

Children's National: CASD CHAT

Research Report

29th Annual Pediatric Neurology Update

In April, The Children's National Health System Center for Neuroscience and Behavioral Medicine hosted its Annual Pediatric Neurology Update. This year's Update featured autism spectrum disorder as one of its three critical areas in pediatric neuroscience and neurodevelopment. The session, led by CASD's Director, Lauren Kenworthy PhD, showcased the concerted efforts of Children's National to create Autism Friendly Hospital Initiatives to enhance family and patient education and translational care.

The following are the presentations covered during the Update:

- "Pharmacologic Therapy for Children on the Autistic Spectrum" - Adelaide Robb, MD
- "New Non-Pharmacologic Management Strategies for Children on the Autistic Spectrum" - Lauren Kenworthy, PhD
- "Gender Differences in Autism Spectrum Disorders: Girls with Autism" - Kevin Pelphrey, PhD, University of Virginia
- "New Insights into the Neurobiologic Underpinnings of Autism" - Joshua Corbin, PhD
- "Autism: Societal and Government Challenges and Solutions" - Julia Bascom, Autistic Self Advocacy Network
- Autism Friendly Hospital Roundtable
 - Kathleen Atmore, PsyD, Beyond the Spectrum Program Clinical Director
 - Eileen Walters, MSN, RN, CPN, Beyond the Spectrum Program Manager
 - Yetta Myrick, CASD Community Outreach Coordinator
 - Amy Kratchman, Children's Hospital of Philadelphia, LEND Director of Family Collaboration
 - Michael O'Neil, JD, MBA, GetWell Network, Inc, Founder and CEO
 - Vijay Ravindran, Floreo, CEO & Co-Founder

Art for Autism Awareness and Acceptance Month



In honor of Autism Awareness and Acceptance Month, the CASD, Beyond the Spectrum, and Creative & Therapeutic Arts Services teams partnered with the Ivymount School to exhibit, "Art for Autism Awareness and Acceptance Month" at the Children's National Medical Center, located on the first floor.

The Ivymount School donated "Seascape". The piece was created by Ivymount School students using painted papers, collage techniques, acrylic paints and mixed media. The Ivymount School serves over 200 Washington, DC-region students, ages 4-21, with autism spectrum disorder, intellectual and learning disabilities, and speech and language impairments. Ivymount is nationally recognized for its evidence-based practices, investment in staff training, and outreach programs that support individuals and their families.

We hope that the next time you visit our hospital, you take a moment to see it in person.

CASD in the Media

On Saturday, April 27th, C-SPAN's Washington Journal hosted, CASD psychologist, Allison Ratto, PhD, and the Autistic Self Advocacy Network (ASAN) Executive Director, Julia Bascom as they discussed Autism Spectrum Disorder (ASD). Click [here](#) to watch.

Eating Habits Study Now Recruiting



Participate in Research On Eating Habits of Children

Who can participate?

- Parents and their 7-17 year-old children who are:
 - A) on the autism spectrum
OR
 - B) typically developing
AND
 - C) not currently on a special diet

What do you do?

- Complete behavioral surveys, paper-and-pencil and computerized tasks, provide physical measurements

How long does it take?

- Approximately 2 hours, scheduled at a mutually convenient time

Is there payment?

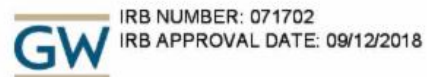
- Yes! Children receive \$30 and parents receive \$35.

If interested, contact:

Emily Richard

emilyrichard@gwu.edu

202-994-0756



Call for Applications



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

May 2019*

Chuck E. Cheese's Sensory Sensitive Sundays

Chuck E. Cheese's Locations Nationwide

Sunday, May 5th

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>

AMC Sensory Friendly Films: TBD

AMC Theatres Nationwide

Saturday, May 11th

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, May 11th 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>

Sensory Friendly Storytime Little Falls Library

Bethesda, MD

Saturday, May 11th at 2pm

Sensory Friendly Storytime is designed for children of all ages who prefer smaller groups due to sensory processing disorders. The program will last about 20 minutes and will be followed by social playtime with educational toys and an opportunity for parents to socialize. Participants are encouraged to bring their own noise reduction earmuffs and weighted items. The entire family is welcome to attend, including any neurotypical siblings. To register for the program, contact the Little Falls Library at 240-773-9520 or by email at Leslie.Jarvis@montgomerycountymd.gov. Please include the following information:

Child's first and last name

Age of child

Parent/Guardian name

Best phone number to reach parent/guardian

Parent/Guardian email address

AMC Sensory Friendly Films: TBD

AMC Theatres Nationwide

Tuesday, May 14th

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, May 25th 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>

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AMC Sensory Friendly Films: TBD

AMC Theatres Nationwide

Tuesday, May 28th

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

*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.

Conference Schedule



Monday, April 29

Teaching Social Thinking to Early Learners Through Stories and Play-Based Activities | ages 4 - 7

Nancy Tarshis

Guide children's early social learning and play experiences to strengthen social competencies and classroom learning. Using video examples, multisensory lessons, and play, we provide strategies to teach students, clients, and patients core Social Thinking concepts to help them learn in a group, think about others, use their whole body to listen, etc. This course teaches parents and professionals to implement with fidelity our award-winning curriculum, storybooks, and music collection: *We Thinkers! Volume 1 Social Explorers* (formerly *The Incredible Flexible You!*). The vocabulary and strategies are adaptable for use with other activities and age-appropriate literature.



Tuesday, April 30

What Does Play Have to Do with Classroom Learning? Exploring Social-Executive Functioning and Social-Emotional Learning for Early Learners | ages 4 - 7

Nancy Tarshis

Promote executive functioning with fun and innovative strategies to help students, clients, and patients understand and improve their group, classroom, and play dynamics. We'll thoroughly explore how to figure out social expectations, make smart guesses, and use other Social Thinking concepts. We'll also delve into our new assessment and treatment*-planning tool, which is paired with a checklist and play activities. The goal of this course is to offer cutting-edge information and teach attendees how to use *We Thinkers! Volume 2 Social Problem Solvers* with fidelity. Builds on the precursory course "Teaching Social Thinking to Early Learners Through Stories and Play-Based Activities."

Wednesday, May 1—no conference.

Unfortunately, the venue was booked this day so no course will be held.



Thursday, May 2

Executive Functioning: Tackle Homework and Classwork with These Helpful Strategies! | ages 10 - young adult

Michelle Garcia Winner

Learn to help students, clients, and patients better manage homework from classroom to home and back again. Explore the terrain between a student's conceptual need ("I need to do my homework") and the frustration that often results from an inability to plan or execute ("I can't do my homework"). Concrete strategies to develop organized thinking and related skills will be explained. We will provide specific ideas to: encourage motivation; manage road blocks, emotions, and distractions; increase effective use of time; track multiple assignments; and more. Information can be used by attendees and students across school, community, and home. This course gets stellar reviews!



Friday, May 3

Implementing Social Thinking Concepts and Vocabulary: A Day to Develop Team Creativity | ages 5 - young adult

Pamela Crooke

Learn more than 20 Social Thinking strategies and three core treatment* frameworks to guide students, clients, and patients to better attend, interpret, problem solve, and respond to social information. Help individuals 1) observe and respond to situations based on the context and determine the "expected" behaviors of each situation, 2) learn core Social Thinking Vocabulary and concepts to encourage social-communicative competence, and 3) discover strategies for teaching self-regulation, executive functioning, emotional understanding, and theory of mind/perspective taking. Work in teams to develop lesson plans to implement new strategies in the home, clinic, or classroom the very next day. People love this hands-on, engaging course!

*Treatment refers to using conceptual and strategy-based frameworks to help individuals improve their their social skills and competencies.



2019

FamilyVoices Leadership Conference

Families as Partners Shaping Systems Change

May 8-10, 2019 | Washington, D.C.



Visit www.familyvoices.org/2019conference for more information and to register!

At the next xMinds Speaker Event, hear from the real autism experts, as we present:

Ask an #ActuallyAutistic Adult

Wednesday, May 8; 7-9 pm

Speakers: Joel Carver, Annie K., Scott Robertson and Deef Chuang

Location: Silver Spring Civic Building, Fenton Room, One Veterans Place, Silver Spring, MD 20910

Parking: Ample free parking is available in the nearby Town Square Garage, at 786 Ellsworth Dr., Silver Spring

Cost: Free for xMinds members; \$15 per non-member

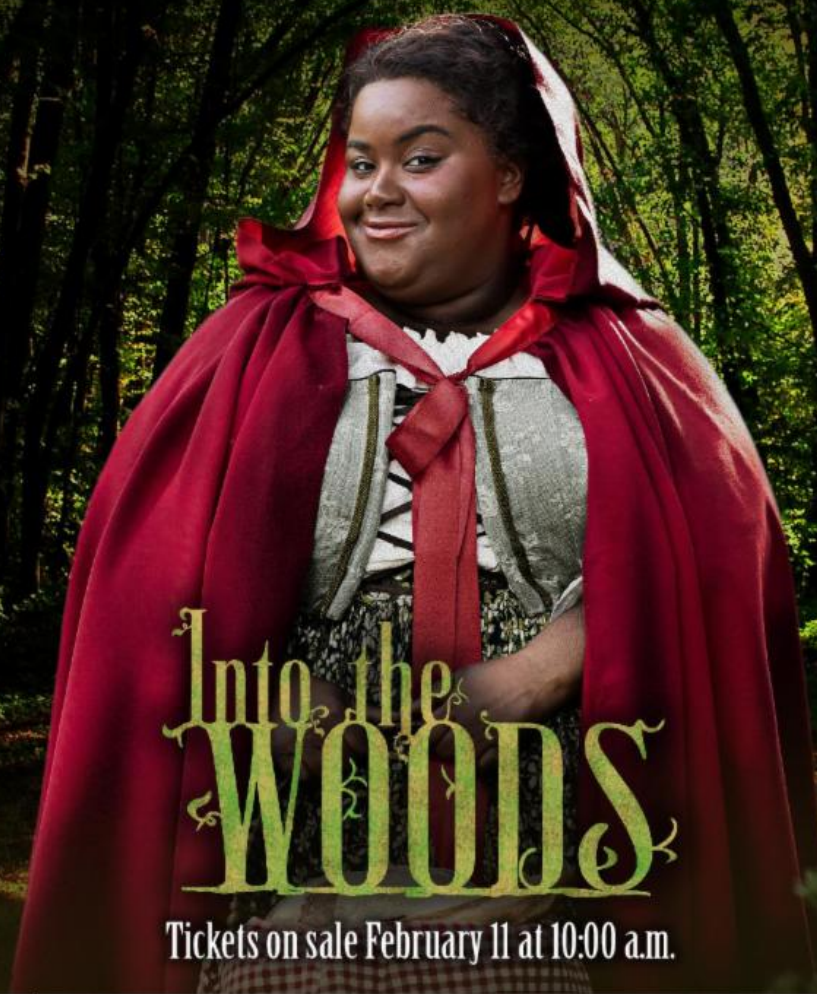
Registration: Registration is recommended as seating is limited. Register online at <https://xminds.org/event-3340197>

This panel of adult speakers will talk about their personal experiences as students and adults on the autism spectrum and will share their insights about self-advocacy and neurodiversity. The second hour will be reserved for questions and answers. When you register, please submit your questions in the Comments section.

This event is appropriate for students and adults.

Partnership for Extraordinary Minds is a non-profit organization that advocates for the improved educational experiences and outcomes of students on the autism spectrum in Montgomery County

Sensory-Friendly Performance: May 11, 2019 at 2:00 p.m.



Into the WOODS

Tickets on sale February 11 at 10:00 a.m.

FORD'S



THEATRE

WHERE LINCOLN'S
LEGACY LIVES

music and lyrics by Stephen Sondheim; book by James Lapine; choreographed by Michael Bobbitt; directed by Peter Flynn

This performance is designed to welcome anyone who might benefit from an adjusted theatre environment—including those on the autism spectrum or others with sensory sensitivities. This performance will feature adjustments to lighting and sound effects, a relaxed theatre environment that allows for movement, designated break spaces, and pre-visit materials. We can't wait to welcome you to Ford's! Tickets are \$25-\$30.

Tickets and Info: (202) 347-4833, option 7

Photo of Jade Jones by Scott Suchman

Need disability support services? Maybe we can help.

Get Educated! Find out how to help someone with a developmental disability get the support services that are essential for life after high school. Be prepared. Learn about the government agencies, rules and providers that determine how we access vital supports.

May's Session: What you should know about Choosing a Service Provider

There are hundreds of providers in Maryland and DC who offer home and community-based support services funded by Medicaid Waivers. How do you go about connecting with and choosing those with the capabilities to meet your family member's needs? After an overview of the types of support services available to people with developmental disabilities, we will discuss what to look for when researching and selecting a provider. We will go over the criteria you should use to assess whether a provider is equipped to serve your family member. Don't miss this valuable session!

Presenters: **Tina Campanella**, CEO Quality Trust for Individuals with Disabilities and **Rosalind German**, Personal Support Facilitator at Quality Trust for Individuals with Disabilities.

*Note: This session is relevant for Maryland and DC residents.

To Register, copy and paste the following link into your browser:

<https://QualityTrustforIndividualswithDisabilities.networkforgood.com/events/11891-choosing-a-service-provider>
or send an email to pholton@dcqualitytrust.org

When: Saturday, May 18th 10:00am – noon

Where: Quality Trust for Individuals with Disabilities
4301 Connecticut Avenue, NW Suite 310 Washington DC 20008

Questions? If you have questions or would like to register, please contact Phyllis Holton at pholton@dcqualitytrust.org or call 202-448-1458

Stay tuned for future sessions that cover what you should know about employment, benefits counseling, accessing supports through RSA, DDA eligibility and more!

Since 2002, [Quality Trust for Individuals with Disabilities](#) (501c3) has helped people live with dignity as members of the communities they choose. We offer the information, guidance and advocacy people need to get supports that are essential for a life that includes self-determination and community engagement.

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

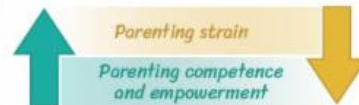


Real-life examples

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.