



Into the Light

UNDERSTANDING AND SUPPORTING THE MENTAL HEALTH NEEDS OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDER

Join the Autism Society Central VA (ASCV) from 7-9pm on Friday, October 13, 2017 at River Road United Methodist Church (8800 River Road, Henrico, VA) for a FREE workshop on Understanding and Supporting the Mental Health Needs of Individuals with Autism Spectrum Disorder.

Research shows that almost 80% of individuals with ASD also experience mental health issues, such as anxiety, depression, ADHD, and/or obsessive-compulsive disorder. Even though mental health issues can be more common for people on the autism spectrum than in the general population, it is often challenging to get an accurate diagnosis of mental health issues in individuals with ASD because of the similarities between autism behaviors and behaviors associated with psychiatric disorders.

During this workshop, you will learn about the co-occurring mental health conditions often associated with ASD, characteristics of those mental health conditions, and how to access supports and resources. Practical tips on ways to document school and home concerns will also be discussed. This workshop is intended for parents/guardians of individuals with developmental disabilities, providers, and educators.

About the Presenter: Staci Carr, Ph.D.

Staci Carr received a Master's degree in education from Harvard and a Ph.D. in Developmental Psychology from Virginia Commonwealth University. Since 1993, Staci has been working and conducting research in the field of Autism Spectrum Disorder, specifically addressing Social Skills Training and Social Competence, Quality of Life, Transition to College, Relationships and Sexuality, and first responder training and preparedness. She has worked in Michigan, New York, Massachusetts, Rhode Island, and Virginia developing programs to support individuals in a variety of settings with varying abilities. Dr. Carr has also consulted nationally on issues related to adolescents and young adults with ASD.



Registration is requested: <https://mentalhealthandasd.eventbrite.com>



Mission

To improve the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism.

Vision

We are the local voice and resource of the autism community in education, advocacy, services, and support, and are committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families.

Any age. Any stage.

Donate

Your gift will help support autism education, awareness, advocacy and most importantly, enable us to assist families and individuals living with autism in our community. You can help by making a donation today!



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Recreational Facilitator: Erin Boatwright

This newsletter is a publication of: Autism Society Central Virginia.
200 South 3rd Street
Richmond, Virginia 23219
(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 November newsletter is October 15th. You may send your contributions to the above address or email contributions to info@ascv.org.

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 Board reserves the right to refuse to include any information, organization, business, or group where evidence-based practices are not evident. Ads for personal or organization fundraisers will not be accepted. The Society is a 501(c)3 organization providing information, support, and encouragement to individuals with autism, their families, and professionals in the Central Virginia area.

This edition was edited by ASCV staff.



From Our Executive Director

MEET THE NEWEST ASCV BOARD MEMBERS!

The ASCV is excited to welcome two new Board Members this fall! Each brings unique experience, passion, and motivation to help us fulfill our mission ***to improve the lives of ALL affected by autism in Central VA***. I hope when you have a chance to meet them in person, you will help welcome them to the ASCV Family! Here's a little about them –

Craig Nichols is a lifetime Richmonder who got involved with the Autism Society when he was diagnosed as having Asperger's in his late 50s. He has lived independently, with the support from his family, for his adult life and recently helped care for his father at a local assisted living community. He works part-time for SMG (Altria Theater, Coliseum, Dominion Arts Theater) and has twelve years experience as a maintenance/custodian for an FBI office. Craig has a keen memory and loves a good joke or pun. He enjoys learning and DIY projects, especially mechanical or automotive ones. He enjoys nature, bowling, puzzles, watching sports, walking and visits from his two sisters from out of state. He has traveled to New England and Atlanta to visit them.



Zach Webber joined the Autism Society Central Virginia as a Board Member in September 2017 and is excited to be assuming the organization's Treasurer duties in January 2018. Zach obtained his BBA in Accounting from James Madison University and his MBA from Virginia Commonwealth University. He works closely with small and mid-sized non-profit and for-profit organizations in the Richmond area. In his free time, Zach enjoys running, playing flag football, and spending time with his wife, Katie, daughter, Emily, and their dog, Heinz.

We also wish to thank Erin Jordan for her two years of service as an ASCV Board Member and for her work as the 2017 5K Run/Walk for Autism Committee Chair! Erin will be leaving the ASCV Board in October, and even though we will miss Erin's wisdom and dedication on the Board, we know that she will continue to serve as a great ambassador for the ASCV in the community!

All the best,

Becky

Becky Boswell, MBA
Executive Director
Director@ascv.org

This October, the Autism Society Central VA will sponsor or participate in the following events. For information: 257-0192 or info@ascv.org.

10/01	1pm	Autism and Hanover First Responders Community Connection Fair , Richmond Harley-Davidson
10/07	10am	Inclusive Lego & Game Club – Chester , details and registration: https://octoberlegochester.eventbrite.com
10/08		Pumpkin Patch Visit , free for ASCV members at the Chesterfield Berry Farm; check your email for Eventbrite invitation
10/10		ASCV Board Meeting
10/13	7pm	Monthly Program Meeting: <i>Understanding and Supporting the Mental Health Needs of Individuals with Autism Spectrum Disorder</i> by Staci Carr, Ph.D.; details & registration: https://mentalhealthandasd.eventbrite.com
10/21		Martial Arts World Super Show benefitting the ASCV, see flyer on page 11
10/21	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
10/22		Bowling outing for children/youth/adults with autism; free for ASCV members; check your e-mail for Eventbrite invitation
10/26		BJ's Restaurant and Brewhouse fundraiser benefitting the ASCV, see flyer on page 12 and remember to take it with you!
10/28	10am	Inclusive Lego & Game Club – Downtown , details and registration: https://octoberlegodowntown.eventbrite.com
10/30	6:30pm	Community Engagement & Community Coaching Workshop , details & registration: https://commengageandcoach.eventbrite.com
10/30	7pm	Adults with Aspergers/HFA Interest Group

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**OCTOBER
CALENDAR**

It's that time of year! The ASCV participates in the following giving Campaigns:



- Central VA Area Combined Federal Campaign #64417
- Local Government and Schools Campaign - no number; simply designate "Autism Society Central VA"

The ASCV's EIN is 46-1250829.

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In September, the Autism Society Central Virginia worked to fulfill our mission to "improve the lives of all affected by autism" in the following ways:

Education

- Co-Sponsored with Region IV REACH a workshop on Psychotropic Medications in Children with Autism
- Sponsored ABC's of Behavior workshop

Services and Support

- Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored Inclusive Lego and Game Clubs
- Sponsored Adults with Asperger's Interest Group
- Sponsored Parents of Adults with Asperger's Group
- Sponsored bowling outing for children, youth, and adults with ASD

Advocacy

- Participated in DBHDS Settlement Agreement Stakeholders Group
- Participated in the Virginia Autism Council meeting

Awareness

- Exhibited at the Science Museum of Virginia's Minds of All Kinds sensory friendly event
- Exhibited at the Community Idea Station's preview of the "Swim Team" documentary
- Exhibited at Wells Fargo Investors Innslake location nonprofit fair
- Shared information at the 5th Annual Sons of Dominion Poker Run for Autism

REGISTRATION OPEN FOR NOVEMBER 18th SIBSHOP

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with developmental disabilities to obtain peer support and education in a fun recreational environment. Our Sibshops are open to any sibling, ages 7-12, of a child with a special need. We meet every other month from 10am to noon. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many somewhere in between. The Sibshop model intersperses information and discussion activities with recreation and games (designed to be unique, off-beat, and appealing). Registration closes on November 13th. Learn more and register here: <http://ascv.org/meetings-events/sibshops/>



OCTOBER COMMUNITY OPPORTUNITIES

(Dates provided as published by sponsoring organizations; contact organizations for confirmation)

- 10/01 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more information contact 804-330-9865
- 10/02 **Hanover County Special Education Advisory Committee** meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; open to the public
- 10/02 **Sky Zone Special Needs Sensory Friendly Night** 5pm-6pm; for more information call 804-379-2500 or visit <http://www.skyzone.com/richmond>;
- 10/03 **Jumpology Special Needs Night** 5pm-7pm; <http://www.jumpology.us/Pricing-Hours> for more information
- 10/03 **Richmond City Special Education Advisory Committee** 12pm-1:30pm; open to the public; all meetings will be held at 4901 Fitzhugh Ave., Suite 200, Richmond
- 10/04 **Chesterfield County Special Education Advisory Committee** meets at 5pm at the Career and Technical Center, 13900 Hull Street Road, room A256; open to the public; topic: *Inclusion*; contact 804-639-8918 for information on making public comment
- 10/06 **Special Night for Special Needs** at Children's Museum Central 5:30pm; for more information <http://www.c-mor.org/events/special-nights>
- 10/07 **VCU ACE-IT in College Open House** 10am-12pm; 830 West Grace St, room 1030J; RSVP using this form: <https://goo.gl/3azYtk>
- 10/08 **Regal My Way Matinee** sensory friendly movie, *Storks* at 10:30am; Regal Short Pump Stadium 14; tickets \$6.50 each
- 10/17 **Monkey Joe's Special Needs Night** from 5pm-7pm; kids ages 2-12 with special needs free; closed to public; siblings welcome \$5; more information 804-897-5867
- 10/21 **Richmond Symphony** sensory friendly concert, *Superhero Halloween*; 11am at the Carpenter Center Theatre, 600 East Grace Street, Richmond
- 10/24 **Henrico County Special Education Advisory Committee** meets at 6:30pm at Brookland Middle School, 9200 Lydell Dr., Richmond; Topic: *Maximizing the Parent's Voice in the IEP Process*; open to the public
- 10/25 **Caminos Group** support group for Latino families with autism; meets at the Sacred Heart Center, 1400 Perry Street, Richmond, 23224 from 10am-12pm; RSVP at 804-646-0145
- 10/29 **Autism Family Swim** at the Manchester YMCA from 2:30pm-4:30pm; life-guarded open swim time for individuals with autism and their families; free for YMCA members; more details and registration: <https://www.ymcarichmond.org/program/autism-family-swim-2/>



SAVE THE DATE

ASCV Members' Annual Holiday Party

Sunday, December 3rd

2:00pm-5:00pm

Science Museum of Virginia

Members will be able to enjoy the Science Museum, light refreshments, holiday music, and Santa will even pay us a visit!



WORKSHOPS AND CONFERENCES

- 10/04 **Autism Diagnostic Observation Schedule (ADOS-2) and Toddler Module Training:** for Educators, Mental Health Providers, Social Workers, Therapists and Intervention Specialists; St. Joseph's Villa, 8000 Brook Road, Henrico, VA; details & registration: <https://www.regonline.com/builder/site/Default.aspx?EventID=2025214&>
- 10/10 **ASD & Regulation: The Brain, Meltdowns, and Evidence-Based Practices Part 1** by Brenda Smith Myles; free webcast from VCU ACE; details & registration: <https://vcuautismcenter.org/te/webcasts/>
- 10/11 **Challenging Behavior: Directors and Teachers Working with Families and Other Experts,** Webinar by Barbara Kaiser; 2-3:30pm; details & registration: <https://register.gotowebinar.com/register/1709502369283150850>
- 10/12 **Strategies for Developing Healthy Relationships; Workshop/Webinar** sponsored by The Arc of Northern VA; 10am-12pm; details & registration: <https://cc.readytalk.com/registration/#/?meeting=72g5qcmsyyah&campaign=tmh6za3gum5i>
- 10/18 **Legal Authority Webinar;** discusses legal authority options for individuals who are over 18 and need supports to make decisions; 12pm-1:30pm; sponsored by Loretta Morris Williams of Hale Ball; details & registration: <https://cc.readytalk.com/registration/#/?meeting=yp99gbat3xbo&campaign=a1q77ia2fasg>
- 11/18 **2017 Tidewater Autism Summit;** 11am-3pm; free event held in Virginia Beach; more details and registration: <https://events.r20.constantcontact.com/register/event?llr=5j7bc4cab&oeidk=a07eej8ct4jaf2d3582>

UPDATES FROM THE CENTER ON TRANSITION INNOVATIONS

Through funding from the Virginia Department of Education, the Center on Transition Innovations (CTI) has focused on the transition of students with Autism Spectrum Disorder (ASD) into education, employment, and community settings. CTI has developed information and resources around these topics including webcasts, videos, and publications.

A new web series called *Spectrum of Possibility* shares the experiences of college students with ASD and the faculty, family members, and counselors who support them. Make sure to also check out the Student Experiences video at <https://www.youtube.com/watch?v=VFGjG0G8Afo&feature=youtu.be> and the Tips for Prospective College Students with Autism Spectrum Disorder Fast Fact sheet at http://centerontransition.org/asd/pdfs/FastFacts/Student_Spectrum_of_Possibility.pdf.



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 Justin Fees
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 Nico Giradlo
 Robert Davey
 Jared Hall

We would love to add your name to this list. We are always looking for individuals, 18 and older, who would like to get involved. Contact Tammy at outreach@ascv.org to find out how you can volunteer for the ASCV too!

SAVE THE DATES! UPCOMING ASCV WORKSHOPS



Friday, November 3, 2017

I'm Determined Family Night

Presenter: Jackie Neidle, MS, NBCT and Student Determinators

Saturday, November 4, 2017

What's Transition Got to Do With It? EVERYTHING!

Presenter: Marianne Moore, Secondary Transition Specialist from VDOE

Thank You For the Following Donations

All donations stay in the Central Virginia area to support individuals and families affected by autism.

Eric Schumde
Mamie Mayo
Benjamin Blakenship
Larry Scarborough
Joseph Andrews
Michael Curl
Robert King
William Charlton
Aetna Better Health of Virginia
Jake's Place

Keystone Insurers Group, Inc.
William Janke
Paul Warner
Tracey Matthews
Sherita Johnson
Lisa Keene
Cecil Comer
Mark Rondina
Todd Coolbaugh
Montero Hardy

Thank You

The Dominion Energy Charity Classic Coming October 19th – 22nd

The Autism Society Central Virginia is excited to be a participating charity for the 2017 Dominion Energy Charity Classic through the Birdies for Charity Program! You can join the fun and help support families and individuals living with autism in Central VA by participating in one of two ways:

- making a flat donation
- pledging a donation per birdie scored at the tournament

And, Dominion Energy will match donations up to 10%!

You can find more information about the event and make a donation at <https://tinyurl.com/ASCV-Birdies>.

Donors to the ASCV Birdies for Charity will be automatically entered into a drawing for 4 tickets to the tournament. Please help us spread the word!

Hope to see you at the Country Club of VA, James River Course, in October!





Martial Arts World Super Show

Audience Tickets:

In Advance: \$10

At The Door: \$15

(All Tickets are Valid
from 9AM to Event Finish)

When: 6:00PM Saturday - October 21, 2017

Where: Hermitage High School Gymnasium
8301 Hungary Spring Road - Henrico, VA

All Proceeds Benefit:



Purchase Tickets At:



Chester
804-748-9587

Chesterfield
804-594-6771

Glen Allen
804-501-0202

Hanover
804-789-9067

Hopewell
804-452-6676

Midlothian
804-763-4184



Buy Tickets Online At:

MartialArtsWorld.com

Presented By:



Grandmaster Y. K. Kim
Founder of Martial Arts World

Masters of Ceremonies:



Instructor James Ihde



Instructor Robert Baxter

Special Judges:



Instructor
Mike Thomas



Master
Steve Dubuque



Join us for
 a delicious way to
RAISE MONEY!

Date: October 26, 2017 - Thursday

Time: 11:00 AM to 11:00 PM

At this BJ's location: 12010 West Broad St
 Henrico, VA 23233
 804-298-2950

Enjoy delicious food in a fun atmosphere along with your family and friends while earning funds in support of:

Autism Society Central VA

With each flyer presented during this **FUNDRAISING EVENT**, BJ's will donate **20% OF FOOD AND SOFT BEVERAGE SALES** to the designated organization!

Valid for dine in or take out. Not valid towards alcoholic beverages or Happy Hour specials.
 Please do not distribute flyers on-site during the event. Flyers must be printed and presented to the server.



BJ's Favorite Deep Dish Pizza



Crispy Fried Artichokes



Crispy Jalapeño Burger



0 C T 3 2 8



MEMBERSHIP FORM

Join with hundreds of individuals with autism, their families and other caring individuals; become a part of a larger community - the Autism Society Central Virginia. We can't be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope.

Membership in the Autism Society Central Virginia provides the following benefits:

- ASCV's monthly newsletter, the local resource for information regarding local and state autism-related issues, workshops, and community events
- ASCV's weekly e-mail updates
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities

Membership Levels:

___ \$5 ~ Self-Advocate (Adult w/ ASD) ___ \$25 ~ Household ___ \$1500 ~ Lifetime

Name(s): _____

Address: _____ Phone # _____

City: _____ State: _____ Zip: _____

E-mail address: _____

(By providing your e-mail, you will receive our weekly e-mail; your e-mail will be kept confidential)

Additional Donation:

___ \$25 ___ \$50 ___ \$100 _____ please specify amount

Payment information:

___ Check (made payable to **Autism Society Central Virginia**) ___ Visa ___ Mastercard

Name on card: _____ Expiration: _____

Card #: _____

CVV# (security code on back of card) _____ **or join online at www.ascv.org**

Signature: _____

How would you prefer to receive your newsletter: ☐ by mail ☐ electronically

Which free gift may we send you: ☐ car magnet ☐ refrigerator magnet ☐ no gift needed

New Members, how did you hear about the ASCV? ☐ family ☐ friend ☐ internet ☐ other _____

Please mail, email, or fax with payment to:

Autism Society Central Virginia
200 South 3rd Street
Richmond, VA 23219
outreach@ascv.org (email)
(804) 655-0484 (fax)

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Ad Rates:

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\$100 full page (\$90 nonprofit)

Long term ad discounts: 6-11 months 10% discount, 12 months or longer 15% discount

The Board reserves the right to refuse to place an advertisement.