



# CARD Quarterly

Louis de la Parte Florida Mental Health Institute, Center for Autism and Related Disabilities Vol. 5, Issue 1 Jan - March 2002

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## Constituency Board

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- Paula & Barry Cohen
- Anne DiNapoli
- Mary & Chuck Ohm
- Ann Reynolds
- Anne Ritter
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## Director's Note







There can be no doubt that events that have occurred in our world since September 11<sup>th</sup> have significantly impacted our lives. Some of us may have been personally impacted by the deaths of friends and family. If so, our thoughts have been with you. Even though you may not have been personally impacted by the loss of a loved one, you may still have experienced other significant losses such as a loss of security, a loss of safety, a loss of innocence, or even a loss of faith. I hope that each of those lost things are returned in time.

You may also have experienced an "awakening" as a result of events in the last few months. Are your children more precious than ever? Are you more thankful for your friends and family? Have you experienced more of the kindness of strangers than ever before? Do you sometimes look at the beauty of the world and just smile? I hope that you have experienced some of these moments even as you are struggling with the very worst that our world can throw at us.

However, I want you to be aware that the events of the last few months are likely to have an effect at the level of the services and supports that CARD-USF can provide. Most of you are aware that there are likely to be budget cuts that may impact many Florida programs including the Centers for Autism and Related Disabilities. Unlike some programs that may support an identified number of individuals each year, the number of registered constituents with CARD-USF continues to grow. In the first quarter of the new fiscal year, CARD-USF had nearly 150 new intakes. If this trend continues for the entire year we may experience a 40-50% increase in the number of families and constituents we are supporting by the end of 2002. At the same time, the fiscal realities are that we will not likely receive an increase in funding, and may actually experience a decrease in funding for this year and next.

Given the likelihood that these events will occur, please realize that CARD-USF is still committed to its mission of supporting individuals with autism and related disabilities. We also ask that you bear with us as we struggle with how to achieve that mission with an increase in demand and a possible decrease in fiscal support.

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## Center for Autism and Related Disabilities

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### 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. Our effort to achieve this mission is exemplified in the four "components for caring" that is the focus of our work:

- Direct Assistance - Providing individualized support for people with autism and related disabilities, and their families, in natural community settings.
- 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.

*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.*

## Fort Myers Center Update



CARD-USF at Florida Gulf Coast University is working collaboratively with the Florida Inclusion Network in Lee and Collier County Public Schools supporting individuals with autism in the general education setting. CARD continues to assist the Biasco Foundation in its efforts to make the Sunrise Summer Camp more inclusive and reflective of best practices by working with the camp committee to develop pre-camp

training and to include typical peers for the upcoming 2002 camp. In addition, CARD is participating on several committees that serve to enhance the quality support of children and adults with autism. They include the Biasco Foundation, Sharing the Commitment sub-committee, Project Transition, Sunrise BIC/HRC, CSPD, & ASA Chapter #555. An early childhood training series (seven sessions) presented once a month began November 28th from 6PM-8PM at Florida Gulf Coast University. For more information please contact 1-800-333-4530.

## Quarterly Book Review

### From Goals to Data and Back Again: Adding Backbone to Developmental Intervention for Children with Autism

Authors: Jill Fain Lehman, Ph. D. and Rebecca Klaw, M.S., M.Ed.

In this book, Lehman & Klaw argue for the importance of bolstering developmental approaches to intervention with data collection and analysis. Through a balance of discussion and examples taken from children across the autism spectrum they introduce a straightforward way to:

- \* Write developmentally sound goals that are measurable,
- \* Design data collection sheets that allow for easy and accurate recording of observations,
- \* Perform analyses using simple spreadsheet functions that require no mathematical skills,
- \* Interpret the results of the intervention to determine if a child

is making progress, and

\* Use the interpretation to inform the next round of intervention decisions.

The basic text is supplemented with appendices that provide both handouts for staff or student training and exercises (to be used with the accompanying CD-ROM) to practice the skills described. The book is intended for therapists, educators and clinical supervisors who design interventions for children with Autistic Spectrum Disorders, as well as for teachers who wish to add a relevant and accessible statistical component to their curriculum. It is also intended for parents who wish to participate more

fully in their child's intervention.

Jill Lehman, one of the authors, shared this summary with us. For more information on the full listing of the contents and to find out how to order this book, go to the KidAccess website at [www.kidaccess.com](http://www.kidaccess.com).

*If you have a book you have found informative and feel it can help others, feel free to let us know by sending us a brief summary on an e-mail or letter to [dcasella@fmhi.usf.edu](mailto:dcasella@fmhi.usf.edu) or FAX 813-974-6115.*

# *Autism Society Meetings & Support Groups*



## ***Hillsborough County***

### ***Autism Support Group of Hillsborough County***

Meetings are held the second Thursday of every month, 7:00 p.m. to 9:00 p.m. at the USF Florida Mental Health Institute (FMHI), Westside Conference Center Room C. For more information call Phyllis Guthman, 813-677-0472 or JoAnn Shea, 813-677-8336.

### ***Asperger's Support Group of Hillsborough County***

Meetings are held the First Thursday of every month, 7:00 to 8:30 PM at the USF Florida Mental Health Institute (FMHI), MHC 1329.

## ***Indian River County***

***Autism Support Group*** meets the 2<sup>nd</sup> Thursday of every other month (six times a year) at 7PM in the Central Assembly Church located at 6767 20<sup>th</sup> Street (SR 60) in Vero Beach, FL.

## ***Lee County***

### ***Southwest Florida Chapter #555***

Kate Latu, President, can be contacted at 941-772-5510 or P.O. Box 61324, Ft. Myers, FL 33906

Meetings held at Pilgrim's Church on Daniel's Road in Ft. Myers.

***The Adonis Autism Center of Southwest Florida*** board of directors and friends meet the third Thursday of each month at 7 PM at the home of Richard and Maureen Bashaw, 1456 Lynwood Ave., Fort Myers. Call 941-332-5395 for more information.

***Southwest Florida Autistic Society*** is a group of parents that meet informally in the Fort Myers area. For information and to find out when the next meeting will be held, contact Katie Cullen at 941-332-5395.

### ***Florida State Chapter #131 ASA***

Ven Sequenzia, President  
Phone: 850-997-7233 or FAX: 305 -652-8896  
2858 Remington Green, Tallahassee, FL 32308

## ***Pinellas County***

### ***Asperger's Support Group of Pinellas***

Third Tuesday of every month, 6:30 - 8:00 PM at the Morton Plant Mease Wellness Center, 32672 US Hwy 19 N in Palm Harbor .

### ***Gulf Coast Chapter #134***

Laura Calligan, President

1615 Spottswood Circle, Palm Harbor, FL 34683

Pphone: 727-786-8075

Meetings are held the second Wednesday of the month at Abilities in Clearwater.

## ***Polk County***

### ***Heart of Florida Autism Society***

Polk County Area; Contact: Angie Dawson 863-294-6315

## ***St. Lucie County***

***CARE*** (Children of Autism and Related Disorders Education and Support Meeting for Caregivers.) meets the 2nd Monday of the month from 6:30 - 8:00 PM at The Community Center located at 2195 S.E. Airoso Blvd. in Port St. Lucie, FL. For more information contact Charlotte Doran at (561) 879-7468 or e-mail her at TONEYEDoran@aol.com or contact Robyn McGauley at (561) 340-3044 or email her at themcgauleys@aol.com.

## ***Sarasota County***

***Asperger's Support Group of Sarasota*** meets on the last Wednesday every month, 10:00 - 11:30 AM

1960 Landings Blvd., Sarasota, FL; Room 101(blue awning)

### ***Manasota Chapter #535***

Leslie Travis, President

P. O. Box 18934, Sarasota, FL 34276-1934

Contact: 941-342-0034 or e-mail: masautism@aol.com and/or check out their website at <http://www.saraweb.com/MAS/>.

Meetings are held at The Church of the Palms located at 3224 Bee Ridge Road, Sarasota, in the Education Bldg. Room 216 on the first Thursday of the months September - May at 6:30 p.m.

*For corrections or additions please contact  
Donna Casella at 1-800-333-4530.*

## Upcoming Trainings



### Instructional Issues and Strategies

#### PBS Project #1128

January 10, 2002 ~ 2:00 - 4:00 PM ~ Pinellas

Participants will identify instructional and curricular variables influencing challenging behavior and develop effective instructional practices.

### How to Teach New Skills #1114

January 15, 2002 ~ 10:00 - 12:00 PM ~ Pinellas

Families are important teachers! This presentation will give families information on how to identify skills to teach in home and community settings, how to identify the optimal time to teach, and how to teach using research-based instructional strategies.

### Managing Challenging Behaviors #1130

January 23, 2002 ~ 6:30 - 8:30 PM ~ Hillsborough

In this workshop, families will be taught the process of positive behavior support. This research-based method of behavior management is highly effective in reducing problem behavior and providing children with alternative skills to get their needs met.

### Instructional Issues and Strategies - PBS Project #1133

January 24, 2002 ~ 3:30 - 5:30 PM ~ St. Lucie

Participants will identify instructional and curricular variables influencing challenging behavior and develop effective instructional practices.

### What is Autism? #1140

January 30, 2002 ~ 6:00 - 8:00 PM ~ Lee

This workshop provides an overview of autism spectrum disorders (ASD) and the behavioral and developmental issues associated with ASD.

### Part I IEP: Gateway to the Future! #1153

January 31, 2002 ~ 6:30 - 8:30 P.M. ~ Hillsborough

This workshop provides an overview of the IEP process, IDEA, how to identify placement options and how to write goals and objectives.

### Communication Strategies for Children with Autism #1136

February 5, 2002 ~ 10:00 - 12:00 PM ~ St. Lucie

This workshop will present an overview of different ways to increase language and communication abilities in children with autism spectrum disorders. The presentation will also include information on augmentative communication systems.

### Developing, Implementing, and Evaluating Positive Behavior Support Plans #1129

February 7, 2002 ~ 2:00 - 4:00 PM ~ Pinellas

Participants will develop an effective positive behavior support plan to be implemented for their focus individual.

### Toilet Training #1116

February 12, 2002 ~ 10:00 - 12:00 PM ~ Pinellas

This workshop provides the basics of toilet training with an emphasis on how to help children who seem to be reluctant to participate.

### Developing, Implementing, and Evaluating Positive Behavior Support Plans #1134

February 21, 2002 ~ 3:30 - 5:30 PM ~ St. Lucie

Participants will develop an effective positive behavior support plan to be implemented for their focus individual.

### Support Strategies for Your Child's Transition To a New Classroom #1141

February 27, 2002 ~ 6:00 - 8:00 PM ~ Lee

Change is very difficult! In this workshop, families will learn about ways to support their child as he or she begins school or moves to a new classroom.

### Part II IEP: Teaming for Success! #1150

February 28, 2002 ~ 6:30-8:30 p.m. ~ Hillsborough

This workshop will provide an overview on teaming for a successful IEP, accommodations and modifications and how to monitor progress.

### Strategies for Social Interactions #1137

March 5, 2002 ~ 10:00 - 12:00 PM ~ St. Lucie

In this workshop, parents and professionals will be provided with information on how to increase social skills for children through the use of visuals, social stories, comic strips, and conversation books.

### What is Functional Behavior Assessment? #1149

March 5, 2002 ~ 6:30 - 8:30 PM ~ Sarasota

This session will provide a description of positive behavior support as the foundation for functional behavior assessment (FBA), and how FBA can help families and schools develop more effective strategies for supporting children with challenging behavior.

### Managing Challenging Behaviors #1115

March 19, 2002 ~ 10:00 - 12:00 PM ~ Pinellas

In this workshop, families will be taught the process of positive behavior support. This research-based method of behavior management is highly effective in reducing problem behavior and providing children with alternative skills to get their needs met.

*See page 7 for links to trainings in other CARD centers and training registration forms.*

# Family Corner



## Tips For Families

### TIP #1

#### *Planning For Outside Dining*

When going out to eat, call ahead, make reservations, and order ahead for yourself and your family. When you get there, the table and food will be waiting and there are no hassles because of the wait!

#### *Have any other great ideas?*

Please share them with other families!

Write, call, or send us an e-mail with your helpful tips and strategies and help others do the same.

## Center for Autism and Related Disabilities Leadership Summit A Success!

On October 29, 2001, Card-USF hosted a leadership summit for 25 parent leaders in our catchment area. The parent leaders were requested to represent the needs of individuals with autism in their counties. This meeting focused on all issues relating to individuals with autism by:

- Clarifying CARD's priorities & responsibilities
- Identifying issues regarding autism in the communities we serve
- Sharing how and if CARD can assist with these issues
- Developing new ideas & solutions
- Relationship building with CARD staff & all participants

The participants worked through a series of brainstorming sessions to try and identify the issues people with autism are currently facing. Eventually the issues were narrowed to six priority topics and individual workgroups spent the afternoon developing goals and action plans for

each of these concerns. The priority topics were: Educating Parents, Educating School Administrators, Teacher Training, Developing & Implementing Quality IEPs, Adult Services, and Supported Living Options.

Parent leaders expressed that the "CARD staff did a wonderful job!" and the day was a success because of "Great organizing, great people, great food!" This was a wonderful opportunity to network with other leaders in the community and everyone walked away from the day with a lot of great new ideas. One participant commented that they were energized through today's teamwork.

The leadership summit was also a wonderful experience for the CARD staff and reaffirmed their commitment to working with parents and family members to improve the lives of people with autism.

## Informative Websites

### *Advocacy Links*

<http://fndfl.org>

<http://hometown.aol.com/standweb1>

### *Asperger's Syndrome*

<http://www.autism-society.org/packages/packages.html>

<http://www.udel.edu/bkirby/asperger/#Education>

### *Autism*

<http://www.autism-society.org>

<http://autism.com/>

<http://www.shepardboy.org/>

<http://www.autism-pdd.net>

### *En Español*

<http://www.fndfl.org/espanol.html>

<http://www.nichcy.org/textonly/spantxt.htm>

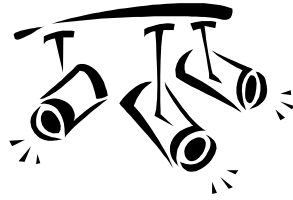
*Below: Michelle White (right side of writing pad), listens to Mary Smith (left) explain her ideas on teaching teachers and administration more about autism as two other Leadership Summit participants look on.*



*Above: Dave Guido (CARD staff) and Barry Cohen (Board Member) participate during the summit.*

Cindy was hired at CARD over a year ago as a support specialist.

As a support specialist, she has had the opportunity to work on a grant through the Hillsborough County Children's Board Youth As Resources Committee on a project for friendship facilitation called FLY NOW (Friends Learning You Need One World). She worked with Nila Benito and involved an eleven year-old, Alvin Hamilton, who served as project leader. There were seventeen children who were peer buddies to five children with autism. When discussing her feelings about this



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project, she stated, "I love working with children and love being part of this grant."

She has also helped coordinate autism awareness activities during Autism Awareness Month (April 2001). She assisted in developing a packet of autism awareness activities that were shared with families and schools. Cindy also maintained these awareness activities throughout the year.

Cindy has moved to Orlando, where she continues to work with the CARD-USF east coast counties. She will also be working with the PBS Demonstration Project in the St. Lucie area.



Please plan to join us at the Orlando Adam's Mark Hotel for an informative weekend. A Pre-Conference Day for Educators on Friday, January 11, 2002 will be followed by the Ninth Annual CARD Conference for people with autism, deaf-blindness, and related disabilities on January 12-13, 2002. For hotel reservations, call (800) 444-2326 or fax them at (407) 855-1585. If you need more information about the conference, call UCF-CARD at 1-888-588-1098 or fax at (407) 737-2566.

CARD has recently initiated a new demonstration project in Positive Behavior Support.

Positive Behavior Support (PBS) is a process that effectively addresses challenging behaviors of individuals. PBS is a collaborative, team-based process that develops effective, individualized support plans that focus on both preventative and educative approaches. The CARD-PBS demonstration project involves teams consisting of family and agency/school staff members who live and/or work with an individual with autism or related disabilities with challenging behaviors. The teams attend a series of trainings and facilitation activities to support them in implementing a positive behavior support plan throughout a six-

month period.

CARD received over forty applications for consideration of participation in the demonstration project. Out of these applications, two counties were selected as training sites. Pinellas county has three teams participating in the project, while St. Lucie has four teams. The first training session was held in Pinellas County on October 11 at Tyrone Elementary School. The first training session for St. Lucie was held on November 1st at Weatherbee Elementary School. CARD is very excited about this demonstration project and is hoping to continue with additional teams next year.

Any questions about the PBS demonstration project can be directed to Rose Iovannone at 813-974-1696.

### Attention Families and Caretakers

#### We need your help identifying resources.

If you are a professional who serves individuals with autism and would like to be listed in our resource database, please contact CARD at 1-800-333-4530 or by e-mail [card-usf@fmhi.usf.edu](mailto:card-usf@fmhi.usf.edu). Give us your name, title, organization, mailing address, phone number, and a brief description of your services.

If you are a family member and know of providers that you believe should be on our referral list, let us know. Please send us the information listed above or give us a call.

## Current Activities Outside CARD-USF



- Florida's First Self-Determination Conference will be held January 18-20 at the Hyatt Regency in the Orlando International Airport. This meeting will unite individuals with disabilities, their families, educators, support coordinators, job coaches, and service providers who will have the opportunity to hear from self-advocates and national and statewide speakers who will provide information on self-advocacy issues and the self-determination movement. For additional information, contact Wilson Resources, Inc. at (850) 386-2022 or e-mail courtneywri@aol.com. You can also check out their website, www.flcdc.com.
- The International Child Development Resource Center (ICDRC) is hosting a conference January 25-27 called "Open

Windows" and will be hosted by Dr. Jeff Bradstreet and Dr. Jerry Kartzinel in Orlando. It will be a 2-day conference that will focus on biological and ABA treatment for children with autism. For more information, contact Emma Hjalmeby at (321) 953-0278. Pyramid Educational Consultants will be offering a 2-day PECS Training Workshop February 13-14 at the Tampa Westshore Hotel. This training will provide information and hands-on practice using PECS (picture exchange communication system) for individuals (i.e. speech/language pathologists, teachers, CBA's, psychologists, parents, administrators, occupational and physical therapists) who work with and/or live with children, adolescents, and adults with

limited communication skills (including autism). You can call 1-888-732-7462, e-mail at edimaio@pecs.com, or check out the PECS website www.pecs.com.

### **CARD Centers Links**

*Florida State University CARD  
at Tallahassee*

<http://autism.fsu.edu>

*University of Florida CARD  
at Gainesville*

<http://card.ufl.edu/>

*University of Central Florida CARD  
in Orlando*

<http://www.ucf-card.org>

*University of Miami CARD*

<http://www.psy.miami.edu/card>

### Registration Form

Are you attending as a:

- Family Member
- Professional

If professional, please provide the name of your organization: \_\_\_\_\_

Which session(s): \_\_\_\_\_

(Please use code numbers.) \_\_\_\_\_

Place and number: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

(Area Code) Phone Number \_\_\_\_\_

FAX (Area Code) Phone Number \_\_\_\_\_

### Registration Form

Are you attending as a:

- Family Member
- Professional

If professional, please provide the name of your organization: \_\_\_\_\_

Which session(s): \_\_\_\_\_

(Please use code numbers.) \_\_\_\_\_

Place and number: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

(Area Code) Phone Number \_\_\_\_\_

FAX (Area Code) Phone Number \_\_\_\_\_

Registration form must be received 5 days prior to workshop date. Workshops are subject to cancellation if not enough registrations are received five days prior to the date of the workshop. Each person attending must have a separate registration form submitted for each workshop. You may send the information in one of three ways:

- 1) Mail to:  
CARD-USF  
MHC 2113A  
Attention: Donna Casella  
13301 Bruce B. Downs Blvd.  
Tampa, FL 33612
- 2) Fax to:  
813-974-6115
- 3) E-mail registration information to  
dcasella@fmhi.usf.edu
- 4) or call with the information at 1-800-333-4530



**Center for Autism and  
Related Disabilities**

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