



Children's National: CASD CHAT

Research Report

2018 New Business Partner Awardee

On Friday, October 19th, the Ivymount School hosted its School to Work Breakfast in honor of National Disability Employment Awareness Month and to celebrate their School to Work Community Partnerships. During the program, Ivymount awarded Yetta Myrick, CASD's Community Outreach Coordinator, with the New Business Partner Award for establishing CASD as a job site earlier this year. "I am so honored to have received this award. In my role, I try to think creatively about how we can help families. It was a natural fit for CASD to partner with Ivymount, as there was an existing partnership from the work creating the Unstuck curriculum," Myrick says.



From left to right: Louis Leibowitz, Vocational Coordinator; Paula Parsons, School Board President; Susan Holt, Ivymount CEO/Executive Director; Yetta Myrick; Marjorie Clark, Program Director; Aidan, Yetta's son; Chelsea Cook, Training, Curriculum, and Instruction Coordinator; and Hillary Grande, Program Coordinator.

Ivymount's School to Work programs provide community-focused life skills that prepare students for a successful transition from school to employment and adult life. The

programs emphasize building vocational, social, community and recreational skills that lead to a balanced work-life experience after graduation. Currently, two Ivymount students, (one from the Autism Program and the other from the Multiple Learning Needs Program), work one day a week at CASD, with Ms. Myrick serving as their supervisor. Myrick states, "Friday is my favorite day of the week, because I know my student volunteers are coming!"


CASD Cares Holiday Tips

As the winter holidays approach, you may be starting to think about or plan for winter break. Here are three tips to help you enjoy the holiday season with your family.

1. **Enjoy your family and friends.** The holidays are a time to come together and celebrate the season, a time to be thankful for what we have, no matter how big or small. However, it can become a time of stress and non-stop obligations. Work with you family members and friends to figure out how to reconnect over the holidays with each other, and include aspects of everyone's "wants". That way everyone feels included and equally valued.
2. **Invest in self-care.** While the holiday season is all about sharing and togetherness, what do you plan to do for you? In order to show up for your children, you must take care of yourself. What are the activities that help you refuel and bring you the peace, comfort and energy you need to be your best self? You can think big, but also think of smaller daily opportunities like calling a friend, keeping a daily gratitude list, or spending time outside. What type of music brings you the most joy? What activities make you completely lose track of time? Do you love hiking, doing yoga, playing basketball, reading, visiting museums or simply taking a leisurely walk? Find time to focus on what brings joy to your life. Simply finding time for yourself is a form of self-care.
3. **Check out past [CASD Chat newsletters](#).** The December 2016, November 2017, and December 2017 CASD Cares sections each include tips on how to prepare for the holidays.

CASD Clinical Group Still Recruiting! Flexible Futures Group

Flexible Futures teaches high school students with ASD how to improve executive function skills such as flexible problem-solving and independent goal setting, planning, and organization. We heavily emphasize neurodiversity, self-advocacy, sustained motivation for long-term goals, handling stress, creating a positive reputation, and compromising skills. Group members will choose a goal that is important to them and work on achieving their goal for the duration of group. This group is for diploma-track high school students, with average or above average cognitive abilities. The group is led by a clinical psychologist with



Center for Autism Spectrum Disorders
www.casdmd.org

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This group is for diploma-track high school students, (ages 16-19), with average or above average cognitive abilities. The group is led by a clinical psychologist with expertise in adolescence and adulthood transition issues in ASD.

- Start date: November 2018 (24 weekly sessions)
- Time & Location: Wednesdays 3:45-4:45pm, 15245 Shady Grove Road, Suite 350, Rockville, MD 20850

Please contact casdmd.org with subject line: "Flexible Futures Group" for more information.

Click [HERE](#) to view.

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Who the group is best for:

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Please contact CPuglies@childrensnational.org with subject line: "Flexible Futures Group" for more information.

Calendar of Events

November 2018*

Parenting Autism Summit

Wednesday, November 7th-Friday, November 9th

Over 30 autism and parent experts will share information about effective symptom management and parenting strategies for kids with autism and their parents. Participants will learn: what autism is (and is not); interventions that help; parenting strategies that work; how to help your child navigate school; work & life; and ways to strengthen your child's relationships. For more information, and to check out the speaker line-up, please visit: <http://parentingautismsummit.com/>

5th Annual Innovators In Education Conference:

Promoting Resilience Motivation and Social Competency

Rockville, MD

Saturday, November 10th at 8am

The Center for Communication and Learning (CCL) LLC is sponsoring nationally renowned Dr. Jed Baker, director of the Social Skills Training Project. He will be joined by Dr. Christopher Willard, clinical psychologist, educational consultant, and author of *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*. The keynote speaker will be Dr. Kenneth Rosenbaum, Geneticist. CCL's distinguished faculty will present the science as well as provide practical strategies that you can implement at school, home and in the community. To learn more and register, please visit: <http://www.ccl-md.com/education-conference/>

AMC Sensory Friendly Films: The Nutcracker and the Four Realms

AMC Theatres Nationwide

Saturday, November 10th

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

AMC Sensory Friendly Films: Bohemian Rhapsody

AMC Theatres Nationwide

Tuesday, November 13th

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 Auburn School Speaker Series:

"Life After High School- A Look at Post-Secondary Options and Opportunities"

Chantilly, VA

Wednesday, November 14th at 7pm

The Auburn School invites you to a FREE workshop to learn more about the wide range of options and opportunities for students with ASD, ADHD and related disorders to continue their education following High School graduation. A panel of representatives from a range of continuing education and transition options, including George Mason University's Mason Autism Support Initiative (MASI), Mason LIFE Program, Northern Virginia Community College, ECPI Career University, College Living Experience, and Dr. Linn Jorgenson of Disability Consulting and Training, LLC will speak about their respective programs' offerings, accommodations and available supports, as well as admissions/ registration requirements and timelines. All events are FREE to attend! RSVP at <https://www.theauburnschool.org/speakerseries>

Project SEARCH Information Night

Silver Spring, MD

Wednesday, November 14th at 7pm

Project SEARCH is a unique one-year school-to-work program to help young adults with significant disabilities make successful transitions from school to a productive adult life. Project SEARCH occurs entirely in the workplace. Parents, professionals and potential students who are interested in applying to the Project SEARCH programs should plan to attend this event. The evening's agenda will include a Program Overview and a review of the application. Please see the event flyer. For more information, please visit, www.ivymount.org/projectsearch or www.seeonline.org

Music for Autism: Brass of Peace

The Ivymount School

Rockville, MD

Saturday, November 17th at 1:30pm

Music for Autism provides autism-friendly, interactive concerts developed specifically for individuals with autism and their families. To learn more about Music for Autism, please visit, www.musicforautism.org. RSVPs are gladly accepted from parties with a family member or friend on the autism spectrum only. Register [here](#).

AMC Sensory Friendly Films: Dr. Seuss' The Grinch

AMC Theatres Nationwide

Saturday, November 24th

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

AMC Sensory Friendly Films: Fantastic Beasts: The Crimes of Grindelwald**AMC Theatres Nationwide****Tuesday, November 27th**

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

AJE Special Education Thursdays**How DC Parents Can Successfully Navigate RSA in DC for their Transitioning Youth****Guest: Margaret Hart, Disability Rights DC at ULS Staff Attorney****Thursday, November 29th at 12:30pm**

These 30 minute sessions are available online every other Thursday to give parents and professionals: information, education and a better understanding of DC special education issues in a "bite-size" format. For more information, please visit, <http://www.aje-dc.org/programs-3/special-education-thursdays/>

Chuck E. Cheese's Sensory Sensitive Sundays**Chuck E. Cheese's Locations Nationwide****Sunday, December 2nd**

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.

**Main
Street**
INCLUSIVITY REDEFINED

intelligent lives
a film by dan habib



Join **Main Street** and the filmmakers behind the new documentary, "Intelligent Lives" - a film that challenges what it means to be intelligent and to have a disability - for a special screening and discussion with award-winning filmmaker Dan Habib.

Doors open at 6pm with refreshments, followed by the film and a panel discussion from 7-9pm.

Thursday, November 8th, 2018
@ The Bullis School, Potomac, MD

\$25/ticket | RSVP and more info at www.mainstreetconnect.org

AZURE

A SENSORY-FRIENDLY CONCERT SERIES



TUES, NOV. 13

**1:30PM SCHOOL GROUPS
7PM FAMILIES**

**DANCE THEATRE
@ THE CLARICE**

**FREE, BUT TICKETS ARE
REQUIRED FOR ADMISSION.**

WHAT IS AZURE?

Azure is a unique performance experience, specifically for people with cognitive disabilities of all ages and walks of life, and those close to that community.

HOW IS AZURE DIFFERENT?

Azure is a joyful event, free of judgment and traditional concert hall norms, where the whole family can enjoy a high-quality concert experience. We create a sensory-friendly space where all can interact with the music in any way they feel - movement, vocalizations, and reactions of all types are welcome.

HOW DOES INVOKE CREATE THIS EXPERIENCE?

INVOKE, a string quartet that plays music of many forms, curates a program and venue at a high artistic level that meets the needs of those with cognitive disabilities. **Move or dance in any direction!** The Clarice provides a suitable space with a wide array of fun, tactile fidgets to provide a sensory outlet and to help keep the audience engaged. **Non-fluorescent lighting** enhances the experience; **earplugs** are also available on request.

Presented in partnership with:



UNIVERSITY OF
MARYLAND
AUTISM RESEARCH CONSORTIUM

THE CLARICE



UNIVERSITY OF
MARYLAND



For registration information and/or questions, contact Jane Hirshberg at janeh22@umd.edu or 301.405.8172

NOVEMBER PARENT WORKSHOPS

AT THE KATHERINE THOMAS SCHOOL

FREE AND OPEN TO THE PUBLIC



WORKSHOP LOGISTICS

Time:
7:00PM

Location:
The Katherine Thomas School
9975 Medical Center Drive
Rockville, MD 20850

RSVP:
Shelley McGinness
301-738-9691 ext. 115
smcginness@ttlc.org



The Katherine
Thomas School
TLC
The Treatment and Learning Center

**THURSDAY
NOVEMBER 15, 2018**

BEYOND HIGH SCHOOL... WHAT LIES AHEAD

- Jan Miller-Vogel,
Director of The
Outcomes Service
- Matthew Serre,
Admissions and Career
Development Specialist

Audience: High School Parents

Please join us to learn about transitioning to adult services after High School including independent living and vocational programs for transitioning youth, funding sources such as the Developmental Disabilities Administration and the Division of Rehabilitation Services, and the admissions process from the initial intake to the first day of services. Learn about how The Outcomes Service can provide structure and support for your son or daughter as they transition from school and continue their journey with further education, employment, and living independently.

**TUESDAY
NOVEMBER 27, 2018**

PROJECT SEARCH

- Nancy Eaby, Program
Manager, Project
SEARCH Montgomery
County Government
and Project SEARCH
National Institutes of
Health

**Audience: High School
Parents and Students**

Parents, professionals and potential students who are interested in applying to the Project SEARCH programs should plan to attend this event. The evening's agenda will include:

- Program Overview: NIH, Montgomery County, Smithsonian
- "A Day in the Life of a Project SEARCH Intern"
- Review application process and receive application materials

Season's Greenings All Aboard!



Take a train ride across America as our annual holiday show Season's Greenings showcases train stations! Plant-based recreations of iconic train stations from across the U.S. will be represented in the train room. Thousands of blooms will be on display throughout the Conservatory. Our collection of D.C. landmarks made from plant materials returns with a new botanical version of Washington, D.C.'s Union Station. Join us as we celebrate the holidays and America's railroad history.

Morning at the Garden
 Sunday, December 2 or December 16
 8:30 a.m. – 10:00 a.m.
 (Doors open to the public at 10:00 a.m.)

Evening at the Garden
 Sunday, December 16*
 6:30-8:00 p.m.

*We invite participants 13+ years and their families to enjoy the Garden after hours for our inaugural evening program.

Please indicate your preferred date in the RSVP.
 We will fill each date on a first come, first serve basis.

RSVP to Maura Nelson
 mnelson@aoc.gov or 202-226-1047

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

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