

Center for Autism Spectrum Disorders

www.childrensnational.org/CASD



Children's National: CASD CHAT

Research Report

2017 National Institute of Health Grants Awarded

The National Institutes of Health (NIH) has awarded nine research grants totaling nearly \$100 million over the next five years for the Autism Centers of Excellence (ACE), a program that supports large research projects aimed at understanding and developing interventions for autism spectrum disorder (ASD).

George Washington University was awarded an ACE Network Grant. Kevin Pelphrey, Ph.D., and network colleagues, including the Center for Autism Spectrum Disorders (CASD) at Children's National, will follow children through adolescence and into adulthood to understand differences in ASD risk between boys and girls and in how they each respond to interventions. They will also collaborate with self-advocates with ASD to understand how well their findings reflect real-life experiences. Together, they aim to uncover information that will help males and females living with ASD better manage the transition to adulthood.

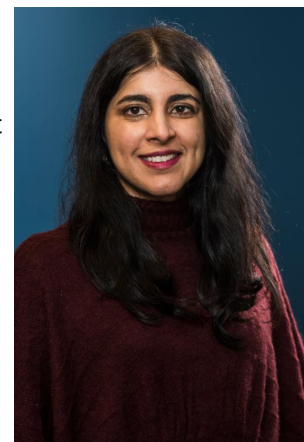
To learn more about the ACE Program and the 2017 ACE Grantees, please read the NIH Press Release here: <https://www.nichd.nih.gov/news/releases/Pages/090717-ACE.aspx>

Washingtonian Recognizes CASD's Medical Director as "Top Doctor"

For the second year in a row, CASD's Medical Director and Psychiatrist, Haniya Raza, DO, was named one of the "Top Doctors" by Washingtonian Magazine in its 2017 list of the region's best providers. Washingtonian "Top Doctors" is a listing of the region's best doctors nominated by other physicians in Washington, DC, Maryland and Virginia.

CASD's faculty and staff would like to congratulate Dr. Raza on this wonderful achievement!

For more information about Washingtonian Magazine's Top Doctor listings, please visit, <https://www.washingtonian.com/best/doctors/>



September is Emergency Preparedness Month

When you have an autistic child, disasters and emergencies can present disruptions to the daily routines. Being prepared before, during and after any type of disaster or emergency is critical. In the wake of Hurricanes Harvey and Irma, it is paramount that autism families prepare sooner than later, and follow these five preparedness steps:

1. **Be informed:** The first thing you need before, during and after an emergency is reliable information and/or instructions, e.g., sign up for your state's communication system, and receive emergency alerts to your personal device.
2. **Make a plan:** Make a list of all the things you use on a daily basis and think about what you would do if they are in limited supply or not available.
3. **Assemble a disaster supplies kit:** A disaster supplies kit is a collection of basic items a family would probably need to stay safe and comfortable during and after a disaster. Disaster supplies kit items should be stored in portable container(s) in a convenient location. Please check out the resource list below for a list of disaster supplies.
4. **Maintain your plan and kit:** Review your plan and check the expiration dates of supplies in your kit every six months.
5. **Practice calm:** Your child may be particularly in tune with the moods of the adults around him and may sense stress, confusion, anxiety, and frustration, and then mimic the mood or behavior. You and your support network should practice a sense of calm, even if you are not feeling it!

Below are some resources specifically created for autism and special needs families:

Autism Society

<http://www.autism-society.org/living-with-autism/how-the-autism-society-can-help/safe-and-sound/preparedness-tips-for-families/>

"Prepare For Emergencies Now: Information for People with Disabilities"

http://www.ready.gov/sites/default/files/FEMA_Disabilities_R-6_web_june2012.pdf

"Preparing for Disaster for People with Disabilities and other Special Needs"

https://www.fema.gov/media-library-data/20130726-1445-20490-6732/fema_476.pdf

Calendar of Events

Autism Research Symposium
Falls Church Marriott Fairview Park
Falls Church, VA
Friday, September 15th at 7:30am

Please join The Virginia Tech Center for Autism Research (VTCAR) 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. Featuring Guest Speaker Alison Singer with The Autism Science Foundation. A Certificate of Attendance will be provided. Breakfast & lunch included. Who should attend? Service providers, educators, psychologists, researchers, program officers, individuals, families, and others in the community interested in learning about autism research. For more information, please check out the flyer [HERE](#). RSVP is required, please send to: calford@financialguide.com or (703) 865-6502.

AJE Special Education Thursdays

Special Education and Charter Schools: What a Parent Should Know

Guest: Julie Camerata, Executive Director, DC Special Education Cooperative

Thursday, September 21st 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/>

AMC Sensory Friendly Films: Lego Ninjago

AMC Theatres Nationwide

Saturday, September 23rd at 10am

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! For more information, please visit,

www.amctheatres.com/programs/sensory-friendly-films

My Way Matinee: Lego Ninjago

Regal Theatres Nationwide

Saturday, September 23rd at 10:30am

The program is sensory friendly, with the sound lowered and lights brighter. For more information, please visit, <http://www.regmovies.com/MyWayMatinee>

Kid in Action: Only Make Believe

The HSC Pediatric Center

Washington, DC

Saturday, September 30th at 10am

Join Kids in Action as they host Only Make Believe, a non-profit organization that creates and performs interactive theatre for children in hospitals and care facilities. Performances at The HSC Pediatric Center are designed for children with varying abilities. Only Make Believe allows participants to take a break from their everyday obstacles, express themselves in their own way, and "let loose" in a safe environment. Advance registration required. Email Robyn Winston-Cohen, CTRS at RWinston@Hshealth.org or call 202-557-1851. For more information, please visit, <http://www.hshealth.org/medical-programs-therapy/services-programs/adaptive-sports>

Access Classes at Imagination Stage this Fall!

Imagination Stage in Bethesda, MD is offering "Access" classes specifically for children and teens with disabilities, please see the [flyer](#) for more information.

PLUS...Imagination Stage offers inclusive class opportunities for all ages!

For more information, contact Access Coordinator, Katie Keddell, at kkeddell@imaginationstage.org.



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