

# CARDUSE

University of South Florida, Louis de la Parte Florida Mental Health Institute Vol. 2, Issue 2 Jul-Sep 1999

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## Surviving Summer Vacation

by Terri Daly, Ph. D. and Marilee Emerson, M. Ed. at UCF CARD in Orlando, FL.

Summer vacation, for some, may evoke images of sunny days at the beach, relaxing with a good book, sleeping in late and taking special trips. For our families, however, summer vacation may be a stressful time. School routines may be shortened or even non-existent and the hours to structure become greatly increased. The ever-present issue of childcare/respite is magnified. Below are some ideas and reminders for surviving the summer:

**Routines:** Stay with the ones that work (i.e. morning and bedtime routines). Consistency in established routines will be helpful to everyone. Create a day-time schedule and be consistent (i.e. lunchtime, etc.)

**Leisure and Recreation:** This is an important part of summer time. Consider expanding your child's interests and incorporate into schedule (sports, weekly library visits, arts and crafts).

**For school age children:** A small part of the day can be used to maintain school skills (i.e. tabletop activities, fine motor activities). Teachers may be willing to provide worksheets or materials. Try a morning and afternoon opportunity.

**Calendar:** Provide one to help enhance the predictability of what's to come. Visual Schedules can be daily, weekly, monthly, depending on the individual's need. Refrigerators often make a good "communication center" for families; a calendar may be a nice addition. Words, pictures, or both are helpful to highlight events.

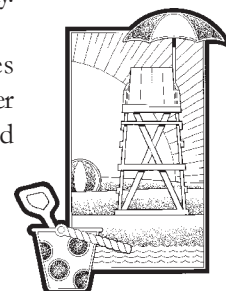
**Activities that are not preferred:** Follow a less preferred activity with a more preferred activity. Communicating this is important before the less preferred activity starts. "It's Grandma's law: eat your peas before you can have your dessert."

**Childcare:** Consider co-opping with other families, maybe from your child's school. Many high schools have service organizations that engage in service related activities all year round.

**Road trips:** 1) Bring stuff to do (novel and favorite toys/activities), objects/activities used for calming 2) Communicate where you are going verbally and visually. Create a travel book with pictures cut out from brochures, breaking the trip into small segments. Include a picture of a "favorite" item or activity that will happen at each critical stop on the trip. Read the book with your child before and during the trip. Bring maps to follow. Create your own mini trip-tik. 3) Headphones and favorite music. 4) Pack preferred foods. 5) Stop at regular intervals; create the 10-minute pit stop routine (gasoline, bathroom, special treat/drink, stretch your legs (walk). Keep this routine consistent, especially on long trips.

6) Maintain bedtime/waking routine and times while on the road staying in hotels, motels or with family.

We hope families have a good summer and some new and fun experiences.



## Our Mission

The mission of the Center for Autism & Related Disabilities (CARD) at the University of South Florida is to provide support and assistance that optimizes the potential of people with autism and related disabilities.

Exemplifying our effort to achieve this mission are the four "components for caring" that are the focus of our work:

- Direct Assistance - Providing individualized support for people with autism and related disabilities, and their families, in natural community settings, such as homes, schools, and work sites.
- Technical Assistance & Consultation - Undertaking activities on behalf of programs (e.g., classroom, supported living residence, supported employment site, etc.) that serve people with autism and related disabilities.
- Professional Training - Providing instruction on autism and related disabilities through our workshops, conferences, in-service training, and college courses.
- Public Education and Awareness - Developing and disseminating information about people with autism and related disabilities.

As one of six regional, university-based CARD centers, CARD-USF provides its services to individuals with autism and related disabilities, their families, related professionals, and the general public throughout an eighteen county catchment area in west, central, and southwest Florida.

## Endorsement Policy

As a policy, CARD will not lend its name to the endorsement of any specific program, practice, or model that is offered for service to people with autism and related disabilities. However, the sharing of information and training opportunities are key functions of the CARD program.



## Autism Information Fair -- a Success!

You may remember from our last issue that CARD-USF was going to hold an autism information fair. The goal of the fair was for families, community supports, and professional providers to have an opportunity to network and to create a heightened awareness of autism and related disabilities and to discover how best to meet the needs of individuals with this disability.

The fun and informative event was held on Saturday, April 24, 1999, at the Florida Mental Health Institute's Westside Conference Center located on the campus of the University of South Florida. The event's success was a collaborative effort by CARD staff, local support providers, and businesses. The fair began at 10:00 a.m., lasted until 4:00 p.m., and hosted approximately 300 people.

The day was filled with a variety of activities that ranged from available community resources, family crafts and hands-on activities. Presentations were done continuously throughout the day and rooms were filled to capacity. The variety of topics covered important issues such as, early intervention services, school accommodations, visual schedules, educational rights, and quality indicators for adult services and programs. Organizations such as Home Depot, Publix, Palm River Point, and Redlands Christian Migrant Associations provided hands on arts and crafts for the children throughout the day. Edmund Finnegan, an adult with autism, displayed his artwork and helped with the raffle drawings.

A number of businesses and organizations donated their efforts and time to this event by providing us with wonderful raffle gifts. Because of the overwhelming and supportive responses we received from family members and professionals, CARD-USF is looking forward to hosting similar events in the future.

CARD-USF would like to extend a heartfelt thanks to the following individuals:

### Craft Room

Pastoria and Sally of Publix Bakery.  
Tim D'Kmico of Home Depot.  
Amparo Nunez of Palm River Point.  
Karla Parshley of Redlands Christian Migrant Association (RCMA).  
Christine Ferra of Very Special Arts of Florida.

### Speakers

|                  |               |
|------------------|---------------|
| Sylvia Diehl     | Glen Dunlap   |
| Nila Benito      | Cheryl Liles  |
| Pam Buschbacher  | Renee Whaley  |
| Steve Newton     | Ken Arthur    |
| Jean Caldicott   | Laura Semer   |
| Marjorie Russell | Bobbie Vaughn |
| Lise Fox         |               |

### Volunteers

|                    |                 |
|--------------------|-----------------|
| Melisa Martin      | Tonita Melendez |
| Karen Pasqualichio | Kitty Wallace   |



Center for Autism and Related Disabilities

University of South Florida  
The Louis de la Parte  
Florida Mental Health Institute  
Division of Applied Research & Educational Support  
Department of Child & Family Studies  
13301 Bruce B. Downs Blvd.  
Tampa, FL 33612-3899

Phone: 813-974-2532  
Florida only: 1-800-333-4530  
FAX: 813-974-6115

Web: <http://card-usf.fmhi.usf.edu>  
email: [card-usf@fmhi.usf.edu](mailto:card-usf@fmhi.usf.edu)

Events, activities, programs, and facilities of the University of South Florida are available to all without regard to race, color, marital status, sex, religion, national origin, disability, age, Vietnam or disabled veteran status as provided by law and in accordance with the University's respect for personal dignity.

## Upcoming CARD-USF Workshops

### Positive Behavioral Support for Families

In this six session training series, families will be taught how to implement positive behavioral support with their children. The sessions will begin with establishing a vision for your child and end with the development of a behavior support plan. Each session will build on the previous session. Families who register should attend all sessions. Registration will be limited to 20 participants. Participants must attend all six sessions.

Dates: September 9 & 23; October 7 & 21; November 4 & 8, 1999. Time: 6:30 - 8:00 p.m.

Place: Louis de la Parte Florida Mental Health Institute, University of South Florida Campus, Tampa, First meeting will be in Westside Conference Center Room C.

### Positive Behavioral Support for Professionals

This two day workshop will provide professionals with an overview of, and practical strategies associated with, "Positive Behavioral Support (PBS)". Content on day one (July 22) will focus on defining the critical features of PBS and describing how to conduct a functional assessment that identifies the purpose of the individual's problem behavior. Content on day two (July 29) will focus on describing how to use functional assessment information to develop a behavior support plan. Participants must attend both days of the workshop.

Dates: July 22, 1999 and July 29, 1999. Time: 1:00 - 3:00 p.m.

Place: Louis de la Parte Florida Mental Health Institute, University of South Florida Campus, Tampa  
Workshop on 7/22/99 will be held in Westside Conference Center Room C  
Workshop on 7/29/99 will be held in Room 1503

### Using Visual Strategies with Your Child

In this workshop, parents and professionals will be provided with information on how visual strategies may be used to assist individuals with autism in understanding activities, instructions, and daily routines. Samples of visual materials will be shared and handouts that will assist the participants with developing visual schedules will be provided.

Date: July 8, 1999. Time: 6:30 - 8:30 p.m.

Place: Westside Conference Center Room A, Louis de la Parte Florida Mental Health Institute, University of South Florida Campus, Tampa

Date: September 21, 1999. Time: 6:30 - 8:30 p.m.

Place: Ft. Myers - Edison College, Hendry Hall, Room HH-143

### Toilet Training Your Child

In this workshop, parents and professionals will be provided with information on the various approaches to toilet training. A process for toilet training the young child (3-8 years old) will be described. Participants will be provided with a step-by-step plan for toilet training and materials for collecting data and implementing a toilet training program.

Date: July 28, 1999. Time: 6:30 - 8:30 p.m.

Place: Louis de la Parte Florida Mental Health Institute, University of South Florida Tampa Campus, Head Start Building, Room F-100.

Date: Fall, 1999. Date and time to be announced at later date.

Place: St. Lucie County, Location to be announced at later date.

### Quality Indicators for Teaching Students with Autism

In this workshop, the components of effective instruction and appropriate practice for students with autism will be discussed. Participants will be provided with a description of indicators that may be used to examine the educational programs provided to students with autism. Registration limited to 40.

Date: August 25, 1999. Time: 7:00 - 8:30 p.m.

Place: Westside Conference Center Room C, Louis de la Parte Florida Mental Health Institute, University of South Florida Campus, Tampa

Date: September 1, 1999. Time: 7:00 - 8:30 p.m.

Place: Ft. Myers - Edison College, Robinson Hall, Room RH-209

Date: October 4, 1999. Time: 7:00 - 8:30 p.m.

Place: Highland County, Location to be determined.

**Pre-registration prior to the training date is required for all workshops.** Workshops are free but you must reserve your slot. Seating is limited. Contact Donna Casella at CARD-USF (1-800-333-4530 or 813-974-6168) to register or for further information if time and place are not listed above.

## CARD is looking for help

CARD-USF will be employing a part time (30 hours) clerical assistant to help with copying, material dissemination, filing, and other office tasks. Hours may be arranged flexibly. If you are interested in applying for the position, please contact Zebra Jahnke at 813-974-7723.



## Audio Tapes from Biological Conference

CARD received an e-mail stating that audio tapes can be purchased of presentations from the Orlando Biological Conference that was held in May. Tapes are \$9 each or a 10 tape set in binder is \$80. Tapes can be ordered from Audio Excellence, 2501 22nd Avenue North, Suite 1025, St. Petersburg, FL 33713. For information call 727-360-6727. They accept Visa, Mastercard, American Express, check and money order.



## The 1999 Autism Society of America National Conference on Autism

July 6-10, 1999

Kansas City Marriott Downtown  
200 W. 12th Street

Kansas City, Missouri

For information contact the ASA conference hotline at (888) 684-4630 or visit the ASA web page at <http://www.autism-society.org/>



## Safety Skills

A book about preventing sexual abuse in children with disabilities has been written by Freda Briggs, M.A., Professor, De Lissa Institute of Early Childhood and Family Studies, University of South Australia. This book is aimed more at children with physical disabilities but can be adapted for children with developmental disabilities.

*Developing Personal Safety Skills in Children with Disabilities.*

Published by Paul H. Brookes Publishing Company. 1-800-638-3775  
ISBN 1-55766-184-7



## Sarasota Sportsability Outdoors Day

Saturday, July 24, 1999 from 10:00 a.m. to 4:00 p.m. at City Island Park in Sarasota, off the Ken Thompson Parkway. Children with developmental disabilities are welcome. Activities include pontoon boat rides, sit down water skiing, swimming, canoeing, kayaking, jet skiing and fishing, hand-pedaled biking, therapeutic horseback demos, archery, target shooting, golf, trail rides and other activities. No charge for attendance.

For information contact Scott Weinmaster of HealthSouth Rehabilitation Hospitals at 941-921-8790. Also sponsored by FFAST, FDDC, and Able Trust.

## Developmental Screening for Infants, Toddlers, and Preschool children within Hillsborough County

*Ages: Birth to Five.*

If you know of someone who is concerned about their child's development, have them call the Florida Diagnostic and Learning Resource System at 813-276-5555 to make an appointment.

Free screenings for vision, hearing, motor, language and cognitive development will be held at the following times and locations from 8:30 a.m. to 12:00 noon.

July 23, 1999 -  
Christ the King Church,  
3809 Morrison Ave., Tampa

August 20, 1999  
First Baptist Church of Temple Terrace  
10002 N. 56th St., Temple Terrace

September 17, 1999  
Apostles Lutheran Church  
200 Kingsway Road, Brandon

October 22, 1999  
St. Francis of Assisi Catholic Church  
4460 State Road 579, Seffner

November 19, 1999  
Calvary Lutheran Church  
5309 U.S. Hwy. 41 N., Apollo Beach

December 10, 1999  
College Hill Library  
2607 E. Dr. M.L. King Blvd., Tampa

Sponsored by:  
Early Childhood Council of Hillsborough County,  
Hillsborough County Public Schools,  
USF Dept. of Pediatrics,  
Dept. of Children and Families.

## Supplemental Security Income (SSI) by Steve Newton, Ph. D., CARD-USF

Supplemental Security Income (SSI) is a federal program, administered by the Social Security Administration (SSA), that makes monthly payments to people who have limited income and resources, if they are age 65 or older, or if they are blind or have another disability. SSI payments are available to both children and adults. The basic monthly SSI benefit payment for one person is \$500.

For an adult, the SSA defines a disability as a "physical or mental impairment that keeps a person from performing any 'substantial' work and is expected to last 12 months or result in death." For a child, the SSA defines a disability as "marked and severe functional limitations" that are expected to last at least 12 months or result in death.

There are some special SSI rules that may make it possible for a person with a disability to work and continue receiving SSI payments. However, as a person earns more money, his or her SSI payments may decrease or stop. (For more information about these rules, contact the SSA at 1-800-772-1213 and ask for Working While Disabled...How We Can Help, *Publication No. 05-10095*.)

If you receive SSI payments, you may also be eligible to receive other help from your state or county. For example, in the State of Florida, recipients of SSI payments also generally receive Medicaid, which helps pay doctor and hospital bills. You may also be eligible to receive food stamps or other social services. Contact your local social services department or public welfare office to learn more about the services available in your community.

If the SSA decides you are not eligible for SSI (or no longer eligible) or that the amount of your monthly SSI benefit payment should be changed, they will send you a letter explaining their decision. If you do not agree with the SSA's decision, you may appeal it. Your request for an appeal must be made in writing within 60 days from the date you received the decision letter from the SSA. You may call your Social Security office if you need help with your appeal.

The best source of information about SSI is the Social Security Administration (SSA). To request more information about SSI, or to sign up for SSI, call the SSA's toll-free number, 1-800-772-1213, to set up an appointment with a Social Security representative. You can speak with a service representative between 7 a.m. and 7 p.m. on business days. If you are deaf or hard of hearing call the toll-free "TTY" number, 1-800-325-0778, between 7 a.m. and 7 p.m. on business days. The SSA also maintains an internet site at <http://www.ssa.gov>.

The following publications are available at the internet site, or may be requested when you speak with a service representative by telephone:

- *Supplemental Security Income*, Publication No. 05-11000
- *Benefits for Children with Disabilities*, Publication No. 05-10026
- *The Definition of Disability for Children*, Publication No. 05-11053
- *Working While Disabled...How We Can Help*, Publication No. 05-10095
- *A Desktop Guide to SSI Eligibility Requirements*, Publication No. 05-1101
- *Social Security: What You Need to Know When You Get SSI*, Publication No. 05-11011
- *Appeals*, Publication No. 05-10041

### Autism Society Chapters/Support Groups

#### Florida State Chapter #131 ASA

Ven Sequenzi, President  
2858 Remington Green, Tallahassee, FL 32308  
Phone: 850-997-7233 FAX: (305) 652-8896

#### Gulf Coast Chapter #134

Laura Calligan, President  
1615 Spottswood Circle  
Palm Harbor, FL 34683  
727-786-8075  
Meetings are held the second Wednesday of the month at Abilities in Clearwater.

#### Manasota Chapter #586

Jill Schmidt, President  
P. O. Box 37529  
Sarasota, FL 34278  
Contact: 941-925-1246  
E-mail: [mas@saraweb.com](mailto:mas@saraweb.com)  
Web: <http://www.saraweb.com/MAS/>  
Meetings are held at The Church of the Palms, 3224 Bee Ridge Road, Sarasota on in the Education Bldg. Room 216 on the first Thursday of the months Sept-May at 6:30 p.m.

#### Southwest Florida Chapter #555

Betsy Sutor, President  
P. O. Box 61324  
Ft. Myers, FL 33906  
(941) 274-0196  
Meetings held at Pilgrim's Church.

#### Heart of Florida Autism Society

Pam Taylor, President  
105 Ellen Court S.E.  
Winter Haven, FL 33884  
(941) 324-5186

#### Hillsborough Autism Support Group

Contacts: (Day) Robin 813-920-0459,  
(Evening) Kandie 813-689-1965  
Meetings are held the 3rd Saturday of the month at USF FMHIMHC1503.  
Group meets from 1:30 - 4:00 p.m.

For corrections or additions contact Mary-Kay at 1-800-333-4530.

The following is copied from a Fact Sheet on Applied Behavior Analysis (ABA) put together by COSAC, The New Jersey Center for Outreach & Services for the Autism Community, Inc., 1450 Parkside Avenue, Suite 22, Ewing, New Jersey, 08638 (609) 883-8100. Dated 12/98.

### What is ABA?

ABA stands for Applied Behavior Analysis. Some phrases associated with ABA that may be more familiar to you include "behavioral teaching", "behavioral intervention", or "behavior 'mod' or modification." ABA is a field devoted to understanding and changing behavior. The term "behavior" does not necessarily imply something bad or unwanted. A behavior is anything that you do. Some examples of a behavior include tying a shoelace, writing a check, having a tantrum, saying "hello", answering a question, flapping your hands, or making pancakes. ABA is concerned with both building adaptive behaviors and reducing maladaptive behaviors.

ABA relies on carefully defining, observing, and recording information about behaviors to determine appropriate instructional goals. In practicing ABA, you might look at what happened just before the behavior, or what happened just after the behavior. This might help you understand the factors that may have either led to or rewarded the given behavior. You might also measure how long a behavior lasted, or how many times a behavior occurred. ABA relies on observations like these, also called "data," to evaluate whether or not a teaching technique is working for a particular skill.

### What about Discrete Trial Teaching (DTT)?

Discrete Trial teaching is one of many techniques that grow out of the principles of ABA. Discrete trial teaching involves carefully observing a skill, and breaking it down into a number of very small steps. A direction is given once, the child responds, either with a prompt or independently, and a consequence is provided. Discrete trial teaching is initially done with one teacher and one student. Data are collected, and a motivational system may be used to reinforce correct

responses. This technique varies greatly across programs and should be based on the needs of an individual child. Many people think that discrete trial teaching is the only form of teaching used in an ABA program. In fact, this is not the case. Some examples of other teaching techniques based on the principles of ABA include: shaping, chaining, task analysis, errorless learning, and modeling.

### How is ABA and Discrete Trial Teaching different from the Lovass Method?

Lovaas (pronounced low-vahs) is the name of a psychologist, O. Ivar Lovaas. Lovaas used the principles of discrete trial teaching in his 1987 study\* demonstrating that early intensive intervention (40 hours of one-to-one intervention for at least two years) resulted in mainstreaming by first grade for approximately half the children with autism being served by his program. He was a pioneer in the field whose work with young children demonstrated the effectiveness of behavioral treatment. However, the term "Lovaas method" should only be used to describe Lovaas initiated or approved intervention programs, using curriculum and techniques specific to that method. Many other approaches to discrete trial teaching are widely in use and have been shown to be effective.

*\*Lovaas, O. I. (1987). Behavioral treatment and normal education and intellectual functioning in young autistic children. Journal of Consulting and Clinical Psychology, 55, 3-9.*

### Terms/Ideas Defined from above article

**Behavior** - Any observable and measurable action.

**Data Collection** - The act of measuring a behavior by observing and recording it. It may include counting how many times a behavior occurs or how long a behavior lasts.

**Prompting** - Any assistance (e.g., physical, gestural, verbal) designed to promote a correct response that is either paired with an instruction, or presented just after the instruction.

**Reinforcer** - any consequence which increases the likelihood that a behavior will occur again or be maintained.

### Teaching Techniques

**Chaining** - Breaking a skill into small steps and teaching each step of the skill in a specific order.

**Discrete trial** - A systematic approach to teaching with a distinct beginning and ending, starting with a direction and finishing with consequences.

**Errorless Learning** - Teaching through a series of small steps so that the probability of a correct response is maximized through prompting.

**Modeling** - The presentation of a behavior for the student to imitate.

**Shaping** - The reinforcement of successive approximations of a target behavior to produce a behavior that is currently not in the student's repertoire.

**Task Analysis** - The process of defining all the steps and information necessary for an individual to learn a specific task.



Shriners Hospital for Children  
Tampa, Florida

### Free Screening Clinic and Open House

Saturday, August 28, 1999

9:00 a.m. - 1:00 p.m.

Enjoy food, beverages and tours  
of Shriners Hospital

Located on the USF Campus  
12502 N. Pine Drive, Tampa, FL 33612  
For more information call (813-975-7107)  
*Sponsored by Egypt Temple Shrine*

A no-cost screening clinic will be held to identify children who can benefit from the expert orthopaedic and burn care provided at Shriners Hospitals.

If you know of any children under 18 who have problems of the bones, joints or muscles, or problems associated with healed burns, bring them to the free clinic for an evaluation to find out if they may be eligible for free treatment.



Shriners Hospitals  
treat problems  
such as:

- club foot
- scoliosis
- hand and back problems
- bowed legs
- rickets
- dislocated hips
- problems associated with burns



Center for Autism  
and Related Disabilities

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Tampa, FL  
Permit No. 257

In this issue: Summer Tips, Workshop Schedule, Screening Clinics, SSI Information, and ABA Information.

## CARD-USF Catchment Area

Providing services to families and professionals in eighteen (18) counties in west, central, and southwest Florida.

Number of families that are currently registered with CARD-USF: 877 families.

Number of individuals or family members who received services at least one time from CARD-USF during 1st quarter of 1999:  
1994 individuals

Number of professionals that received services from CARD-USF during the 1st quarter of 1999: 653 professionals (Education professionals and service providers).

