



## Children's National: CASD CHAT

### Research Report

### Autism Education Training

On September 23rd, Leandra Godoy, PhD, Principal Investigator of the research project "Expanding Autism Knowledge & Access in Primary and Community Based Settings" led a study team to host an Autism Education Training to increase the early identification and treatment of children with autism spectrum disorder (ASD) by improving community knowledge of ASD. The team included CASD (Annie Inge, PhD, Yetta Myrick, and Serene Habayeb, PhD), Children's Health Advocacy Institute (Godoy and Renee Davis), and HSC Pediatric Center (Amanda Hastings, PsyD, BCBA) staff. The training was sponsored by the Clinical Translational Science Institute-Children's National Community Engagement Grant, with conference space provided by DC Department of Behavioral Health.

The day long training was designed for early education and care providers who serve children ages 0-5 in the District of Columbia. The agenda for the day was as follows:

- "Autism Overview" presented by Drs. Inge and Habayeb and Ms. Myrick
- "Understanding and Navigating Resources" presented by Dr. Inge, Ms. Myrick, Ms. Davis, and Dr. Godoy
- Parent's Panel facilitated by Ms. Myrick and included CASD Stakeholder Advisory Board Members, Michelle Hawkins, Karen Gorman, and Michelle Cox
- "Difficult Conversations and Family Engagement" presented by Dr. Godoy, Ms. Myrick, and Dr. Inge
- "Strategies to Support Children, Families, and Teachers/Providers" presented by Drs. Hastings and Habayeb

The training was well attended with over 70 DC early education and care providers, and was positively received. "I thought the training was an exciting opportunity to interface with the community and learn their programs and the challenges they face in their settings and try to meet them where they are. I thought we had an engaged group," says Dr. Inge, CASD's Clinical Director. One participant noted how she felt the training changed her perspective from thinking about autism only as a disorder or disability to thinking about strengths that come with autism. In follow-up, the study team will be meeting with individual partner sites to plan site training to further expand ASD knowledge.



## Future Quest Keynote Speaker talks with CASD Chat

Patrick Gorman is a young man who has achieved impressive personal accomplishments and has made many contributions to his community. At an early age, he was diagnosed with Autism Spectrum Disorder, Tourette's Syndrome, Obsessive Compulsive Disorder, and Attention-Deficit/Hyperactivity Disorder. Mr. Gorman, a former CASD patient, is a 2014 graduate of Arlington Public Schools, in Virginia, and a 2019 graduate of Saint Joseph's University in Philadelphia with a major in Information Technology and minor in Philosophy.

On August 7, 2019, CASD's Community Outreach Coordinator, Yetta Myrick, and Research Assistant, Charlotte Jeppsen conducted a phone interview with Patrick Gorman about his upcoming Future Quest Keynote Address.

**Yetta Myrick:** How did you become the Keynote speaker for Future Quest?

**Patrick Gorman:** I was giving a speech at a youth summit in Arlington, and a former case manager at Arlington Public Schools came up to me and asked to record it and show it to the Future Quest members. Future Quest members overwhelmingly chose my speech, because it touched all the points they wanted. It underlined that the work is not as hard as it may seem. Do the work, be the work.

**YM:** Have you attended Future Quest in the past?

**PG:** Yes, last year I was a panelist in a breakout session.

**YM:** Why is Future Quest important?

**PG:** A lot of people, like me, have things in their minds, but may not realize how many different options there are; going to community college, trade school, besides four years. They may not realize how many services are available. Future Quest helps to show options.

**YM:** What message do you want to share with self-advocates and/or young people with disabilities?

**PG:** One of my teachers in middle school told me, "fake it, 'til you make it." If you don't know whether you are doing the right thing, whether you are doing what you exactly want to do, do something, it might lead somewhere. It is important to remember not to give up just because things are hard. Something is better than nothing. I used to think that if I wasn't good at something I wouldn't do it. Something on paper is better than nothing.

**YM:** What message do you want to share with the parents and/or caregivers supporting self-advocates and/or young people with disabilities?

**PG:** It is important to not give up hope in your child. Sometimes they need to fail, not catastrophically. You may be surprised, they may go beyond what you even imagined.

**YM:** Is there anything else you would like to share with us?

**PG:** I am not a special case. It may seem daunting. I'm a regular person like everyone else. I put my pants on one leg at a time. Anyone can achieve, it is just a matter of finding what you are good at, what you can be helpful with.

**YM:** Thank you.

To learn more about the Future Quest Conference, please visit:

<http://www.futurequestgmu.org/>

## Healthcare Transition



Got Transition has published two new tip sheets with suggestions to help adult health care clinicians successfully integrate young adults into their practices. The tip sheets -- designed for adult practices caring for [young adults with Autism Spectrum Disorder \(ASD\)](#) and for [young adults with intellectual and developmental disabilities \(ID/DD\)](#) -- include ideas and activities to prepare an adult clinician's office and staff, as well as tips to consider prior to, during, and after the initial visit. Each tip sheet also includes possible accommodations for improved care.

## Calendar of Events

October 2019\*

### **AMC Sensory Friendly Films: Joker**

**AMC Theatres Nationwide**

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

### **AMC Sensory Friendly Films: Abominable**

**AMC Theatres Nationwide**

**Saturday, October 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)

**My Way Matinee: TBD**

**Regal Theatres Nationwide**

**Saturday, October 12th 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>

**AMC Sensory Friendly Films: Zombieland 2: Double Tap**

**AMC Theatres Nationwide**

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

**My Way Matinee: TBD**

**Regal Theatres Nationwide**

**Saturday, October 26th 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>

**AMC Sensory Friendly Films: The Addams Family**

**AMC Theatres Nationwide**

**Saturday, October 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, November 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/events/sensory-sensitive-sundays>

**Smithsonian's Morning at the Museum****Sackler Gallery of Art****Washington, DC****Sunday, November 3rd at 9am**

Morning at the Museum is a FREE sensory-friendly program for families of children with disabilities. Programs rotate throughout the Smithsonian museums and take place on Saturday or Sunday morning. Each program consists of providing pre-registered families early entrance, facilitated activities, pre-visit materials, and a take-a-break space. Registration is required. For more information about the program, please contact Ashley Grady at [Access@si.edu](mailto:Access@si.edu) or 202-633-2921. To register for the Sackler Gallery of Art program, please visit:

<https://www.eventbrite.com/e/morning-at-the-museum-sackler-gallery-of-art-tickets-74099410331>

\*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.



## Sensory Friendly Storytime

### Friday, October 04, 2019

10:30am, Rockville Memorial Library (240-777-0140)

### Saturday, October 05, 2019

2:30pm, Potomac Library (240-777-0690)

3:00pm, Twinbrook Library (240-777-0240)

### Thursday, October 10, 2019

4:00pm, Wheaton Library (240-777-0678)

### Saturday, October 12, 2019

11:00am, Davis Library (240-777-0922)

11:00am, Aspen Hill Library (240-773-9410)

2:00pm, Little Falls Library (240-773-9520)

2:00pm, Gaithersburg Library (240-773-9490)

2:30pm, Damascus Library (240-773-9444)

3:00pm, White Oak Library (240-773-9555)

### Saturday, October 19, 2019

2:00pm, Germantown Library (240-777-0110)

4:00pm, Long Branch Library (240-777-0910)

### Thursday, October 24, 2019

2:00pm, Kensington Park Library (240-773-9515)

4:00pm, Connie Morella Library (240-777-0970)

### Saturday, October 26, 2019

11:00am, Silver Spring Library (240-773-9420)

Registration for these programs is required and can be done easily with a call to the library location hosting the program. More information can be found on our website at [montgomerycountymd.gov/library](http://montgomerycountymd.gov/library).



Please contact the hosting branch at least five days prior to the event to request reasonable accommodations.

**MC** **Montgomery County**  
**PL** **PUBLIC LIBRARIES**  
[www.montgomerycountymd.gov/library](http://www.montgomerycountymd.gov/library)



Inspiring Inclusion, Expanding the Workforce.

# INFORMATION SESSION

for 2020 Programs

## October 9th, 2019

National Youth Transitions Center  
2013 H Street NW  
H Street Conference Room  
Washington DC, 20006

**9:30 - 10:30 am**

Coffee & Croissants,  
Presentation and Q&A

**10:30 - 11:00 am**

Optional Extended Q&A

BroadFutures is revolutionizing the way young people with learning disabilities enter the workforce through a holistic training, mentoring and paid internship program.

BroadFutures has a strong commitment to Financial Aid. SCHOLARSHIPS are AVAILABLE.

If interested, please RSVP to:  
[cjeppsen@broadfutures.org](mailto:cjeppsen@broadfutures.org)

## BroadFutures serves young people:

- Between the ages of 18 and 26
- Who have diagnosed learning disabilities
- Who have a high school diploma and are in transition either to college or community college, taking a break from their educational pursuits, or focusing on workforce development skills

## Program:

Includes 2 weeks training and 7-11 weeks of paid internships

## Application deadline:

October 15, 2019 for  
Winter 2020 Program

# Join us for the **6th** Annual Innovators in Education Conference

## Embracing Neurodiversity: Strength-Based Strategies for Children & Teens

Saturday, October 19, 2019 • 8:00 AM – 4:45 PM  
Universities at Shady Grove 9630 Gudelsky Dr. Rockville, MD 20850



**Kathleen McClaskey, M.Ed.**  
*Educator and Author*  
Empowering All Learners with Agency and Self-Advocacy Skills • Personalize Learning through the UDL Lens



**Sharon Saline, Psy.D.**  
*Psychologist and Author*  
What Kids with ADHD Wish You Knew and How You Can Help • You Can Do This: Motivating Kids Who Are Out-of-the-box Thinkers • Don't Touch My Phone: Balancing Screen Time for 21st Century Digital Kids



**Keynote Speaker**  
**Carol Stock Kranowitz, M.A.**  
*Educator and Author*  
Solving Sensory Challenges with Sensible Strategies

[CHECK WEBSITE FOR MORE SPEAKERS](#)

### A special thank you to our sponsors


### Continuing Education Credits for

Psychologists • Social Workers • Licensed Marriage & Family Therapists  
Licensed Mental Health Counselors • Speech Language Pathologists  
Occupational Therapists

### Continuing Education

**COMMONWEALTH EDUCATIONAL SEMINARS**  
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Register at [www.ccl-md.com/education-conference](http://www.ccl-md.com/education-conference)

Dr. Jim Ball, Ed.D. BCBA-D  
**YOU CAN'T MAKE ME!**

Pro-Active Strategies for Positive Behavior Change in Children

**Tuesday, October 22, 2019**

**9:00 AM – 2:30 PM**

Doors open at 8:00 AM

**The Hall at Huntingtown**

(Huntingtown Volunteer Fire Department)

4030 Old Town Road

Huntingtown, MD 20639

This workshop will discuss systematic techniques for teaching students with behavioral challenges including those affected by autism. It will focus on teaching specific skills, enhancing motivation, and generalization training. A step-by-step demonstration will be presented using real life examples. Modifications will be explored that allow this particular program to be effective with students significantly challenged with autism, as well as those students behaviorally challenged. Because of the nature of this workshop, a question and answer period will be provided.

Dr. James Ball, a Board-Certified Behavior Analyst-Doctoral, is the President/Chief Executive Officer of JB Autism Consulting. He has been in the field of autism for over thirty years providing behavioral, educational, residential, and employment services to children and adults affected by autism. He provides private consultation to organizations, schools, and families regarding staff training, parent training, home support services, classroom design/support, functional behavior assessment and behavior management.

**To register, please follow the registration instructions:**

<b>Registration for PARENTS &amp; FAMILY MEMBERS ONLY</b>	<b>September 9 – October 14, 2019</b>
<b>Registration for educators, professionals, and families</b>	<b>September 23 – October 14, 2019</b>

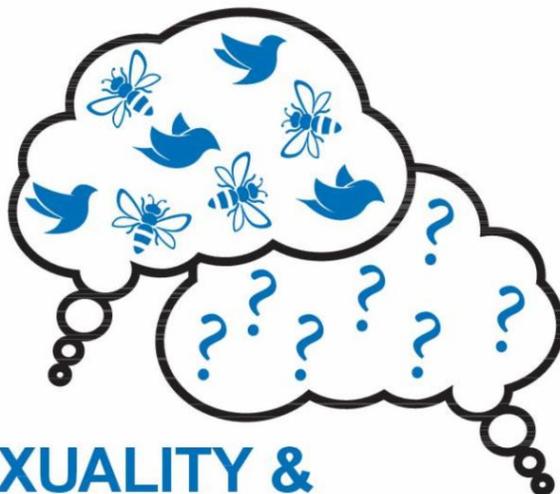
**By Email:**

- Sue Rafalowski, Parent Coordinator, CCPS Partners for Success at [parentconnections@calvertnet.k12.md.us](mailto:parentconnections@calvertnet.k12.md.us)
- Use **YOU CAN'T MAKE ME** in the subject line
- Do **NOT** reply to any emails about the workshop to register

**By Phone:** Sue Rafalowski, Parent Coordinator, CCPS Partners for Success at 443-550-8375

**This is a FREE event - each attendee receives a copy of the newly released book by Dr. Jim Ball, YOU CAN'T MAKE ME! Pro-Active Strategies for Positive Behavior Change in Children. Lunch will not be provided. Please bring your own bag lunch.**

*Sponsored by  
 Calvert County Public Schools (CCPS) **Partners for Success;***



THE HSC HEALTH CARE SYSTEM  
The HSC Pediatric Center

## SEXUALITY & DEVELOPMENTAL DISABILITIES: A WORKSHOP FOR PARENTS AND GUARDIANS

Talking to our teens and kids about sexuality can be a difficult conversation. This workshop for parents will help you become more comfortable discussing this sensitive topic.

**Thursday, October 24, 2019 from 6:00pm – 8:00pm**

**The HSC Pediatric Center  
1731 Bunker Hill Rd. NE, Washington, DC 20017**

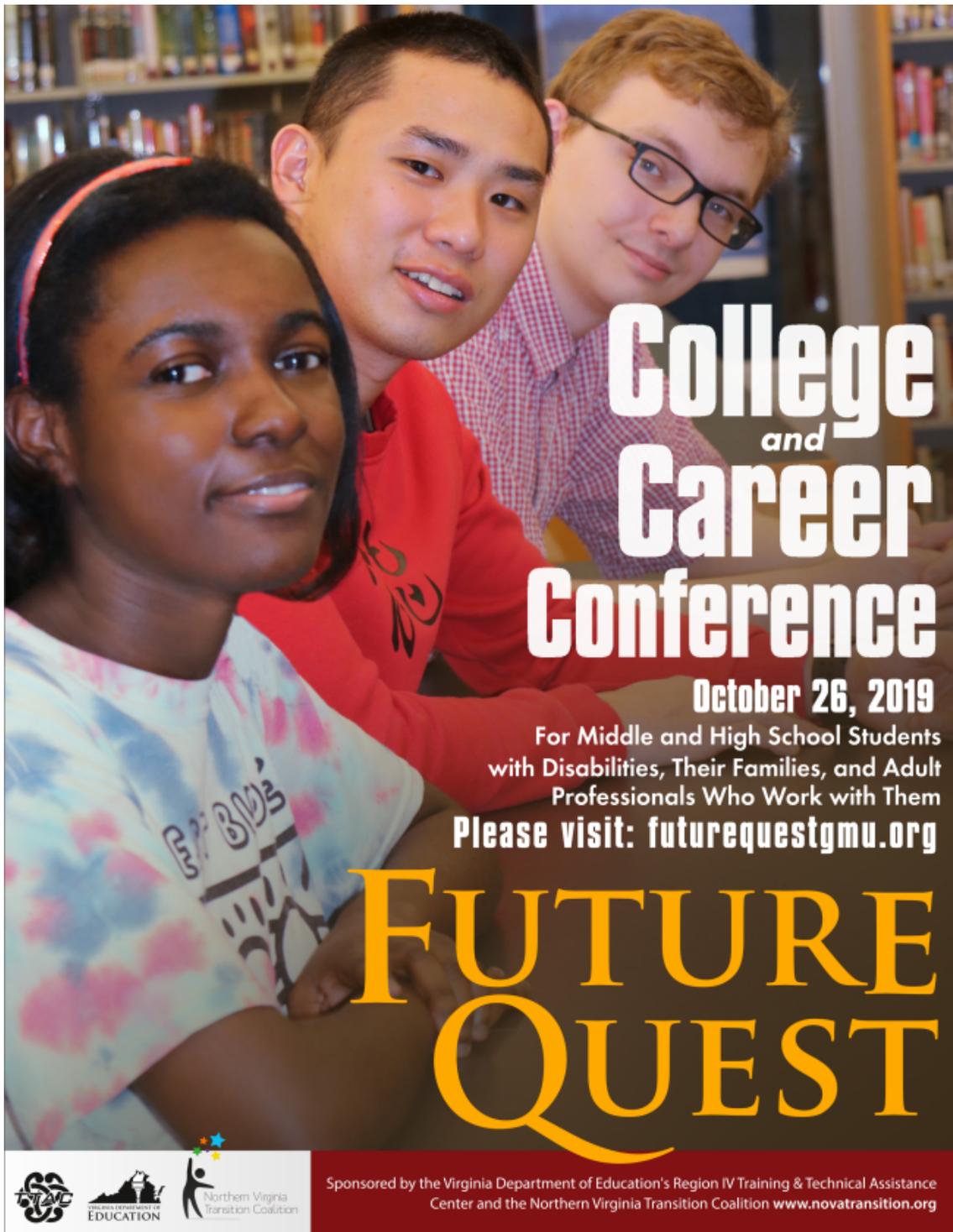
Parents and guardians only. RSVP is required. Space is limited to 12 people.

To RSVP or for more information, please contact:

Marsha Stepensky, M.S.Ed, BCBA  
MStepensky@HSCHealth.org  
202.461.3698



For more information, visit [hschealth.org](http://hschealth.org)



# College *and* Career Conference

October 26, 2019  
For Middle and High School Students  
with Disabilities, Their Families, and Adult  
Professionals Who Work with Them  
Please visit: [futurequestgmu.org](http://futurequestgmu.org)

# FUTURE QUEST

 Sponsored by the Virginia Department of Education's Region IV Training & Technical Assistance Center and the Northern Virginia Transition Coalition [www.novatransition.org](http://www.novatransition.org)

Sensory Friendly Performance:  
December 14 at 2:00 p.m.

**A Christmas Carol**  
A Ghost Story of Christmas

Tickets on Sale September 17 at 10:00 a.m.

**FORD'S**  
  
**THEATRE**  
WHERE LINCOLN'S  
LEGACY LIVES

by Charles Dickens; adapted by Michael Wilson; directed by Michael Baron

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**

Cast of the 2018 Ford's Theatre *A Christmas Carol* production by Scott Suchman.



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

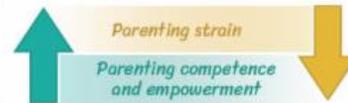


Real-life examples

#### 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.*

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.



Try it FREE today.

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