



Children's National: CASD CHAT

Autism: The Full Spectrum



Standing: Faith R. Kelley, MD, Sharon Singh, PhD, Yetta Myrick, Kara Covington, PhD,
Seated: Marcee White, MD, FAAP, TheilineT. Gborkorquellie, MD, MHS, Ellen Wiggins, LICSW, MSW

On July 25th, CASD Community Outreach Coordinator, Yetta Myrick partnered with the faculty and staff from the Children's National Health System's Primary Health Center at THEARC in SE Washington, DC to host its first Autism Workshop entitled, "Autism: The Full Spectrum". The workshop was sponsored by the Children's Health Advocacy Institute and the Children's Health Project of DC, with conference space provided by AppleTree Early Learning Public Charter School.

The day long workshop was designed to support families in DC's Wards 7 and 8 by providing general information about autism, on topics covering the age range, from monitoring a child's development to obtain an autism diagnosis to facilitating the transition to adulthood. The agenda for the day was as follows:

- "Autism: An Overview" presented Dr. Gborkorquellie

- "Developmental Monitoring, Screening and Evaluation: How to Notice the Early Signs of Autism" presented by Ms. Myrick and Dr. Singh
- "Parent's Perspective: Our Own Stories" facilitated by Ms. Myrick and included CASD Social Worker, Allysa Ware and CASD Stakeholder Advisory Board Member, Michelle Hawkins, as well as Sonja Risdon and Tonya Gregory, both parents of autistic teens
- "Strategies in the Classroom and at Home" presented by Dr. Covington
- "How Medication Might Fit In" presented by Dr. Kelly

The workshop was positively received in the community and is only the beginning of CASD's partnership with Children's National Health System's Primary Health Center at THEARC. Plans are currently underway to host the CASD Community Workshop Series at Children's National Health System's Primary Health Center at THEARC later this year.

Improving the Early Detection of Autism

CASD, in collaboration with the Diana L. and Stephen A. Goldberg Center for Community Pediatric Health at Children's National, was awarded a 2018 Board of Visitor's grant to support efforts to increase the early identification of ASD and expand access to treatment and supports for families at Children's National primary care clinics.

CASD is interested in extending its clinical services and providing increased support, especially to those families who face the most barriers. CASD has successfully integrated outside disciplines, such as Neurodevelopmental Pediatrics, at the faculty and trainee level, which has resulted in improved patient care and coordination across disciplines. Primary care teams are critical to identifying ASD early and connecting families with resources. This project aims to provide families with timelier ASD evaluation and treatment, increase support in coping with an ASD diagnosis, and service navigation. By doing so, we hope to decrease family stress and disparities in care to improve child and family functioning.

The Board of Visitors was founded to support the original Children's Hospital in 1870. Today, The Board of Visitors has evolved into a multi-faceted organization that supports the hospital through day-to-day volunteer services, ongoing fundraising initiatives, grant programs, major gift program and special events. To learn more about The Board of Visitors, please visit: <http://www.boardofvisitors.com/>

CASD Community Workshop Series

Individualized Education: An Overview of the Special Education Process Thursday, September 20th 6-7:30pm

Are you new to the special education process? Has your child received special education services for many years and yet you are still confused? This workshop will provide an overview of the special education process and how to navigate through the process for your child with an autism spectrum disorder.

Presenters:

CASD's Social Worker, Allysa Ware, MSW, LGSW and Community Outreach Coordinator, Yetta Myrick, both mothers of autistic teenagers, work to link families with

resources and services. They work together to provide the best possible care for autistic youth, and facilitate research participation among interested families.



Location:

Center for Autism Spectrum Disorders
Children's National Health System
15245 Shady Grove Road, North Building
Suite 355 Conference Room
Rockville, MD 20850

This workshop is FREE and open to parents, family members and professionals, but registration is required.

To register, please contact Yetta Myrick at ymyrick@childrensnational.org or 301-765-5488.

Race for Every Child

CASD Cares Team

CASD Faculty and staff will be participating as the "CASD Cares" Team in the 6th Annual Race for Every Child 5K Run/Walk & 100-Yard Kids Dash at Freedom Plaza in downtown Washington, D.C on October 20, 2018!

The CASD Cares Team will be raising funds to support the expansion of its community outreach and support services, by creating and facilitating opportunities to engage families in the local community through patient and family education.

Families are welcome to donate and/or join our team virtually or participate the day of the event. To learn how to join the "CASD Cares" Race for Every Child team, please visit the [Race for Every Child website](#).

Calendar of Events

September 2018*

The Rockville Science Center Presents: Temple Grandin

Rockville, MD

Friday, September 7th

The Rockville Science Center presents Dr. Temple Grandin, renowned Professor of Animal Science at Colorado State University, who will share her insights on humane management and handling of animals as they interact with humans. Dr. Grandin is well known as a successful autistic individual who has written extensively on the subject of autism. She has capitalized on her ability to see in pictures to understand the sensory perceptions of different species and address their needs. Avoiding unnecessary fear and stress by accommodating enhanced sensory responses depends on understanding the differing reactions enabled by an animal's specific neurology. Dr. Grandin will elaborate on her concept of sensory-based thinking that enables her to consult worldwide for groups as diverse as research scientists, slaughterhouses, pet trainers, and youngsters

who are somewhere on the autism spectrum. For more information and to purchase tickets, please visit, <https://www.strathmore.org/events-and-tickets/temple-grandin>

Special Education Town Hall

Washington, DC

Saturday, September 8th

Hosted by DC's State Advisory Panel for Special Education (SAPSE), members are DC parents of children with disabilities and representatives of DC agencies and community organizations. SAPSE provides advice to DC's state education agency, the Office of the State Superintendent of Education (OSSE) from the perspective of parents of students with disabilities. The SAPSE wants to hear DC parents' thoughts, concerns, and ideas. To learn more, please check out the [flyer](#).

AMC Sensory Friendly Films: A.X.L.

AMC Theatres Nationwide

Saturday, September 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

AMC Sensory Friendly Films: Peppermint

AMC Theatres Nationwide

Tuesday, September 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

LifeSkills Training

Herndon, VA

Tuesdays, September 18th-October 23rd 5:30pm

Middle school-age youth are invited to participate in six sessions of LifeSkills Training. LifeSkills Training is offered through the support of Fairfax County Neighborhood and Community Services' Partners in Prevention Fund. Participants will learn healthy habits and build skills. This evidence-based program covers topics such as: Self image and self-improvement, Coping with anger, Making decisions, Communication skills, Myths and realities about smoking, alcohol and marijuana, Social skills, Resolving conflicts, Advertising, Coping with anxiety, and Assertiveness. Dinner will be served at every session! Teens who attend regularly earn gift cards! Open to all interested participants: Register at <https://lifeskillsms.eventbrite.com>. Call 703-539-2904 for more information.

Montgomery County Department of Police

Autism/IDD (Intellectual, Developmental Disabilities) Night Out

Gaithersburg, MD

Friday, September 14th at 6pm

Join the Montgomery County Police Autism/IDD Outreach Unit as they host a safety

fair for individuals and their families and caregivers. There will be Wandering and General Safety Resources/Tools, MCPD Safety Kits, and more. Please see the [flyer](#) to learn more and register.

Kids in Action: Adaptive Adventure Day

The HSC Pediatric Center

Washington, DC

Saturday, September 15th at 9am

Join Kids in Action for Adaptive Adventure Day, a full day of adaptive sports for kids with special health care needs. This year's sports include kayaking (in a pool), bocchia ball, wheelchair lacrosse, wheelchair basketball, archery, tennis and more! Check out the [flyer](#). For more information, and to register, please visit:

<https://www.hschealth.org/adaptive-adventure-day>

Sensory-Friendly Performances at Strathmore: Saturday Family Story Session

Rockville, MD

Saturday, September 15th at 10:15am

Sensory-friendly performances are designed to create a performing arts experience that is welcoming to families of children with autism or other disabilities that create sensory sensitivities. Accommodations for sensory-friendly performances include: Lower sound level, especially for startling or loud sounds; lights remain on at a low level during the performance; a reduction of strobe lighting or lighting focused on the audience; audience members are free to talk and leave their seats during the performance; designated quiet areas within the venue; space throughout the venue for standing and movement; limited capacity in the performance to allow plenty of space for each patron; Strathmore staff trained to be welcoming and accommodating to families' needs; the use of electronic devices for communication is permitted. "Get Ready for the Show!" resource materials are available on each event page one month prior to the performance to help families prepare for their visit. Materials include pictures of the venue, entryways, performance images, and information about what to expect. To learn more and to purchase tickets, please visit, <https://www.strathmore.org/events-and-tickets/saturday-family-story-sessions>

Webinar: "How and why should my child with a disability study abroad?"

Tuesday, September 18th at 3pm

Mobility International USA, PACER Center and Accessible College present a webinar to parents to address the benefits and common concerns regarding their children with disabilities interest in participating in studying or volunteering abroad. To learn more, please visit: <http://www.miusa.org/Event/2018/parentwebinar>

The Secondary Transition Community of Practice: Back to School Night

DC Department of Disability Services

Washington, DC

Tuesday, September 20th at 5:30pm

Come learn about community services available from various agencies and organizations across the District of Columbia, including: jobs, internships, and employment opportunities; Special Education programming & services; Post-secondary Transition Supports and Community Resources; wellness programs for youth with disabilities and their families; and ways to get involved in Secondary Transition! View the [flyer](#) for more information or to RSVP.

Autism Research Symposium
Falls Church Marriott Fairview Park
Falls Church, VA
Friday, September 21st at 7:30am

Please join The Virginia Tech Center for Autism Research (VTCAR), Virginia Tech and the Washington Group Special Care Planning Team for this groundbreaking Symposium on Autism Research open to all at no cost. The Symposium will feature Autism Research from Biomedical and Imaging, Technology, Education, and Clinical Translational fields. Who should attend? Service providers, educators, psychologists, researchers, program officers, individuals, families, and others in the community interested in learning about autism research should attend. A Certificate of Attendance can be provided. Breakfast & lunch included. For more information and to RSVP, please check out the [flyer](#).

My Way Matinee: The House With a Clock in It's Walls
Regal Theatres Nationwide
Saturday, September 22nd at 10:30am

The program is sensory friendly, with the sound lowered and lights brighter. For more information, please visit, <https://www.regmovies.com/promotions/my-way-matinee>

AMC Sensory Friendly Films: The House With a Clock in It's Walls
AMC Theatres Nationwide
Saturday, September 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

AMC Sensory Friendly Films: Life Itself
AMC Theatres Nationwide
Tuesday, September 25th

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.

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

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