u> Or FAX attached registration form You MUST register by March 11

BarberInstitute Persents: Joshua Diehl, Ph.D. Assistant Professor of Psychology, University of Notre Dame 6:00 p.m. Tuesday, March 29, 2011 Joshua Diehl, Ph.D. will present information from his behavior-based research projects and therapies, including communication barriers, effective treatment options, and the importance of continued treatment through adolescence. The focal point of Dr. Diehl's current research involves a state-of-the-art robot named "Nao," which is specially programmed to help break down communication barriers for children with autism. By incorporating technology, which is especially appealing to most children with autism, gestures and tone of

voice are simplified, potentially making therapy sessions less threatening and more productive. Dr. Diehl and his team at the University of Notre Dame are among the first in the nation to conduct research to determine if robot technology can improve human interaction in children with Autism Spectrum Disorders.

This presentation is designed for parents and family members, as well as educators, speech and language

therapists, and other professionals. Continuing education credits. The program will be presented free of charge; advance reservations are requested. Contact the Barber National Institute at 814-480-6831 or register online at BarberInstitute.org

FBR Lancaster Hosts Parenting for Partnership - FREE WORKSHOP!

Marty Dutcher, founder of Parenting for Partnership, will be hosting a FREE workshop to discuss his ideas and theories on building positive relationships with our children! Join us Tuesday, March 29th, 2011 6PM-7:30PM at FBR Lancaster Office ~ 245 Centerville Road, Lancaster, PA 17603. Presentation topics will address what any child seeks from a parent, and how the way we relate to our children's overall behavioral issues on a daily basis, impacts both our sense of well-being and their desire for unconditional love and support. This includes: providing parenting tools, distinctions, coaching, and resources that result in ever-expanding views of our children and ourselves - enhancing parenting success and satisfaction. All parents welcome-not just those who have a loved one with a diagnosis. ~ Light refreshments to be provided. Child care / social skills group not available during the presentation. Please RSVP to Christy Foote- Central Regional Director of Autism Services at: 717-295-5500 ~*~ lancaster@familybehavioralresources.com. *RSVPs strongly encouraged by Friday, March 25th.

CBH Family Members of CCBH Consumer Meeting

This meeting will be held on March 23rd at 324 Allenhurst Avenue, in Ridgway, PA, and is the location of Dickinson Center, Inc.'s Psychiatric Rehabilitation Center. This meeting is held by CCBH's Joe Korney who seeks CCBH consumer family member input about any service related issue, or concern. The meeting lasts about 1 hour. Family members will be reimbursed \$25.00 for attending and can be eligible for mileage reimbursement as well. Food and refreshment will be provided as well. Company Name: Dickinson Center, Inc. - Ridgway Psychiatric Rehabilitation Program (hosting) Contact Name: Rita Onink-Kraus B.S.; Caseworker Contact Address:324 Allenhurst Avenue, Ridgway, PA 15853

Contact Phone: 814-776-2653

Contact Email: rita.onink-kraus@dmhc.org

FBR and AERI Bring William Stillman to Western PA - FREE WORKSHOP!

Oftentimes parents, caregivers and educators are at a loss about how best to support individuals with autism because they are overwhelmed by out-of-control, aggressive "behaviors," inundated with disrespectful prognoses and clinical jargon, or confused by technical information. This workshop is the perfect introduction for participants to begin to discern the functions of mental health issues from autism. William Stillman demystifies such perplexing challenges using language, examples and anecdotes that are concrete and understandable for all. Join us April 26, 2011 from 9AM-4PM at the Four Points Sheraton for this FREE event! Registration begins at 8:30AM. For a registration form, visit www.familybehavioralresources.com or send email to autismservices@familybehavioralresources.com. Events also listed on our Facebook page!

Westmoreland IU & University of Pittsburgh Greensburg Autism Conference

Wednesday, May 4, 2011

The First Annual Autism conference sponsored jointly by the Westmoreland IU and UPG offers practical ways to respond to youth on the Spectrum. The opening keynote presentation by Dr. Nancy Minshew will focus on understanding the cognitive and physical basis of autism. Dr. Minshew, Director of Pitt's Autism Center of Excellance will review her 25 plus years of research on brain connectivity and information processing for persons on the spectrum. Afternoon sessions feature practical responses to "Sensory Processing", "Social Skills Training", "Responses to Agitation, Escalation & Meltdown", and "Career Development/Employment Experiences". Sessions on "Parent Partnership Development" and "Advances in Assistive Technology" are also scheduled.Contact Ms. Kelly Heitchue, (724) 836-2460 Extension 2324 www.wiu.kl2.pa.us

DASH Advocacy Training

DASH is presenting a skill building training for disability advocacy groups at six different locations from 10 a.m. to 3 p.m. on Different Advocacy Approaches and Advocacy with State and Local Government. To enroll, email Lan Do at Ldo@drnpa.org. The training is held on April 4 at the Disability Empowerment Center in Lancaster, on April 13 at Abilities in Motion in Reading, on April 26 at the Luzerne County Annex Building, on May 9 at the Three Rivers Center for Independent Living, on May 10 at Voices for Independence in Erie, on May 23 at Vision for Equality in Philadelphia.

Autism Awareness Month Parent Advocacy Training

Do you ever feel unprepared at your child's IEP meeting or intimidated by school officials? Pressley Ridge, in partnership with Autismlink, is holding a free training led by Rebecca Moyes, Regional Education Coordinator for Autism and nationally and internationally respected speaker. Rebecca will take the mystery out of the IEP. You will leave this training feeling well prepared for your next IEP meeting and with some great advocacy tips. The training will be held 4/15/11 at 5500 Corporate Drive, Suite 400, Pittsburgh, PA. For more information please call 412.872.9420, email lcubellis@pressleyridge.org, or visit www.pressleyridge.org.

<u>Autism Awareness Day</u>

Saturday, April 9, 11 a.m.-3 p.m. at the Shoppes at Northway Mall. Join staff from the Barber National Institute's BHRS program as they host Autism Awareness Day. The event will feature many free activities for children such as crafts, balloon animals, games and temporary tattoos! Youngsters can play a game of corn hole for the chance to win a prize. We will have information about autism and the Barber National Institute, and professionals from our organization will be available to answer questions from parents. We will also provide employment information for anyone who may be interested in career opportunities.

World Autism Awareness Day

On April 2, 2011 from 10A to 3P, we are having a World Autism Awareness day event at the State Museum. We're looking for groups to set up tables with information for the event. I thought it would be great to have our local support group participate. We're working on getting passes done that would allow us to have some individuals attend the event and visit the museum for free. There is no fee of course for our event, but the passes would allow folks to visit the museum for free (the state museum now charges a \$5 admission fee for the museum). Also, if you have any members who make autism awareness-specific items that they would like to display, that would be great too. Elizabeth (Lisa) Kimball HSPS Department of Public Welfare Office of Developmental Programs Bureau of Autism Services 625 Forster Street, Room 605 | Harrisburg, PA 17120 Phone: 717.425.5677 | Fax: 717.265.7761

www.autisminpa..org www.dpw.state.pa.us

Children with Hyperactivity & Autism Research Study

The UPMC Center for Autism & Developmental Disorders at Merck Child Outpatient Clinic is conducting a study to examine the use atomoxetine and/or parent training vs. placebo for symptoms of ADHD in children with Autism Spectrum Disorders. It includes 10 management sessions and an optional 24 week follow-up involves monthly visits to our outpatient clinic. This is open to children 5-13 years of age who are not on medication or are on medications that are not working well.

For more information please contact: David Maloney at 412-235-5407 or maloneydj2@upmc.edu

<u>REGISTRATION IS NOW OPEN</u> <u>www.walkforahealthycommunity.org</u> Select ABOARD as the organization that you would like to support.







An Independent Licensee of the Blue Cross and Blue Shield Association

Come out and walk for ABOARD!

<u>Walk Details:</u> WHERE: Heinz Field, Pittsburgh WHEN: Saturday May 21, 2011 REGISTRATION: Starts at 7:15am 5K WALK START: 9:00am ONE-MILE FUN WALK START: 9:15am

Call 412-781-4116 or email <u>autismwalk@aboard.org</u> with any questions. ABOARD and the families that we serve thank you for your support!

Spring will be here soon and it's time to start thinking about supporting ABOARD at the 9th annual Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield. This year's fundraiser benefits 67 local health and human service agencies in Southwestern PA, including ABOARD. Because all costs are underwritten by Highmark ABOARD receives 100% of the money that is collected.

To register, go to <u>www.walkforahealthycommunity.org</u> and select ABOARD as the organization that you would like to support. Would you like to be a team leader? On the website you would like to support ABOARD as the spirit on walk day! Support ABOARD all in one night!



Jain the Pittsburgh Symphony Orchestra and Resident Conductor Lawrence Loh for the eighth annual PSO Community Partners Concert. This year's performance features the sounds of Boyz II Men and the winner of the renowned 2011 Sphinx Competition, Paul Laraia. The PSO's Community Partners Concerts have raised more than \$539,000 for partnering nonprofit groups since they began in 2004.

Pittsburgh Symphony Community Partners Concert Featuring BOYZ II MEN

Location: Heinz Hall

Thursday, June 23, 2011 at 7:30 PM

TICKETS ON SALE NOW

- Tickets may be ordered in any of the following ways:
- calling the PSO Box Office at 412.392.4900 or toll-free: 1.800.743.8560
- ordering online at pittsburghsymphony.org/communitypartners
- coming to the PSO box office in person (600 Penn Ave., in Heinz Hall)

23845 ABOARD - Advisory Board on Autism and Related Disorders THANK YOU FOR SUPPORTING ABOARD!!!!!!

100% of your ticket purchase benefits ABOARD!

WOW TWO GREAT FUN NIGHTS OUT THAT BOTH BENEFIT ABOARD! Thank you to our supporters who are hosting these events for ABOARD.

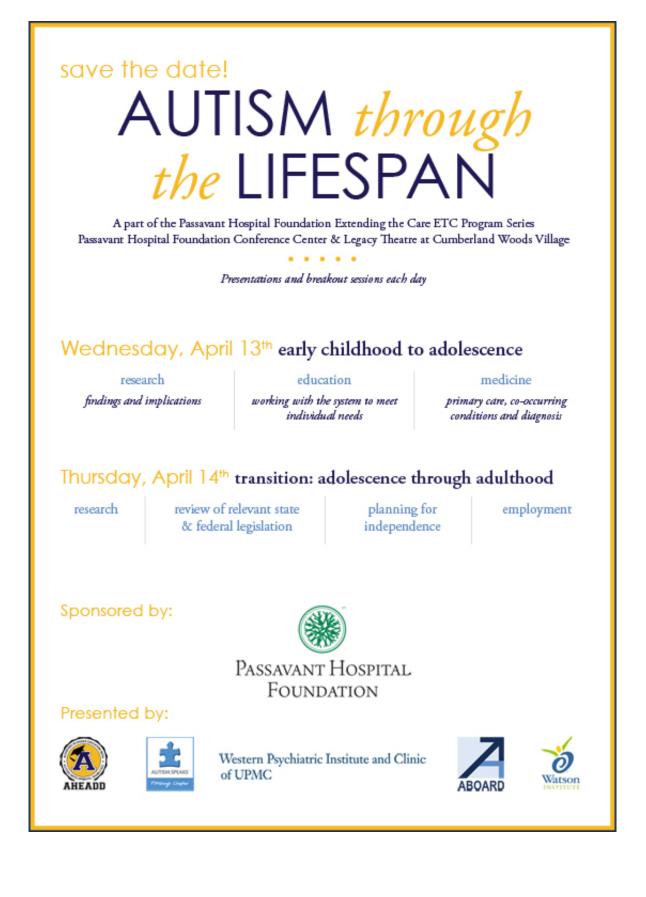


<u>Tickets on sale now</u> to get the early bird special!

Tickets will not be mailed for this event, but you are registered once you finish check out. Your receipt will be emailed to you.

Thank you and we look forward to seeing you at the Spring Fling for Autism & Masqerade Bowl. Contact the Office at 412-449-0165 for more information!

REGISTER NOW For



REGISTER NOW For



Cost: \$2100.00 for two weeks

This workshop is specifically designed to meet IEP, Transition, and Vocational Goals.

[call, click, or email AHEADD for more information] 877.AHEADD.1 (877.243.2331)



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.

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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

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