



Children's National: CASD CHAT

Introduction

This issue of CASD CHAT shares two community intervention announcements: the newly available [Water Safety Program](#) developed by Parents of Autistic Children of Northern Virginia (POAC-NoVa), and an *Unstuck and On Target!* 15-week program now enrolling for groups beginning in January, 2016 at [Behavioral Directions, LLC](#) in Herndon, VA. Read more about both exciting opportunities below!

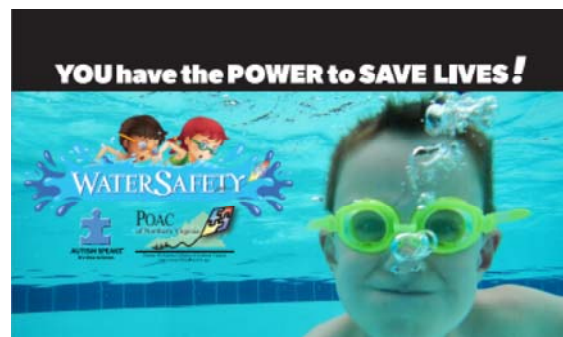
Water Safety Program

Thanks to an Autism Speaks Family Community Grant, Parents Of Autistic Children of Northern Virginia (POAC-NoVA) developed a Water Safety Program to guide lifeguards in teaching individuals with ASD how to swim. The Water Safety Program reflects a team effort. It was developed by Lesley Bates, the curriculum author, who was a lifeguard herself and is an educator of children with ASD as well as an ABA home therapist. She has taught numerous children on the spectrum how to swim and instructed other lifeguards in how to teach swimming to children with autism. Meredyth Biggs, a special education teacher and Board Certified Behavior Analyst, reviewed the curriculum, and Kevin A. McGrail, a POAC-NoVA founder who has served multiple roles for the organization, managed the project.

The Awareness materials and the Water Safety Program can be downloaded from the POAC-NoVA website by visiting <http://www.poac-nova.org/guardalife>.

This program was designed by a former lifeguard for any lifeguard to implement. Parents who are interested can take the following steps:

- Print the program materials and discuss it with your local pool manager and lifeguard/swim instructor.
- Urge each lifeguard to commit to teaching at least one kid with autism to swim each year!
- Ask your Pool to support & advertise the program. Posters are available to hang!
- Other parents then see the advertisement and ask about it for their children.



- Lifeguard works with the child teaching an important life skill!

Now Enrolling: Unstuck and On Target Program in Herndon, VA



Behavioral Directions LLC:
Now Enrolling for the 2016 Unstuck and On Target!®
Flexibility and Problem Solving Group

Do you know someone who struggles with being flexible or organized? Or...who can't come up with a feasible "Plan B" when stuck?

Do negative behaviors often stem from these challenges, and inhibit quality of life and inclusion?

Often children with ASD, ADHD, anxiety and related disorders struggle with the area called Executive Functioning. The Unstuck and On Target!® Intervention Program helps children with challenges in flexibility, organization and problem solving to become more effective at achieving goals.



Using an established, effective curriculum facilitated by Dr. Jane Barbin (Clinical Psychologist, BCBA-D) and staff, in this 15-week intervention program children will learn:

- What Flexibility Is and Why it is Important
- How to Use Specific Strategies to Become More Flexible
- Coping and Problem Solving Skills
- Ways to Get More of What They Want Using Effective Tools

Who Should Attend?

7-to 11-year-olds who are also verbal with average cognitive skills. Children with at least a 2nd grade language and reading level are optimal.

The Unstuck and On Target!® Program combines weekly small therapeutic groups with parent training opportunities to create effective change in real life. *Group size will be limited and we expect to fully enroll the group.

Dates	Day/Time	Location
JANUARY 8TH -MAY 6TH, 2016 (no group on 2/5, 3/25, and 4/1)	Fridays, 4:45 PM to 5:45 PM	Behavioral Directions LLC 626 Grant Street Suite I Herndon, VA 20170

Learn More!

For cost, registration and additional information, please call (703) 855-4032 or email at info@behavioraldirections.com

BEHAVIORAL DIRECTIONS LLC is a consulting practice providing services to children, adolescents and adults with behavior, learning and developmental disorders. Providers are all Licensed in Clinical Psychology and/or Behavior Analysis, or seeking certification. Please visit us at www.BehavioralDirections.com

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

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