

CARD Staff

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Joe Dawson
Phyllis Guthman
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Constituency Board

Sarina Adeni, MD
Barry Cohen
Dayna Nichols
Anne DiNapoli
Mary & Chuck Ohm
Ann Reynolds
Anne Ritter
Robert Swain

Director's Note

As most of you probably know, each of the CARDS received significant decreases in funding for this year and next. In addition, our CARD constituency base has continued to grow between 20-30% each year. As a result, CARD-USF's staff, management and constituency board have begun to look more closely at what we do and how we do it. While CARD-USF will continue to pursue its mission of optimizing the potential of people with autism and related disabilities, we will also continue to change what we do to better meet the needs of constituents with the available resources.

Within the next few months, you may see some significant changes in the supports that CARD-USF can provide. These include:

1. CARD-USF will continue to expand the array of supports provided to constituents ranging from less intensive to more intensive supports.
2. Registered constituents will include individuals and their families who have not received a diagnosis of autism or related disabilities. Registered constituents can access any of the supports available to the general public. A full list of those supports are provided on page 7 and on our website.
3. Constituents with completed intakes include individuals, and family members, who have completed an intake interview and have provided written documentation of a diagnosis of autism or related disabilities. A full list of supports available to constituents with completed intakes are provided on page 7 and on our website.
4. Descriptions of each type of support are also available on our website or can be mailed to you.
5. Constituents with completed intakes, as well as agencies and professionals requesting technical assistance and training, will participate in a needs assessment process that will link each family, professional, or agency to community and CARD resources.
6. CARD-USF will concentrate its resources on developing collaborative, capacity building relationships with families, agencies, professionals and the community. Direct assistance activities will be limited to ongoing training and technical assistance projects that build the capacity of family, service, and community systems to optimize the potential of people with autism or related disabilities.

Please feel free to call or e-mail us with any questions you have about how CARD-USF changes might impact you or other constituents. We appreciate your feedback. You can contact us at 1-800-333-4530 or by e-mail at card-usf@fmhi.usf.edu. You are also welcomed to visit our website at <http://card-usf.fmhi.usf.edu>.



Center for Autism and Related Disabilities

University of South Florida
Louis de la Parte Florida Mental Health Institute
Department of Child & Family Studies
Division of Applied Research & Educational Support
13301 Bruce B. Downs Blvd.
Tampa, FL 33612-3899
Phone: 813-974-2532
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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.



Note from the Executive Director

As a member of the group of parents and professionals which got CARD started way back in the last century (1993), it is tempting for me to reflect back on how far we have come as a state-wide organization, and to consider where we are going and whether we are on the right track. CARD was founded with a strong pledge to make lives better for all people affected by autism and related disabilities. This commitment was to the lives of children and adults, their families, their friends, and all of the people involved in their education and their school and after-school lives. CARD's early charge was to help build the capacity of the state's child and adult systems to improve access to and the quality of needed services, and to offer information and assistance to individual families and professionals.

CARD was established with some founding values and principles. Among the most important was that services and supports should be individualized and driven by the needs and desires of CARD's primary constituents. Services and supports should be valuable to people with disabilities, and they should address the highest priorities of families and teachers and all others affected by autism and related disabilities. CARD activities should always be sensitive to the perceptions and real-life circumstances of the people for whom CARD was created in the first place.

We have come a long way since 1993. CARD has become an integral part of the state's efforts to improve the way services are delivered, and it has gained recognition as an organization that can help people make needed changes for their loved ones with autism and related disabilities. Funding has been increased (though it is constantly at risk), many wonderful professionals have been added to CARD's rosters, the annual conference serves more and more people every year, and CARD's influence is being felt in beneficial ways by increasing numbers of service systems. In addition, the landscape of services, resources, and opportunities in the state continues to change, and CARD has responded to these changes in responsible and constructive ways.

But despite all of the growth and the political changes that affect CARD's status, some things do not change. Services continue to need improvement, families need information and assistance, and communities throughout Florida need to build their capacities to understand and to include people with autism and related disabilities.

CARD's founding principles remain as the most important guideposts as we work to insure that circumstances continue to improve for all of our constituents. CARD must always be thoroughly and integrally connected to families and teachers and service providers and all others involved in the care and support of individuals with autism and related disabilities. This connection is a special virtue of CARD, and it has always been CARD's strongest attribute. As I reflect back on what has worked best over the past years, I realize that it is this respectful and dedicated partnership between CARD and all of our constituents. I hope we can all continue to make this partnership as strong as it can be and, by doing so, help to guarantee that all of our lives will be enhanced by the continually-developing resource that CARD has become.

Autism Society Meetings and Support Groups

County	Mtg. Frequency	Place	Time	Contact Person
Hillsborough Autism Support Group of Hillsborough Aspergers Support Group of Hillsborough County	2nd Th/ each Mo. 1st Th/each Mo.	USF FMHI (Florida Mental Health Institute, Westside Conference Center, Rm. C USF FMHI (Florida Mental Health Institute),MHC 1329	7:00-9:00PM 7:00-8:30PM	Phyllis Guthman 813 677 0472 JoAnn Shea 813 677 8336 (TBD)
Indian River Autism Support Group	2nd Th/ every other month 6 times/yr.	Central Assembly Church 6767 20th Street (SR 60) Vero Beach, FL	7:00PM	Kelly Wilson 561 770-1818
Lee Southwest Florida Chapter #555 The Adonis AutismCenter of Southwest Florida Board of Directors and Friends	2nd Th/ each Mo. 3rd Th/each Mo.	Pilgrim's Church Daniels rd & Freshman Ln. Fort Meyers, FL Bashaw home 1456 Lynwood Ave. Fort Meyers, FL	7:00 PM & 9:00 PM 7:00 PM	Fran Swanson President 941 768-0723 Katie Cullen 941 332-5395
Pinellas County Asperger's Support Group of Pinellas Gulf Coast Chapter #134	3rd Th/each Mo. 2nd Wed./ each Mo.	Morton Plant Mease Wellness Center 32672 US Hwy 19 N Palm Harbor, FL Abilities in Clearwater 2735 Whitney Rd. Clearwater, FL	6:30-8:00PM 7:00-9:00PM	(TBD) Filomena Macdonald President 727 789-0082
Polk County Heart of Florida Autism Society		Polk County Area		Angie Dawson 863 294-6315
St. Lucie County CARE (Children of Autism Related Disorders Education and Support Meeting for Caregivers)	2nd Mon./each Mo.	The Community Center 2195 S.E. Airoso Blvd Port St. Lucie, FL	6:30-8:00PM	Charlotte Doran 561 879-7468 Robyn McGauley 561 340-3044 or email: themcgauleys@aol.com
Sarasota County Asperger's Support Group of Sarasota Manasota Chapter #535	Last Wed. each Mo. 1st Th/ each Mo. Sept. - May only	1960 Landings Blvd. Sarasota, FL Room 101 (blue awning) The Church of the Palms 3224 Bee Ridge Road Sarasota, FL Education Bldg. Rm. 216 http://saraweb.com/MAS/ Web Site	10:00-11:30AM 6:30 PM	(TBD) Leslie Travis, President PO Box 18934 Sarasota, FL 34276 941 342-0034 masautism@aol.com

Upcoming Trainings

April 2002	Number	Date	Time	County
How To Reduce Problem Behavior and Increase Appropriate Behavior	1182	4/3/02	10:30 -12:30 PM	Hillsborough
	1192	4/3/02	6:30 - 8:30 PM	Hillsborough
	1183	4/11/02	10:30 -12:30 PM	Pinellas
	1193	4/11/02	6:30 - 8:30 PM	Pinellas
	<i>1154</i>	<i>4/4/02</i>	<i>6:30 - 8:30 PM</i>	<i>Hillsborough</i>
* Getting What You Need For Your Child <i>What is Functional Behavior Assessment?</i>	1162	4/23/02	6:00 - 8:30 PM	Pinellas
* Toilet Training	1143	4/24/02	6:00 - 8:00 PM	Lee

May 2002	Number	Date	Time	County
Transition Planning	1138	5/7/02	10:00 12:30 PM	St. Lucie
<i>Siblings Across the Lifespan: What Parents and Professionals Need to Know</i>	<i>1191</i>	<i>5/14/02</i>	<i>6:30- 8:30 PM</i>	<i>Hillsborough</i>
Helping Your Child Learn to communicate	1184	5/16/02	10:30 - 12:30 PM	Hillsborough
	1194	5/16/02	6:30 - 8:30 PM	Hillsborough
	1144	5/22/02	6:00 - 8:00 PM	Lee
	1185	5/23/02	10:30 -12:30 PM	Pinellas
	1195	5/23/02	6:30 - 8:30 PM	Pinellas
* <i>Toilet Training</i>	<i>1176</i>	<i>5/28/02</i>	<i>6:00 - 8:30 PM</i>	<i>Pinellas</i>

June 2002	Number	Date	Time	County
Letting Go	1139	6/4/02	10:00 - 12:30 PM	St. Lucie
* <i>How to Teach New Skills</i>	<i>1178</i>	<i>6/25/02</i>	<i>6:00 - 8:30 PM</i>	<i>Pinellas</i>
* Managing Challenging Behaviors	1145	6/26/02	6:00 - 8:00 PM	Lee
* <i>Training is focused on children 18 months to 8 years</i>				

Workshop Descriptions

How To Reduce Problem Behavior and Increase Appropriate Behavior (1182, 1192, 1183, 1193)

In this training, parents will learn specific information and basic practical strategies for reducing their child's problem behavior and increasing his/her appropriate behavior.

Transitions: Building Positive Changes (1154)

This workshop will provide information about helping families and teachers prepare students for transitions from elementary to middle school, middle school to high school and beyond.

***Getting What You Need For Your Child (1162)**

In this workshop, families will be provided information on the services, supports, strategies, and programs they can access to support their young child with pervasive developmental disorders or autism.

What is Functional Behavior Assessment? (1186)

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.

***Toilet Training (1143,1176)**

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

Transition Planning (1138)

The where, when, how, and why of transition planning for parents of students 14 - 22 years of age.

Siblings Across the Lifespan: What Parents and Professionals Need to Know (1191)

The training will focus on what happens developmentally to a sibling as he or she ages and the issues the family will face as the child with a disability becomes an adult. We will give parents and professionals techniques to help siblings cope with having a brother or sister with a disability.

Helping Your Child Learn to Communicate (1184, 1194, 1144, 1185, 1195)

In this training, parents will learn how to make and use a Communication Notebook. Parents will also learn strategies for setting up the environment to encourage communication and they will become aware of the various communication methods and resources (i.e. assistive technology).

Letting Go (1139)

A facilitated discussion on the issues and concerns parents face when preparing for community-based services and support for their adult children with autism.

How to Teach New Skills (1178)

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 using research-based instructional strategies.

Managing Challenging Behaviors (1145)

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.

ANNOUNCEMENT!

Please mark your calendars with the **10th Annual CARD Conference**, Celebrating a Decade of Commitment to Individuals with Autism and Related Disabilities and Their Families. It will take place at the Hilton St. Petersburg, **January 18-19, 2003**. Doe Teacher Day and New Adult Pre-conference Day will be held on January 17, 2003 at the Hilton. For more information or to get on the mailing list, contact Donna Casella at 813-974-6168 or dcasella@fmhi.usf.edu.

CARD Conference Thoughts

"I learned so many important things from Kathleen Quill. Two of them are that the most important skill to teach a child with autism is how to imitate; the other is the critical importance of developing social relationships early on."

-Nila Benito, CARD staff and parent

"I got a lot of great information from the conference, much of it I am already beginning to implement in my classroom. The information on building friendships was very helpful - much of it I knew once, but hadn't used recently. Also, I thought Temple Grandin was inspiring and added a new depth of understanding about autism. I think it is very important for educators of individuals with autism to listen to her and apply what they hear to their own students. Thank you again for an inspiring conference."

-Joanne Sweazey, educator

"I thought the CARD Conference was wonderful. There was a good mix of topics to choose from at the breakout sessions and the keynote speakers were captivating. The session I enjoyed the most was Doug Fisher on Inclusion. His presentation of antidotal success stories renewed my commitment to further inclusion practices in Florida schools. You may publish my comments."

-Susan Magers

"It's always good to hear Temple Grandin present... her public speaking skills keep getting better and better. Her sense of humor and ability to respond off the cuff are incredibly good! Everyone who spoke seemed to be in agreement that inclusion offers so many benefits and so many opportunities for effective learning. It was great to hear this theme repeated so often. We got an email from a parent who said, "I learned so much.... I have to say it was really transforming."

-FSU CARD

"I have not heard Temple Grandin speak before, and she was excellent. She is an inspiration, and gives people hope to see and know how much she has achieved, despite the hurdles she has had."

-Sarina

PBS Demonstration Project Update

The CARD-PBS demonstration project is a training and technical assistance endeavor directed toward 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.

Currently, two county school districts are receiving the training. Pinellas County has three teams participating in the project while St. Lucie has four teams. All of the training sessions have been received enthusiastically and the teams have been collecting functional behavior assessment data for the last few weeks.

The teams have completed their final training session and are now receiving technical assistance from their assigned CARD support specialist in developing a positive behavior support plan for their focus individual. They will continue to receive technical assistance in evaluating their plan after it has been implemented for several weeks.

CARD will offer the project again in the 2002-2003 school year. Rose Iovannone can answer any questions about the PBS demonstration project. She can be reached at (813) 974-1696 or via e-mail at iovannon@fmhi.usf.edu.



Coming In April Autism Awareness Mon

April is the month to come together as a team, join our community, and help increase awareness of AUTISM. This year, CARD will increase efforts of awareness in the community and schools.

Activities we are supporting in the community:

- Paint Your Heart Out Tampa Bay, April 13
- Kick-off CARD Sibshops in Collier and St. Lucie Counties
- Autism awareness brochures for law enforcement officers and school resource officers.
- Autism awareness flyers for health care providers

Activities we are supporting in Schools

- Informational flyers for school administrators
- "Put an "A" in Autism" with our first annual Art Contest.

Also, FLY NOW BUDS will be creating an inclusion book.

We have lots of activities to choose from this year. You can help increase awareness this year by volunteering to assist sharing information in the community or in schools. Materials are created and ready to go for a successful Autism Awareness Month!

In Memoriam

It was with extreme regret and sadness that we learned of the death of our beloved board member, Richard Bashaw. Richard died in his sleep at home, while taking a nap after not



feeling well, on the afternoon of December 29, 2001. Richard left behind a record of lifetime commitment to public service and in particular to the autism community.

Richard was one of the parent advocates who worked so diligently to lobby the legislature and resulted in the CARD Centers being formed. He served for several terms as the CARD-USF Constituency Board Secretary and had recently been elected to the Vice-Chair of the board. Richard had served as a city councilman in Ft. Myers and according to a quote from his wife Maureen, in the The News-Press on December 31, he “was instrumental in getting the Florida Repertory Theater to Fort Myers” and “he also served as chairman of the community redevelopment agency”.

Richard’s passion for fighting for services for individuals with autism was a result of their son Ian having autism. According to the article, “Bashaw spent much of his time working toward building a home for people with autism.” Maureen said, “He almost lived to see his work come to fruition. The Adonis Autism Center of Southwest Florida will break ground early next year (2002) in east Fort Myers. The facility will offer people with autism a place to live, respite care and after-school programs.”

Richard was an Air Force veteran of the Korean War. He was a Mason and a member of Toastmasters International. However, CARD will remember Richard as the board member who always had a smile and an optimistic outlook. Even though he drove from Ft. Myers to Tampa for board meetings, he was always the first to arrive. CARD staff member, Mary-Kay Bunton-Pierce, said “I came to work for CARD in ’98 and it didn’t take long to learn to be sure and have the coffee waiting, because Richard was ready for a cup after that long drive to Tampa in the early morning and Richard never missed a meeting!” Richard was proud of CARD and was proud to serve on the board.

In Richard’s memory contributions can be made to the Adonis Autism Center of Southwest Florida, 2038 Henley Place, Fort Myers, FL, 33901.

Facts On the Constituency Board

The legislation that brought the CARD Centers into existence also mandated that each CARD establish a constituency board that is made up of individuals that have a diagnosis on the autism spectrum or are a family member of an individual on the autism spectrum. (We are using the term autism spectrum to refer to any of the disorders that are served by CARD). Even if it were not mandated, CARD-USF would still have a constituency board because of the value that we place upon input from families.

Ideally, we would like to have a board member from each county that we serve, but the distances across our catchment means that is not always possible. Therefore, board members represent all of our constituents and not just families in their particular county.

The constituency board meets four times a year with CARD staff on the USF campus in Tampa, as well as staying in touch via email the rest of the time. The purpose of the quarterly meetings is to review the progress of the annual service plan and to offer advice on policies, priorities, and activities of our CARD Center. Constituency board members are appointed to the board by the president of USF after recommendation by the Autism Society of Florida or by a similar constituency group that represents persons who have a sensory impairment. Our board members are listed on the cover of this newsletter. Keep in mind that the board represents you. If you have an issue or topic that you would like to bring to the attention of the board, please send an email to card-usf@fmhi.usf.edu and your email will be forwarded to a board member.

Activities Outside CARD

Autism Conference with Susan Moreno, Director of M.A.A.P. (More Advanced Individuals with Autism, Asperger’s Syndrome & Pervasive developmental disorder PDD) on Saturday, April 27, 2002, from 9-5PM in Lakeland, FL. Call Karla Dickson at (863) 859-1477 ext. 328 or (863) 683-3806. Preregistration before April 10th is \$15 per person and after April 10th it’s \$20 per person.

Volunteer Opportunity

CARD is seeking a volunteer to help with daily office needs such as data entry, copying, mailings, and supporting CARD staff with miscellaneous work. Experience with computers preferred. For more information on how you could provide some assistance, please contact us at 1-800-333-4530 Extension 1, or 813-974-2297 (local), or cmunoz@fmhi.usf.edu Monday through Friday, between 9AM to 5PM. Volunteer will pick their own schedule. The office is located at the University of South Florida in Tampa.

Supports Available through CARD

	General Public	Registered Constituents	Constituents With Intakes	Professionals
Scheduled Trainings	✓	✓	✓	✓
Training Series	✓	✓	✓	✓
Mailing List	✓	✓	✓	✓
Resource/Referral Services	✓	✓	✓	✓
Fact Sheets & other Materials	✓	✓	✓	✓
Library Loans FMHI Library	✓	✓	✓	✓
Website Information	✓	✓	✓	✓
Your Questions Answered (Phone and/or e-mail)	✓	✓	✓	✓
Constituency Board Contact	✓	✓	✓	✓
Video Training Materials	✓	✓	✓	✓
Needs Assessment			✓	
Family Community Partners			✓	
Demonstration Projects			✓	
Collaborative Training			✓	
Direct Assistance Associated with Training			✓	

Back in December we sent out a mailing that asked if you would prefer to receive CARD news via email or the old fashioned way, now known as snail mail. The response has been overwhelming! It appears that well over 50% of our mailing list responded one way or the other. Tanisha Clarke has done a great job of getting all of your information entered.

We have noticed, when we send out email announcements that several AOL accounts bounce back to us. If you signed up to receive email and haven't been receiving announcements, you may be one of the ones that are bouncing. We've tried to contact individuals by phone to let them know and to verify email addresses. In the near future we will have a method to send out a letter to you, to let you know your email is bouncing and to see if anything can be done on your end to stop the bounce. Once that is set up, we will turn off your email flag in our database until we hear from you. In the meantime, if you think you should be receiving email from us and haven't, please send an email at card-usf@fmhi.usf.edu and let us know that so we can get you set up.

Registration Form

Are you attending as a:

Family Member

Professional

If professional, please provide the name of your organization: _____

Training number(s): _____
(Please use code numbers.) _____

Name _____

Address _____

(Area Code) Phone Number _____

FAX (Area Code) Phone Number _____

E-mail Address _____

Registration Form

Are you attending as a:

Family Member

Professional

If professional, please provide the name of your organization: _____

Training number(s): _____
(Please use code numbers.) _____

Name _____

Address _____

(Area Code) Phone Number _____

FAX (Area Code) Phone Number _____

E-mail Address _____

Workshop Registration Form

(Workshops listed on page 4)

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 four 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 800-333-4530



**Center for Autism and
Related Disabilities**

Department of Child & Family Studies MHC 2113A
Louis de la Parte Florida Mental Health Institute
University of South Florida
13301 Bruce B. Downs Blvd.
Tampa, FL 33612-3807

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PAID
Tampa, FL
Permit No. 257

