Center for Autism Spectrum Disorders

www.childrensnational.org/CASD

Children's National

Children's National: CASD CHAT

Summer Camp Ideas

Many families are often faced with the challenge of finding appropriate summer camp options for their children during the summer months. Although many students with an autism diagnosis may be eligible for Extended School Year services, there are still large gaps of time that families need to fill.

Here are a few tips to help you get a head start on planning for summer 2020:

1. Check out Brainy Camps of Children's National! There is an autism specific sleepaway camp, Camp Connect ASD for children and teens ages 9-18.
2. If your children have access to services through private clinics, ask about their summer camp options. Many social skills, speech, occupational, and physical therapy clinics in the area offer therapeutic summer camp options, (i.e., Take2Camp).
3. Explore your local Parks and Recreation Summer Programs. Most cities and counties offer Therapeutic Recreation programs, (i.e., DC, Arlington County, and Montgomery County), and could provide low cost camp and inclusion options.

Camps fill up quickly. The quicker you start the process, the better.

Call for Applications

OAR ORGANIZATION FOR AUTISM RESEARCH

The Organization for Autism Research (OAR) announced its 2020 Scholarship Program, which provides $3,000 scholarships to students across the autism spectrum. OAR is pleased to invite persons with an autism diagnosis (DSM-IV or later criteria) pursing fulltime, postsecondary, undergraduate education or vocation-technical training in any of the following:

- Four-year undergraduate college or university
- Two-year undergraduate college
- Trade, technical or vocation school
- Cooperative life skills programs

To learn more please visit the OAR Scholarships page. Applications are due on May 4, 2020.

Autism Campus Inclusion 2020 Applications Now Open!

The Autistic Self Advocacy Network (ASAN) is now accepting applications for the 2020 Autism Campus Inclusion (ACI) Summer Leadership Academy! The ACI Summer Leadership Academy helps autistic students learn to make their college campuses better for people with disabilities. ACI participants learn about making student groups, understanding disability policy, and talking to people in power. After the Academy, students get help from ASAN to meet their advocacy goals at their college. ACI participants will travel to Washington D.C. from June 13th to June 20th, 2020. ASAN pays for travel and rooms for all ACI students.

To apply for Autism Campus Inclusion (ACI), you must:

- Be on the autism spectrum, or have an Autism Spectrum Disorder (an Autistic Disorder, Asperger's Syndrome, PDD-NOS, or another Autism Spectrum Disorder). You do not have to have an official autism diagnosis to apply.
- Be a student at a college or university with at least one year left before you graduate. Students in TPSID programs (Transition and Postsecondary Programs for Students with Intellectual Disabilities), 2-year community colleges, 4-year colleges, and graduate school are eligible to apply.
- Live in the United States, Puerto Rico or Canada (Please note: the policy sections of our program will focus on the United States).

ASAN especially encourages students of color, LGBT students, low-income students, students with intellectual disabilities, AAC users, and students from other marginalized communities to apply. Scholarship applications can be found here. To apply, please send a completed application by Sunday, February 23rd, 2020 to Haley Outlaw at houtlaw@autisticadvocacy.org.

Calendar of Events

February 2020*

AMC Sensory Friendly Films: TBD
AMC Theatres Nationwide
Saturday, February 8th
The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! Please check your local theatre listings for specific show

times. For more information, please visit, www.amctheatres.com/programs/sensory-friendly-films

My Way Matinee: TBD
Regal Theatres Nationwide
Saturday, February 8th at 10:30am
This program gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. Guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films! All screenings for these sensory friendly movies will begin at 10:30am on the second and fourth Saturday of the month for a special discounted ticket price! For more information, please visit, https://www.regmovies.com/static/en/us/promotions/my-way-matinee

AMC Sensory Friendly Films: TBD
AMC Theatres Nationwide
Wednesday, February 12th
The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! Please check your local theatre listings for specific show times. For more information, please visit, www.amctheatres.com/programs/sensory-friendly-films

Winter 2020 Online Transition University
Sunday, February 16th -Saturday, March 30th
Presented by the Parent Educational Advocacy Training Center (PEATC) in collaboration with the Virginia Department of Education (VDOE), this is a FREE parent friendly 5-week self-paced online transition course. It is never too early to start learning about students with disabilities transitioning to adulthood. It is never too early to begin taking steps to prepare for the future! To register, please visit:
https://winter2020transitionuniversity.eventbrite.com

The Kennedy Center Sensory Friendly Performances
Girl Power! Celebrating Women in Music
The John F. Kennedy Center for the Performing Arts
Washington, DC
Sunday, February 16th at 2pm
Sensory friendly performances are designed to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities. Accommodations for these performances include: lower sound level, especially for startling or loud sounds; lights remain on at a low level in the theater during the performance; a reduction of strobe lighting or lighting focused on the audience; patrons are free to talk and leave their seats during the performance; designated quiet areas within the theater; space throughout the theater for standing and movement; limited crowds and visitors at the Kennedy Center during the day and timing of the performance; and Kennedy Center staff trained to be inviting and accommodating to families' needs. To purchase tickets for a sensory friendly performance, please call the Instant-Charge Service Desk at 202-476-8528 (voice) or visit, https://www.kennedy-center.org/visit/accessibility/sensory/

My Way Matinee: TBD
Regal Theatres Nationwide
Saturday, February 22nd at 10:30am

This program gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. Guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films! All screenings for these sensory friendly movies will begin at 10:30am on the second and fourth Saturday of the month for a special discounted ticket price! For more information, please visit, https://www.regmovies.com/static/en/us/promotions/my-way-matinee

AMC Sensory Friendly Films: TBD
AMC Theatres Nationwide
Saturday, February 22nd
The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! Please check your local theatre listings for specific show times. For more information, please visit, www.amctheatres.com/programs/sensory-friendly-films

Partnership for Extraordinary Minds (xMinds)
Academics We Can Use: Making the Most of the Alternate Learning Outcomes ("ALO") Curriculum
Silver Spring, MD
Wednesday, February 26th
Join xMinds as they host educational therapist Jean Hickey, M.Ed, for an engaging and practical workshop designed for parents of elementary or middle school students who are on the certificate track in MCPS. Jean will identify key concepts in the ALO curriculum that have important practical applications, then provide you with ideas, techniques and materials for you to make those concepts relevant and meaningful to your child. By exploring with your child the real-world applications of concepts taught in the classroom, you will help your child move closer to mastering important life skills while also deepening your child's understanding and interest in classroom academics. Registration is required. This workshop is free to xMinds Members and $15 per non-member. To learn more and register, please visit: https://xminds.org/event-3703515

AMC Sensory Friendly Films: TBD
AMC Theatres Nationwide
Wednesday, February 26th
The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! Please check your local theatre listings for specific show times. For more information, please visit, www.amctheatres.com/programs/sensory-friendly-films

The Kennedy Center Sensory Friendly Performances
Yao Yao
The John F. Kennedy Center for the Performing Arts
Washington, DC
Sunday, February 29th at 11am
Sensory friendly performances are designed to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities. Accommodations for these performances include: lower sound level, especially for startling or loud sounds; lights remain on at a low level in the theater during the performance; a reduction of strobe lighting or lighting focused on the

audience; patrons are free to talk and leave their seats during the performance; designated quiet areas within the theater; space throughout the theater for standing and movement; limited crowds and visitors at the Kennedy Center during the day and timing of the performance; and Kennedy Center staff trained to be inviting and accommodating to families' needs. To purchase tickets for a sensory friendly performance, please call the Instant-Charge Service Desk at 202-476-8528 (voice) or visit, https://www.kennedy-center.org/visit/accessibility/sensory/

Chuck E Cheese's Sensory Sensitive Sundays
Chuck E Cheese's Locations Nationwide
Sunday, March 1st
Chuck E. Cheese's offers a sensory-friendly experience, two hours early, on the first Sunday of every month. The Sensory Sensitive Sundays experience includes: less crowding and noise, dimmed lighting, show and music turned off or down, limited appearances by Chuck E., and food and games are offered for a fee. For more information and for a list of participating locations, please visit:https://www.chuckecheese.com/events/sensory-sensitive-sundays

*Parents need to assess the appropriateness of any given event for their child. The sensory-friendly opportunities listed are appropriate for a broad range of ages, from children's activities to shows that are appropriate only for older teens or adults.

Sensory Friendly Storytime

Saturday, February 1
10:00am, Aspen Hill Library (240-773-9410)

Saturday, February 8
11:00am, Davis Library (240-777-0922)
2:00pm, Little Falls Library (240-773-9520)

Thursday, February 13
5:00pm, Wheaton Library (240-777-0678)

Saturday, February 15
2:00pm, Germantown Library (240-777-0110)
4:00pm, Long Branch Library (240-777-0910)

Saturday, February 22
2:30pm, Potomac Library (240-777-0690)

Tuesday, February 25
4:00pm, Maggie Nightingale Library (240-773-9550)

Registration for these programs is required.

Please contact the hosting branch at least five days prior to the event to request reasonable accommodations.

MC PL Montgomery County PUBLIC LIBRARIES
www.montgomerycountymd.gov/library

CHADD of Northern Virginia & the District of Columbia
IMPROVES THE LIVES OF PEOPLE AFFECTED BY ADHD

"Understanding ADHD" 2019-2020 Lecture Series

Beyond ADHD and Executive Function Challenges: A New Approach to Study Skills and Time Management

Paul Rivas

Author of This Book Will Not Be on the Test, and
Founder of Smith Rivas, a company dedicated to teaching study skills and time management skills that help students earn better grades in less time. He lives in Washington DC with his wife and Barry the Study Dog.

Many students with ADHD have an especially difficult time in school due to executive functioning difficulties, distractibility, and poor impulse control. Paul Rivas will describe a study program with simple, practical strategies to help students become more organized, more focused, and more efficient.

Students can gain extra free time, experience less stress, and enjoy increased motivation by improving their study skills and time management. Come for the candor, stay for the strategies, and bring your toughest questions!

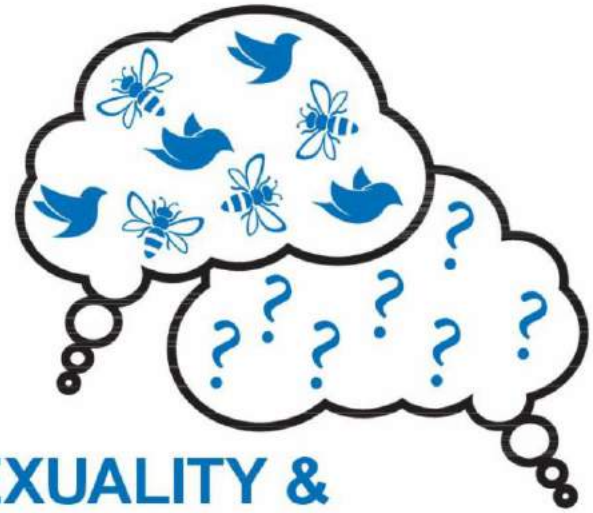
WHEN & WHERE:

Tuesday
February 11, 2020
7:00 - 8:30 P.M.

James Madison High School
Lecture Hall 5
2500 James Madison Dr
Vienna, VA 22181

Register at www.eventbrite.com.

This lecture is FREE and open to the public. Donations are greatly appreciated.
(703) 829-6129 or novadc@chadd.net



THE HSC HEALTH CARE SYSTEM
The HSC Pediatric Center
Kids in action

SEXUALITY & DEVELOPMENTAL DISABILITIES:

WHAT IS CONSENT?

In this workshop we'll discuss what consent is, how to know if someone is able to give consent, and strategies to teach when and how to ask for consent.

Thursday, February 20, 2020 from 6:00pm – 8:00pm

The HSC Pediatric Center
1731 Bunker Hill Rd. NE, Washington, DC 20017

Open to parents, caregivers, and professionals. RSVP is required. Space is limited to 12 people.

To RSVP or for more information, please contact:

Marsha Stepensky, M.S.Ed, BCBA
MStepensky@HSCHealth.org
202.461.3698

@HSCHealthCare @HSCHealthCare The HSC Health Care System

For more information, visit hschealth.org

IVYMOUNT OUTREACH PRESENTS

8th Annual

IVYMOUNT SPECIAL NEEDS RESOURCE FAIR

SUNDAY, FEBRUARY 23, 2020

SHOWCASING OVER 50 EXHIBITORS THAT PROVIDE SERVICES AND RESOURCES TO CHILDREN AND YOUNG ADULTS WITH SPECIAL NEEDS IN THE DC METROPOLITAN AREA. ADDITIONALLY, IVYMOUNT EDUCATORS WILL SHARE THEIR EXPERTISE ON A VARIETY OF TOPICS DURING SCHEDULED WORKSHOPS OCCURRING FREE OF CHARGE THROUGHOUT THE EVENT.

LOCATED ON IVYMOUNT CAMPUS

11614 SEVEN LOCKS ROAD, ROCKVILLE, MD
THIS EVENT IS FREE AND OPEN TO THE PUBLIC

VISIT WWW.IVYMOUNT.ORG/RESOURCEFAIR2020 TO REGISTER

FEBRUARY PARENT WORKSHOP

HOSTED BY
THE KATHERINE THOMAS SCHOOL

FREE AND OPEN TO THE PUBLIC

WORKSHOP LOGISTICS

Day and Time:

2/26/2020 at 7:00 PM

Location:

The Katherine Thomas School

9975 Medical Center Drive

Rockville, MD 20850

RSVP: February 24th

Shelley McGinness

ktsworkshops@ttlc.org

The Katherine Thomas School
TLC
The Treatment and Learning Centers

WEDNESDAY FEBRUARY 26, 2020

MONTGOMERY COLLEGE WORKFORCE AND DEVELOPMENT EDUCATION PROGRAMS

Presenter: Karla Nabors, Director, Developmental Education/Workforce Access, Montgomery College

Student participation welcomed and encouraged!

Please join us for a presentation by Karla Nabors about the Montgomery College Workforce Development and Continuing Education programs and services offered through Montgomery College for students with disabilities.

Learn about how Montgomery College helps students with their initial college experiences, through participation in the Graduate Transition Program, Challenge courses, specialized Driver Education classes and much more.

This 10-session program is for parents of children

(ages preschool through middle school) with challenging behaviors.

The interactive format is designed to help parents identify the source of their child's behavior and learn what they can do about it. The group leader for this program will be Jill Jerome, LCSW-C, RPT-S. At each session, Jill will provide proactive strategies for raising children with difficult temperaments and developmental differences. Parents will learn to customize their approach to fit their child's unique profile.
Based on Dr. Dan Shapiro's Parent Child Journey.

SESSION TOPICS

- Know Your Child
- Time–in
- Engagement and Understanding
- Motivation through Positive Attention
- Motivation through Experience
- Motivation through Rewards
- Problem Solving
- Time-out and Ignoring
- Pausing for Empathy and Self-Reflection
- Accommodations/Interventions

For more information and other course offerings, go to parentchildjourney.com

WITH:

Jill Jerome
LCSW-C , RPT-S
parentchildjourney.com

LOCATION:
Children First Pediatrics
10301 Georgia Ave #106
Silver Spring, MD 20902

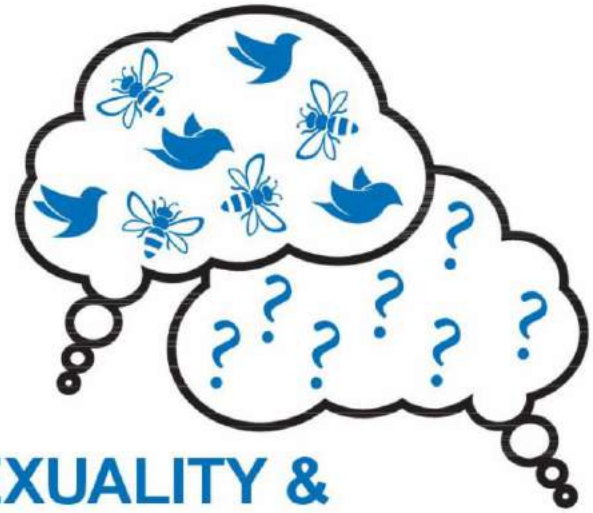
WHEN:
Winter-Spring 2020
Feb 26 – May 6
(skip April 8)

Ten Wednesday nights
7:30 – 9:00 PM

REGISTER:
CLICK HERE TO REGISTER:

Suggested range: $150-$350 for all ten sessions.

Those who can pay more, thanks very much for supporting those who can't.



THE HSC HEALTH CARE SYSTEM
The HSC Pediatric Center
Kids in action

SEXUALITY & DEVELOPMENTAL DISABILITIES:

A WORKSHOP FOR PARENTS AND GUARDIANS

Talking to our teens and kids about sexuality can be a difficult conversation. This workshop for parents will help you become more comfortable discussing this sensitive topic.

Thursday, February 27, 2020 from 5:00pm – 7:00pm

The HSC Outpatient Center - Montgomery County
14995 Shady Grove Rd, Rockville, MD 20850

Parents and guardians only. RSVP is required. Space is limited to 12 people.

To RSVP or for more information, please contact:

Marsha Stepensky, M.S.Ed, BCBA
MStepensky@HSCHealth.org
202.461.3698

@HSCHealthCare @HSCHealthCare The HSC Health Care System

For more information, visit hschealth.org

Continuum Behavioral Health

Spring into our Online Social Skills Groups!

We are offering Spring online social skills groups from the comfort of your own home!
Our licensed BCBA utilizes the PEERS® curriculum to teach and practice social skills.
This seven week course includes interactive social groups and parent trainings.
We offer two groups based on age:
Pre-Teen Group for ages 9-14 and Teen/Adult Group for ages 15-21.

Register by: Friday, 2/28

Program Topics

- Conversational skills
- Methods of communicating
- Choosing friends
- Handling difficult situations
- Managing conflict

Meeting Dates

- **Pre-Teen Group:** Tuesdays 5-7pm EST from 3/10/20 to 4/21/20
- **Teen/Adult Group:** Saturdays 12-2pm EST from 3/28/20 to 5/2/20

Details

- Online meetings via Zoom
- $240 for seven week course

For More Information Contact
Meredith Kimener - Director of Telehealth
703.635.6846 ; mkimener@autismspectrumalliance.com

CLASSES START MARCH 16TH, 2020

CONTINUUM BEHAVIORAL HEALTH

SOCIAL SKILLS GROUP: ONLINE SAFETY

REGISTRATION DEADLINE: FRIDAY, FEBRUARY 28TH

Topics

- Email safety and skills
- Using social media
- Online gaming
- Cyber bullying

Details

- March 16th to April 13th
- Mondays 5-6:30pm EST
- Participants 13-18 years
- Led by a licensed BCBA
- $215 for four week remote class

For More Information Contact
Meredith Kimener - Director of Telehealth
703.635.6846 ; mkimener@autimspectrumalliance.com

The Saturday, March 7th 2:00pm performance will be a RELAXED PERFORMANCE programmed to provide a safe and welcoming environment for individuals with sensory and cognitive disabilities, their families, and friends.

18TH ANNUAL SARAH METZGER MEMORIAL PLAY

FREAK & HOW THE MOON WOULD TALK

By NAOMI IIZUKA and RYAN PAVELCHIK

By NICK GANDIELLO

TICKETS $20!

Round House's 18th annual Sarah Metzger Memorial Play presents two coming-of-age one acts by celebrated playwrights, creating a one-of-a-kind theatrical experience. In Nick Gandiello's ***How The Moon Would Talk***, a group of high schoolers grapples with questions of loss and grief, seeking connection and meaning in a seemingly random universe. Iizuka and Pavelchik's ***Freak*** weaves a tale of exclusion and othering, using an Ancient Greek myth to address urgent contemporary themes. With eloquence and empathy, these two one-acts depict the triumphs and tragedies of being young in a broken world, and trying to put the pieces back together.

Freak and ***How the Moon Would Talk*** are directed, designed, stage managed and performed by high school students. For more information about our Teen Performance Company, a pre-professional program for the next generation of theatre artists, visit Round-HouseTheatre.org/TPC.

PERFORMED BY THE

ROUND HOUSE TEEN PERFORMANCE COMPANY

Relaxed Performance

Round House programs Relaxed Performances for individuals with autism or other disabilities that create sensory sensitivities. Our Relaxed Performances aim to provide a safe and welcoming environment for individuals with sensory and cognitive disabilities, their families, and friends. Tickets to Relaxed Performances are affordable and can be 100% refunded up until the show begins.

Accommodations include:

- A pre-visit social narrative and other preparatory materials explaining what to expect
- Reduction of sound levels, particularly loud or startling sounds
- Reduction of overwhelming stage lighting
- Low lighting in the theater so patrons are able to see should they need to move around or exit the theater
- Patrons are free to talk and leave their seats during the performance
- The use of mobile electronic devices are permitted during the performance if they are being used as a communication device
- Designated quiet spaces will be available for those who might feel overwhelmed and need a break from the performance

For more information, please call the box office at 240.644.1100 or email boxoffice@roundhousetheatre.org

https://www.roundhousetheatre.org/On-Stage/Explore/Sarah-Annual-Play

Teens and College Students can see Round House productions **FOR FREE** through our **FREE PLAY** program! Call **240.644.1100** or visit our website to sign up online.

240.644.1100
RoundHouseTheatre.org
4545 East-West Highway Bethesda, MD 20814

ROUND HOUSE THEATRE

CAATPEERS®

CENTER for ASSESSMENT AND TREATMENT

A Social and Relationship Building Skills Program for Teens and Young Adults with Autism Spectrum and Related Social Learning Disorders

Led by **Center for Assessment And Treatment (CAAT)** certified **PEERS®** providers this 16 week evidence-based social and relational skills intervention program is for motivated teens (13-18) and young adults (18+) who make and keep friends.

Teens/Young Adults will learn:

- How to start and maintain a conversation
- How to develop relationships
- How to appropriately use humor
- How to manage conflict and rejection
- How to handle rumors and gossip
- How to find sources of friends

Parents/Coaches will Learn:

- How to support your teen/young adult in making and keeping friends
- How to expand your teen/young adult's social network
- How to provide appropriate and effective coaching

Enrolling for FALL and SPRING Sessions.

Parent /Caregiver participation is required.

For enrollment information, secure online application, and additional information, please visit the Center for Assessment And Treatment at http://CAATonline.com/treatment/peers/ or email PEERS@CAATOnline.com or call us at (240) 424-0184

UNSTUCK AND ON TARGET

COURSE FOR PARENTS

Now available at
www.unstuckontarget.com

The course is an interactive online parent training program based on the proven **Unstuck and On Target** curriculum and in-person training. Intended for parents and caregivers of verbal children with autism aged 8-11, the **Unstuck** course helps parents support their children's executive function so they can be more flexible and more easily reach goals.

Learn more about:

- Brain-based executive function challenges
- Can't, Not Won't thinking
- Adapting for success
- Motivation strategies
- Verbal cues to build flexibility
- Identifying feelings
- Coping strategies
- Setting and reaching goals

Features

- Self-paced modules
- Interactive practice exercises
- Video tips by experts
- Printable resources to use and share
- Real-life examples

Does it work?

What the research says:

Yes! It works! Our research shows that the online parent course works as well as the in-person trainings.

What parents say:

The 'Can't, Not Won't' has been transformative and it has shifted our entire mindset as a family, especially between me and my husband.

There were things I could take to the teacher and say, 'Let's try this,' and it was easy to share.

The flexible words were so helpful for my child in social situations. If she had a playdate, we would talk about Plan A and if that didn't work out how we would go with a Plan B.

Development of **Unstuck and on Target: Course for Parents** and research reported on this website was supported by the National Institute of Mental Health of the National Institutes of Health under award number R44MH109193. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.