

February 25, 2011

Join Our Mailing List!



#### **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

#### Integrative Biomedical Treatment Options

#### Anju Usman, MD & Suruchi Chandra, MD

(DAN - Defeat Autism Now Doctors) March 19, 2011

#### Professional credits offered

- AOTA- American Occupational Therapy Association
- ASHA- American Speech-Language-Hearing Association
- PA Educators Act 48
- Social Workers
- Psychologist
- Counselors- NCBB

Nurses and other health care professionals

For more information or to register: Click here



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

REGISTER NOW
BROCHURE AND REGISTRATION FORM

# REGISTRATION IS NOW OPEN www.walkforahealthycommunity.org Select ABOARD as the organization that you would like to support.



Come out and walk for ABOARD!

Spring will be here soon and it's time to start thinking about supporting ABOARD at the 9<sup>th</sup> 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 can register as an individual walker, team leader or just make a donation. Pre-register and donate \$25 to receive a t-shirt on walk day!

<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 <a href="mailto:autismwalk@aboard.org">autismwalk@aboard.org</a> with any questions.

ABOARD and the families that we serve thank you for your support!



## SATURDAY SEMINAR



Registration is required and limited to 50 seats!

### **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 35 Wilson Street, Suite 100 Pittsburgh, PA 15223

#### PROGRAM DESCRIPTION

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.

#### learning objectives

- 1. Brief overview on sexuality
- 2. Brief overview on ASD
- 3. How intellectual and developmental disabilities can affect sexuality
- 4. Proactive measures with sexuality(label the body, teaching all people ways to say "no" understanding private vs. public behavior, relationships, dating and consent)
- 5. Challenging behaviors that may be associated with sexual expression, sexual frustration or lack of understanding
- 6. Specific handouts and resource list to aid in teaching human sexuality

#### **Conutining Education Credits**

AOTA OCCUPATIONAL THERAPY
PA EDUCATORS ACT 48
SOCIAL WORKERS

#### Click here to register online!

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



Education

Research

Of Interest

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!



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

www.shs-pgh.org

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

#### Feature....

#### Using brain waves to predict autism spectrum disorder in infants

Can brain activity show infants with autism?

Data was collected from 79 infants between ages 6 to 24 months, 46 of whom were considered at a high risk of developing ASD. Infants were fitted with a net containing electrodes which measured brain waves while the infants watched an experimenter blow bubbles. The findings: the pattern of brain activity in infants at a high risk for autism was different than that of infants not considered to be at risk. The system was 80% accurate at distinguishing between the two groups at 9 months of age. Bottom line: the authors state that the pattern of brain activity is different in infants considered at risk for ASD.

http://www.abcactionnews.com/dpp/news/health/using-brain-waves-to-predict-autism-spectrumdisorder-in-infants

#### **Using EEGs to Diagnose Autism Spectrum Disorders in Infants**

A computational physicist and a cognitive neuroscientist at Children's Hospital Boston have come up with the beginnings of a noninvasive test to evaluate an infant's autism risk. It combines the standard electroencephalogram (EEG), which records electrical activity in the brain, with machinelearning algorithms. In a pilot study, their system had 80 percent accuracy in distinguishing between 9-month-old infants known to be at high risk for autism from controls of the same age.

http://www.prnewswire.com/news-releases/using-eegs-to-diagnose-autism-spectrum-disorders-ininfants-116644569.html



#### **Education**

## For Autistic Children, a School's Coffee Shop Imparts Skills While Raising Money

The coffee shop was the idea of their teacher, Thomas Macchiaverna, 26, who saw it as a means to instill not only social niceties in children who often have difficulty with human interaction, but also business acumen and life skills beyond the classroom. "The overall goal here is to make these kids functional members of society," he said. 'It's a different avenue than the standard educational curriculum. It's outside the box, which you have to be with this kind of program." http://www.nytimes.com/2011/02/19/education/19autism.html





#### U.Va. Receives Grant To Study Simulator's Effects on Teen Drivers with Autism

Researchers at the University of Virginia have received a \$100,000 grant from the U.S. Department of Defense to study the use of virtual reality driving simulators to train and evaluate the driving skills of teens with Asperger's and high-functioning autism, both of which are considered autism spectrum disorders.

http://www.newswise.com/articles/u-va-receives-grant-to-study-simulator-s-effects-on-teen-drivers-with-autism

#### **Terbutaline linked to Autism**

Doctors prescribe terbutaline for asthma. However, the drug is used off-label, meaning for a purpose other than what Food and Drug Administration approves, for slowing or stopping preterm labor and for calming uterine hyperactive stimulation, according to the FDA. The FDA ruled to require a Boxed Warning and Contraindication based on safety reports of heart problems and death related to terbutaline use in obstetric cases. Terbutaline crosses the placental barrier and blood-brain barrier of the fetus, which may lead to an autistic-spectrum disorder and other developmental disorders. A recent study conducted at Duke University illustrated the risk of terbutaline to infants. The study found an increased risk of brain damage and cognitive deficits in

babies whose mothers were treated with terbutaline during preterm labor. The study showed that the use of terbutaline may predispose babies to autism and that it may make the brain more vulnerable to toxins.

http://www.salient-news.com/2011/02/terbutaline-linked-to-autism/

#### <u>Testosterone may bump autism rates in males</u>

T A new study offers some clues into the mystery of why autism is four times more common in males than in females. The results show that testosterone and estrogen have opposite effects on a gene nicknamed RORA. In neurons, testosterone lowers the ability of cells to express, or turn on, the RORA gene, while estrogen raises it. "Autism has a huge sex bias, and it's been proposed that higher levels of fetal testosterone may put a fetus at risk," said study researcher Valerie Hu, professor of biochemistry and molecular biology at George Washington University in Washington, D.C. "We've provided an explanation of how this works."

The disorder is four times more commen in males than females http://www.msnbc.msn.com/id/41671269/ns/health-mental\_health/



#### Of Interest

#### How a child with Asperger's helped his father become a better parent

For wives whose husbands are still undergoing what Dad Emi went through in the beginning with his Miggy, here is the advice of Dr. Cindy Ariel (a psychologist for over 20 years, also in Philadelphia, who specializes in treating anxiety, depression, and relationship concerns): Allow your husband to come to terms with and get to know your child in his own way and at his own pace.

http://www.mb.com.ph/articles/305446/how-a-child-with-aspergers-helped-his-father-become-a-better-parent

#### **Events/Info**



### For a complete listing of the ABOARD Support Groups please see our website at <a href="https://www.aboard.org">www.aboard.org</a>!

#### Just Us Parents - Autism Support Group

Find support, encouragement and help in your parenting of a child on the Spectrum Autism, PDD-NOS, Aspergers. Meet other parents; Support one another; Share information and ideas; Get resource information; Meeting the needs of those who attend.

Location/Address Panera Bread Company at 7217 McKnight Road, Pittsburgh, PA 15237 (Across from Ross Park Mall)

Time 7pm to 9pm

Monthly The Support Group meet once a month. The next meeting is scheduled for Monday,

March 7

Contact Name Astrid Camille Arroyo and Maureen Wirth

Contact Phone 412-358-0393 or 724-625-0284

Contact Email <u>la.bella@verizon.net</u> or mhwirth@gmail.com

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



## Pennsylvania's budget process needs your input!

We will be writing a letter to Governor Corbett this week to ask him to preserve funds for autism treatment and supports. Since the time is of the essence, we urge you to complete the survey at the following link. We will include current data to support our respectful request that the 2011/2012 budget cuts not affect autism services. We will let the governor know that while we understand the difficulty of the decisions he has to make, there is a growing need in the autism community. We will list your most pressing concerns related to budget items. Our letter will politely make the point that spending dollars on preventative treatment and services will likely result in savings in the coming year and beyond. Cuts will in some cases mean very expensive emergency services or long term care, wiping out savings and then some.

Please know that while we advocate for your needs as a group, you should also send your individual letters as well. The mailing address again is:

Governor Corbett's Budget Secretary, Charles Zogby, 238 Capitol Building, Harrisburg, PA 17120 and write to:

Acting Secretary of the Department of Public Welfare, Gary Alexander, 502 Health and Welfare Building, P.O. Box 2675, Harrisburg, PA 17120.

Thank you for your participation.

#### **Click here to take SURVEY**

#### 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!

#### **Creating Agreement Workshop**

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 <a href="http://www.ucpclass.org/ucp-community/ucp-kids-invites-you-join-us-learning-about-creating-agreement">http://www.ucpclass.org/ucp-community/ucp-kids-invites-you-join-us-learning-about-creating-agreement</a>.

#### **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 (<a href="http://www.ltf3.org">http://www.ltf3.org</a>). Nominations must be received by Monday, March 15, 2011.

Pressley Ridge is hosting a Professional Development Series on Autism and emotional disorders The topics include 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 <a href="www.pressleyridge.org/educationtraining/">www.pressleyridge.org/educationtraining/</a>, call 412.872.9474 or email educationtraining@pressleyridge.org.

#### Wesley Spectrum Services 2011 Extended School Year Programs

Wesley Spectrum Offers a Variety of Educational and Therapeutic Extended School Year (ESY) Programs for Students that Quality for ESY.

Wesley Spectrum Digital Storytelling ESY for Students on the Autism Spectrum

Wesley Spectrum Social Skills ESY for Adolescents with Asperger's Syndrome

Wesley Spectrum Academy ESY

Wesley Spectrum Highland/Integrated ESY

Wesley Spectrum Academy and Highland/Integrated ESY Summer Work Program

Programs are located in Upper St. Clair, Whitehall, Gibsonia and Penn Hills. For additional information, contact Dave Grabowski at 412-885-7017, or visit <a href="www.wesleyspectrum.org">www.wesleyspectrum.org</a> for a full brochure.

The School District of Philadelphia Education Center

440 N. Broad Street

Philadelphia, PA 19130

The Julia Ward Howe School in collaboration with the Office of Specialized Instructional Services cordially invites...... parents, guardians and family members to meet

9:30 am - 1:00 pm

Providers

Legislators

Advocates

Parent Supports

Refreshments will be served

#### Feedback for 2011 resource fair & events needed

As past participants or organizations interested in the 2010 Children's Services Resource Fair, I am looking for your valuable feedback on this year's event. We plan to hold a resource fair again this year, but it will be expanded, thanks to a one-time grant opportunity we have to hold educational events for our families.

Allegheny County Department of Human Services seeks to launch a one-time initiative called Helping Others through the Power of Education (HOPE). HOPE will be holding a resource fair with speakers and activities on June 16, 2011 and a speaker series leading up to June 16th. All HOPE activities or events that we plan must be completed by June 30, 2011 and will be a one-time event. It is not something that will happen again next year.

As DHS continues to engage youth and families in a meaningful way throughout our planning and implementation of integrated children's services, we recognize that families want and need more education, skills, resources and networking opportunities, in order to become stronger advocates for themselves, their family members and other members of their communities.

We are conducting group interviews, brainstorming sessions and surveys with young adults, caregivers, family members and service providers that are served by DHS in order to understand what kind of educational topics and activities consumers/families are most interested in for this initiative.

By completing the short 10 question survey below, your valuable input will help us to plan events that are meaningful for DHS families and individuals across Allegheny County. As service providers, we hope you will answer these questions with your particular families/consumers in mind. Thank you very much!

#### http://www.surveymonkey.com/s/TXRC2NJ

As for the resource fair itself, mark your calendars for June 16, 2011. I will be in touch again as the date approaches!

#### WUW IWU GREAT FUN NIGHTS OUT THAT BUTH BENEFIT ABUAKU!





<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** 

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 13th early childhood to adolescence

research

findings and implications

education

working with the system to meet individual needs medicine

primary care, co-occurring conditions and diaenosis

#### Thursday, April 14th transition: adolescence through adulthood

research

review of relevant state & federal legislation

planning for independence employment

Sponsored by:



#### Presented by:





Western Psychiatric Institute and Clinic of UPMC





[save the date]

## JOEY TRAVOLTA FILM WORKSHOP

For Students and Young Adults, ages 14-25

July 18-29th, Monday through Friday from 10a.m.-3p.m.

Cost: \$2900.00 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)



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.

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



United Way of Allegheny County Contributor Choice Agency Number 9817



#### Join our page or join our cause!



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

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