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# ◆ *Into the Light* ◆



Volume 21 Issue 2 Autism Society , Central Virginia February 2013

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## **SOCIETY MEMBER'S STORY DEMONSTRATES *THE NEW VIRGINIA WAY***

*Autism Society members Jim and Mary Miller attended our Medicaid Waiver workshops over the years, always wondering how the DD Waiver could be used to support their son Jamie in his own home or apartment rather than a group home. Late in 2012, the family's dreams were realized. Jamie's story, below, is one of many featured in the Arc of Virginia's 2013 Advocacy Calendar, "The New Virginia Way."*

"I'm home now!" Those three words were the best words Jamie's mother could imagine after returning from a trip to his new house in Richmond. For years, Jamie's parents had been planning for a home for their son - a house Jamie could call his own.

Jamie watched his sister grow up and go off to college, and eventually move to her own place in New Jersey. He often missed his sister and friends of hers who visited the house. More than anything, Jamie wanted independence from his parents and his own circle of friends.

With help from their extended family, Jamie and his parents bought a three bedroom house for Jamie in a friendly neighborhood near his school and close to their home. He has two roommates who are graduate students, one of whom supports Jamie overnight. Jamie's DD Waiver pays for in-home support and attendant care, a team of peers from Dominion Waiver Services. They include

him in community events, shopping excursions, bike riding, basketball, swimming, and trips to the river. His day is filled with caring people providing support, and fostering more independence by doing chores at home and participating in the community.

When he is not in school or attending events, Jamie enjoys walking the dog around his neighborhood and continuing to meet his new neighbors. He loves living close to Martin's, where he shops for groceries. Jamie still visits with his parents often, and his housemates have become great companions. "What a wonderful solution for Jamie and for us as well," said his mother, Mary. "I never thought we could be empty-nesters!"

*Copies of the Arc of Virginia's Calendar can be purchased at [www.thearcofva.org](http://www.thearcofva.org) for \$10 each.*



## 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.

### 2012-2013 OFFICERS AND BOARD:

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**Newsletter Editor:** Elizabeth Selko

**Webmaster:** Anthony Wiley

### STAFF:

**Executive Director:** Bradford Hulcher

**Asperger's Interest Group Facilitator:** Brie King

## Thank You For the Following Donations

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The following donations were made in  
memory of Michael Morlino

Karin Sewell and family  
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Susan Beiter

### THANKS TO THE FOLLOWING VOLUNTEERS IN JANUARY!

Sam Hulcher  
Chuck Hulcher  
Skills Development Center  
Pi Kappa Alpha @ VCU  
Alpha Xi Delta @VCU

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 newsletter. The deadline for submission for the March newsletter is February 15. You may send your contributions to 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 Society is a 501(c)3 organization providing information, support and encouragement to individuals with autism, their families and professionals in the Central VA area.

This edition was edited by Elizabeth Selko and Bradford Hulcher.

## Join Us for the February Meeting

### **Puberty, Relationships, and Sexuality Oh My! Exploring the Impact of Autism Spectrum Disorders on Sexuality and Sexuality Instruction**

Without appropriate instruction in sex education, individuals with autism spectrum disorders can be bullied, can become victims of perpetrators and/or can become perpetrators themselves.

At our February 8 meeting, Staci Carr, Ed. M, M.S., will explore the impact of puberty and emerging sexuality for adolescents with ASD; identify sexuality curricula for individuals with ASD and how to assess needs before implementation of a curriculum and; explore teaching strategies that can be used to address appropriate sexual behavior and knowledge.

Staci Carr received a masters degree in education from Harvard University and a second masters degree in Psychology from Virginia Commonwealth University, and a B.A. in Psychology from Oakland University. Since 1993, Staci has been working and conducting research in the field of Autism Spectrum Disorders, specifically Social Skills Training. She has worked in five states developing programs to support children in a variety of settings with varying abilities. She is currently pursuing her Ph.D. in Developmental Psychology at Virginia Commonwealth University.

Autism Society meetings take place at River Road United Methodist Church, 8800 River Road in Richmond. **Our meetings are free and open to the public.** The library opens at 6:30 p.m. and meetings begin promptly at 7 p.m. Free supervision for children and youth is available although space is limited; reservations are taken through February 1 by e-mailing the Society at [asacv@aol.com](mailto:asacv@aol.com) with the names and ages/grades of your child(ren).

## **AUTISM SOCIETY FEBRUARY CALENDAR**

The Autism Society, Central VA will sponsor the following meetings in February. For information: 257-0192 or [asacv@aol.com](mailto:asacv@aol.com)

2/4	7:00 p.m.	<b>Asperger's Interest Group</b> for parents of school aged children with AS
2/5	7:00 p.m.	<b>Board Meeting</b>
2/8	7:00 p.m.	Chapter Meeting: <b>Puberty, Relationships, and Sexuality Oh My! Exploring the Impact Autism Spectrum Disorders on Sexuality and Sexuality Instruction</b>
2/8		<b>Asperger's Middle School Social Club</b> pre-registration required; e-mail <a href="mailto:asacv@aol.com">asacv@aol.com</a>
2/10		<b>Bowling League for Elementary School Children w/ Autism</b> , Grades K-5 FREE for chapter members; \$25 /non-members (includes annual membership fee) ; preregistration required
2/10		<b>Bowling for Middle/High School Students w/ Autism</b> FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required
2/16	1:00 p.m.	<b>Inclusive Lego Club</b> for children of all abilities in grades K - 8; Tuckahoe Library
2/25	7:00 p.m.	<b>Parents/Family Members of Adults with Asperger's</b>
2/25	7:00 p.m.	<b>Adults with Asperger's/HFA Interest Group</b> (open only to adults w/ Asperger's/HFA)

**POSSIBLE SHORT TERM FUNDING  
FOR THOSE ON THE ID OR DD  
WAITING LISTS**

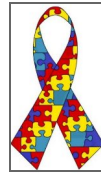
The Department of Behavioral Health and Developmental Services is developing a new program, the Individual and Family Support Program, to be implemented in the early spring of 2013. It is designed to assist individuals with intellectual or developmental disabilities on the waiting list for the intellectual Disability (ID) or Individual and Family Support (DD) Waivers (and their families) to access short-term person/family-centered resources, supports, and services. This program is cited in the Settlement Agreement with the US Department of Justice as one of the initiatives agreed upon.

Services and items that may be funded through the Individual and Family Support Program may include:

- Professionally provided services and supports, such as respite, transportation services, behavioral consultation, and behavior management;
- Assistive technology and home modifications, goods, or products that directly support the individual;
- Temporary rental assistance or deposits;
- Fees for summer camp and other recreation services;
- Temporary assistance with utilities or deposits;
- Dental or medical expenses of the individual;
- Family education, information, and training;
- Peer mentoring and family-to-family supports;
- Emergency assistance and crisis support; or
- Other direct support services as approved by DBHDS.

Individual and Family Support Program funds may be provided to individuals or family members in varying amounts, as requested and approved by DBHDS, up to the established annual maximum of \$3000.00 per individual per fiscal year.

DBHDS is currently in the process of creating an on-line application system and will also be accepting paper applications through U.S. mail should individuals or families not have access to the internet. **All individuals who are currently on the waitlist for the ID or DD Waiver will be receiving letters of notification explaining the program and how to apply in the early spring.** For further information on the IFS Program please contact Cindy.Gwinn@dbhds.virginia.gov



**NEWS FROM THE  
AUTISM  
SOCIETY, CENTRAL VA**

Welcome to new board member, Nate Harry, CPA who joined our board in January. Nate works at Cherry, Bekaert & Holland, L.L.P. and has participated in the Society's 5K since 2009. Nate and his family live in Petersburg.

The Autism Society Central VA worked to fulfill our mission to "improve the lives of all affected by autism" in January in the following ways:

**Advocacy and Public Policy**

- Gave public comment at the General Assembly Budget Hearing
- Participated in VA Department of Education Parent Advocacy Meeting
- Participated in the Region IV START (Systemic Therapeutic Assessment Respite and Treatment) Advisory Council, which will address the Crisis Stabilization portion of the Department of Justice (DOJ) settlement agreement
- Participated on Virginia Autism Council
- Participated on VCU Autism Center for Excellence Advisory Council
- Participated in Department of Justice Stakeholder Group

**Education**

- Co-sponsored *My Child was Just Identified w/ ASD: Now What Do I Do?*
- Co-sponsored *Transition to Adulthood w/ ASD: What Parents and Guardians Need to Know*

**Services and Supports**

- Sponsored bowling leagues for elementary school students with ASD and middle and high school students with ASD
- Sponsored Inclusive Lego Club
- Sponsored Asperger's Middle School Social Club

## Community Events/ Meetings of Interest

- Feb. 1 **TACA** 7 - 9 p.m.; @ St. Andrews United Methodist Church, 9801 Fort King Road, Richmond; for info: LisaAnn.Setchel@TacaNow.org
- Feb. 2 **Sensory Story Time** for children with autism ages 3 - 6; 10:30 a.m.; repeats on 2/9 & 2/16 @ Gayton Library; RSVP to 290-9636
- Feb. 4 **Hanover County Special Education Advisory Committee** Unmet Needs, Transition, Public Relations and Membership; Mini presentation on Extended School Year (ESY) and Summer School Options @ School Board Office; 7 p.m.; open to the public; for info: rob.rlipc@comcast.net
- Feb. 4 **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
- Feb. 6 **Special Night for Special Needs** @ the Children's Museum; free; especially for children 10 years old and younger who have special needs and their families. Enjoy museum exploration, adapted materials, special activities, and reduced number of visitors on this special night. Children will have access and learning opportunities; 5:30 p.m. - 7:30 p.m.; for info: 474-7012
- Feb. 7 **Young Life Capernaum West End** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, Henrico; 6:30 - 8:00; for info: westendcapernaum@hotmail.com
- Feb. 9 **Buddy Break** a free respite care program for children with special needs ages 3-21 and their siblings ages 3-11; 6:30 - 9:30 p.m.; sponsored by Trinity Lutheran Church, 2315 N. Parham Rd., Henrico; RSVP to 804-270-4626 or BuddyBreak@TrinityRichmond.net
- Feb. 13 **Chesterfield County Special Education Advisory Committee** @ the Fulgum Center; 5 - 6:30 p.m.; open to the public; for info: 594-1732
- Feb. 14 **Richmond Asperger's Meetup** the second Thursday from 7-9 pm @ River City Diner on Parham Rd.; RSVP at <http://www.meetup.com/aspergers-397/>
- Feb. 16 **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 Southside Nazarene Church, Courthouse Rd.; 804-778-7800 ext. 247 or [BuddyBreakSouthsideVA@gmail.com](mailto:BuddyBreakSouthsideVA@gmail.com) for info
- Feb. 17 **Rhythms of Grace** a special worship service to and for children w/ special needs and their families; the third Sunday of each month @ St. Mary's Episcopal Church, 12291 River Rd, Goochland; 1 - 2 p.m.; for info: 347-8755
- Feb. 18 **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
- Feb. 19 **Richmond/Northern Chesterfield Asperger's Meetup** third Tuesdays @ Positive Vibe Cafe, 6:30- 8:30; children 10+ diagnosed with Asperger's, HFA, PPD-NOS, and ADHD and their parents, as well as adults with these diagnoses, are welcome RSVP at <http://www.meetup.com/aspergers-397/>
- Feb. 19 **Monkey Joe's Special Needs Night** every third Tuesday from 5 p.m. to 7 p.m.; kids ages 2 - 12 w/ special needs just \$5; closed to the public; siblings welcome; 11304 Midlothian Tnpk, Richmond; 897-5867
- Feb. 21 **Young Life Capernaum West End** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, Henrico; 6:30 - 8:00; for info: westendcapernaum@hotmail.com
- Feb. 21 **Young Life Capernaum Chesterfield** an inclusive faith based group for middle and high school students with disabilities; Mt. Pisgah UMC, Midlothian; 6:30 p.m. - 8 p.m.; for info: 757- 651-5223
- Feb. 21 **A Journey of Rest and Restoration**; a monthly Christian-based support group designed for couples/caregivers of children with any special needs; 7 to 8:30 p.m.; Mechanicsville Christian Center; free childcare and sign language interpreter; pre-registration required; contact [bfrank.ResourceConnectioninc@gmail.com](mailto:bfrank.ResourceConnectioninc@gmail.com)
- Feb. 26 **Henrico County Special Education Advisory Committee** open to the public; 6:30 p.m. to 8:30 p.m. at Tuckahoe Middle School; topics: *Discipline* and *Evidence Based Practice*

## Conferences, Workshops, and Webcasts

Feb. 19 **Understanding Special Education** will cover the laws and regulations concerning the special education process including parental rights and responsibilities, the special education cycle, accessing records, and writing an Individualized Education Program (IEP sponsored by the Hanover County Parent Resource Center; @ 6:45 p.m. at Pole Green Elementary School; free; RSVP to [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us)

Feb. 23 **Adaptive Book Workshop/Story Time @** Richmond Public Library, 101 E. Franklin; 10 a.m. - 11 p.m.; free; story time for children ages 4 - 8 while parents are in workshop; free; RSVP to 646-4768

Feb. 28 **Evidence Based Strategies for Enhancing Social Skills and Teaching Students with Autism Spectrum Disorder** w/ James Ball, Ed.D, BCBA-D; specific skills (including social skills), enhancing motivation, and generalization training will all be provided using step-by-step demonstrations with real life, current examples; techniques applicable to students from early elementary to adulthood, with Asperger's as well as students severely challenged with autism; fee; to register: [www.aepconnections.com/store/page3.html](http://www.aepconnections.com/store/page3.html)

Mar. 1 **Strategies that Work! Social Skills and Behavior Solutions for the Student/Child with Autism Spectrum Disorder** strategies for managing challenging behaviors of students with ASD; interventions to teach new skills, manage students' behavior, and promote competence of students with ASD; video technology including the iPad, iPod Touch, PowerPoint, Video, Flip Camera, etc. will also be discussed; fee; to register: [www.aepconnections.com/store/page3.html](http://www.aepconnections.com/store/page3.html)

Mar. 11/12 **Virginia Transition Forum 2013** brings together students, parents, educators, rehabilitation professionals, and others to guide youth with disabilities to achieve successful employment and life outcomes; \$79 before 2/11/13; Richmond; to register: [www.virginiatransitionforum.org](http://www.virginiatransitionforum.org)

Mar. 12 **Practical Management Strategies: What to Do After the Meltdown - Part 2** free webcast from the VCU Autism Center for Excellence; register here: <http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>

Mar. 13/14 **Autism: Illuminating the Future** Commonwealth Autism Service Annual Conference; fee; for info: <http://www.autismva.org/2013conference>

Apr. 1 - 30 **Autism Spectrum Disorders for Paraprofessionals: Providing Effective Instruction and Supports** free online self-paced course from VCU ACE; to register: [www.vcuautismcenter.org/training/paraprofessionals.cfm](http://www.vcuautismcenter.org/training/paraprofessionals.cfm)  
For additional information on autism conferences and workshops in VA, visit [www.autismtrainingva.org](http://www.autismtrainingva.org)



## CALLING ALL VOLUNTEERS!

In an effort to attract more attention to the Autism Society Central Virginia 5K, we are thrilled to announce we have secured a booth at the Monument Avenue 10K Expo. The Society has an amazing opportunity to reach over 40,000 people at the Expo this year and we need your help!

We are looking for volunteers to assist at the Expo in our booth. Volunteers will register participants and sign up volunteers for the 5K..

Below are available shifts and volunteers needed per shift. Please arrive 15 minutes prior to your start time and dress comfortably. If you can volunteer, email [ascv5k@echelon-events.com](mailto:ascv5k@echelon-events.com) to reserve your space!

The Arthur Ashe Center  
Thursday April 11th  
11am-230pm: 4 volunteers  
230pm-530pm: 4 volunteers  
530pm-9pm: 4 volunteers

The Arthur Ashe Center  
Friday April 12th  
11am-230pm: 4 volunteers  
230pm-530pm: 4 volunteers  
530pm-9pm: 4 volunteers

### Would You Like To Place An Ad in "Into The Light" ?

Our newsletter reaches over 500 families, professionals and educators on a monthly basis. If you would like to place an advertisement, please email it to [asacv.org](mailto:asacv.org) or mail it to the Chapter at P.O. Box 29364, Richmond, VA 23242-0364. Call the Chapter if you have any questions. Deadline for entry is the 15th of each month.

#### Ad Rates:

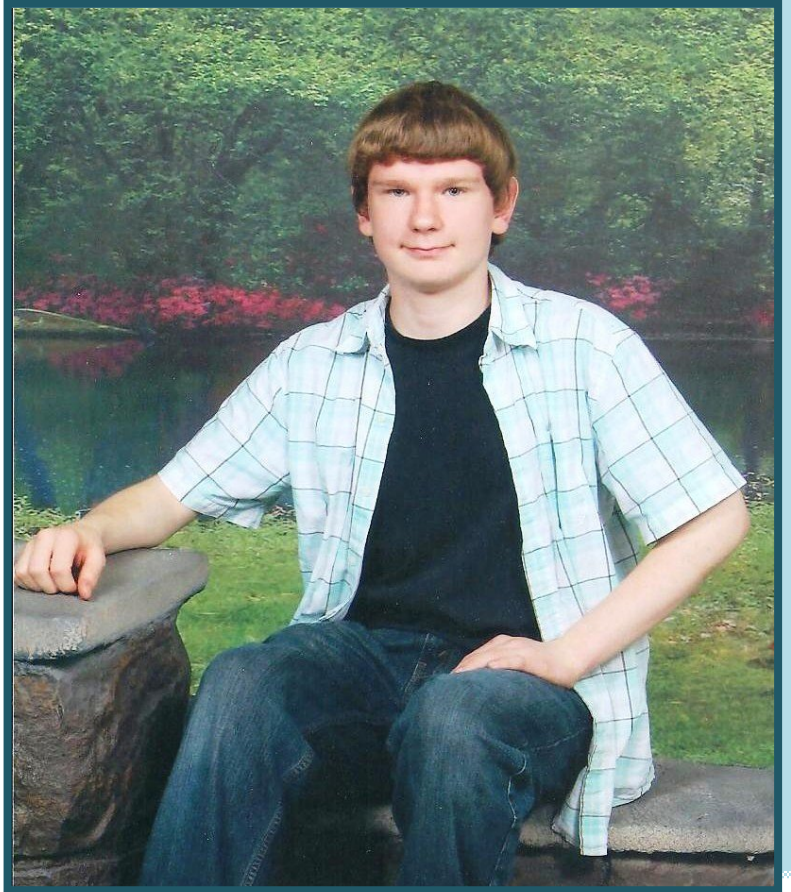
- \$25.00 1/8 Page
- \$50.00 1/4 Page
- \$75.00 1/2 Page
- \$100.00 Full Page

Discounts/Non Profits/Long Term Ads (3 months or longer) may have negotiated rates with board approval.

The board reserves the right to refuse to place an advertisement



**JAMES**, age 15, is an energetic, thoughtful young man who is eager for his own forever family. He loves the outdoors, going to movies and drawing. He is looking forward to entering high school next year. James loves to talk and “crack jokes.” He is a very kind and responsible young man. He gets along well with younger children and can “let things roll off his back.” He is always up for trying new things and has a great attitude and outlook on the future. James has a very supportive group of folks around him at school and he is doing well in the special education environment. James has experienced several close losses in the past year and needs ongoing support in addressing his grief issues and previous abuse/neglect experiences. James’ behavior, thought process and ADHD have been well managed with a proper medication regime. James has a diagnosis of pervasive developmental disorder and displays be-



haviors and mannerisms that are indicative of Asperger’s syndrome. James needs a family that is strong, patient and understanding to the challenges he faces. He is open to a two-parent, or single-parent family. James continues to have a relationship with his younger half-brother, and it’s important to him that he be able to maintain this relationship.

*For more information about James, please contact Sharon Richardson at coordinators<sup>2</sup>inc  
(804) 354-1881*

**Autism Society, Central Virginia**  
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