

Improving the lives of All Affected by Autism Central Virginia

Dec 2017 /Jan 2018 Volume 25, Issue 10



# Into the Light

# FUNCTIONAL BEHAVIOR ASSESSMENTS & BEHAVIOR INTERVENTION PLANS

Join the Autism Society Central VA (ASCV) from 7-9pm on Friday, January 5, 2018 at River Road United Methodist Church (8800 River Road, Henrico, VA) for a FREE workshop on Functional Behavior Assessments and Behavior Intervention Plans.

This workshop will focus on the Virginia Department of Education (VDOE) *Guidelines for Conducting a Functional Behavior Assessment (FBA) and Developing Effective Positive Behavior Intervention Plans (BIP)*. Participants will discuss the regulatory aspects and best practices as they apply to the federal and state mandated process. Emphasis will be placed on developing, monitoring, and evaluating the effectiveness of a BIP. There will also be time for participants to ask questions.

This workshop is designed for parents who have students who exhibit difficulties in managing their behavior at school. Advocates and other community stakeholders who work with parents of students with behavior difficulties are also invited and encouraged to attend.

#### About the Presenter: C.J. Butler

C.J. earned both his bachelor's and master's degree from Old Dominion University (ODU). Currently, he is employed by ODU as a master lecturer in the Department of Special Education. C.J. also does educational consulting through Educational Programs and Interventions for Children. Prior to joining ODU, he worked for over 15 years in both private and public schools as a teacher and administrator in both general and special education. He has extensive experience as a trainer and presenter at the local, state, and national level. His areas of interest include: FBA/BIP, curriculum and instruction; behavior change; and collaboration and consultation.

### Registration is requested: <a href="https://fbaandbipworkshop.eventbrite.com">https://fbaandbipworkshop.eventbrite.com</a>

This workshop is presented in partnership with the Virginia Department of Education.





#### **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!

# **EXAUTISM SOCIETY**

Improving the lives of All Affected by Autism Central Virginia

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This newsletter is a publication of: Autism Society Central Virginia.

200 South 3<sup>rd</sup> 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 February newsletter is February 15th. You may send your contributions to the above address or email contributions to <a href="mailto:info@ascv.org">info@ascv.org</a>.

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.

### INTO THE LIGHT IS GOING DIGITAL

For almost 30 years, the Autism Society Central Virginia has been producing its *Into the Light* newsletter as a way to communicate information to our community. The newsletter has been a cornerstone of ASCV communications.

Over the past few years we have seen a rapid change in the way that people seek and receive information. Use of all forms of printed media has been declining as people seek their news on digital platforms such as computers, tablets, and mobile phones. We have also seen an increase in the cost of printing and direct mailing. At the ASCV we always work to make sure that we are good stewards of our funds. With this in mind, we have made the decision to redirect some of our resources by moving from a printed newsletter to an electronic newsletter.



This December 2017 / January 2018 will be our final newsletter offered in a printed format. Beginning with our February 2018 issue, our *Into the Light* newsletter will be offered digitally through email. The newsletter will continue to be archived and accessible from our website as well.

Aside from the cost savings, there are many other benefits to an electronic newsletter. It means that our community will be able to review, retrieve, and save the electronic newsletters easily while reducing clutter. Electronic newsletters also come with clickable links that enable immediate access to additional details as well as registration; digital information is very easy to share by simply electronically forwarding information to a friend. Finally, this change will allow us to get information to you in a more timely manner.

We are currently in the process of updating our records to make sure we have correct email addresses for those who receive our newsletter. If your email address has recently changed, please make sure to contact us at <a href="mailto:info@ascv.org">info@ascv.org</a> and let us know.

## SUPPORT THE ASCV THROUGH GOODSHOP

As you do your holiday shopping, consider shopping through Goodshop for all your online shopping! Goodshop will donate up to 20% of your purchase when you shop at thousands of stores like Target, Macy's, and more.

Just use the link - <a href="https://www.goodsearch.com/goodshop?charityid=804672">https://www.goodsearch.com/goodshop?charityid=804672</a> - when you shop! Goodshop also offers tons of deals and coupons, so you can save money while you support the ASCV!



# TWELVE TIPS FOR HELPING INDIVIDUALS WITH AUTISM HAVE A HAPPY HOLIDAY SEASON

While many happily anticipate the coming holiday season, families of people on the autism spectrum also understand the special challenges that can occur when schedules are disrupted and routines broken. Our hope is that by following these few helpful tips, families can lessen the stress of the holiday season and make it a more enjoyable experience for everyone involved. The following tips were developed with input from the Autism Society, the Indiana Resource Center for Autism, Easter Seals Crossroads, the Sonya Ansari Center for Autism at Logan and the Indiana Autism Leadership Network.



- **1. Preparation is crucial for many individuals.** At the same time, it is important to determine how much preparation a specific person might need. For example, if your son or daughter has a tendency to become anxious when anticipating an event that is to occur in the future, you might want to adjust how many days in advance you prepare him or her. Preparation can occur in various ways by using a calendar and marking the dates of various holiday events, or by creating a social story that highlights what will happen at a given event.
- 2. Decorations around the house might be disruptive for some. It might be helpful to revisit pictures from previous holidays that show decorations in the house. If such a photo book does not exist, use this holiday season to create one. For some it might also be helpful to take them shopping with you for holiday decorations so that they are engaged in the process. Or involve them in the process of decorating the house. And once holiday decorations have been put up, you might need to create rules about those that can and cannot be touched. Be direct, specific and consistent.
- **3.** If a person with autism has difficulty with change, you might want to gradually decorate the house. For example, on the first day, put up the Christmas tree, then on the next day, decorate the tree and so on. And again, engage them as much as possible in this process. It might be helpful to develop a visual schedule or calendar that shows what will be done on each day.
- **4.** If person with autism begin to obsess about a particular gift or item they want, it might be helpful to be specific and direct about the number of times they can mention the gift. One suggestion is to give them five chips. They are allowed to exchange one chip for five minutes of talking about the desired gift. Also, if you have no intention of purchasing a specific item, it serves no purpose to tell them that maybe they will get the gift. This will only lead to problems in the future. Always choose to be direct and specific about your intentions.
- **5. Teach them how to leave a situation and/or how to access support when an event becomes overwhelming.** For example, if you are having visitors, have a space set aside for the child as his/her safe/calm space. The individual should be taught ahead of time that they should go to their space when feeling overwhelmed. This self-management tool will serve the individual into adulthood. For those who are not at that level of self-management, develop a signal or cue for them to show when they are getting anxious, and prompt them to use the space. For individuals with more significant challenges, practice using this space in a calm manner at various times prior to your guests' arrival. Take them into the room and engage them in calming activities (e.g., play soft music, rub his/her back, turn down the lights, etc.). Then when you notice the individual becoming anxious, calmly remove him/her from the anxiety-provoking setting immediately and take him/her into the calming environment.

# TWELVE TIPS FOR HELPING INDIVIDUALS WITH AUTISM HAVE A HAPPY HOLIDAY SEASON (CONTINUED)

- **6.** If you are traveling for the holidays, make sure you have their favorite foods, books or toys available. Having familiar items readily available can help to calm stressful situations. Also, prepare them via social stories or other communication systems for any unexpected delays in travel.
- 7. Know your loved one with autism and how much noise and activity they can tolerate. If you detect that a situation may be becoming overwhelming, help them find a quiet area in which to regroup. And there may be some situations that you simply avoid (e.g., crowded shopping malls the day after Thanksgiving).
- 8. Prepare a photo album in advance of the relatives and other guests who will be visiting during the holidays. Allow the person with autism access to these photos at all times and also go through the photo album with him/her while talking briefly about each family member.
- **9.** Practice opening gifts, taking turns and waiting for others, and giving gifts. Role play scenarios with your child in preparation for him/her getting a gift they do not want. Talk through this process to avoid embarrassing moments with family members. You might also choose to practice certain religious rituals. Work with a speech language pathologist to construct pages of vocabulary or topic boards that relate to the holidays and family traditions.
- 10. Prepare family members for strategies to use to minimize anxiety or behavioral incidents, and to enhance participation. Help them to understand if the person with autism prefers to be hugged or not, needs calm discussions or provide other suggestions that will facilitate a smoother holiday season. If the individual becomes upset, it might also be helpful to coach others to remain calm and neutral in an effort to minimize behavioral outbursts.
- 11. If the person with autism is on special diet, make sure there is food available that he/she can eat. And even if they are not on a special diet, be cautious of the amount of sugar consumed. And try to maintain a sleep and meal routine.
- **12. Above all, know your loved ones with autism.** Know how much noise and other sensory input they can take. Know their level of anxiety and the amount of preparation it may take. Know their fears and those things that will make the season more enjoyable for them.

Don't stress. Plan in advance. And most of all have a wonderful holiday season!

A Very Special Thanks to all of our friends at Martial Arts World for their hard work leading up to and during the Competition and Exhibition held to benefit the ASCV this past October! Martial Arts World raised \$15,000 for the ASCV in 2017 and has raised over \$75,000 for the ASCV since 2014! We look forward to our continued partnership with them as we work together to spread the "Yes, I Can!" spirit and achieve our mutual goal of maximizing the lifelong potential of ALL individuals in the entire Central VA community!



This December and January, the Autism Society Central VA will sponsor or participate in the following events. For information: 257-0192 or <a href="mailto:info@ascv.org">info@ascv.org</a>.

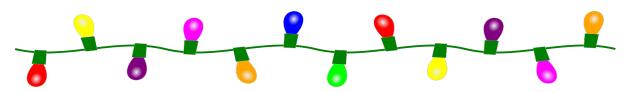
12/02	10am	Inclusive Lego & Game Club – Chester, details and registration: <a href="https://decemberlegochester.eventbrite.com">https://decemberlegochester.eventbrite.com</a>	
12/03		<b>ASCV Member Holiday Party:</b> ASCV members have received an evite to this event through email	
12/10		<b>Bowling outing</b> for children/youth/adults with autism; free for ASCV members; check your e-mail for Eventbrite invitation	AUTISM SOCIETY CENTRAL
12/16	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown	VIRGINIA
01/05	7pm	Monthly Program Meeting: Functional Behavior Assessments (FBA) & Behavior Intervention Plans presented by C.J. Butler in partnership with the Virginia Department of Education; details & registration: <a href="https://fbaandbipworkshop.eventbrite.com">https://fbaandbipworkshop.eventbrite.com</a>	DECEMBER/ JANUARY
01/06	10am	Inclusive Lego & Game Club – Chester, details and registration: <a href="https://chesterlegojan18.eventbrite.com">https://chesterlegojan18.eventbrite.com</a>	CALENDAR
01/17		<b>DD Advocacy Day</b> at the Virginia General Assembly, Richmond	
01/20	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown	
01/21		<b>Bowling outing</b> for children/youth/adults with autism; free for ASCV members; check your e-mail for Eventbrite invitation	
01/27	10am	Inclusive Lego & Game Club – Downtown, details and registration: <a href="https://downtownlegojan18.eventbrite.com">https://downtownlegojan18.eventbrite.com</a>	
01/29	7pm	Adults with Aspergers/HFA Interest Group (open only to adults with Aspergers/HFA)	
01/29	7pm	Parents of Adults with Aspergers/HFA	



#### **DECEMBER / JANUARY COMMUNITY OPPORTUNITIES**

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

12/03, 01/07 Chuck E. Cheese's Sensory Sensitive Sunday 9am-11am; 10430 Midlothian Turnpike. 23235: for more information contact 804-330-9865 12/04, 01/08 Hanover County Special Education Advisory Committee meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; January topic: Ableism; open to the public Sky Zone Special Needs Sensory Friendly Night 5pm-6pm; for more information call 12/04, 01/08 804-379-2500 or visit http://www.skyzone.com/richmond: 12/05, 01/02 Jumpology Special Needs Night 5pm-7pm; http://www.jumpology.us/Pricing-Hours for more information 12/06 Hopewell Special Education Advisory Committee meets at 3:30pm at the Hopewell School Board Office, 103 North 12<sup>th</sup> Avenue Petersburg Special Education Advisory Committee meets at 3pm at the Administrative 12/07 Offices of Petersburg City Public Schools, 255 South Boulevard East; open to the public 12/11 RVA Family Autism Network parent support meeting; 7pm; Capital One Café in the Short Pump Town Center; for more details contact ashlyp07@gmail.com Richmond City Special Education Advisory Committee 6pm-7:30pm; open to the public; for 12/12, 01/09 more information: https://www.rvaschools.net/Page/1277 12/19, 01/16 Monkey Joe's Special Needs Night from 5pm-7pm; kids ages 2-12 with special needs are free; closed to the public; siblings welcome \$5; more details 804-897-5867 12/27, 01/24 **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 Autism Family Swim at the Manchester YMCA from 2:30pm-4:30pm: life-guarded open swim 12/30. 01/27 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/ 01/03 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; Assistive Technology; contact 804-639-8918 for information on making public comment 01/05 Special Night for Special Needs at Children's Museum Chestserfield 5:30pm; for more information http://www.c-mor.org/events/special-nights 01/18 Prince George County Special Education Advisory Committee meets at 5pm at the School Board Building, 6410 Courts Drive, Prince George 01/20 **Richmond Symphony** sensory friendly concert, *An American in Paris*; 11am at the Carpenter Center Theatre, 600 East Grace Street, Richmond



## **NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD**

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

#### Education

- Sponsored I'm Determined Family Night Workshop
- Sponsored IEP Transition Services in Special Education Workshop
- Shared *Creating Membership in the School and Classroom Community* presentation in collaboration with the Region 1 Autism Consortium
- Presented Autism 101 to Open Arms Preschool

#### 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

#### **Awareness**

- Hosted and exhibited at Colonial Heights First Responders Open House
- Exhibited at the Science Museum of Virginia's Minds of All Kinds sensory friendly event

#### **WORKSHOPS AND CONFERENCES**

12/03	<b>Future Quest College and Career Conference;</b> 8am-3pm at George Mason University Fairfax Campus, Johnson Center; details & registration: <a href="http://www.futurequestgmu.org/">http://www.futurequestgmu.org/</a>
12/06	Managing and De-Escalating Crisis: A Developmental and Person-Centered Approach webinar by Beth & Sarah Champ from The Community School in Georgia; 3:30pm-5pm; details & registration: <a href="https://tinyurl.com/y823v3r5">https://tinyurl.com/y823v3r5</a>
12/12	Teachers as Instructional Leaders: Building Exemplary Teacher Paraprofessionals presented by Paige Carter; free webcast from VCU ACE; 3:30pm; details & registration: <a href="https://tinyurl.com/yddy3q78">https://tinyurl.com/yddy3q78</a>
01/09	Including Students with Autism in General Education Classrooms: Tips for Teachers presented by Josh Taylor; free webcast from VCU ACE; 3:30pm; details & registration: https://tinyurl.com/yawhtkm5

#### SHOP SMILE.AMAZON.COM TO SUPPORT ASCV!

The holiday season is just around the corner. As you work on your holiday shopping this year, remember to SMILE – Amazon Smile that is! If you have an existing Amazon account, all of your account settings are the same, you just shop through <a href="https://smile.amazon.com/">https://smile.amazon.com/</a> instead of Amazon.com. On your first visit to AmazonSmile, before you begin shopping, you will need to select a charitable organization to receive donations from eligible purchases. When you search charities - just search "Autism Society Central Virginia" and 0.5% of your purchase will go directly to the ASCV to help support local individuals with autism and their families.

### **Thank You To Our Volunteers**

Brie King

**Lindsey Weeks** 

Jessica Nauven

Amanda Joyner

Wade Suddreth

Donna Sabel

Alexia Collins

Suzanne Zhou

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Joyce Zhang

Ross Abrash

Madison Nahrup

Rami Odeh

Usmann Makik

Alexander Lavallis

Parker Colson

Reid Colson

Cole Szymonik

Skylar Evans

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!

### AS 2017 COMES TO AN END...

As this year draws to a close, we would like to take the opportunity to thank the many partners, collaborators, volunteers, and donors that have helped contribute to the success of our numerous programs and events in 2017. It is because of your generosity that we are able to offer the services and supports that we do to individuals with autism and their families, at any age and any stage, year-round in Central Virginia. The ASCV will continue to count on your support in the year ahead as we endeavor to grow our programs and services to better meet the needs across our geographical region.



We would also hope that when you consider making your year-end tax-deductible donations, that you will put the ASCV at the top of your giving list! To all who spread awareness and acceptance, who donate time and gifts, and who share our mission to improve the lives of ALL affected by autism, we send our heartfelt thanks for your support!

# **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

Jadie Shue

Roberta Vassell

**Brandy Murdock** 

**Robin Mathews** 

Kristen Noonan

Ricky Johnston

Donald Dillon

Asheesh Tiwari

Jonathan Vick

Wild Card Toys

Sudeshna Menezes

4 Ur Pet Consignment & More

James Little

Stanley's Car and Truck Repair

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Larry Scarborough

Lisa Keene

Mark Rondina

Todd Coolbaugh

Montero Hardy



# Save the Dates! 2018 ASCV Learning Opportunities

Don't miss these fabulous Winter/Spring learning opportunities:

January 5 Functional Behavior Assessments & Behavior

Intervention Plans

February 2 Say What You Need to Say: Helping Individuals

with ASD Use Scripts Effectively

March 2 Annual Recreation Resource Fair

March 16 & 17 IEP Boot Camp



#### **Mark Your Calendar Now!**

# The 16<sup>th</sup> Annual 5K Run/Walk for Autism will occur on Saturday, May 26, 2018!!!!

The ASCV 5K registration will officially open on February 1, 2018. At that time, you will be able to register yourself, start a team, and begin your fundraising page!

Register for the 2018 5K between February 1 and February 16 at the Super Early Bird Prices! 2018 Regular Early Bird pricing will run from February 17<sup>th</sup> through April 15<sup>th</sup>. After April 15, 2018, registration will be at full 2018 rates.

Contact <a href="mailto:info@ascv.org">info@ascv.org</a> for 2018 5K Sponsorship information today.



### YOUR ADVOCACY CAN MAKE A DIFFERENCE

The 2018 General Assembly Session will convene on Wednesday, January 10, 2018. The most powerful way to influence legislators is to tell your story – what is your life now and how could your life be different with access to appropriate services and supports such as Medicaid Waivers, employment supports, safe and inclusive schools, and/or intensive early intervention.



One of the ways to do that is to join the ASCV and other disability advocacy groups from around the state for Developmental Disabilities Advocacy Day on January 17, 2018. On this day groups of self-advocates and family organizations, including the ASCV, who are dedicated to advocating for inclusion and full community participation across the lifespan for the DD community, will meet up at the Virginia General Assembly to meet with legislators and tell their individual stories.

Mark January 17, 2018 on your calendar now, and look for more details in the days ahead. We hope that many of you will plan on joining us for the 2018 DD Advocacy Day! Together we can make a difference!



# PEERS® SOCIAL SKILLS GROUPS NOW FORMING IN RICHMOND CLASSES BEGIN JANUARY 2018

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Your Child Will Learn How To:

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  - \* Enter & exit conversations between peers
  - \* Handle rejection, teasing, and bullying
    - \* Handle rumors & gossip
  - \* Be a good host during get-togethers
    - \* Make phone calls to friends
    - \* Choose appropriate friends
  - \* Handle arguments & disagreements

Contact: Barbara@spectrum-wise.com or call 804-554-6617





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- Behavioral and emotional disorders
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- Learning disabilities

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#### **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:

- · Free monthly bowling outings for children, youth, or adults with ASD
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities including our annual family fun day, holiday party, and much more
- Free childcare at ASCV monthly program meetings

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 and our monthly newsletter; your e-mail will always be kept confidential)							
Additional Donation:							
\$25\$50\$100	please specify an	nount					
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:							
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 3<sup>rd</sup> Street Richmond, VA 23219 <u>outreach@ascv.org</u> (email) (804) 655-0484 (fax)

# **Autism Society Central Virginia**

200 South 3<sup>rd</sup> Street Richmond, VA 23219 Non-Profit Organization U.S. Postage PAID Midlothian, VA Permit No. 132

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# Would you like to place an Ad in "Into The Light"?

Our newsletter reaches over 700+ families, professionals and educators on a monthly basis and is archived on our website. If you would like to place an advertisement, please email it to info@ascv.org or mail it to us at 200 South 3<sup>rd</sup> Street, Richmond, VA 23219. Deadline for entry and payment is January 15th.

#### Ad Rates:

\$50.00 1/4 page (\$45 nonprofit) \$75.00 1/2 page (\$68 nonprofit) \$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.