

◆ Into the Light ◆

Volume 20 Issue 3 Autism Society, Central Virginia March 2012



AS-CV Mission & Philosophy

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

2011–2012 OFFICERS AND BOARD:

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Childcare Coordinator: Francesca Jones

STAFF:

Executive Director: Bradford Hulcher
Asperger's Interest Group Facilitator: Brie King

THE VIRGINIA SETTLEMENT AGREEMENT

A HISTORIC TIME FOR THE ID/DD CIVIL RIGHTS MOVEMENT

(the following information provided by the Arc of VA)

On January 26, 2012, the U.S Department of Justice (DOJ) and the Commonwealth of Virginia reached a settlement agreement regarding Virginia's services for people with intellectual and developmental disabilities (ID/DD). The provisions of this landmark agreement will help thousands of Virginians with ID/DD access community-based care.

A summary of key provisions can be found below. In essence, the settlement helps transform Virginia's developmental disabilities system from one heavily reliant on large, expensive institutions to one focused on safe, individualized, and cost-effective community-based services that promote integration and independence and enable individuals to live, work, and participate fully in community life.

The agreement calls for an overhaul of Virginia's ID/DD system, requiring the following:

- **4,170 additional ID/DD Waivers** between July 1, 2011 and June 30, 2021.
- **Individual and Family Support Program** for people with ID/DD whom the Commonwealth determines to be most at risk of institutionalization. A minimum of 700 individuals would be supported by the program in FY13. A minimum of 1,000 individuals should be supported by the program each year thereafter (FY14-FY21).
- **Statewide Crisis System** focused on prevention and planning to avoid crisis, as well as in-home community based crisis services that are directed at resolving crisis and preventing removal of an individual from current placement. Includes a 24/7 hotline, regional mobile crisis teams and regional community-based crisis stabilization programs.

(Continued on page 3)

In lieu of the March meeting, the chapter will host The 5th Annual Recreation Resource Fair (see insert for details).

The ASCV Lego® Club offers a big shout out to:

VCU's Pi Kappa Alpha for hanging out with us at our February event!

Collegiate School's 3rd Grade Class for the awesome donation of Legos ®!



This newsletter is a publication of: Autism Society, Central VA □ P.O. Box 29364 □ Richmond, Virginia 23242-0364 (804) 257-0192

We accept for consideration any comments, personal vignettes, book reviews, information, announcements or advertisements for publication in our chapter newsletter. The deadline for submission for the April newsletter is March 15. You may send your contributions to the Chapter at the above address or email contributions to SELKO1@aol.com.

The Autism Society, Central Virginia does not endorse nor promote any program or service provider. The information contained in this newsletter is provided for informational purposes only. The Chapter is a volunteer organization providing information, support and encouragement to parents, family members and professionals in the Central VA area.

This edition was edited by Elizabeth Selko and Bradford Hulcher.

News From the Autism Society, Central VA Board

- The ASCV board contacted the VA General Assembly urging them to increase available ID/DD Waiver slots as well as respite hours.
- The ASCV board voted to approve funding for our 2012 conference featuring Brenda Smith Myles.
- Executive Director Bradford Hulcher attended the Department of Justice meeting with other stakeholders to learn about the settlement agreement with VA .
- The ASCV hosted our monthly Lego® Club @ Dumbarton Public Library.
- The ASCV hosted a workshop on the ABCs of IEPs.
- The ASCV exhibited at 2 Henrico County Public Schools' Transition Fairs.
- The ASCV Board provided a letter of support for a VCU/MCV Animal Assisted Therapy Study to be conducted at the Faison School.

Thank You For the Following Donations

Winchester Chapter—American Academy of Professional Coders
Richmond Area President's Council of Federated Woman's Club
Lee District of the GFWC VA
Mar & Lily Gonzalez

The Following Donations were Made in Memory of Robert Leroy Lyons

Mr. & Mrs. Isaac Jones III
Diana Stowe
Commonwealth of VA, Dept of Juvenile Justice
5th District Court
Vicki Waymire, WinWholesale

THE VA SETTLEMENT AGREEMENT

(Continued from page 1)

- **Supported Employment and Integrated Day Activities.** VA will establish a statewide Employment First policy, which shall be based on the following principles:
 - **Individual supported employment in integrated work settings** is the first and priority service option for individual with ID/DD receiving day program or employment services from or funded by VA.
 - **Minimum or competitive wages.**
- **Integrated Housing.** VA will be required to develop a plan to increase access to independent living options such as individuals' own home or apartments. VA must also provide a one-time fund of \$800,000 to provide and administer rental assistance.
- **Enhanced case management** for individuals with more complex needs, who have experienced crises, are in congregate settings, or are receiving services from providers with conditional licenses
- **Comprehensive oversight of safety and quality mechanisms** for community-based services.
- **A plan to the General Assembly to cease residential operations at four of VA's training centers.**
- **An Independent Monitor** to assist in the implementation and to conduct biannual reviews.
- **The agreement is court-enforceable** should the Commonwealth fail to comply.

For additional information on the settlement agreement, visit the Arc of Virginia's website at www.arcofva.org.

Governor McDonnell Signs Autism Legislation

On February 7, 2012 Governor McDonnell signed legislation that would provide a technical fix to the autism insurance mandate passed last year providing coverage for children 2 through 6. This year's bill provided a technical fix for promulgation of regulations for licensure for Applied Behavior Analysts within 280 days of the Governor's signing the bill.



NEWS FROM THE LIBRARY

One of the benefits of Chapter membership is being able to check books out of the library. The library is accessible at each month's Chapter meeting and at Interest Group meetings throughout the month (check the calendar at www.asacv.org for dates and times of meetings). The following materials are additions to the library:

Choosing to Be a GFF (Good Friend Forever) DVD (2011)
by Good Friend Inc.

How Can I Be a Good Friend to Someone with Autism?
DVD (2007)
by Good Friend Inc.

Floortime Training Guide and DVD: The Basics of Relating and Communicating (2005)
by Stanley Greenspan

You Are a Social Detective CD! (2011)
by Social Thinking

Soluciones Prácticas para Problemas Corrientes de Niños con Síndrome de Asperger (2004)
by Haley Morgan Myles

El síndrome de asperger – Estrategias prácticas para el aula Guía para el profesorado (1998)
by Leicester City Council and Leicestershire County

Esto es el Síndrome de Asperger (1999)
by Elisa Gagnon and Brenda Smith Myles, Ph.D.

L'incroyable échelle à 5 points: Aider les élèves souffrant de troubles du spectre autistique à comprendre les interactions sociales et à contrôler leurs réponses émotionnelles (2009)
by Kari Dunn Buron

Quand mes angoisses deviennent trop grandes ! Un livre de relaxation pour les enfants sujets à l'anxiété (2009)
by Kari Dunn Buron

Preparación de Ayudas Visuales para uso en el Hogar y la Comunidad: Estrategias para Personas con Autismo y Síndrome de Asperger (2004)
by Brenda Smith Myles, Ph.D. and Jennifer Savner, M.S.

Save the Dates!

April 22
Autism Awareness Day
At Kings Dominion

April 25
Mosaic Café Community
Give Back Day

April 28
Autism Awareness Event
At Midlothian Chik-Fil-A

May 5
Annual ASCV Member
Picnic At Roslyn

May 26
10th Annual 5k
Run/Walk for Autism

AUTISM SOCIETY MARCH CALENDAR

The Autism Society, Central VA will sponsor the following meetings in March. All meetings are free and open to the public unless otherwise noted. Meetings take place at River Road United Methodist Church, 8800 River Road unless otherwise noted. For information: 257-0192 or asacv@aol.com

Mar. 2	7:00 p.m.	Chapter Meeting: Recreation Resource Fair
Mar. 6	7:00 p.m.	Board Meeting
Mar. 10	all day	Fundraiser for ASCV @ Panda Express, Short Pump Town Center; 20% of purchase goes to ASCV w/ coupon
Mar. 10	11:30 - 1:30	Inclusive Lego® Club @ Bon Air Library; open to any child grades K- 8
Mar. 11		Middle/High School Bowling Party free for ASCV members; preregistration required
Mar. 12	7:00 p.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
Mar. 14	10:00 a.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
Mar. 15	10:00 a.m.	Biomedical Interest Group
Mar. 18	5:00 p.m.	Dads of Kids with ASD Interest Group (Shrader Lanes) free for any dad w/ a child on the spectrum
Mar. 26	7:00 p.m.	Adults w/ Asperger's/High Functioning Autism Interest Group (<i>open only to adults w/ AS/HFA</i>)
Mar. 26	7:00 p.m.	Parents of Adults with Autism Interest Group

Community Events/Meetings of Interest

Mar. 1 **Courage to Succeed: The College Program for Students w/ Asperger's Syndrome Open House** 5:30 - 7:30 p.m. @ Charterhouse School

Mar. 5 **Hanover County Special Education Advisory Committee** meets at 7 p.m. at Hanover County School Board Office; topic: Reading programs; open to the public; for info: <http://hcps.us/instruction/parentresource/SEAC.htm>

Mar. 5 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

Mar. 6 **Young Life Capernaum Westend** an inclusive faith based group for teens and young adults with disabilities; 7 - 8:15 p.m.; for information, contact Katherine at westendcapernaum@hotmail.com

Mar. 8 **Young Life Capernaum Hanover** an inclusive faith based group for teens and young adults with disabilities; 6:30 - 8 p.m.; for information, contact Clint at clint.dowda@gmail.com

Mar. 8 **Richmond Asperger's Meetup** the second Thursday from 7-9 pm @ River City Diner on Parham Rd.; a place where older children (age 11-17) can meet other Aspergers children and siblings/adults with Asperger's can meet together and/or share information with parents of kids with AS; RSVP at <http://www.meetup.com/aspergers-397/>

Mar. 10 **Buddy Break** a free respite care program for children with special needs ages 3-21 and their siblings ages 3-11; 10 a.m. - 1 p.m.; sponsored by Trinity Lutheran Church, North Parham Rd; for info: Carolyn Hassan 804-270-4626 BuddyBreak@TrinityRichmond.

Mar. 14 **Chesterfield County Special Education Advisory Committee** 4:30 - 6 p.m. at the Fulghum Center; 4003 Cogbill Road. Open to the public; for details, call (804) 594-1732.

Mar. 15 **A Journey of Rest and Restoration**; a monthly Christian-based support group designed for couples/caregivers of children with any special needs; meets the third Thursday of each month from 7 to 8:30 p.m.; Mechanicsville Christian Center; free childcare and sign language interpreter; pre-registration required; contact Joanna Frank @ 746-4303 ext 360 or bfrank.ResourceConnectioninc@gmail.com

Mar. 17 **Buddy Break** a free respite care program for chil-

dren with special needs ages 3-21 and their siblings ages 3-11; 10 a.m. - 1 p.m.; must preregister; sponsored by Southside Church of The Nazarene, Courthouse Rd; contact Amy Morgan @ 804-778-7800 ext. 247 or buddybreaksouthsideva@gmail.com

Mar. 19 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

Mar. 20 **Young Life Capernaum Westend** an inclusive faith based group for teens and young adults with disabilities; 7 - 8:15 p.m.; for information, contact Katherine at westendcapernaum@hotmail.com

Mar. 20 **Richmond/Northern Chesterfield Asperger's Meetup** third Tuesdays @ Positive Vibe Cafe, 6:30- 8:30; RSVP at <http://www.meetup.com/aspergers-397/>

Mar. 22 **Young Life Capernaum Hanover** an inclusive faith based group for teens and young adults with disabilities; 6:30 - 8 p.m.; for information, contact Clint at clint.dowda@gmail.com

Mar. 27 **Henrico County Special Education Advisory Committee** meets 6:30 p.m. to 8:30 p.m. at Tuckahoe Middle School; topics: Transition; 2012 - 2013 Special Education Plan; open to the public; for info: seac@henrico.k12.va.us

Mar. 28 **Transition Fair** transition fairs sponsored by Henrico County Public Schools; 6 to 8 p.m.; free; Tucker High School

Sixth Annual "I'm Determined" Youth Summit

The Virginia Department of Education's I'm Determined project, in conjunction with the Partnership for People with Disabilities, invites applications for sponsorship to the Sixth Annual I'm Determined Youth Summit at James Madison University in Harrisonburg June 10 - 12. Youth with disabilities from across the Commonwealth will meet to identify ways to become better advocates and lead more self-determined lives. The selected individuals and a parent/guardian will receive paid registration, dormitory accommodations, travel expenses and meals for the two-day event. Deadline for sponsorship submission of applications is Monday, April 2nd, 2012. To learn more, visit: <http://www.imdetermined.org/>

Conferences, Workshops, and Webcasts

Mar. 7 - 8 **Autism: Imagine the Possibilities** annual conference of Commonwealth Autism Service; FEE; Richmond; for details: www.autismva.org

Mar. 12 - 14 **Virginia Transition Forum** sponsored by the VA Department of Education and VA Department of Rehab Services; Roanoke; for info: http://www.virginiatransitionforum.org/Participant_Registrati.on.html

Mar. 13 **Making the Most of Students' High Focus, Obsession, and Interest Areas** In this 60 minute webcast, practical strategies will be presented that the educator or parent can implement to provide a way to "meet the need so that the behavior extinguishes itself", or in many cases, can be limited; free; to register: www.vcuautismcenter.org/training/webcasts/upcoming.cfm

March 19 - 21 **Shaping the Future** an intensive three-day workshop designed to provide parents and professionals with training in the theory and application of ABA principles, specifically as they relate to children with autism. \$400 for parents and home therapists; also accepts payment by the DD Waiver Provider (#010264740) for Family and Caregiver Training; for info: www.viaschool.org

Mar. 20 **What's APPening?** a tour of mobile device applications designed to assist students on the autism spectrum; sponsored by the Henrico County Parent Resource Center; Twin Hickory Elementary; 7 - 9 p.m.; rsvp to: lhabernathey@henrico.k12.va.us

Mar. 23/30 **Strategies to Support Elementary Students with ASD** a 2-day training designed to introduce participants to research-based strategies for supporting elementary students who experience social, communication, and sensory issues related to Autism Spectrum Disorders; sponsored by VCU TTAC; Blackstone; \$ 3 0 ; t o r e g i s t e r : <http://www.cvent.com/d/hcq9vp>

Mar. 27 **Autism Spectrum Disorders** sponsored by the Hanover County Parent Resource Center; ; 6:30; Chickahominy Middle School; RSVP to Kelly at 365-4596 or hano-verprc@hcps.us

Mar. 29 **Transitioning the Special Education Preschooler to Kindergarten** covers what types of programming could be possible for students with disabilities during Kindergarten; sponsored by the Henrico County Parent Resource Center; Holladay Elementary; 7 - 9 p.m.; rsvp to: lhabernathey@henrico.k12.va.us

April 28 **Job or Career - It's Up to You!** learn about becoming a consumer-directed assistant; a consumer-directed assistant helps an individual with a disability with supports needed to live in the community; sponsored by Resources for Independent Living; free; Richmond; to learn more: call 353-6503 Ext 135

For additional information on autism conferences and workshops in VA, visit www.autismtrainingva.org

Artwork by Student with Autism Donated to ASCV

Last Fall, a generous monetary gift was made to the ASCV by an anonymous donor. Additionally, this same donor bought, at the Chesterfield Christmas Mother Auction and donated to the ASCV, "The Lemur", a lovely work done by Dani Bell. Dani is currently 15 years old. When she was 2 years old, she was diagnosed with autism. While Dani has faced many challenges during her life, art has been her passion. This particular painting was created under the instruction of Meg Foster, currently of Art Haus Visual Arts Studio, when Dani was in third grade at Robious Elementary School in Chesterfield County. They were studying the animals of Madagascar.

Corporate Sponsors Sought for 10th Annual 5K Run/Walk for Autism Who Do You Know?

Our chapter will hold our 10th Annual Autism Society of Central VA 5k Race (www.ascv5k.com) at the Innsbrook Pavilion on Saturday, May 26, 2012. This event is our biggest fundraiser of the year! **All money raised from this event will stay within the greater Richmond area.** These funds provide much needed support to our families and individuals with autism.

While entry fees and individual donations help in our fundraising, it is sponsorships from businesses and corporations that will allow us to meet our goals to serve individuals with ASD and their families.

We ask that you consider reaching out to connections you have in area businesses to see if they would be willing to be a sponsor of our event.

Please contact Jessica (ascv5k@echelon-events.com) or Donna (ascv5k@gmail.com) if you can help our chapter with this need.

Autism Society, Central Virginia
P.O. Box 29364
Richmond, VA 23242-0364
(804) 257-0192

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