



## Children's National: CASD CHAT

### Flexibility and Friendship Group

The Flexibility and Friendship Group targets social skills and flexibility in young children with ASD through a play-based and story-based curriculum. Children learn how to play games and pretend together, as well as how to change their play plans when needed. Children also learn coping skills, sharing and taking turns, and early conversation skills. Parents participate in their own group that provides coaching in how to support kids in using their new skills at home, as well as parenting strategies and other topics of interest to parents of young children with ASD, such as picky eating, planning playdates, and school supports.

Who this group is best for:

- children with ASD who can answer direct questions about things that happened to them at another time
- Age range: 4-5
- Start date: March/April 2019
- Time & Location: Tuesdays, 3:15-4:15pm, 15245 Shady Grove Road, Suite 350, Rockville, MD 20850

Please contact [aratto@childrensnational.org](mailto:aratto@childrensnational.org) with subject line: "Flexibility and Friendship Group" for more information.

To learn more about CASD's Executive Function and Social Skills Groups, please visit our [website](#).

### Operation Autism: Resources for Military Families



The Organization for Autism Research (OAR) launched its redesigned website dedicated to supporting military families affected by autism, [www.operationautism.org](http://www.operationautism.org). The website provides up-to-date information on:

- Facts and characteristics of autism spectrum disorder

- Autism interventions and treatments
- Military healthcare coverage
- Strategies to ease transitions and PCS moves
- How to establish and maintain a record management system
- Additional resources relevant to autism and military families

Operation Autism was originally launched in 2009, and was subsequently followed by its companion guidebook, *Life Journey Through Autism: A Guide for Military Families*, in 2010. The updated guidebook is available [online](#) for pre-order and will be released in March.

## Call for Applications



### Autism Campus Inclusion 2019 Applications Now Open!

The Autistic Self Advocacy Network (ASAN) is now accepting applications for the 2019 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 15th to June 22nd, 2019. 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 encourage 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 24th, 2019 to Haley Outlaw at [houtlaw@autisticadvocacy.org](mailto:houtlaw@autisticadvocacy.org).

If you need assistance or accommodations at any stage, or have questions about ACI, please contact Haley Outlaw at [houtlaw@autisticadvocacy.org](mailto:houtlaw@autisticadvocacy.org).



The Organization for Autism Research (OAR) announced its 2019 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) pursuing full-time, 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 6, 2019.

## Calendar of Events

### February 2019\*

#### **St. Mary's County Public Schools Partners for Success IEP Mini-Series: How to Become an Informed Effective Parent (IEP) Team Member Leonardtown, MD**

**Wednesday, February 6th at 6pm**

This exciting new two-part mini-series will help parents to gain a better understanding of the IEP process and the IEP itself. Participants will: understand the steps of the special education process, why the role of parents is so important in developing IEPs, learn how to become a more active and effective participant in meetings, and understand the parts of the IEP and what they mean. Participants must attend both sessions and bring a current copy of their child's IEP with them to both sessions. This workshop is free but registration is required. To register, please contact Susan Shannon at [partnersforsuccess@smcps.org](mailto:partnersforsuccess@smcps.org) or call 240-309-4113. To learn more, please visit: <https://www.ppmmd.org/event/st-marys-county-iep-mini-series-how-to-become-an-informed-effective-parent-iep-team-member-2/>

#### **The Auburn School Speaker Series:**

**Kristin Carpenter**

**"Executive Functioning: What Parents Need to Know"**

**Silver Spring, MD**

**Thursday, February 7th at 8:45am**

Join Kristin Carpenter, developmental psychologist and literacy specialist, as she speaks about the nuts and bolts of the neuroscience of executive functions, attention, and

development, and what it means for parenting children from Kindergarten to the teenage years. All events are FREE to attend! RSVP at

<https://www.theauburnschool.org/speakerseries>

**AMC Sensory Friendly Films: The Kid Who Would Be King**

**AMC Theatres Nationwide**

**Saturday, February 9th**

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](http://www.amctheatres.com/programs/sensory-friendly-films)

**My Way Matinee: The LEGO Movie 2: The Second Part**

**Regal Theatres Nationwide**

**Saturday, February 9th at 10:30am**

The program is sensory friendly, with the sound lowered and lights brighter. For more information, please visit,

<https://www.regmovies.com/static/en/us/promotions/my-way-matinee>

**AMC Sensory Friendly Films: Miss Bala**

**AMC Theatres Nationwide**

**Tuesday, 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](http://www.amctheatres.com/programs/sensory-friendly-films)

**AMC Sensory Friendly Films: The Lego Movie 2: The Second Part**

**AMC Theatres Nationwide**

**Saturday, February 23rd**

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](http://www.amctheatres.com/programs/sensory-friendly-films)

**Adventure Theatre MTC Sensory Friendly Performance: Huckleberry Finn's Big River  
Glen Echo, MD**

**Saturday, February 23rd at 4:30pm**

These performances have been slightly adjusted for children with autism and other sensitivity challenges. To purchase tickets, please visit: <https://adventuretheatre-mtc.org/seeashow/professional/autismsensoryfriendly.html>

**The Kennedy Center Sensory Friendly Performances: NSO Family Concert: Let's Go to the Moon**

**The John F. Kennedy Center for the Performing Arts**

**Washington, DC****Sunday, February 24th 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, <http://www.kennedy-center.org/calendar/accessibility#Sensory-Friendly>.

**AMC Sensory Friendly Films: Fighting With My Family****AMC Theatres Nationwide****Tuesday, 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](http://www.amctheatres.com/programs/sensory-friendly-films)

**Chuck E. Cheese's Sensory Sensitive Sundays****Chuck E. Cheese's Locations Nationwide****Sunday, March 3rd**

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/birthday-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.



## Project SEARCH Information Session

Wednesday, February 20<sup>th</sup>  
7:00-8:00pm

At  
SEEC

8905 Fairview Road  
Silver Spring, MD

Please note  
location



Parents, professionals and potential students who are interested in applying to the Project SEARCH programs should make plans to attend one of these events. The evening's agenda will include:

- Program Overview: NIH, Montgomery County, Smithsonian
  - Project SEARCH partners
  - "A Day in the Life of a Project SEARCH Intern"
  - Hear from a former PS intern and parents
- Review application process and receive application materials

**You don't want to miss this opportunity to learn about:**

Project SEARCH NIH  
Project SEARCH Montgomery  
Project SEARCH Smithsonian

For more information: [www.ivymount.org/projectsearch](http://www.ivymount.org/projectsearch) or [www.seeonline.org](http://www.seeonline.org)



BIG APPLE CIRCUS  
PRESENTS

*Big Apple Circus Embraces*  
**AUTISM**

**Friday 2/22 11:00AM-12:15PM**

**Saturday 2/23 11:00AM-1:00PM**

National Harbor - Washington, D.C.

A SENSORY FRIENDLY ADAPTATION OF  
OUR CRITICALLY ACCLAIMED SHOW!

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Big Apple Circus embraces Autism with amazing artistry. This performance provides sensory adaptations to welcome ASD patrons and their families with open arms.

There are modifications to sound and lighting, a professionally staffed calming area in our VIP tent, extra signage, trained volunteers equipped with fidgets and earplugs.

Join us for this show in a welcoming, judgment-free environment. The social story is available as a PDF with your ticket purchase.

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*Book Now!*

For more information, group rates, and tickets:

**GroupSales@BigAppleCircus.com**

**877-500-2271**





*SAVE THE DATE*



*7th Annual*

**IVYMOUNT SPECIAL NEEDS  
RESOURCE FAIR**

**SUNDAY, FEBRUARY 24, 2019  
NOON - 3 P.M.**

**IVYMOUNT'S SEVENTH ANNUAL RESOURCE FAIR WILL HOST OVER 50 EXHIBITORS WHOSE ORGANIZATIONS PROVIDE A VARIETY OF SERVICES AND RESOURCES TO CHILDREN AND YOUNG ADULTS WITH SPECIAL NEEDS AND THEIR FAMILIES IN THE DC METROPOLITAN AREA.**

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





# Transition Times

Collaborative Workshops Focused on Transitioning & Adult Life Issues



## Join Us This Spring!

- Gather information about issues facing transitioning youth and their families
- Share resources to address adult life challenges
- Learn how other families have resolved problems
- Network to learn about community opportunities
- Support and be supported by other families and make social connections



### Spring 2019 Meeting Dates

**January 16, February 20, March 20, April 17, May 15**

All meetings are from 7:30-9 pm

The Arc Montgomery County, 11600 Nebel Street, Rockville, MD 20852

Registration is required; online registration opens one month prior to each meeting at [www.TheArcMontgomeryCounty.org/connect/agency-calendar](http://www.TheArcMontgomeryCounty.org/connect/agency-calendar)

For more information about current topics and speakers, visit <http://thearcmontgomerycounty.org/what-we-do/for-families/transition-times.html>

*Previous topics have included SSI/DDA/DORS/DHHS/Medicaid/HOC, the transition process, sibling issues, marital/family issues, sexuality, residential/vocational options, record-keeping strategies, peer relationships, self-advocacy, estate/long-term planning, respite, transportation, recreation and more*

For confirmation of meeting dates, questions, and topic suggestions, please contact any person listed below.

12/2019

The Arc Montgomery County | Haydee De Paula, 301.984.5777 x1275, HaydeeD@arcmontmd.org  
 MC Transitions | Reda Sheinberg, 301.385.5889, Reda.Sheinberg@MCTransitions.org  
 PCR Potomac Community Resources | Melissa Wyman, 301.365.0561, MWyman@pcr-inc.org



**8th Annual  
PARENT  
EMPOWERMENT  
CONFERENCE**

**SAT, MARCH 23, 2019  
8:30AM TO 3:30PM  
(8:00 REGISTRATION)**

Light breakfast and lunch will be provided.

**LOCATION**

John Carroll Elementary School  
1400 Nalley Terrace  
Hyattsville, MD 20785

**SPONSORS**

Pathfinders for Autism  
Prince George's County Public Schools  
The One World Center for Autism  
Prince George's County SECAC  
The Parents' Place of Maryland

**CHILDCARE**

Available for \$25 per child; you must register in advance. Spaces are limited.

To register: <http://ow.ly/7owv3onkcTD>

For questions regarding childcare, call 301-618-8395.

**Featuring Keynote Speaker  
Greg Hanley, Ph.D., BCBA-D**



Professor of Psychology and  
Director of the Behavior Analysis  
Doctoral Program, Western New  
England University, Author

Presenting  
**Functional Assessment and  
Treatment of Severe  
Problem Behavior**

*PLUS, breakout sessions in  
Spanish AND English!*



**FREE TO ATTEND. REGISTRATION REQUIRED AT  
[WWW.PATHFINDERSFORAUTISM.ORG](http://WWW.PATHFINDERSFORAUTISM.ORG)**



**VOICES OF CHANGE**

**10th Annual Voices of Change Conference:**

## Secondary Transition FOR DC Youth BY DC Youth

**Friday, March 29, 2019**

**10:00 am - 2:30 pm**

**Walter E. Washington Convention Center**

Join the DC Youth Leadership Network as they work collaboratively to equip transition-age youth with disabilities with the knowledge and skills to lead self-determined lives through opportunities to LEARN, LEAD, and ACT.

The focus of the 10th Annual Voices of Change Conference is careers in the arts, event planning, and youth leadership!

Registration is currently open for schools, families, exhibitors and volunteers. Please click [here](#) to register. If you have any questions, please contact Sarah Grimes at [sarah.grime@schooltalkdc.org](mailto:sarah.grime@schooltalkdc.org) or (202)487-1976.

The Voices of Change Conference is a community-sponsored event jointly funded by: District of Columbia Department on Disability Services & the District of Columbia Office of the State Superintendent of Education, Division of Teaching & Learning



Now available at [www.unstuckontarget.com](http://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.*

 A simple line graph with two arrows. A green arrow points upwards, labeled 'Parenting competence and empowerment'. A yellow arrow points downwards, labeled 'Parenting strain'.

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Children's National, Center for Autism Spectrum Disorders,  
15245 Shady Grove Road, Suite 350, Rockville, MD 20850

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Sent by [autism@childrensnational.org](mailto:autism@childrensnational.org) in collaboration with





